



CALENDAR

JAN. 21

Zoom Preview of
Spring Program

JAN. 28

Online and Phone
Registration Opens
10:00 am

FEB. 17

Classes Begin

Visit [cpe.vt.edu/
lifelonglearning](https://cpe.vt.edu/lifelonglearning)
for details and updates

10 LIFELONG
LEARNING
INSTITUTE
at VIRGINIA TECH®

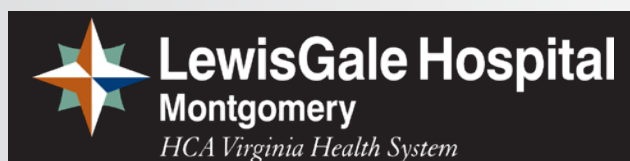
SPRING 2025

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10th Anniversary Sponsor



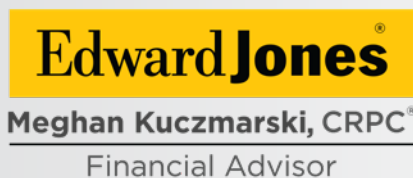
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LLI at Virginia Tech Celebrates Its Tenth Year!

This spring, LLI continues our celebration of our 10th Anniversary. In the past ten years, we've grown from a handful of members and classes to a program with 400 members and over 70 courses, webinars, field trips, and special events each term. Our partnership with Virginia Tech Continuing and Professional Education has allowed us to become the vibrant community that we envisioned ten years ago. We look forward to our next ten years of great learning adventures!

We hope that you will join us in April for our final celebration of our 10th Anniversary, featuring a very special guest speaker, Kwame Alexander. See page 22 for details.



THE LIFELONG LEARNING INSTITUTE AT VIRGINIA TECH

The Lifelong Learning Institute (LLI) at Virginia Tech is a member-driven, volunteer organization that draws on the wealth of academic and community resources in the New River Valley and beyond to provide intellectual, cultural, and social experiences for curious adults 50 and older. Membership entails no prerequisites, educational or otherwise—only a desire to join others in intellectual exploration. The people, courses stimulating discussions, events, and special access to university resources all add up to a fun and rewarding experience.

CONTACT INFORMATION

CPE Registration: 540-231-5182

www.cpe.vt.edu/lifelonglearning

lifelonglearning@vt.edu

facebook.com/vtlifelonglearning

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REGISTRATION OPENS TUESDAY, JANUARY 28 AT 10:00AM

Register online by visiting the LLI Home page at www.cpe.vt.edu/lifelonglearning and clicking REGISTER.

This is the fastest way to register. We recommend registering online whenever possible.

Register by phone by calling **540-231-5182**.

Please note that there will be no walk-in or mail-in registration for spring.

Need step-by-step instructions for registering online?

Scan this QR code or visit cpe.vt.edu/lifelonglearning/membership/instructions.html.



SCAN TO REGISTER



SCAN FOR INSTRUCTIONS

All program information is subject to change without notice.

LLI Spring 2025
**COURSES
AT A GLANCE**

See the LLI website and online catalog for full course and event descriptions:
www.cpe.vt.edu/lifelonglearning

Classes generally meet once a week on the same day; but note occasional gaps in date sequences, which may be necessary to accommodate instructor and classroom availability.

MONDAY

Exploring Oil Painting

Lois Stephens
9:00am - 11:30am
6 weeks: Feb17, Feb24, Mar3,
Mar10, Mar17, Mar24
Blacksburg Community Center,
Community Room

The Future of Cities

Mark Tirpak
9:00am - 10:00am
6 weeks: Mar3, Mar10, Mar17,
Mar24, Mar31, Apr7
Zoom

Italian Cooking Experiences

Claudia Levi
9:00am - 12:00pm
2 weeks: Feb24, Mar24
Instructor's home

**Fred Chappell: A Literary
Legacy**

Alice Kinder
11:00am - 12:00pm
5 weeks: Feb17, Feb24, Mar3,
Mar10, Mar17
CRC, Curiosity Room

**Retirement is a Blank Sheet
of Paper. What Will You
Write on It?**

Pamela Knox; Fred Piercy
11:00am - 12:30pm
4 weeks: Mar24, Mar31, Apr7,
Apr14
CRC, Concept Room

Painting Barn Quilts

Joe Ivers
12:00pm - 1:30pm
5 weeks: Feb17, Feb24, Mar3,
Mar10, Mar17
Blacksburg Community Center,
Community Rm.

**How Anthropology Connects
Our Past and Present**

Steve Gerus
1:00pm - 2:30pm
6 weeks: Feb17, Feb24, Mar3,
Mar10, Mar17, Mar24
CRC, Concept Room

Armchair Journeys

Coordinator: Molly McClintock
1:00pm - 2:30pm
4 weeks: Mar24, Mar31, Apr7,
Apr14
Zoom

**Appreciating the Wines of
Western Spain and Portugal**

Randall Horst
3:00pm - 5:00 pm
6 weeks: Feb17, Feb24, Mar3,
Mar10, Mar17, Mar24
Vintage Cellar

**Hawaiian Applique Quilt
Making**

Paula Golden
3:00pm - 5:00pm
5 weeks: Feb17, Feb24, Mar3,
Apr7, May5
CRC, Concept Room

TUESDAY

Sampler

Coordinator: Molly McClintock
9:00am - 10:15am
6 weeks: Feb18, Feb25, Mar4,
Mar11, Mar18, Mar25
Zoom webinar

Introduction to Juggling

Michael Abraham
9:00am - 10:00am
3 weeks: Feb25, Mar4, Mar11
Blacksburg Community Center,
Community Room

**Read Local: This is Where You
Belong: Finding Home Wherever
You Are**

Melody Warnick, Author; Ellen
Woodall, Facilitator
11:00am - 12:00pm
3 weeks: Mar18, Mar25, Apr1
CRC, Concept Room

**Exploring International
Cultures**

Ginger Dakin
11:00am - 12:30pm
4 weeks: Feb18, Feb25, Mar4,
Mar11
CRC, Curiosity Room

**The Real Life Agatha
Christie Mystery**

Jack Call
1:00pm - 2:30pm
6 weeks: Feb25, Mar4, Mar25,
Apr1, Apr8, Apr15
CRC, Concept Room

Beginning English Smocking

Jan McGilliard; Charlotte
McKee
1:00pm - 2:30pm
5 weeks: Mar4, Mar11, Mar18,
Mar25, Apr1
CRC, Curiosity Room

**Research on Staying Sharp at
Any Age**

Benjamin Katz
3:00pm - 4:30pm
3 weeks: Apr22, Apr29, May6
CRC, Concept Room

Cantonese Mahjong

Gordon Yee
3:00pm - 4:00pm
6 weeks: Feb18, Feb25, Mar4,
Mar11, Mar18, Mar25
Blacksburg Community Center,
Community Room

**Forensic Science: the Good,
the Bad, and the Ugly**

Diane Catley
3:00pm - 4:30pm
3 weeks: Mar11, Mar18, Mar25
CRC, Concept Room

**Unlocking Drawing: From
Basics to Bold Expression**

Joseph Cooley
6:00pm - 8:00pm
6 weeks: Feb18, Feb25, Mar4,
Mar11, Mar18, Mar25
Blacksburg Community Center,
Community Room

WEDNESDAY

Jane Austen Book Club

Peter Graham
9:00am - 10:15am
6 weeks: Feb26, Mar5, Mar12,
Mar26, Apr2, Apr9
CRC, Curiosity Room

**Developing Goals and
Strategies for End-of-Life
Planning**

Jerry Niles; Anne Campbell;
Marian Silverman; Richard
Shepherd
9:00am - 10:30am
7 weeks: Feb26, Mar5, Mar12,
Mar19, Mar26, Apr2, Apr9
CRC, Concept Room

Italian Cooking Experiences

Claudia Levi
9:00am - 12:00pm
1 weeks: Feb19
Instructor's home

**Film Forum: Virginia at the
Movies**

Seth Davis
11:00am - 12:15pm
6 weeks: Feb26, Mar5, Mar12,
Mar19, Mar26, Apr2
CRC, Concept Room

Great Decisions

Coordinator: Peggy Layne
11:00am - 12:30pm
8 weeks: Feb19, Feb26, Mar5,
Mar12, Mar26, Apr2, Apr9,
Apr16
Warm Hearth Village Center,
Tall Oaks Room

Writing Your Passion

Gyorgyi Voros
1:00pm - 2:30pm
4 weeks: Mar12, Mar19, Mar26,
Apr2
CRC, Concept Room

Hinduism as Lived Experience

Suchitra Samanta
1:00pm - 2:15pm
5 weeks: Feb19, Feb26, Mar5,
Mar12, Mar26
CRC, Curiosity Room

Calling All Weather Geeks

Stephanie Zick; Drew Ellis;
Douglas Butts; Adam Baker;
Kevin Myatt; Brent Watts;
David Carroll
1:00pm - 2:30pm
6 weeks: Feb26, Mar5, Mar12,
Mar19, Mar26, Apr2
Warm Hearth Village Center,
Tall Oaks Room

One Hundred Years of Solitude in Just One Month

Jacqueline Bixler
3:00pm - 4:30pm
5 weeks: Mar5, Mar12, Mar26,
Apr2, Apr9
CRC, Curiosity Room

Appreciating Wines of Western Spain and Portugal

Randall Horst
3:00pm - 5:00pm
6 weeks: Feb19, Feb26, Mar5,
Mar12, Mar19, Mar26
Vintage Cellar

THURSDAY

Conversations on Immigration

James Bohland
8:00am - 9:15am
4 weeks: Feb20, Feb27, Mar6,
Mar13
CRC, Concept Room

Global Change XI: Water Availability in an Era of Climate Change

Coordinator: Anne McNabb,
Don Mullins
9:00am - 10:30am
6 weeks: Feb20, Feb27, Mar6,
Mar13, Mar20, Mar27
Zoom

The History of Comedy and the Theory of Play

Johnny Moore
11:00am - 12:30pm
5 weeks: Mar6, Mar20, Mar27,
Apr3, Apr10
CRC, Curiosity Room

More Remarkable Women

Coordinator: Molly
McClintock; Instructors:
Ghalia Martini, Sally Bohland,
Nancy Bodenhorn, Pat Hyer,
Myra Sims, Monica Kimbrell,
Debbie Travis, Lesley Howard,
Linda Jilk
11:00am - 12:30pm
3 weeks: Mar27, Apr3, Apr10
CRC, Concept Room

Life Out There: What if it Really is Little and Green?

Phil Harris
1:00pm - 2:30pm
5 weeks: Feb20, Feb27, Mar6,
Mar20, Mar27
CRC, Concept Room

Vivaldi's Four Seasons at 300

Christopher Campo-Bowen
3:00pm - 4:00pm
2 weeks: Mar27, Apr10
CRC, Concept Room

Conversational Spanish (Intermediate)

Margaret Marsille
3:00pm - 4:30pm
5 weeks: Feb20, Mar6, Mar20,
Mar27, Apr3
Pupusaria Mari # 2, 1202 S.
Main St. in Blacksburg.

Design Your Own Charcuterie Board

Marie Paget; Rebecca Riley
6:00pm - 7:30pm
1 weeks: Apr3
Vintage Cellar

FRIDAY

Bridge for Beginners

Jeff Legge
9:00am - 11:00am
6 weeks: Feb21, Feb28, Mar7,
Mar14, Mar21, Mar28
Blacksburg Community Center,
Community Room

The Lewis and Clark Expedition

Daniel Thorp
10:00am - 11:00am
3 weeks: Feb21, Feb28, Mar7
Warm Hearth Village Center,
Tall Oaks Room

Portraits in Watercolor

Jesi Pace-Berkeley
10:00am - 12:00pm
5 weeks: Feb21, Feb28, Mar7,
Mar14, Mar21
Blacksburg Community Center,
Community Room

App Swap

Sandy Hagman, Carolyn Meier,
Carolyn Rude
11:00am - 12:00pm
2 weeks: Apr11, Apr18
CRC, Concept Room

Contemporary Female Songwriters as Cultural Historians

Linda MacCleave
11:00am - 12:30pm
4 weeks: Feb21, Feb28, Mar7,
Mar14
Zoom

Current Status of DEI Initiatives in Higher Education

Nancy Bodenhorn
11:00am - 12:30pm
1 weeks: Apr4
CRC, Concept Room

LLI Knit-Along: Create A Beautiful Designer Cardigan

Diana George; Kaye Graham;
Nancy Metz
11:00am - 12:30pm
6 weeks: Feb21, Feb28, Mar14,
Mar21, Mar28, Apr11
Instructor's home

Tippling Tour of Virginia Tech's History of Food and Drink Collection

Kira Dietz
3:00pm - 4:30pm
1 week: Mar7
Newman Library, Special
Collections, Virginia Tech

Tippling Tour of Virginia Tech's History of Food and Drink Collection

Kira Dietz
3:00pm - 4:30pm
1 week: Apr18
Newman Library, Special
Collections, Virginia Tech

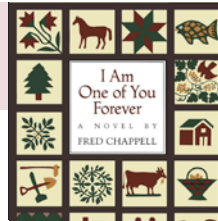
Flower Arranging

Bonnie Moreno
3:00pm - 4:30pm
6 weeks: Feb28, Mar7, Mar14,
Mar21, Mar28, Apr4
Christiansburg Recreation
Center

Literature, Language, & Writing

1. Fred Chappell: A Literary Legacy

Alice Kinder | Monday, 11:00am - 12:00pm
5 weeks: Feb17, Feb24, Mar3, Mar10, Mar17
CRC, Curiosity Room | Limit: 15 | Fee: \$35



On January 24, 2024, *The New York Times* marked the passing of Fred Chappell, award-winning poet, novelist, and critic. Chappell, who was born and raised in North Carolina, was an important voice among the generation of Southern writers who came of age in the 1960s, but he was not just a regional author. His work explores universal themes like memory, love, loss, and the nature of storytelling. Participants in this overview of Chappell's legacy will view a PBS documentary for biographical context, sample the poetry, and closely read *I Am One of You Forever*, the novel widely considered Chappell's masterpiece.

REQUIRED TEXT

Chappell, *I Am One of You Forever* (paperback or Kindle edition)

INSTRUCTOR

Alice Kinder, a senior instructor in Virginia Tech's Department of English, is an award-winning teacher and a former student of Fred Chappell.

2. Conversational Spanish (Intermediate)

Margaret Marsille | Thursday, 3:00pm - 4:30pm
5 weeks: Feb20, Mar6, Mar20, Mar27, Apr3
Pupusaria Mari # 2, 1202 S. Main St., Blacksburg | Limit: 15 | Fee: \$35

Brush off your Spanish skills and join us for fun afternoons of lively conversation *en español*. This course will focus on speaking and listening skills. Participants will converse with native speakers from Central and South America at a Blacksburg restaurant. Mariana Fillmore, a retired Spanish teacher from Blacksburg High School, will join in our conversation. Norma Mondragon, an independent Spanish translator, will be one of our guest speakers.

INSTRUCTOR

Margaret Marsille has enjoyed studying Spanish since traveling by bus through Mexico and Guatemala with her husband and young children in the late eighties.

3. The Real Life Agatha Christie Mystery

Jack Call | Tuesday, 1:00pm - 2:30pm
6 weeks: Feb25, Mar4, Mar25, Apr1, Apr8, Apr15
CRC, Concept Room | Limit: 24 | Fee: \$35

On December 3, 1926, at the height of her popularity, Agatha Christie disappeared from her home in Sunningdale, Berkshire. The manhunt that followed captured the headlines for eleven days. Had she drowned or been murdered by her husband? Or was this all just a publicity stunt? And why had she left home in the first place?

We'll watch several videos on the subject and weigh the evidence that can be gleaned from two books about the disappearance. Participants in this course will engage in debate and discussion, becoming detectives in this "real Life Agatha Christie mystery."

Required Texts:

Andrew Norman, *The Disappearing Novelist*
Marie Benedict, *The Mystery of Mrs. Christie*

INSTRUCTOR

Jack Call is a professor emeritus of criminal justice at Radford University, where he taught courses on criminal procedure and criminal law for 34 years. He has taught 17 courses for LLI.

4. Jane Austen Book Club

Peter Graham | Wednesday, 9:00am - 10:15am
6 weeks: Feb26, Mar5, Mar12, Mar26, Apr2, Apr9
CRC, Curiosity Room | Limit: 15 | Fee: \$35

This course will take a casual, book-group discussion approach to Jane Austen's first two published novels, *Sense and Sensibility* and *Pride and Prejudice*. Each novel was originally divided into three "volumes." During a six-week period punctuated by a week off between novels, we'll read and talk about one volume per week of these beloved classics. No previous experience reading Austen is necessary. If you already have copies of the novels, please feel free to use them. Our discussions will be based on the Oxford texts that preserve Austen's original three-volume divisions.

REQUIRED TEXTS

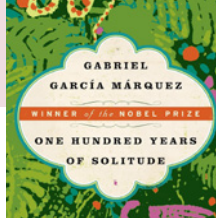
Jane Austen, *Sense and Sensibility* (Oxford ed. preferred.)
Jane Austen, *Pride and Prejudice* (Oxford ed. preferred.)

INSTRUCTOR

Peter Graham, professor emeritus of English at Virginia Tech, has been a confirmed Janeite for 50 years and more. He's a Life Member of the Jane Austen Society of North America and has lectured and written widely on Austen and her works.

5. One Hundred Years of Solitude in Just One Month

Jacqueline Bixler | Wednesday, 3:00pm - 4:30pm
5 weeks: Mar5, Mar12, Mar26, Apr2, Apr9
CRC, Curiosity Room | Limit: 15 | Fee: \$35



In this five-week course, participants will read and discuss the greatest novel of all time, *One Hundred Years of Solitude* by Gabriel García Márquez. The instructor will provide guidance and context as the group explores the following themes: the history of Latin America from the “discovery” to the present; the circular nature of history; political power struggles; patriarchy and matriarchy; family; personal and political violence. Participants may enjoy comparing the novel to the new Netflix series.

REQUIRED TEXTS

Gabriel García Márquez, *One Hundred Years of Solitude* (preferably the HarperCollins edition)

INSTRUCTOR

Jackie Bixler taught Spanish at Virginia Tech for 43 years and is a specialist in Latin American theatre and literature.

6. Writing Your Passion

Gyorgyi Voros | Wednesday, 1:00pm - 2:30pm
4 weeks: Mar12, Mar19, Mar26, Apr2
CRC, Concept Room | Limit: 15 | Fee: \$35



Some writers or artists are known for their obsession with particular subjects: think Monet’s paintings of haystacks, Emily Dickinson’s preoccupation with death, Maggie Nelson’s book about the color blue, and Matthew Siegel’s poems about his Crohn’s disease. Whether we call them passions, preoccupations, or obsessions, many of us develop compelling interests over time. Yours might be golf, Venice, addiction, insects, or opera. Whatever it is, this course focuses your writing on a single subject toward which your thoughts are repeatedly drawn through multiple perspectives, iterations, and associations.

Poets and prose writers are welcome; genre is less important than exploring a subject that calls to you as a writer. We’ll sometimes write in class, and we’ll use the workshop method to offer observations and insights on each other’s writing.

INSTRUCTOR

Gyorgyi Voros taught composition, literature and creative writing in the Virginia Tech English Department for thirty years. Now retired, she indulges her passion for amateur mycology and writes poetry, some of it about mushrooms.

7. Read Local: This is Where You Belong: Finding Home Wherever You Are

Melody Warnick, Author; Ellen Woodall, Facilitator
Tuesday, 11:00am - 12:00pm | 3 weeks: Mar18, Mar25, Apr1
CRC, Concept Room | Limit: 25 | Fee: \$35



Read Local is an author-engaged discussion series featuring books by regional writers.

After her sixth move, from Austin, Texas to Blacksburg, Melody Warnick began thinking about the loneliness often associated with moving to a new home. How does it become “home”? How do we put down roots and embrace the communities to which we find ourselves transported? Her book, *This Is Where You Belong: Finding Home Wherever You Are*, is a personal story that taps into interviews and current research on place-attachment. It has been praised as a “placemaking manifesto [that] will make you want to be a better neighbor, wanderer, and citizen of the world.”

REQUIRED TEXT

Warnick, *This Is Where You Belong: Finding Home Wherever You Are*. The book will be available for pick-up at Blacksburg Books on March 4; it can also be purchased and signed in class on the first day. There is no reading assignment for the first meeting.

INSTRUCTORS

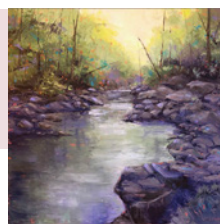
Melody Warnick is also the author of *If You Could Live Anywhere: The Surprising Power of Place in a Work-from-Anywhere World*. A frequent guest on radio shows and podcasts, she has written for many newspapers and magazines, including *The New York Times*, *The Washington Post*, and *Reader’s Digest*. Melody lives with her family in Blacksburg, where she works as a writer and communications specialist for Virginia Tech.

Ellen Woodall is the manager of Blacksburg Books.

Visual & Performance Arts

8. Exploring Oil Painting

Lois Stephens | Monday, 9:00am - 11:30am
6 weeks: Feb17, Feb24, Mar3, Mar10, Mar17, Mar24
Blacksburg Community Center, Community Room
Limit: 12 | Fee: \$35 | Materials Fee: \$20



With a no-fear approach, students will be encouraged to explore the many forgiving qualities of oil paints. Various materials and tools will be covered, and students will work with both brushes and palette knives. The class is geared for beginning as well as intermediate painters. The curriculum may be adjusted based on the goals and experiences of the students. Participants will need to bring oil paints, brushes, canvases or boards, and easels; a complete supply list will be provided.

INSTRUCTOR

Lois Stephens has a passion for painting in oils and enjoys helping others explore this rich medium. She currently maintains a studio in the Newport Community Center; her work can be viewed online at www.LoisStephens.com.

9. Painting Barn Quilts

Joe Ivers | Monday, 12:00pm - 1:30pm
5 weeks: Feb17, Feb24, Mar3, Mar10, Mar17
Blacksburg Community Center, Community Room
Limit: 14 | Fee: \$35 | Materials Fee: \$30



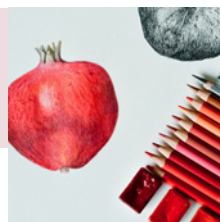
Long ago European immigrants identified their barns with painted quilt squares. The contemporary version of this traditional craft is still alive; along rural byways and in towns, quilt patterns painted on plywood or aluminum boards decorate barns, homes, and other buildings, each pattern meaningful in some way. In this five-week class, we will review the history of barn quilts and learn about color theory, painting techniques, and geometric-measuring. Participants will prepare their 2 X 2 feet barn quilts in the Indian Star pattern. Then they will select colors and measure, draw and paint the design on an aluminum board.

INSTRUCTOR

Joe Ivers is a lifelong educator and loves teaching. He has taught several LLI classes; this will be his fourth semester with Barn Quilting.

10. Unlocking Drawing: From Basics to Bold Expression

Joseph Cooley | Tuesday, 6:00pm - 8:00pm
6 weeks: Feb18, Feb25, Mar4, Mar11, Mar18, Mar25
Blacksburg Community Center, Community Room
Limit: 20 | Fee: \$35



Deepen your drawing skills and expand your perception of the world through art in a drawing class that blends fundamental principles with advanced techniques. You'll start with the basics of geometry, then explore key concepts like perspective and shading, mastering the techniques to create depth, realism, and dimensionality in your work. In addition to geometric concepts, the course will cover more expressive, freeform drawing techniques that encourage creative exploration and personal style. Through structured exercises, live drawing sessions, personal projects, and personalized feedback, you'll progress at your own pace, refining your technique and developing a stronger sense of artistic expression.

INSTRUCTOR

With a foundation in commercial architecture, **Joseph Cooley** brings a unique perspective to their art classes, emphasizing the essentials of line drawing and the power of visualization. At the heart of their teaching lies a commitment to helping students gain skills to see and capture the world with newfound clarity and creativity.

Required supplies: graphite pencils (HB, 2B, 4B, 6B), felt tip marking pens, an eraser, a sharpener, and a large, quality sketchbook.

Recommended supplies: charcoal pencils, blending stumps, colored pencils.

11. Portraits in Watercolor

Jesi Pace-Berkeley | Friday, 10:00am - 12:00pm
5 weeks: Feb21, Feb28, Mar7, Mar14, Mar21
Blacksburg Community Center, Community Room
Limit: 15 | Fee: \$35 | Materials Fee: \$45



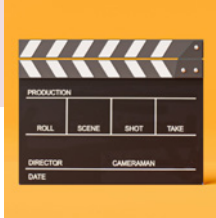
Students will explore techniques for creating beautiful watercolor portraits and take their skills to the next level by mastering pigment/water ratio, glazing, lifting, and overpainting. They will experiment with texture and learn to mix color for any skin tone. The instructor, an award-winning artist, will share many of her secrets and tips for compelling portrait painting.

INSTRUCTOR

Jesi Pace-Berkeley is a professional fellow of the Virginia Museum of Fine Arts and Artist in Residence at the Don and Catherine Bryant Cultural Series, Outer Banks.

12. Film Forum: Virginia in the Movies

Seth Davis | Wednesday, 11:00am - 12:15pm
6 weeks: Feb26, Mar5, Mar12, Mar19, Mar26, Apr2
CRC, Concept Room | Limit: 15 | Fee: \$35



In this course, we will explore films that are set in and/or filmed in Virginia. Featured films include *In This Our Life* (1942), *Shenandoah* (1965), *Remember the Titans* (2000), *Lawless* (2012), and *Loving* (2016). We'll pay attention to rural/urban contrasts and to representations of race, religion, civil and women's rights. We'll talk about changes in the ways these issues are portrayed in film and why they continue to be sources of discussion and controversy for our state. Please view each selection before the scheduled class discussion. The films are available for streaming or rental on multiple platforms.

INSTRUCTOR

Seth Davis is the executive director of The Lyric Theatre in downtown Blacksburg. He is also a musician, teacher, avid book reader, and movie buff.

13. The History of Comedy and the Theory of Play

Johnny Moore | Thursday, 11:00am - 12:30pm
5 weeks: Mar6, Mar20, Mar27, Apr3, Apr10
CRC, Curiosity Room | Limit: 32 | Fee: \$35



Comedy is, at its core, truth-telling combined with hyperbole and misdirection. As Jonathan Winters once noted, "Just tell the truth and people will laugh." This course offers a helicopter-ride overview of the theory, history, evolution, and elements of comedy, with flexibility to explore high interest topics in greater depth. Participants are invited to suggest follow-up courses, including a possible LLI workshop on the art and techniques of stand-up.

REQUIRED TEXT

Raúl Pérez, *The Souls of White Jokes: How Racist Humor Fuels White Supremacy*

INSTRUCTOR

Johnny Moore is a professor emeritus of history at Radford University. A self-proclaimed stand-up historian, he has performed his own hour-long shows.

14. Vivaldi's Four Seasons at 300

Christopher Campo-Bowen | Thursday, 3:00pm - 4:00pm
2 weeks: Mar27, Apr10
CRC, Concept Room | Limit: 36 | Fee: \$25



On April 2, the Moss Center will present a musical birthday celebration, "Vivaldi's *Four Seasons* at 300." A standard of the Baroque repertoire, Vivaldi's masterpiece has been re-interpreted in many musical styles, choreographed for dance, and featured in film and television soundtracks.

In this two-part LLI course, we'll listen to the "Seasons" with discernment rather than as background music. We'll learn more about the composer known in his own time as the "Red Priest" and study the composition, structure, and themes of his iconic work. We'll be inspired by its beauty to engage with similar but less familiar pieces from the Baroque period.

INSTRUCTOR

Christopher Campo-Bowen is an assistant professor of musicology in the School of Performing Arts at Virginia Tech. He completed his PhD in musicology at the University of North Carolina at Chapel Hill. He holds a BA in Music from Stanford University and an MM in Orchestral Conducting from The Catholic University of America in Washington D.C.

History, Culture, & Current Affairs

15. How Anthropology Connects Our Past and Present

Steve Gerus | Monday, 1:00pm - 2:30pm
6 weeks: Feb17, Feb24, Mar3, Mar10, Mar17, Mar24
CRC, Concept Room | Limit: 36 | Fee: \$35



This course is an introduction to anthropology: the wide-ranging study of human response to environmental change over space and time. The content is from a semester-long course the instructor teaches at Virginia Tech. Following an introductory survey, participants in the LLI class select the remaining five from among 29 possible lectures. Among the choices: the lives and times of our pre-human ancestors, early modern humans in the Eastern or Western hemispheres, the evolution of social institutions (kinship and marriage, the economy, politics, religion), or classic ethnographic studies from North, Central or South America, Africa, Asia or Oceania.

INSTRUCTOR

Steve Gerus has undergraduate and master's degrees in anthropology and a PhD in sociology.

16. Sampler

Coordinator: Molly McClintock | Tuesday, 9:00am - 10:15am
6 weeks: Feb18, Feb25, Mar4, Mar11, Mar18, Mar25
Zoom | Limit: unlimited | Fee: \$35

This engaging sampler course treats participants to a wide range of speakers and topics—something different each week.



FEB 18. Sisyphus on the Bay: The Long Saga of Public Efforts to Clean Up the Chesapeake Bay

For much of the history of North America, the Chesapeake Bay was teeming with oysters, blue crabs, and hundreds of species of fish. By the end of the 20th century, however, the Bay's aquatic life was in serious decline. Decades of pollution and population growth were having detrimental effects. For 40 years, various government agencies worked to clean the Bay; yet its future is still uncertain.

Michael Mason is a retired senior policy analyst at the U.S. Environmental Protection Agency. He worked in the agency's hazardous waste, water protection, and enforcement programs. Michael has taken an active role in volunteer efforts to restore the Bay and its tributaries.

FEB 25. A Brief History of Puerto Rico from a Native

Learn about the history of Puerto Rico, from its pre-Columbian history to its modern-day status as an unincorporated territory of the United States.

Tawana Rivera French is a native of Puerto Rico, visits family there regularly, and owns property on the island. She is a local small business owner in Blacksburg.

MAR 4. How a Blacksburg Organization Brings Prosthetic Legs to the Developing World

Hear this inspirational story of how a local doctor, a medical student, and two Rotary Clubs grew an organization to serve amputees around the world. Hope to Walk has fit prostheses for more than 500 patients in Honduras, Guatemala, Haiti, and Vietnam. They partner with local clinics, missionaries, and medical personnel to coordinate patients, train locals to make the prosthetics, and be as sustainable as possible moving forward.

Kristen Staples is the executive director of Hope to Walk.

MAR 11. Learning to Navigate Resources for Seniors

Senior Navigator is a nonprofit guide to healthy aging. It brings together local, state, and national resources for seniors and includes help on community, transportation, caregiving, and more.

Cindy Markham is the community outreach specialist for the VirginiaNavigator Family of Websites.

MAR 18. Living with Black Bears — How to Be Bear-wise

Join the Virginia Master Naturalists in partnership with the Virginia Department of Wildlife Resources to learn about bear biology, what attracts bears to our neighborhoods, how to avoid negative interactions, and what YOU can do to help keep bears wild.

Carol Kauffman is a certified Virginia Master Naturalist with the New River Valley chapter. She currently serves as the chapter's membership chair and Bear Project Lead.

MAR 25. The Valley of the Kings

KV5, the resting place of the sons of Ramses II, is the largest tomb in the Valley of The Kings, with over 150 chambers. Although it is closed to the public, our presenter was able to tour it and other tombs that provide insight into religious beliefs in the New Kingdom.

Rick Kinnaird had a career in technology but always dreamed about museums and ancient places. He has now been all over the world from Machu Picchu to Angkor Wat to the Great Wall.

17. Exploring International Cultures

Ginger Dakin | Tuesday, 11:00am - 12:30pm
4 weeks: Feb18, Feb25, Mar4, Mar11
CRC, Curiosity Room | Limit: 25 | Fee: \$35

Meet natives of countries including Zambia, India, and Turkey. Hear their stories about growing up, family life, schooling, male-female relationships, and child rearing. The class will give you a window into the culture of each speaker's native land. Ginger Dakin, who has lived in Thailand and traveled extensively, will interview the speakers and invite questions from the audience afterwards.

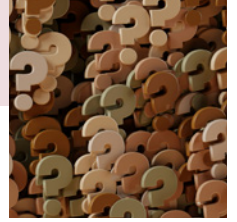
INSTRUCTOR

Ginger Dakin is a seasoned English language and cross-cultural instructor for K-12 youth, college students, and older adults.

18. Great Decisions

Coordinator: Peggy Layne | Wednesday, 11:00am - 12:30pm
8 weeks: Feb19, Feb26, Mar5, Mar12, Mar26, Apr2, Apr9, Apr16
Warm Hearth Village Center, Tall Oaks Room | Limit: 75 | Fee: \$35

Great Decisions is a community discussion program on world affairs. The Foreign Policy Association (FPA) provides text and videos for discussion groups across the country. The meeting begins with a 30-minute presentation from the FPA summarizing the topic, followed by commentary from a local expert who facilitates a Q&A with the audience. This class will be held in-person at Warm Hearth.



TOPICS

FEB 19. US Foreign Policy at a Crossroads

The contours of the U.S. foreign policy debate are explored as they play out in a world of multiple and escalating crises and domestic polarization.

Resource person: Yannis Stivachtis, professor of European studies, Virginia Tech

FEB 26. U.S. Changing Leadership of the World Economy

What are America's options and opportunities as a leader of the world economy? How can the postwar rules and institutions of the world economy be made safe for economic nationalism and great power competition?

Resource person: Gisele Datz, associate professor of government and international affairs, Virginia Tech

MAR 5. U.S.-China Relations

Washington's relations with Beijing have reached an ominous low ebb. What is driving this deterioration of Sino-American relations, and what are America's strategic options in the face of Chinese power?

Resource Person: Paige Tan, professor of political science, Radford University

MAR 12. The Future of NATO and European Security

European security is more uncertain than it has been for decades. What are America's stakes in NATO and Europe's strategic dilemmas?

Resource Person: Gerard Toal, professor of government and international affairs, Virginia Tech

MAR 26. International Cooperation on Climate Change

The 2015 Paris Agreement established a UN-sponsored framework for negotiations on climate change and global warming. What is the future of these efforts, and what have they yielded? What is the U.S. role in fostering cooperation on climate change?

Resource Person: John Randolph, emeritus professor of urban policy and planning, Virginia Tech

APR 2. AI and US National Security

The AI revolution is the leading edge of a larger high-tech revolution which promises to transform the world. What are the key policy debates in this area, and what are the opportunities and limits on global AI rules of the road?

Resource Person: Eric Paterson, executive director of National Security Institute, Virginia Tech

APR 9. American Foreign Policy in the Middle East: Taking Stock and Looking Ahead

The war in Gaza has brought the region to a crossroads. What are the possible outcomes of the war, and how might the United States use its influence to shape a long-term settlement that leaves both Israel and the Palestinians in a better position?

Resource person: Joel Peters, professor of government and international affairs, Virginia Tech

APR 16. India: Between China, the West, and the Global South

India is an emerging major power in world affairs, occupying a pivotal position among China, the United States, and the Global South. How will it maneuver between China and the United States, and what is its role as a voice of the Global South?

Resource person: Peter Schmitthenner, associate professor of religion and culture, Virginia Tech

RECOMMENDED TEXT: The *Great Decisions 2025 Briefing Book* can be purchased from the Foreign Policy Association: <https://bit.ly/3CDZLq> (available for pre-order now)

19. Hinduism as Lived Experience

Suchitra Samanta | Wednesday, 1:00pm - 2:15

5 weeks: Feb19, Feb26, Mar5, Mar12, Mar26

CRC, Curiosity Room | Limit: 15 | Fee: \$35



This LLI course introduces the central tenets of Hinduism, such as monism (divinity as simultaneously one and many) and darshan (religious experience). We'll acknowledge the diversity within Hindu beliefs and customs and explore the ways that religious practice informs the lives of ordinary people. Expect to meet eminent goddesses, catch the spirit of major festivals, and learn about the role of gurus. Hindu nationalist extremism and its impact on Islam in contemporary India will be briefly addressed.

While there is no required text, the instructor will recommend optional, supplementary readings in *The Life of Hinduism* (eds. Hawley and Narayan; available as an e-book from Newman Library).

INSTRUCTOR

Suchitra Samanta is a collegiate associate professor emerita from Virginia Tech with research expertise and teaching experience in Asian religions. A naturalized U.S. citizen, she is a Hindu born in India and brings her own life experiences to the course.

20. Conversations on Immigration

Jim Bohland | Thursday, 8:00am - 9:15am

4 weeks: Feb20, Feb27, Mar6, Mar13

CRC, Concept Room | Limit: 36 | Fee: \$35

Immigration has dominated the political and policy worlds for the past two decades. In this course we discuss issues associated with immigration via conversations with scholars and practitioners who are engaged in immigration topics. In the first class, we examine theories of immigration and the history of immigration in the United States. In subsequent classes, we focus on immigration from international, national (United States), and local perspectives. In the last three classes a noted scholar or practitioner will respond to questions developed by the class. Our objective is to better understand immigration in the current context of globalism.

INSTRUCTOR

Jim Bohland was a member of the Virginia Tech faculty from 1980 to 2017. His areas of research and teaching were in social policy and regional resilience. For nine years, he served as vice-president for Virginia Tech's northern Virginia research and graduate programs.

21. Life Out There: What if it Really is Little and Green?

Phil Harris | Thursday, 1:00pm - 2:30pm

5 weeks: Feb20, Feb27, Mar6, Mar20, Mar27

CRC, Concept Room | Limit: 25 | Fee: \$35



If life exists beyond earth, is it common, rare, or simply weird? Science journalist Jaime Green recently published a fascinating study on the subject. Her book is entitled, *The Possibility of Life: Science, Imagination, and Our Quest for Kinship in the Cosmos*. One reviewer rightly observed that, "almost everyone enjoys discussing the possibility of life elsewhere in the universe despite zero evidence to date." If that sounds like you, join us in discussing this thought-provoking book of cosmic "what ifs." We just might learn some things about ourselves as well.

Required Texts:

Jaime Greene, *The Possibility of Life: Science, Imagination, and Our Quest for Kinship in the Cosmos*

INSTRUCTOR

Phil Harris is a retired attorney and an avid fan of science fiction who appreciates its continuing influence on society and science. He previously led the LLI courses "Time Travel" and "Sci-Fi Movies of the 21st Century."

22. The Lewis and Clark Expedition

Daniel Thorp | Friday, 10:00am - 11:00am

3 weeks: Feb21, Feb28, Mar7

Warm Hearth Village Center, Tall Oaks Room | Limit: 50 | Fee: \$35

Most Americans have heard of the Lewis and Clark Expedition, but relatively few know much about it, and fewer still really understand its origins, course, or consequences. Lewis and Clark were not the first White men to cross North America; their expedition was not conceived to explore the Louisiana Purchase; and Sacagawea was not their guide. Learn what Lewis and Clark were really looking for, how they went about it, and what the results were.

INSTRUCTOR

Daniel Thorp is an award-winning teacher in Virginia Tech's department of history. He is the author of numerous books and articles about American history, including *Lewis and Clark: An American Journey*.

23. Contemporary Female Songwriters as Cultural Historians

Linda MacCleave | Friday, 11:00am - 12:30pm
4 weeks: Feb21, Feb28, Mar7, Mar14
Zoom | Limit: 50 | Fee: \$35



Songwriters are modern-day bards - poets who serve as historians and preservers of oral tradition in our culture. Songs reflect and influence what humans consider important: ideas, feelings, and stories. In this four-week Zoom course, the instructor will present songs composed by female songwriters who have spoken to a generation or a cultural moment in definitive and powerful ways. Class participants will be invited to join in the conversation after each presentation. Featured artists may include: Carole King, Carly Simon, Tracy Chapman, Linda Ronstadt, Emmylou Harris, Dolly Parton, Joni Mitchell, Alice Randall, and Brandi Carlile.

INSTRUCTOR

Linda MacCleave is a retired middle school English teacher. She loves words and music and has taught many courses at the University of Richmond Lifelong Learning Institute.

24. The Future of Cities

Mark Tirpak | Monday, 9:00am - 10:00am
6 weeks: Mar3, Mar10, Mar17, Mar24, Mar31, Apr7
Zoom | Limit: 15 | Fee: \$35



What's possible for cities in the next twenty years? What's preferable? This discussion-based Zoom class encourages students to think about cities as complex systems with social, technological, economic, and environmental attributes that change over time - places that shape and are shaped by their inhabitants. It highlights how individuals can influence cities and help to invent their futures. Students will gain insight into the discipline of urban studies, and they will become conversant with the concept of "futures literacy," the capacity to know and imagine the future clearly and act responsibly in the present to build the future we desire.

INSTRUCTOR

Mark Tirpak is an urban planner, consultant, and adjunct faculty member for Virginia Tech's School of Public and International Affairs (SPIA). He loves travel and experiential learning - and is optimistic about the future, in part due to his work with young adults.

25 & 26. Tipping Tour of Virginia Tech's History of Food and Drink Collection

SELECT ONE SESSION DATE.

25: SESSION 1

Kira Dietz | Friday, 3:00pm - 4:30pm
1 week: Mar7
Newman Library, Special Collections, Virginia Tech
Limit: 25 | Fee: \$15

26: SESSION 2

Kira Dietz | Friday, 3:00pm - 4:30pm
1 week: Apr18
Newman Library, Special Collections, Virginia Tech
Limit: 25 | Fee: \$15



Join archivist and amateur cocktail historian Kira Dietz for a tipping tour of cocktail history in America. We'll talk about classic drinks and the social history of drinking, including the impact of the temperance movement and Prohibition. We'll see what we can learn from bartenders' guides and other materials in the collection, and we'll discover the stories behind the odd names of some classic libations. This one-session course will include a mini-lecture, a hands-on exploration of books and manuscripts from the archives, and the option to taste two historic drinks.

INSTRUCTOR

Kira Dietz is the assistant director of Special Collections and University Archives. She is the go-to person for anyone interested in the History of Food and Drink collecting area, which includes books and manuscripts relating to southern cooking, children's nutrition, dietetics history, agriculture, and cocktails.

27. More Remarkable Women

Coordinator: Molly McClintock

Thursday, 11:00am - 12:30pm

3 weeks: Mar27, Apr3, Apr10

CRC, Concept Room | Limit: 36 | Fee: \$35



This second installment of our Remarkable Women series will be presented by nine local women. Each will introduce us to a woman from history, one you've likely never heard of. Learn about their unusual lives, their extraordinary accomplishments, and their deserved place in our history. Come be inspired and enjoy the company of a room full of remarkable women.

PRESENTERS

Sally Bohland, Nancy Bodenhorn, Lesley Howard, Pat Hyer, Linda Jilk, Monica Kimbrell, Ghalia Martini, Myra Sims, Debbie Travis

28. Current Status of DEI Initiatives in Higher Education

Nancy Bodenhorn | Friday, 11:00am - 12:30pm

1 weeks: Apr4

CRC, Concept Room | Limit: 50 | Fee: \$15

Diversity, Equity, and Inclusion efforts have been important in higher education for decades, impacting admission and hiring practices, curriculum, campus culture, and support systems. Recently they have come under fire by conservatives who question their costs, consider affirmative action discriminatory, and charge universities with suppressing free speech. The recent resignations of prominent college presidents over first amendment issues suggest a fraught landscape for DEI administrators. In this one-session course, panelists responsible for DEI efforts at local universities will enlighten us about how they are navigating these troubled waters and what they are learning from colleagues here and abroad.

PANELISTS

Chase Catalano is the program leader for the Higher Education and Student Affairs doctoral program at Virginia Tech. A trans scholar, he studies trans identities and experiences in higher education.

Michele Deramo is the Associate Vice Provost of Diversity Education and Engagement at Virginia Tech. She is responsible for education and training initiatives that advance the diversity strategic plan.

Brandy Faulkner is the Gloria D. Smith Professor of Black Studies at Virginia Tech and in the Department of Political Science. Her scholarship has focused on constitutional and administrative law, race and public policy, and critical organization theory.

Trey Waller is the Director of Graduate Student Programs in the College of Engineering at Virginia Tech where he is responsible for recruitment and retention.

MODERATOR

Nancy Bodenhorn is an emerita associate professor in counselor education from Virginia Tech. As a school counselor and as a Virginia Tech teacher, researcher, and administrator, she focused on DEI impacts on students and systems.



29 & 30. Appreciating the Wines of Western Spain and Portugal

SELECT ONE SESSION DATE.

29: SESSION 1

Randall Horst | Monday, 3:00pm - 5:00 pm
6 weeks: Feb17, Feb24, Mar3, Mar10, Mar17, Mar24
Vintage Cellar | Limit: 40 | Fee: \$35
Wine fee: \$125. Pay the wine fee directly to Vintage Cellar by check or credit card. Look for instructions after enrollment.

30: SESSION 2

Randall Horst | Wednesday, 3:00pm - 5:00 pm
6 weeks: Feb19, Feb26, Mar5, Mar12, Mar19, Mar26
Vintage Cellar | Limit: 40 | Fee: \$35
Wine fee: \$125. Pay the wine fee directly to Vintage Cellar by check or credit card. Look for instructions after enrollment.



INSTRUCTOR

Randall Horst is a wine enthusiast, buyer for Vintage Cellar in Blacksburg, and veteran instructor for LLI. He has taught wine appreciation every term since 2015.



This class will devote three weeks each to Spanish and Portuguese wines. Spanish wines will be selected from major western wine regions and feature grapes such as Albarino, Mencia, Godello, Garnacha, and Verdejo. Portuguese wines will include varieties from the Douro Valley, where Port wines are famous; Vinho Verde, which features light-bodied white wines; and Alentejo and Lisboa, where grapes such as Alicante Bouschet, Arinto, Verdelho, and Castelao are featured.

31. Research on Staying Sharp at Any Age

Benjamin Katz | Tuesday, 3:00pm - 4:30pm
3 weeks: Apr22, Apr29, May6
CRC, Concept Room | Limit: 36 | Fee: \$35

This course will focus on the cognitive and neural changes that occur in our brains throughout the lifespan, including how brain health might be modulated through experience and intervention. Across three sessions, we'll discuss the cutting-edge research that is improving our understanding of how diet, exercise, and cognitive engagement contribute to adaptive neural health. The course will also cover widely held "neuromyths" related to aging and what research has to say about commercial products marketed towards improving the brain and cognition.

INSTRUCTOR

Ben Katz is an associate professor of Human Development and Family Science at Virginia Tech and a Faculty Affiliate of the Center for Gerontology. His research focuses on the neural underpinnings of executive function development throughout the lifespan, and how this development might be modulated through experience and intervention, including lifestyle behaviors.

32. Cantonese Mahjong

Gordon Yee | Tuesday, 3:00pm - 4:00pm
6 weeks: Feb18, Feb25, Mar4, Mar11, Mar18, Mar25
Blacksburg Community Center, Community Room
Limit: 15 | Fee: \$35



INSTRUCTOR

Gordon Yee learned to play Mahjong from his Cantonese grandmother and his father and has been playing for about 50 years.

Mahjong is a popular tile-based gambling game that originated in nineteenth-century China and has since spread worldwide. Our focus will be on Cantonese Mahjong, a very different game from the American variant.

Mahjong is basically a rummy game, but with interesting twists that make the goal more than just getting rid of your cards first. In this six-week, hands-on course, we will cover vocabulary and rules of play, points and scoring, and advanced strategies for managing your hand. The class will be taught in English, but using traditional Cantonese words and phrases that constitute the terminology of the game.

33. Developing Goals and Strategies for End-of-Life Planning

Jerry Niles; Anne Campbell; Marian Silverman; Richard Shepherd

Wednesday, 9:00am - 10:30am

7 weeks: Feb26, Mar5, Mar12, Mar19, Mar26, Apr2, Apr9

CRC, Concept Room | Limit: 20 | Fee: \$35



Each of us would like our life story to end on our own terms. Modern technological advances and hyper-medicalization of end-of-life choices have made reaching that goal more complicated and, in some cases, elusive. Informed behavior and active conversations can provide essential tools to increase the probability that we will live on our own terms to the end. This course encourages and empowers participants by teaching EOL facts and discussing how they impact our preparation for the end of our own lives. Atul Gawande's book, *Being Mortal*, is recommended as a useful supplement to these discussions.

INSTRUCTORS

Jerry Niles is a professor emeritus of education at Virginia Tech where he spent 33 years on the faculty preparing teachers.

Anne J. Campbell spent 25 years as a women's health nurse practitioner in Blacksburg. She is active with the Sojourn Center for Hospice Care project to establish an inpatient hospice facility in the New River Valley.

Marian Silverman, a nurse and industrial psychologist, was clinical director of Hospice of Northwest Ohio for 12 years.

Richard Shepherd was an emergency room physician for 20 years and then a family physician with Carilion Family Practice in Blacksburg for 15 years.

34. Bridge for Beginners

Jeff Legge | Friday, 9:00am - 11:00am

6 weeks: Feb21, Feb28, Mar7, Mar14, Mar21, Mar28

Blacksburg Community Center, Community Room

Limit: 12 | Fee: \$35



Bridge can offer a fun and interactive way to meet new people and build lasting connections. It has cognitive benefits as well, such as improving memory and problem-solving abilities. In this six-week course, participants will develop and practice essential bridge skills, gaining the confidence to play with friends or in clubs. We'll use *Bridge Basics 1: An Introduction*, the first in Audrey Grant's popular instructional guides, as our starting point. With the help of this accessible and entertaining text, participants will build a solid foundation in the game's rules, strategies, and etiquette, reinforced by hands-on experience in a supported setting.

REQUIRED TEXT

Audrey Grant, *Bridge Basics 1: An Introduction*

INSTRUCTOR

Jeff Legge is certified by Audrey Grant to teach from her *Better Bridge* series of instructional books.

35. Introduction to Juggling

Michael Abraham | Tuesday, 9:00am - 10:00am

3 weeks: Feb25, Mar4, Mar11

Blacksburg Community Center, Community Room

Limit: 8 | Fee: \$35



Can you catch a ball? If so, you can learn to juggle. The course introduces juggling basics, with later emphasis on tricks and toys (balls, rings, clubs). Juggling is a great pastime, available to anyone, great for flexibility, hand/eye coordination, and impressing your friends.

Each participant will be asked to devote a minimum of 15 minutes practice per day between sessions. Students will need to bring three juggling balls; lacrosse balls are a convenient and inexpensive option.

INSTRUCTOR

Michael Abraham is a Blacksburg-based businessman and author. He taught himself how to juggle while taking a break from his studies in mechanical engineering at Virginia Tech fifty years ago.

36. Retirement is a Blank Sheet of Paper. What Will You Write on It?

Pamela Knox; Fred Piercy | Monday, 11:00am - 12:30pm
4 weeks: Mar24, Mar31, Apr7, Apr14
CRC, Concept Room | Limit: 15 | Fee: \$35

Most of us invest heavily in our professional lives. Time goes quickly and then, POOF! You are retired, and now what? Joy, confusion, angst, or loss? Perhaps a great future for the next 20-30 years... or maybe not. This course will focus on the emotional and practical process of creating a retirement that fits who you are, who you want to be, and what gives you joy. This class will include mini-lectures, readings, prompts, case examples, interactive activities, and guided group discussions.



INSTRUCTORS

Pamela Knox was a tenured professor of counseling psychology at two Tennessee public universities. She has broad experience in higher education systems management at the state level, as well as in organizational consultation.

Fred Piercy is a Virginia Tech professor emeritus of Human Development and Family Science. He was a tenured professor of marriage and family therapy at three universities, including Virginia Tech. Fred has received teaching awards at the college, university, and national levels.

37. Armchair Journeys

Coordinator: Molly McClintock | Monday, 1:00pm - 2:30pm
4 weeks: Mar24, Mar31, Apr7, Apr14
Zoom | Limit: unlimited | Fee: \$35

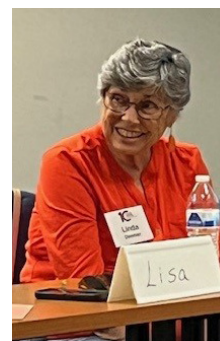
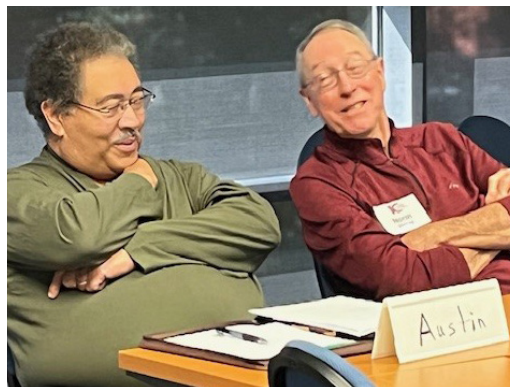
Travel along (virtually) on fascinating journeys. Speakers will share their adventures, along with photos/videos enhancing their stories. There will be plenty of time for participants to ask questions and share comments.

Susan and Bill Baker will share stories of their 15-day bike trip in beautiful Bordeaux, France. They mapped and took the trip on their own, traveling from inn to inn and visiting wineries along the way.

Join **Lynn Resler** as she recounts a transformative journey to the Antarctic Peninsula with Virginia Tech students, exploring one of the most remote and pristine environments on earth.

Travel through eight countries in Central Europe with **Steve Jacobs**. War is a visceral and present part of the national psyche in these countries. Steve saw bullet-riddled buildings, museums created in remnants of bombed churches, and memorials on the grounds of former war offices.

Lynn Talbot will be our guide through the fascinating landscapes and the history, culture, and lifestyle of Mongolia. Her unforgettable photos will take us from the capital Ulaan Baatar to the Siberian north and the Gobi Desert in the south.



Cooking & Crafts

38. Hawaiian Appliqué Quilt Making

Paula Golden | Monday, 3:00pm - 5:00pm
5 weeks: Feb17, Feb24, Mar3, Apr7, May5
CRC, Concept Room | Limit: 15 | Fee: \$35 | Materials Fee: \$20



Hawaiian appliqué quilts, likely an art form introduced to the islands by missionaries in the eighteenth century, are created the way a child makes a paper snowflake from a folded, symmetrical cutout. The unfolded design is sewed onto the quilt top. Participants in this five-week course will learn the history of this traditional craft and the way early designs reflected the history and culture of Hawaii. They will then make a pillow-sized quilt, one step at a time, by hand, allowing time in between classes for completion at home.

Students should bring newspapers, markers, and paper scissors to the first class. The instructor will itemize additional supplies as needed.

INSTRUCTOR

Paula Golden is a nationally renowned quilter and teacher. She has taught multiple classes for LLI.

39 & 40. Italian Cooking Experiences

SELECT ONE SESSION DATE.

39: SESSION 1

Claudia Levi | Monday, 9:00am - 12:00pm
1 week: Feb24
Instructor's home | Limit: 8 | Fee: \$15

40: SESSION 2

Claudia Levi | Monday, 9:00am - 12:00pm
1 week: Mar24
Instructor's home | Limit: 8 | Fee: \$15



INSTRUCTOR

Claudia Levi was born and raised in Torino, Italy. She cooks every day from scratch for her family and friends. She is excited to offer Italian Cooking Experiences and share her joy for cooking, as it was transmitted to her by her mother and grandmothers.

This course offers a hands-on cooking experience at the instructor's house, where participants will learn to prepare simple and "classic" Italian recipes and enjoy the food and the company at the end of the class. The spring class will feature: *risotto allo zafferano* (rice, butter, soffritto, white wine, broth, saffron, parmigiano); *minestrone di zia Teresa* (classic soup with diced veggies, parmigiano); and *torta di mele della nonna* (apple cake, grandma healthy recipe).

Delicious and nutritious food does not have to be complicated to make nor expensive to buy!

41. Design Your Own Charcuterie Board

Marie Paget, Rebecca Riley | Thursday, 6:00pm - 7:30pm
1 week: Apr3
Vintage Cellar | Limit: 25 | Fee: \$25



INSTRUCTORS

Marie Paget and **Rebecca Riley** are avid food and cooking enthusiasts, lovers of party planning and giving for over 25 years.

Charcuterie has been a culinary specialty since the fifteenth century, when French chefs became famous for their artful presentation of delicious, cured meats. In a recent revival of this tradition, nuts, olives, fruit, and other finger foods are added to the meats as part of a colorful, tasty, and balanced design. This one-session course will teach participants to build their own charcuterie boards through demonstration and practice. The class will be held at Vintage Cellar and will include the pairing and tasting of wines selected by owner Keith Roberts. Bring your own apron. Class fee includes all foods for the boards and wine tasting.

42. LLI Knit-Along: Create A Beautiful Designer Cardigan

Diana George; Kaye Graham; Nancy Metz | Friday, 11:00am - 12:30pm
6 weeks: Feb21, Feb28, Mar14, Mar21, Mar28, Apr11
Instructor's home | Limit: 12 | Fee: \$35

LLI's Knit-Along welcomes new and returning members as we create Isabell Kraemer's beautiful Aileas cardigan. If you have knitted a sweater before, you will be able to follow the clear instructions for this popular pattern. Over 86,000 projects have been posted to Ravelry, with yarn choices, tweaks, and photographs to provide plenty of inspiration.

The sweater is worked from the top down and features decorative faux cables on both fronts, the back, and sleeves. We'll help each other and follow a loose completion schedule. Knit-and-chat sessions will be supplemented with guest speakers and a celebratory pot-luck at the end.



INSTRUCTORS

Diana George learned to knit after she retired from Virginia Tech. The generous staff of New River Art and Fiber, led by owner Jessica Jones and her colleague Stella Boyer, had her tackling projects she would never have imagined before their patient instruction.

Kaye Graham wanted to learn to knit when she found out her first grandchild was on the way. She joined Diana with classes at our local yarn shop, so she could keep babies warm in sweaters and hats.

Nancy Metz learned to knit from a neighbor at the age of eight. Since then she has made most of the mistakes it is possible to make but still delights in the meditative and communal pleasures of this ancient and beautiful craft.

43. Flower Arranging

Bonnie Moreno | Friday, 3:00pm - 4:30pm
6 weeks: Feb28, Mar7, Mar14, Mar21, Mar28, Apr4
Christiansburg Recreation Center
Limit: 10 | Fee: \$35

This six-week, hands-on flower arranging course will provide a foundational overview of tools, containers, methods, and floral design principles. The content of the course will be tailored to the specific goals and interests of class members.

On the first day, participants and the instructor will bring containers, pruning shears, flowers, and other plant materials to class for comparison and discussion. As students proceed with their own projects, the instructor will communicate weekly requirements and offer periodic demonstrations.



INSTRUCTOR

Bonnie Moreno holds an MFP in painting. She is a Master Gardener, art teacher, and flower arranging blue ribbon winner

44. Beginning English Smocking

Jan McGilliard, Charlotte McKee | Tuesday, 1:00pm - 2:30pm
5 weeks: Mar4, Mar11, Mar18, Mar25, Apr1
CRC, Curiosity Room
Limit: 15 | Fee: \$35 | Materials fee: \$30 (for smocking kit)

In this five-session course, instructions, demonstrations, and one-on-one assistance will be provided as participants learn and practice basic English Smocking stitches and learn to construct an apron with a smocked insert. The course will cover smocking's rich history and current practice, the basic materials, tools, and techniques used, resources, and the work of local guilds in preserving and fostering this traditional form of needlework. Participants must have access to a sewing machine to complete their apron.

Participants must bring embroidery or fabric scissors. All other supplies will be provided in the smocking kit distributed to each participant on the first day of class.



INSTRUCTORS

Jan McGilliard and **Charlotte McKee** have been smocking for more than forty years. They have taught many people to smock this enjoyable and beautiful hand embroidery on pleats.

Science & Technology

45. Global Change XI: Water Availability in an Era of Climate Change

Coordinator: Anne McNabb, Don Mullins | Thursday, 9:00am - 10:30am

6 weeks: Feb20, Feb27, Mar6, Mar13, Mar27, Apr3

Zoom | Limit: unlimited | Fee: \$35

Water availability is critical for ecological and human health, food production, and energy generation. However, much of the planet's water is not usable for these purposes; in fact, less than one percent of water is available as fresh water. Climate change affects water availability as a byproduct of its influence on rainfall patterns, glacial melting, rising sea levels, droughts, and floods. This course will cover some of the current research related to water availability in the US and our local area. The next course in this sequence will address water quality in an era of climate change.



Feb 20. Chasing Water in a Rapidly Changing World?

Brian Richter, president of Sustainable Waters; senior freshwater fellow, World Wildlife Fund

Feb 27. How Water is Used Throughout the US Economy

Landon Marston, Civil and Environmental Engineering, Virginia Tech

Mar 6. Water Availability and Management of Riverine Water Systems

Jonathan Czuba, Biological Systems Engineering, Virginia Tech

Mar 13. Water Supply and Management in the New River Valley

Caleb Taylor, executive director, NRV Regional Water Authority

Mar 27. Fog Harvesting to Address Global Fresh Water Shortages

Brook Kennedy, School of Design, Virginia Tech

Apr 3. Enhanced Aquifer Recharge: The East Coast Solution for a Secure Water Supply

Mark Widdowson, Civil and Environmental Engineering, Virginia Tech

46. Forensic Science: the Good, the Bad, and the Ugly

Diane Catley | Tuesday, 3:00pm - 4:30pm

3 weeks: Mar11, Mar18, Mar25

CRC, Concept Room | Limit: 25 | Fee: \$35

On television, cases that seem 'dead in the water' are sometimes miraculously solved because fingerprint analysis, bloodstain patterns, or toxicology evidence establishes indisputable proof of guilt or innocence. Recent scientific developments have increased the accuracy and sophistication of forensic science. Still, news reports continue to flag cases where wrongful convictions occur because evidence is misused, misinterpreted, or based on bad science. This three-week course will introduce participants to the science behind crime scene investigations and the good and bad ways it has been deployed in courtroom trials. Resources for discussion include a recent podcast that highlights Virginia cases.



INSTRUCTOR

Diane Catley is a retired forensic science lab supervisor and instructor.

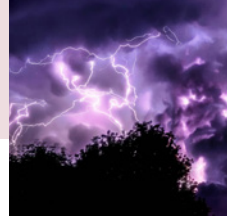
47. Calling All Weather Geeks

Stephanie Zick, Drew Ellis, Douglas Butts, Adam Baker, Kevin Myatt, Brent Watts, David Carroll

Wednesday, 1:00pm - 2:30pm

6 weeks: Feb26, Mar5, Mar12, Mar19, Mar26, Apr2

Warm Hearth Village Center, Tall Oaks Room | Limit: 50 | Fee: \$35



If you love a good thunderstorm, anticipate a winter blizzard, and are glued to the Weather Channel during hurricane or tornado outbreaks, you are a weather geek, and this course is for you. Topics will include the basics of weather and climate, insights on weather forecasting from meteorologists in the government and the media, and expert views about local weather challenges. Additionally, the course will include a tour of the National Weather Service facility in Blacksburg, weather permitting. Three Virginia Tech faculty, meteorologists from the National Oceanic and Atmospheric Administration and WDBJ-7, and the *Cardinal News* weather columnist will lead the sessions.

INSTRUCTORS

Stephanie Zick is an associate professor of meteorology in the Department of Geography at Virginia Tech. She is a tropical meteorologist whose research focuses on hurricanes and other high impact weather phenomena.

Andrew Ellis is a professor of meteorology and climatology within the Department of Geography at Virginia Tech. As a hydroclimate scientist, he has maintained a long-term research agenda focused on climate and water.

Douglas Butts has been the Meteorologist-in-Charge of the National Weather Service's Blacksburg office since 2021 and is responsible for the daily operations of the local office.

Adam Baker has served as the Science and Operations Officer at the Blacksburg National Weather Service Office for two years and is responsible for training the staff and infusing the latest research and technology into operations.

Kevin Myatt wrote about Southwest Virginia weather for over 19 years at *The Roanoke Times* before moving to the online nonprofit news website *Cardinal News*. He closely follows regional weather on his X (@KevinMyattWx) and Facebook (Kevin Myatt's Weather Wonders) accounts and has helped lead 14 trips with the Virginia Tech Hokie Storm Chasers. He edited the book *Hurricanes and the Middle Atlantic States*.

Brent Watts is the chief meteorologist at WDBJ7. He has covered a wide range

of extreme weather events, from tornado outbreaks to historic winter storms. His in-depth reporting and expertise have earned him a reputation as a trusted voice in the weather community.

David Carroll is an instructor of meteorology in the geography department at Virginia Tech. He leads multiple field experiences for the major, including the Hokie Storm Chase and two instrumentation courses.

48. App Swap

Sandy Hagman, Carolyn Meier, Carolyn Rude

Friday, 11:00am - 12:00pm | 2 weeks: Apr11, Apr18

CRC, Concept Room | Limit: 25 | Fee: \$25



Our devices are full of apps - apps that let you pre-order a pizza, identify a backyard bird call, shop for groceries, play a game, or pay a bill. But the sheer number of possibilities is overwhelming. This one-session course initiates a series of LLI workshops designed to help participants identify and share outstanding apps in specific interest areas. The instructors will offer a brief introduction to the technology and then share apps that function on both Apple and Android platforms in three popular categories: nature, shopping, and games. Bring your own favorites to add to the mix!

INSTRUCTORS

Carolyn Meier, Carolyn Rude, and **Sandy Hagman** have been on the LLI Tech Committee for several years. They have taught courses on digital photo organization and book and card making. Sandy and Carolyn Rude were instrumental in helping with the LLI Zoom rollout.

Out & About Field Trips

49 & 50. Tour Via College of Osteopathic Medicine (VCOM)

SELECT ONE SESSION DATE.

49: SESSION 1

Friday, Feb28, 1:30pm – 3:00pm

Weather date: Friday, Mar28

VCOM-Virginia, 2265 Kraft Drive, Blacksburg

In the Corporate Research Center | Limit: 25 | Fee: \$15

50: SESSION 2

Friday, Mar14, 1:30pm – 3:00pm

Weather date: Friday, Mar28

VCOM-Virginia, 2265 Kraft Drive, Blacksburg

In the Corporate Research Center | Limit: 25 | Fee: \$15

Since VCOM's first class started in 2003, their mission has been to prepare globally-minded, community-focused physicians to meet the needs of rural and medically underserved populations. The Blacksburg Campus is the first of what is now a four-campus system to prepare osteopathic physicians.

Dr. Ron Januchowski, dean of the VCOM Virginia Campus, will walk us through the difference between preparation as a Doctor of Osteopathic Medicine (DO) and traditional training as an MD. VCOM's commitment to Appalachian and international outreach is also a unique and foundational piece of their mission. We'll have a chance to ask questions of a faculty and student panel, get a demonstration of osteopathic manipulation, and follow along on a student-led tour of various labs.



Edward Via College of
Osteopathic Medicine

VIRGINIA • CAROLINAS
AUBURN • LOUISIANA



51 & 52. Teaberry Alpaca Farm Tour with Lunch

SELECT ONE SESSION DATE.

51: SESSION 1

Thursday, Apr10, 11:30am – 1:30pm

Farm is located in Catawba, VA (directions will be provided)

Limit: 18 | Fee: \$30 includes lunch and tour

52: SESSION 2

Friday, Apr11, 11:30am – 1:30pm

Farm is located in Catawba, VA (directions will be provided)

Limit: 18 | Fee: \$30 includes lunch and tour

Tour the picturesque Teaberry Alpaca Farm, located just 30 minutes from Blacksburg. We'll start outside with lunch provided by Lemon and Vale Cakery, where we can view the alpacas. After lunch, we will learn about the joys and challenges of raising alpacas and have a chance to feed these gentle animals. This is a great opportunity to have your picture taken with adorable fluffy alpacas!

The Teaberry Alpaca Farm, in the beautiful Jefferson National Forest, was established in 2022 by the Schiele family who moved to Virginia after 30 years in Arizona.



53. Explore ARIES, Virginia Tech’s Immersive Program

Friday, Apr11, 1:30pm – 3:00pm
Newman Library, Virginia Tech campus
Limit: 50 | Fee: \$15

Learn about the innovative technologies employed by Virginia Tech students to create immersive experiences and simulations. Then explore four interactive stations showcasing student work. Experience the precision of motion capture with the Rokoko Suit, immerse yourself in a virtual reality game with a state-of-the-art headset, explore the cosmos through the Augmented Reality Solar System Project, and marvel at the digital twin of basketball star Liz Kitley created through sophisticated volumetric capture technology. This hands-on exploration promises a captivating glimpse into the future of interactive technology.

PRESENTERS

Sarah Tucker is the program coordinator for the Applied Research in Immersive Experiences and Simulations (ARIES) Program at Virginia Tech University Libraries. Her area of expertise is technology-enabled learning.

Todd Ogle is the executive director of the ARIES Program at Virginia Tech University Libraries.

54 & 55. 16 Frogs Public Art Tour

SELECT ONE SESSION DATE.

54: SESSION 1

Monday, Apr14, 10:00am – 11:30am
Gather at the Five Chimneys house marker in Marcia’s Park, corner of Draper and Washington Streets, Downtown Blacksburg
Limit: 12 | Fee: \$15

55: SESSION 2

Monday, Apr28, 1:30pm – 3:00pm
Gather at the Five Chimneys house marker in Marcia’s Park, corner of Draper and Washington Streets, Downtown Blacksburg
Limit: 12 | Fee: \$15

Take a walk with Blacksburg’s Mayor, Leslie Hager-Smith, and discover the rich story behind Blacksburg’s amphibious sentinels. The 16 Frogs of Blacksburg are life-size frog statuettes, perched (or sometimes hiding) on culverts, stormwater drains, and sidewalks. They are strategically placed to mark the “ghost streams” in Blacksburg’s downtown and beyond.

This walking tour will acquaint participants with the town’s unique setting at the crest of the Eastern Continental Divide, along with the importance of its freshwater heritage.



56. Historic Saltville

Wednesday, Apr16
Depart Blacksburg Community Center at 8:15am by bus (please arrive at least 15 minutes prior to departure). Return approximately 6:15pm.
Limit: 20
Fee: \$57 includes transportation, fully guided tours and entrance fees, and lunch at Coaches

Learn how geology influenced the history of the Saltville area for millions of years with a visit to the Museum of the Middle Appalachians. Learn about the role of the Salt Works in the Civil War. We will visit King Stuart House, Madame Russel Church and Cabin, and more.

Bus transportation and trip coordination are provided by Blacksburg Parks and Recreation. If your registration is confirmed with LLI, you will be sent payment instructions. Your seat is not guaranteed unless and until you make payment to the trip coordinator. Tour minimum is 15.



57. Roanoke Art + Architecture Walking Tour

Thursday, Apr24 | Rain date: Friday, Apr25
Optional lunch at Billy's, meet at 11:15
Tour begins at the Taubman Museum of Art at 1:00
Limit: 20 | Fee: \$25 includes guided tour; lunch on your own

Discover hidden treasures in downtown Roanoke with guide James Moser, who will showcase more than a dozen examples of intriguing architectural styles ranging from Classical to Art Deco and Ultra-Modern. Both newcomers and long-time residents of our region will gain a heightened appreciation for the artistic and architectural variety in the city's center. The one-hour tour begins and ends at the Taubman Museum of Art. You will be walking about one mile requiring moderate physical activity.

Enjoy the company of other LLI members at an optional lunch at nearby Billy's at 11:15. The museum will be open after the tour if you wish to spend more time inside the building on your own.

GUIDE

James Moser is a Secular Society Research Fellow and seasoned historian who loves to share Roanoke's art and architecture.



10th Anniversary Special Event

PLOTT & FRENCH
FINANCIAL ADVISORS

Thanks to our Tenth Anniversary sponsor, Plott and French Financial Services, for supporting these activities. We appreciate their years of support for LLI at Virginia Tech!



10 Years of Great Learning Adventures

58. 10th Anniversary Luncheon

Thursday, Apr17, 11:30am – 2:00pm | Inn at Virginia Tech | Limit: 80 | Fee: \$35

Our very special guest speaker for the closing luncheon of our 10th anniversary celebration is Kwame Alexander, an award-winning author, poet, and speaker. He is also a former Virginia Tech student who discovered the power of poetry with faculty member Nikki Giovanni. We will also be recognizing and celebrating our longest-serving volunteer instructors, whose dedication has made our LLI program such a treasure for all of us. Join us for this very special event.

GUEST SPEAKER

Kwame Alexander is a poet, educator, publisher, Emmy®-award winning producer, and #1 *New York Times* bestselling author of 40 books, including *Why Fathers Cry at Night*, *An American Story*, *The Door of No Return*, *Becoming Muhammad Ali* (co-authored with James Patterson), *Rebound*, and *The Undeclared*, a National Book Award nominee, Newbery Honor, and Caldecott Medal-winning picture book illustrated by Kadir Nelson. He is the recipient of numerous other awards. Kwame's mission is to change the world, one word at a time. For more information on our special guest, please see kwamealexander.com.



Free Special Events & Lectures

These free programs are offered as a member benefit; register for as many as you plan to attend. (Warm Hearth residents who are not LLI members are invited to attend talks and events held at Warm Hearth; registration is not required.)

59. Monuments Across Appalachian Virginia

Tuesday, Feb18, 3:00pm – 4:30pm
Warm Hearth Village Center, Tall Oaks Room
Limit: 50

Monuments Across Appalachian Virginia (MAAV) is a Mellon Foundation-funded project housed at Virginia Tech. MAAV is a three-year initiative dedicated to the construction of new monuments in our region that memorialize people and struggles often ignored, denied, or excluded. Nine projects have been funded so far. Participants will learn about the process for creating these monuments and then brainstorm their own ideas for re-imagining and memorializing public spaces.



PRESENTER

Lauren Trice is the project coordinator for the Monuments Across Appalachian Virginia at Virginia Tech. She holds a B.A. in Historic Preservation from the University of Mary Washington and a masters degree in urban planning from the University of Pennsylvania.

60 & 61. Enjoy Free Audio Books, eBooks, and Magazines on Your Devices

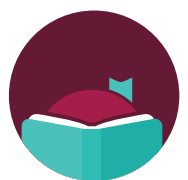
ENROLL FOR THE SESSION DATE APPROPRIATE FOR YOUR DEVICE.

60: SESSION 1 — ANDROID DEVICES

Thursday, Feb20, 2:30pm – 4:30pm
Blacksburg Public Library Community Room
200 Miller Street, Blacksburg
Limit: 10

61: SESSION 2 — APPLE DEVICES

Thursday, Feb20, 10:30am – 12:30pm
Blacksburg Public Library Community Room
200 Miller Street, Blacksburg
Limit: 10



Libby.

For both sessions, you will need:

- A Montgomery-Floyd Regional Library card in good standing. (Sign up online at mfrl.org or in any branch library)
- Your device: iPad or iPhone for Apple; Samsung, LG, Nexus, Kindle, etc. for Android.
- OverDrive's Libby app downloaded in advance from the App store for your device.

Library experts will teach you how to read eBooks and magazines, and listen to audiobooks, all for free with OverDrive's Libby app and your library card. *Co-sponsored by the Blacksburg Public Library,*

Need help downloading the Libby app? Visit the desk at the library for one-on-one help before the class.

62. Medicare Fraud and Scams: How to Recognize and Prevent Them

Friday, Mar28, 3:00pm – 4:30pm
Warm Hearth Village Center, Tall Oaks Room
Limit: 75

Medicare fraud is rampant. In 2023, Virginians lost over \$94,000,000 to scams of all types. Medicare fraud is especially egregious since it preys on the sick and uninformed. Any government agency that attempts to contact you will do so by letter. They send you a letter if you owe back taxes. They send you a letter regarding your Social Security benefits or your Medicare benefits. Learn how to spot fraud attempts on your Medicare account.

PRESENTER

Shannon Abell, Virginia AARP Community Ambassador, speaks to many organizations about Medicare issues.

63. Scientific Discoveries from the James Webb Space Telescope

Friday, Apr 4, 1:30pm – 3:00pm
Warm Hearth Village Center, Tall Oaks Room
Limit: 75

The Webb Telescope is the premier space observatory. It allows scientists to study every phase in the history of our universe, ranging from the first luminous glows after the Big Bang, to the formation of solar systems capable of supporting life. It launched in 2021 and now orbits the sun. Our guest speaker will discuss the scientific motivation for this huge project, the commissioning and engineering of the space telescope, and the launch. He will share how the research team collects data and creates the images that you see in the media, and talk about the scientific discoveries in the first few years of the telescope's operation.



PRESENTER

David Law is an associate astronomer at the Space Telescope Science Institute. His research focuses on the evolution of galaxy structure and movements.

64. Giving Wisely: Making an Impact with Your Charitable Gifts

Tuesday, Apr 8, 1:30pm – 3:00pm
Warm Hearth Village Center, Tall Oaks Room
Limit: 40

Join us for this workshop on how to make meaningful and strategic charitable gifts in ways that will reflect your interests and values and have the greatest impact on the community.

We'll start with an overview of how to assess non-profit organizations of interest to you and evaluate their capacity to use your gift wisely. We'll talk about how you can build an endowment for a cause you are interested in and make gifts through a variety of financial strategies during your lifetime or through your will.

We'll break into small groups to share experiences with charitable giving, including the joy of having a positive impact on an individual life or an important cause. You'll have plenty of opportunity to ask questions about giving strategies or possible local non-profits.



PRESENTER

Jessica Wirgau is chief executive officer of the Community Foundation of the NRVA. She has guided many individuals and families in their decision-making about how to make lasting contributions to non-profits serving needs in the NRVA.

Healthy Dialogues with LewisGale Hospital Montgomery

65. Back Pain? What's Next?

Tuesday, Apr 8, 5:00pm – 6:30pm
LewisGale Hospital Montgomery
Limit: 35

Lewis Gale Hospital Montgomery welcomes **Dr. Stephen Baltic** who joined OrthoVA as an orthospine surgeon. Dr. Baltic will describe the latest interventions in spine surgery and introduce the newest robot available at the hospital. Learn about this new technology that allows for minimally invasive surgery that employs small incisions along the spine to separate, rather than cut muscles along the spine, a change in technique that reduces recovery time and improves outcomes.

66. Emergency Room, Urgent Care, or Primary Care?

Wednesday, Apr 23, 5:00pm – 6:00pm
Warm Hearth Village Center, Tall Oaks Room
Limit: 75

In the midst of an urgent medical problem, do you know which facility is the right place to go? Two of the best from the LewisGale Hospital Montgomery Emergency Department — **Dr. Chris Smith**, medical director, and **Zack Chrisley**, director of emergency services — will help answer this question. They will also share information about LewisGale's new freestanding Emergency Department opening in Christiansburg.



67. 15 Years and Growing: The Fralin Biomedical Research Institute at VTC

Thursday, Feb 27, 3:00pm – 4:30pm
Zoom webinar | Limit: unlimited

Michael Friedlander is Virginia Tech's Vice President for Health Sciences and Technology and the founding executive director of the Fralin Biomedical Research Institute at VTC (Virginia Tech Carilion). He joined Virginia Tech in 2010 and began recruiting some of the world's brightest biomedical scientists to Roanoke, leading the city's transformation toward biotechnology. Just 15 years later, there are 44 research teams with over 500 people in six centers of excellence who work in Roanoke and Washington, D.C. They are developing new strategies for preventing, diagnosing, and treating major health challenges.

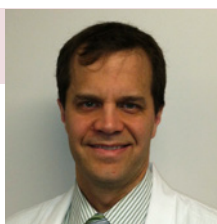


Hear about the exciting medical research programs underway in addiction recovery, cancer, exercise medicine, health behaviors, neuroscience, neuromotor therapies, and vascular and heart disease.

68. Current Hearing Aid Technology and Audiology Practices

Friday, Mar 21, 3:30pm – 5:00pm
Zoom webinar | Limit: unlimited

Losing your ability to hear can dramatically impact the way you interact with others and experience life, and it puts you at greater risk for anxiety and depression. Learn about diagnosis and treatment for hearing loss from an experienced audiologist. Topics to be covered include types of hearing loss, tinnitus, and current hearing aid technology. Learn the roles of different professionals on a hearing health care team, what to expect during hearing evaluations, and the latest in hearing aid accessories and other assistive listening devices.



PRESENTER

Dr. J. Kip Kelly is an audiologist in Louisville, Kentucky with 25 years of experience in a variety of capacities in the field of audiology.



LLI Information

FEES

Membership each term is required to register for courses and participate in free events. Spring term membership is \$60 and is non-refundable. Course and event fees are listed in each description. Courses must be cancelled one week prior to the first session of the class to receive a refund of the course fee.

FEE WAIVERS

The Lifelong Learning Institute is committed to accessible and affordable educational opportunities for NRV residents. Requests for fee waivers should be addressed to the LLI Program Coordinator, phone 540-231-1725. All requests are confidential.

VOLUNTEER

The Lifelong Learning Institute at Virginia Tech thrives on the contributions of its volunteers. Learn more about how you can volunteer by visiting our website at cpe.vt.edu/lifelonglearning/volunteer.html, or email lifelonglearning@vt.edu.

Volunteers are needed as:

- Teachers - teach a course in an area of your own expertise.
- Class Assistants – assist the instructor with managing the class.
- Committee Members – serve on one of our five LLI committees: Program, Outreach, Instructional Support, Social Events, and Development.
- Occasional Assistance – volunteers are needed for a variety of short-term tasks. Newcomers welcome!

DONATE

LLI has become an important part of the quality of life for retirees in the New River Valley and an effective outreach program for Virginia Tech. Your support will allow the LLI at Virginia Tech to grow this important community resource.

The Lifelong Learning Institute is a self-supporting entity of the Division of Outreach and International Affairs at Virginia Tech. All gifts to LLI (excluding membership and course/event-related fees) are fully tax deductible to the extent allowable by law. Designated gifts are received and managed by the Virginia Tech Foundation for the purpose of growing and sustaining the Lifelong Learning Institute.

Visit cpe.vt.edu/lifelonglearning/support/donations.html to learn the many ways that you can provide a donation to support the work of the Lifelong Learning Institute.

COURSE WAIT LISTS

Is your desired class full? After registering for your other classes, look for a Wait List link on your Transaction Receipt. We'll contact you if an opening occurs.

ACCOMMODATIONS

For questions about a location's access or to request accommodation for a disability, contact the LLI Program Coordinator at lifelonglearning@vt.edu or 540-231-1725. Please contact us at least 14 days in advance of the start of class or the event.

For a full list of LLI Policies, visit our website at: <https://cpe.vt.edu/lifelonglearning/membership/policies.html>

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All program information is subject to change without notice.

LLI Spring 2025 REGISTRATION WORKSHEET

Please use this worksheet to collect your choices and to facilitate online or phone registration beginning at 10:00 am, January 28, 2025; credit cards only. Walk-in and mail-in registration are not available.

MEMBERSHIP FEE, SPRING TERM (REQUIRED) \$60

COURSES

- | | | | |
|---|--|--|---|
| <p><input type="checkbox"/> 1. Fred Chappell: A Literary Legacy, Monday, 11:00am-12:00pm, in person, \$35</p> <p><input type="checkbox"/> 2. Conversational Spanish (Intermediate), Thursday, 3:00pm-4:30pm, in person, \$35</p> <p><input type="checkbox"/> 3. The Real Life Agatha Christie Mystery, Tuesday, 1:00pm-2:30pm, in person, \$35</p> <p><input type="checkbox"/> 4. Jane Austen Book Club, Wednesday, 9:00am-10:15am, in person, \$35</p> <p><input type="checkbox"/> 5. One Hundred Years of Solitude in Just One Month, Wednesday, 3:00pm-4:30pm, in person, \$35</p> <p><input type="checkbox"/> 6. Writing Your Passion, Wednesday, 1:00pm-2:30pm, in person, \$35</p> <p><input type="checkbox"/> 7. Read Local: This is Where You Belong: Finding Home Wherever You Are, Tuesday, 11:00am-12:00pm, in person, \$35</p> <p><input type="checkbox"/> 8. Exploring Oil Painting, Monday, 9:00am-11:30am, in person, \$35 + \$20 materials fee</p> <p><input type="checkbox"/> 9. Painting Barn Quilts, Monday, 12:00pm-1:30pm, in person, \$35</p> <p><input type="checkbox"/> 10. Unlocking Drawing: From Basics to Bold Expression, Tuesday, 6:00pm-8:00pm, in person, \$35</p> <p><input type="checkbox"/> 11. Portraits in Watercolor, Friday, 10:00am-12:00pm, in person, \$35 + \$45 materials fee</p> | <p><input type="checkbox"/> 12. Film Forum: Virginia at the Movies, Wednesday, 11:00am-12:15pm, in person, \$35</p> <p><input type="checkbox"/> 13. The History of Comedy and the Theory of Play, Thursday, 11:00am-12:30pm, in person, \$35</p> <p><input type="checkbox"/> 14. Vivaldi's Four Seasons at 300, Thursday, 3:00pm-4:00pm, in person, \$25</p> <p><input type="checkbox"/> 15. How Anthropology Connects Our Past and Present, Monday, 1:00pm-2:30pm, in person, \$35</p> <p><input type="checkbox"/> 16. Sampler, Tuesday, 9:00am-10:15am, Zoom, \$35</p> <p><input type="checkbox"/> 17. Exploring International Cultures, Tuesday, 11:00am-12:30pm, in person, \$35</p> <p><input type="checkbox"/> 18. Great Decisions, Wednesday, 11:00am-12:30pm, in person, \$35</p> <p><input type="checkbox"/> 19. Hinduism as Lived Experience, Wednesday, 1:00pm-2:15, in person, \$35</p> <p><input type="checkbox"/> 20. Conversations on Immigration, Thursday, 8:00am-9:15am, in person, \$35</p> <p><input type="checkbox"/> 21. Life Out There: What if it Really is Little and Green?, Thursday, 1:00pm-2:30pm, in person, \$35</p> <p><input type="checkbox"/> 22. The Lewis and Clark Expedition, Friday, 10:00am-11:00am, in person, \$35</p> <p><input type="checkbox"/> 23. Contemporary Female Songwriters as Cultural Historians, Friday, 11:00am-12:30pm, Zoom, \$35</p> | <p><input type="checkbox"/> 24. The Future of Cities, Monday, 9:00am-10:00am, Zoom, \$35</p> <p><input type="checkbox"/> 25. Tippling Tour of Virginia Tech's History of Food and Drink Collection, Friday, 3:00pm-4:30pm, in person, \$15</p> <p><input type="checkbox"/> 26. Tippling Tour of Virginia Tech's History of Food and Drink Collection, Friday, 3:00pm-4:30pm, in person, \$15</p> <p><input type="checkbox"/> 27. More Remarkable Women, Thursday, 11:00am-12:30pm, in person, \$35</p> <p><input type="checkbox"/> 28. Current Status of DEI Initiatives in Higher Education, Friday, 11:00am-12:30pm, in person, \$15</p> <p><input type="checkbox"/> 29. Appreciating the Wines of Western Spain and Portugal, Monday, 3:00pm-5:00 pm, in person, \$35 + Wine fee: \$125.</p> <p><input type="checkbox"/> 30. Appreciating Wines of Western Spain and Portugal, Wednesday, 3:00pm-5:00pm, in person, \$35 + Wine fee: \$125.</p> <p><input type="checkbox"/> 31. Research on Staying Sharp at Any Age, Tuesday, 3:00pm-4:30pm, in person, \$35</p> <p><input type="checkbox"/> 32. Cantonese Mahjong, Tuesday, 3:00pm-4:00pm, in person, \$35</p> <p><input type="checkbox"/> 33. Developing Goals and Strategies for End-of-Life Planning, Wednesday, 9:00am-10:30am, in person, \$35</p> <p><input type="checkbox"/> 34. Bridge for Beginners, Friday, 9:00am-11:00am, in person, \$35</p> | <p><input type="checkbox"/> 35. Introduction to Juggling, Tuesday, 9:00am-10:00am, in person, \$35</p> <p><input type="checkbox"/> 36. Retirement is a Blank Sheet of Paper. What Will You Write on It?, Monday, 11:00am-12:30pm, in person, \$35</p> <p><input type="checkbox"/> 37. Armchair Journeys, Monday, 1:00pm-2:30pm, Zoom, \$35</p> <p><input type="checkbox"/> 38. Hawaiian Applique Quilt Making, Monday, 3:00pm-5:00pm, in person, \$35 + \$20 materials fee</p> <p><input type="checkbox"/> 39. Italian Cooking Experiences, Monday, 9:00am-12:00pm, in person, \$15</p> <p><input type="checkbox"/> 40. Italian Cooking Experiences, Wednesday, 9:00am-12:00pm, in person, \$15</p> <p><input type="checkbox"/> 41. Design Your Own Charcuterie Board, Thursday, 6:00pm-7:30pm, in person, \$25</p> <p><input type="checkbox"/> 42. LLI Knit-Along: Create A Beautiful Designer Cardigan, Friday, 11:00am-12:30pm, in person, \$35</p> <p><input type="checkbox"/> 43. Flower Arranging, Friday, 3:00pm-4:30pm, in person, \$35</p> <p><input type="checkbox"/> 44. Beginning English Smocking, Tuesday, 1:00pm-2:30pm, in person, \$35 + \$30 materials fee</p> <p><input type="checkbox"/> 45. Global Change XI: Water Availability in an Era of Climate Change, Thursday, 9:00am-10:30am, Zoom, \$35</p> |
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- ❑ 46. Calling All Weather Geeks, Wednesday, 1:00pm-2:30pm, in person, \$35
- ❑ 47. Forensic Science: the Good, the Bad, and the Ugly, Tuesday, 3:00pm-4:30pm, in person, \$35
- ❑ 48. App Swap, Friday, 11:00am-12:00pm, in person, \$25

OUT-AND-ABOUT FIELD TRIPS

- ❑ 49. Tour Via College of Osteopathic Medicine (VCOM), Feb28, 1:30pm-3:00pm, \$15
- ❑ 50. Tour Via College of Osteopathic Medicine (VCOM), Mar14, 1:30pm-3:00pm, \$15
- ❑ 51. Teaberry Alpaca Farm Tour with Lunch, Apr10, 11:30am-1:30pm, \$30
- ❑ 52. Teaberry Alpaca Farm Tour with Lunch, Apr11, 11:30am-1:30pm, \$30
- ❑ 53. Explore ARIES, Virginia Tech's Immersive Program, Apr11, 1:30pm-3:00pm, \$15
- ❑ 54. 16 Frogs Public Art Tour, Apr14, 10:00am-11:30am, \$15
- ❑ 55. 16 Frogs Public Art Tour, Apr28, 1:30pm-3:00pm, \$15
- ❑ 56. Historic Saltville Tour, Apr16, 8:15am-6:15pm, \$57
- ❑ 57. Roanoke Art + Architecture Walking Tour, Apr24, 1:00pm-2:30pm, \$25

TENTH ANNIVERSARY EVENT

- ❑ 58. 10th Anniversary Luncheon with Kwame Alexander, Apr17, 11:30am-2:00pm, \$35

FREE SPECIAL EVENTS AND LECTURES

- ❑ 59. Monuments Across Appalachian Virginia, Feb18, 3:00pm-4:30pm
- ❑ 60. Enjoy Free Audio Books, eBooks, and Magazines on Your Apple Devices, Feb20, 10:30am-12:30pm
- ❑ 61. Enjoy Free Audio Books, eBooks, and Magazines on Your Android Devices, Feb20, 2:30pm-4:30pm
- ❑ 62. Medicare Fraud and Scams: How to Recognize and Prevent Them, Mar28, 3:00pm-4:30pm
- ❑ 63. Scientific Discoveries from the James Webb Space Telescope, Apr4, 1:30pm-3:00pm
- ❑ 64. Giving Wisely: Making an Impact with Your Charitable Gifts, Apr8, 1:30pm-3:00pm
- ❑ 65. Back Pain? What's Next?, Apr8, 5:00pm-6:30pm
- ❑ 66. Emergency Room, Urgent Care, or Primary Care?, Apr23, 5:00pm-6:00pm
- ❑ 67. Michael Friedlander, Feb27, 3:00pm-4:30pm
- ❑ 68. Current Hearing Aid Technology and Audiology Practices, Mar21, 3:00pm-5:00pm

REGISTRATION OPENS TUESDAY, JANUARY 28 AT 10:00AM

Register online by visiting the LLI Home page at www.cpe.vt.edu/lifelonglearning and clicking REGISTER.

This is the fastest way to register. We recommend registering online whenever possible.

Register by phone by calling **540-231-5182**.

Please note that there will be no walk-in or mail-in registration for spring.

Need step-by-step instructions for registering online?

Scan this QR code or visit cpe.vt.edu/lifelonglearning/membership/instructions.html.

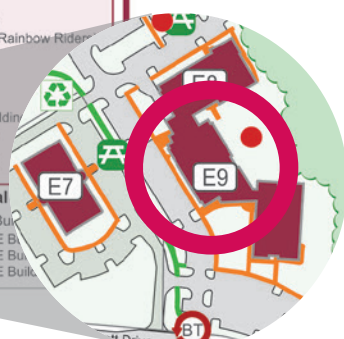
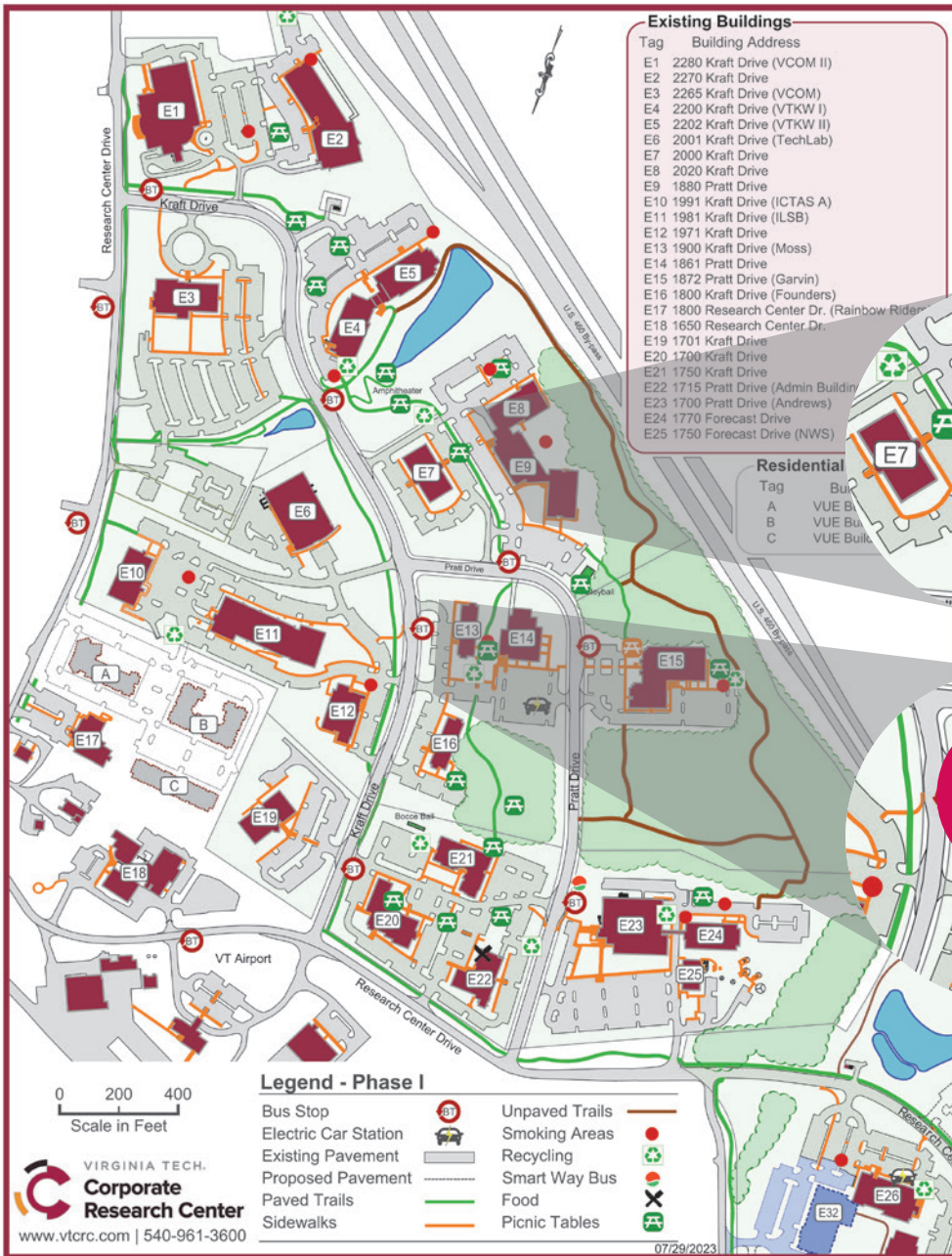


SCAN TO REGISTER



Locations

Corporate Research Center Locations

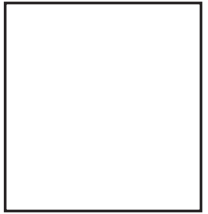


E9, 1880 Pratt Drive, Concept Room (classroom style)



E13, 1900 Kraft Drive, Moss Building, Curiosity Room

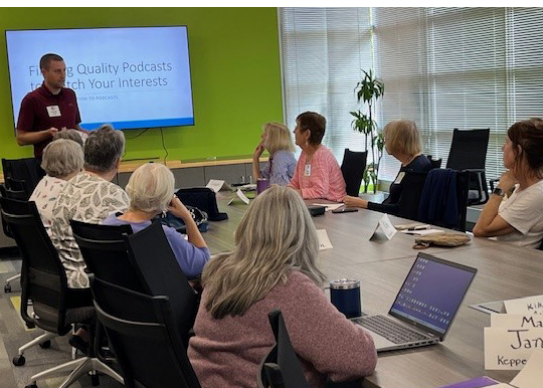
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