

Lifelong Learning Institute Fall 2020

All Lifelong Learning Institute courses, including co-listed will meet online for the Fall semester. In most cases, you will meet virtually at the designated dates and times for face-to-face interaction with your fellow students and instructor. Only a few co-listed courses are Distance Learning, meaning working at your own pace to meet deadlines with no specific meeting time.

Visit the LLI Brochure for complete information on course descriptions, exception dates, and tuition/fees. This is subject to change without notice.

Course	CRN	Course Name	Dates	Times	Instructors
Archaeology and World Cultures					
LLI451	25792	America's First National Park - Yellowstone	11/9-11/30	10:30 AM - 12:30 PM	Steve Pittleman
LLI362	25791	An Iberian Feast: The Culinary History & Culture of Portugal & Spain	9/14-10/12	6:30 - 8:30 PM	Naomi Daremblum
LLI802	25417	Introduction to Archaeology	9/1-12/17	9:30 - 10:45 AM	Barbara Wolff
LLI478	25399	Religion and Art Across Hindu and Christian Traditions	9/11-11/6	1:00 - 3:00 PM	Patrick Beldio
LLI401	24887	Ukraine: History and Politics	9/11-10/16	1:30 - 3:30 PM	Naomi Daremblum
Art					
LLI470	24909	Amazing Photos With Your DSLR Camera	10/1-10/29	6:30 - 8:30 PM	Michael Koren
LLI471	24910	Amazing Photos with Your Phones and Tablets	11/4-11/25	6:30 - 8:30 PM	Michael Koren
LLI623	25769	Digital Photography	9/1-12/17	3:00 - 5:40 PM	Alzira Ruano
LLI623	25415	Digital Photography	9/1-12/17	9:00 - 11:40 AM	Grace Graham
LLI644	25416	Digital Photography for Fine Arts II	9/1-12/17	9:00 - 11:40 AM	Grace Graham
LLI644	25770	Digital Photography for Fine Arts II	9/1-12/17	3:00 - 5:40 PM	Alzira Ruano
LLI698	24916	Drawing with Pencils, Charcoal, or Pastels	10/5-11/9	10:30 AM - 12:30 PM	Tatiana Martin
LLI698	24917	Drawing with Pencils, Charcoal, or Pastels	9/16-10/21	6:30 - 8:30 PM	Tatiana Martin
LLI970	24918	The Art of Sketching	10/6-11/17	10:30 AM - 12:30 PM	Tatiana Martin
LLI345	24879	The Brain and Art	10/29-12/10	6:30 - 8:30 PM	Kristine DeNinno

LLI410	24898	Touch Screen Art: Sketching, Drawing, and Painting	10/1-10/22	6:30 - 8:30 PM	Kristine DeNinno
LLI987	24919	Watercolor Advanced - - For Creativity and Fun	9/25-11/13	10:00 AM - 12:30 PM	Michaele Harrington
LLI609	24914	Watercolor Techniques I	10/9-11/13	10:30 AM - 12:30 PM	Tatiana Martin
Art History					
LLI014	24855	Auguste Rodin: the Modern Sculptor	11/2-11/16	10:30 AM - 12:30 PM	Irina Stotland
LLI423	24899	How to Decipher Paintings: Artists of Renaissance Venice	10/14-11/18	1:30 - 3:30 PM	Irina Stotland
LLI477	24912	Manet's Olympia: Courtesan or Painter - The Untold Story Behind the Painting	11/9-11/16	6:30 - 8:30 PM	Adrienne Wyman
LLI479	24913	Modern Yoga and the Arts	9/15-10/6	1:30 - 3:30 PM	Patrick Beldio
LLI475	24911	Russian Art and Architecture	10/20-11/24	2:00 - 4:00 PM	Elena Newland
LLI395	25782	Russian Artists in Paris	9/23-10/7	1:30 - 3:30 PM	Irina Stotland
LLI040	25790	The Nabis Artists: From Impressionism to Modernism	10/5-10/19	10:30 AM - 12:30 PM	Naomi Daremblum
LLI012	24853	The Wonders and Mysteries of Romanesque and Gothic Architecture & Art	10/9-11/6	1:30 - 3:30 PM	Ruth Manchester
Brain Fitness Institute					
LLI036	24861	Fun with Words - Memory Booster	10/23-12/4	10:30 AM - 12:30 PM	Courtney Johnson
LLI249	25387	Meditation for Mindfulness and Stress Reduction	9/8-6/5	2:30 - 4:00 PM	Phil Bender
LLI185	25383	Meditation Practices - Heart, Brain, Body Connections	9/30-12/5	10:00 - 11:30 AM	Carol Moore
LLI445	25390	Meditation Practices- Heart, Brain, Body Connections - Continued	9/30-12/5	1:00 - 2:30 PM	Carol Moore
LLI396	24883	Memory Academy: Train Your Brain to Retain!	9/25-10/4	1:00 - 3:00 PM	Holy Cross Hospital
LLI387	24882	Path to A Healthy and Vibrant Life: A Six-Week Personal Wellness Journey	10/5-12/4	2:00 - 4:00 PM	Monica Byrd
LLI092	24865	Pathway to Present Moment and Self- Awareness	9/10-4/4	10:30 - 11:30 AM	Gwen Dorsey
LLI480	25400	Secrets of Longevity: the Blue Zones and Beyond	10/23-2/5	10:30 AM - 12:30 PM	Natasha Sacks

LLI098	24867	Stress Management & Resiliency Through Mind-Body Techniques	11/16-4/4	2:30 - 4:00 PM	Monica Byrd
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Computers and Technology

LLI461	24937	Knowing Technology I: Your Computer, Cloud, and Internet of Things - How you Can Benefit	9/22	6:00 - 9:00 PM	Carl Burnett
LLI461	24906	Knowing Technology I: Your Computer, Cloud, and Internet of Things - How you Can Benefit	11/3	1:00 - 4:00 PM	Carl Burnett
LLI456	24935	Knowing Technology II: Your Cloud Computing Services	10/6	6:00 - 9:00 PM	Carl Burnett
LLI456	24934	Knowing Technology II: Your Cloud Computing Services	11/12	1:00 - 4:00 PM	Carl Burnett
LLI457	24936	Knowing Technology III: Your Digital Security and Privacy	10/20	6:00 - 9:00 PM	Carl Burnett
LLI457	24905	Knowing Technology III: Your Digital Security and Privacy	11/19	1:00 - 4:00 PM	Carl Burnett
LLI482	25811	Using Instagram and YouTube like a Pro	10/13-10/20	1:30 - 3:30 PM	Vicky McGill
LLI081	24863	Wonders of Artificial Intelligence	11/10	6:00 - 9:00 PM	Carl Burnett

History and Current Events

LLI511	25784	An Insight Into Politics and Current Events	9/16-12/2	10:30 AM - 12:30 PM	Joel Cockrell
LLI399	24884	Civics: Understanding your Federal, State, and Local Government	9/29-10/27	1:30 - 3:30 PM	Joel Cockrell
LLI025	25382	Courtroom Drama in Film	9/23-10/28	6:30 - 9:00 PM	Bernie Siler
LLI481	25401	COVID-19 And How It Changed The World	11/5-11/12	2:00 - 4:00 PM	Naomi Daremblum
LLI472	25396	Crossing the Color Barrier: The History of Race in Major League Baseball	9/23-10/14	7:00 - 9:00 PM	Jesse Stiller
LLI469	25395	European History: 17th Century to the Present	8/31-12/16	12:00 - 1:15 PM	Kurt Borkman
LLI203	24868	History of Modern Israel	10/22-11/19	6:30 - 8:30 PM	Eric Gartman

LLI408	24897	Jews: An American History	10/22-12/3	10:30 AM - 12:30 PM	Naomi Daremblum
LLI021	24858	Modern Egypt: From the Urabi Revolt to the Arab Spring	11/2-11/30	1:30 - 3:30 PM	Naomi Daremblum
LLI407	24896	Napoleon's France: A Revolutionary Century	9/17-10/22	2:00 - 4:00 PM	Naomi Daremblum
LLI483	25402	Notable African American Women who Inspired and Motivated Change. Part I	9/14-10/26	1:30 - 3:30 PM	Darmaur Quander
LLI468	24908	Political Ideologies	9/1-12/17	11:00 AM - 12:15 PM	Kurt Borkman
LLI409	25675	Radical Spirits: Spiritualism in 19th Century America	9/17-10/15	10:30 AM - 12:30 PM	Naomi Daremblum
LLI403	24893	Rockville: Then and Now	10/16-10/16	10:30 AM - 12:30 PM	Ralph Buglass
LLI400	24886	Secret Societies in History	10/28-11/18	2:00 - 4:00 PM	Naomi Daremblum
LLI406	24895	The Byzantine Empire	9/15-10/20	10:30 AM - 12:30 PM	Naomi Daremblum
LLI820	25793	The Great War That Changed the World	10/21-11/18	10:30 AM - 12:30 PM	Harry Cawood
LLI039	25751	The Rise of Ethnonationalism	9/16-10/21	2:00 - 4:00 PM	Naomi Daremblum
LLI340	25789	United States History 1950-1970: Through the Lens of the Motion Picture Industry	10/1-11/5	1:30 - 3:30 PM	Joel Cockrell
Human and Natural Science					
LLI463	24907	Ethics on the Fly: Our Daily Life Decisions	10/7-11/11	10:30 AM - 12:30 PM	Edward Ingbretsen
LLI013	24854	Evolution of the Universe from the Big Bang to Today	10/13-11/3	10:30 AM - 12:30 PM	Leonard Deerkoski
LLI028	24859	Floral Arrangements for Home and Office	10/7-10/14	6:30 PM - 8:30 PM	Janet Johnson
LLI370	24880	Garden Design	10/21-11/11	6:30 PM - 8:30 PM	Janet Johnson
LLI908	25418	Genealogy: Researching Your Family History	11/5-12/3	6:30 PM - 8:30 PM	Jeff Miller
LLI476	25398	Global Geography Understanding People and Places	10/20-12/1	2:00 PM - 4:00 PM	TBA
LLI186	25384	Introduction to the Psychology of Personality	9/1-12/17	11:00 AM - 12:15 PM	Andrae Brown
LLI379	24881	Prescription Drugs: How Medication is Developed, Approved, and Released to Market	11/13-11/13	10:30 AM - 12:30 PM	Bahnam Davani
LLI522	25679	The Colorado Plateau	10/5-10/26	10:30 AM - 12:30 PM	Harry Cawood

Literature and Writing					
LLI405	24894	Classic American Short Story Writers	9/15-10/20	1:30 - 3:30 PM	Bob Shoenberg
LLI466	25393	Creative Writing: An Introduction	9/8-12/20	Distance Learning	Katherine Smith
LLI006	24852	Fairytales and Legends - History and Literature	10/27-12/1	1:30 - 3:30 PM	Naomi Daremblum
LLI984	25420	Film and Literature	8/31-12/14	2:00 - 4:40 PM	Jennifer Lee
LLI933	25683	International Short Stories	9/21-11/16	10:30 AM - 12:30 PM	Pam McFarland
LLI070	25710	Literary Café	10/8-12/10	2:00 - 4:00 PM	Adele Seeff
LLI008	25750	Novellas: Short Fiction with Pop	11/3-12/8	1:30 - 3:30 PM	Bob Shoenberg
LLI473	25397	Shakespeare and Popular Culture	10/14-12/9	2:00 - 4:00 PM	Adele Seeff
LLI467	25394	Survey of British Literature 1	9/8-12/20	Distance Learning	Michelle Pendergast
LLI474	25676	The Great Modernist Writers: An Overview	10/22-12/3	1:30 - 3:30 PM	Pam McFarland
LLI239	25781	The Short Story	9/8-12/20	Distance Learning	Dawn Downey
Music					
LLI018	24857	Beethoven: 250th Anniversary	10/22-10/19	10:30 AM - 12:30 PM	Jesse Parker
LLI089	24864	How to Read Music	9/10-10/1	10:30 AM - 12:00 PM	Jesse Parker
Personal Enrichment					
LLI841	25682	A.S.K. in a Nutshell	10/14-11/18	1:00 PM - 2:15 PM	Jeff Miller
LLI351	25712	Successful Aging in Place: Assistive Technology for Increasing Independence in the Home	11/4-11/11	6:30 PM - 8:30 PM	Celene Moorer
Wellness					
LLI723	25681	Gentle Yoga for Mood and Strength	10/23-11/20	11:00 AM - 12:15 PM	Shannon Phelan
LLI723	25680	Gentle Yoga for Mood and Strength	9/11-10/9	11:00 AM - 12:15 PM	Shannon Phelan
LLI462	25391	Pilates for a Strong Body and Mind	10/19-12/2	10:00 AM - 10:50 AM	Stella Levy
LLI188	25385	T'ai Chi for Physical and Mental Well-being	9/16-12/2	10:00 AM - 11:00 AM	Ellen Kennedy