

LIFELONG LEARNING INSTITUTE

Class Catalog

Fall 2025

FREE
FIRST YEAR
MEMBERSHIP

Valid from
July 1 - June 30

JMU

Lifelong Learning
Institute



Lifelong Learning Institute (JMU LLI)

As an integral part of James Madison University, the member-driven Lifelong Learning Institute (JMU LLI) promotes learning by providing affordable, not-for-credit, intellectual, cultural, and social experiences to enrich the lives of adults in the central Shenandoah Valley.

Join our members in their pursuit to live life to the fullest. While anyone can become a member, most classes meet during the weekdays at locations across Rockingham County. Instructors come from a wide variety of disciplines and include university faculty, both active and retired, community educators and leaders, and LLI members. There are no tests or grades, just the love of learning!

OFFICE HOURS:
Monday - Thursday
10:00 AM - 4:00 PM

Scan the QR Code below to book a time with LLI



<http://bit.ly/4kPt61L>

Ice House
MSC 6906, 127 West Bruce Street
Harrisonburg, Virginia 22807

540-568-2923 Phone
LLI@jmu.edu

www.jmu.edu/lli
www.facebook.com/jmulifelonglearning/



Lifelong Learning Institute

This catalog is not a contract; it merely presents the requirements, offerings, information and regulations in effect at the time of publication. The university reserves the right to change any requirement or other provision at any time. The university endeavors to provide notice of any change through the advising process or through other means of communication; however, it is the responsibility of each individual student to become and remain aware of all applicable requirements and provisions that may apply to the student.

JMU Lifelong Learning Institute

FALL 2025 SESSION DATES

Session A: August 18, 2025 – October 10, 2025

Session B: October 13, 2025 – December 12, 2025

FALL PREVIEW 2025

Monday, August 4, 2025, at 1:00 pm

JMU Festival Conference & Student Center – Grand Ballroom

1301 Carrier Drive, Harrisonburg, VA 22807

COURSE REGISTRATION OPENS

Wednesday, August 6, 2025, at 9:00 am

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How it Works

Become a Member

Join our members in their pursuit to live life to the fullest.

Annual membership is from **July 1 to June 30.**

Annual membership is \$50.

You must be a member to register for courses and events.

Upon receipt of membership, members agree to receive all LLI correspondence via email.

BECOME A MEMBER TODAY!

CONTACT:

Lifelong Learning Institute

Email: lli@jmu.edu

Phone: 540-568-2923

Register for Class

1. Online at www.jmu.edu/LLI
2. In-person at JMU Lifelong Learning Institute

ICE HOUSE

127 W. Bruce Street, 3rd Floor
Harrisonburg, VA 22807

Phone: 540-568-2923

**A \$50 fee will be assessed for any check returned by the bank.*

No registrations will be accepted via email.



Make a Donation

Donations are welcomed and encouraged to support scholarships for LLI members who may not be able to afford memberships or course registration fees. They also help cover costs for new and innovative programming.

All donations are tax-deductible.

Make checks payable to James Madison Foundation Inc. Include on the memo line of your check:

Fund #1002239

MAIL YOUR CHECK TO:

JMU Advancement

Gifts and Records

220 University Blvd., MSC 3603

Harrisonburg, VA 22807

Donations are also welcomed online

LIFELONG LEARNING WITHDRAWAL AND REFUND POLICY

Lifelong Learning **refunds** course fees in the following circumstances:

- When a course is cancelled
- When a member withdraws from a course before it starts

Lifelong Learning **refunds** bus trip fees in the following circumstances:

- When a bus trip is cancelled
- When a member withdraws from a bus trip 30 business days before departure

Lifelong Learning **does not refund** the cost of an admission ticket to an event that has already been purchased by LLI. Any member is free to re-sell their ticket to another member for that event.

Lifelong Learning **does not refund** for a "No Show."

Lifelong Learning **does not refund** membership fees.

If you elect to pay for a class by check, any refunds will be issued in the form of "class credit" for use in a future class.



Parking at the ICE HOUSE

1. You may park in the Water Street Parking Deck, one block from the ICE HOUSE, free of charge.
2. You may park in the City Municipal Lot on Liberty Street, one block from the Ice House, free of charge.
3. Two-hour street parking is available on Bruce Street, across from the ICE HOUSE.
4. Physical parking permits will no longer be needed to park on campus. Using technology, vehicles will be identified by capturing license plate images. In other words, your license plate will be your permit! If you drive more than one car to campus, you will need register both vehicles.

ICE HOUSE



ICE HOUSE
Parking

Steps to register your vehicle at the Ice House:

Go to: jmu.aimsparking.com and click **Redeem Event Permit**

Select your event when prompted, Fall 2025 Lifelong Learning Institute

Enter the Event Code:
56LIFELONG

Select your Permit Type (Event) **Ice House (\$0.00)**

Click **Add Vehicle** and fill out the information for your vehicle

FOR OTHER PARKING ISSUES ON CAMPUS, PLEASE CONTACT:

PARKING SERVICES

Champions Parking Deck (5-Level)

MSC 1301

280 Champions Drive

Harrisonburg, VA 22807

parkingservices@jmu.edu

Phone: 540-568-3300

Fax: 540-568-7301

OFFICE HOURS:

Monday - Friday

7:00 AM - 5:00 PM

Acknowledgments

Nicholas J. Swartz, Ph.D.

Dean, SPCE

540-568-5272 | swartznj@jmu.edu

Katie Overfield-Zook

Director, LLI

540-568-2333 | overfikl@jmu.edu

Justin Whetzel

Program Coordinator

540-568-2923 | whetzejr@jmu.edu

Sunnyside Retirement Community

3935 Sunnyside Drive Harrisonburg, VA 22801

540-568-8200 | www.sunnyside.cc

Virgina Mennonite Retirement Community

1491 Virginia Ave. Harrisonburg VA 22802

540-564-3400 | www.vmrc.org.jmu

Bridgewater Retirement Community

302 N 2nd Street, Bridgewater, VA 22812

(540) 828-2550 | www.brcliving.org

YOUR RIGHT TO KNOW

Your personal safety and the security of the campus community are of vital concern to James Madison University. Information regarding campus security and personal safety, including topics such as crime prevention, sexual assault, available resources, the law enforcement authority of the James Madison University Police Department, emergency notification protocols, protocols for resident students who are reported missing, fire safety and residence hall fire statistics, and crime reporting policies can be found in the James Madison University Annual Security Report and Annual Fire Safety Report. The publications also contain reported crime statistics for the most recent three-year period that occurred on campus, in certain off-campus buildings or property owned or controlled by James Madison University or affiliates, and on public property within, or immediately adjacent to and accessible from, the university's Harrisonburg campus and three international campuses.

The reports are available from the JMU Department of Police and Public Safety website at:

www.jmu.edu/publicsafety/clerycompliance/righttoknow.shtml

You can obtain a copy of these reports by contacting:

Department of Police and Public Safety

James Madison University

821 South Main Street, MSC 6810

Harrisonburg, VA 22807

or by calling **540-568-6769** or **540-568-6913**.

Advisory Board Members

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A Note from the Lifelong Learning Institute Director

Katie Overfield-Zook

Dear Lifelong Learners,

It is my pleasure to welcome you to a new year at the James Madison University Lifelong Learning Institute! As someone who joined the Institute only a few months ago, I'm still experiencing many "firsts" alongside you—and I can honestly say I've been inspired every day by the vibrant curiosity, energy, and community spirit that define this special group of people.

Lifelong learning is more than just our mission here — it's a shared value. Whether you're returning after many years with us or joining for the first time, you're part of a wonderful group of individuals who believe that learning doesn't stop with age! Our courses, lectures, trips, and social gatherings reflect the richness of our community and are designed to engage both the mind and the heart.

Since arriving, I've had the opportunity to meet many of you and hear what the Institute means to you personally. Your stories have shaped my understanding of what makes this place thrive and given me a directive to constantly improve.

This term, we're excited to offer a wide array of topics—from Shakespeare and Norse Gods to a glimpse inside the Pentagon. From watercolor and Crypto to gardening and Alp horns. I encourage you to try something new, ask questions, and connect with fellow learners. I, and the full JMU LLI team, are here to support you every step of the way.

Thank you for being part of our learning community. Let's make this a season of inspiration and growth—together.

Best,

Katie

Director, JMU Lifelong Learning Institute



Notice of Non-Discrimination & Equal Opportunity

James Madison University does not discriminate on the basis of age, disability, race or color, national or ethnic origin, political affiliation or belief, religion, sex, sexual orientation, gender identity or expression, veteran status, parental status (including pregnancy), marital status, family medical or genetic information, in its employment, educational programs, activities, and admissions. JMU complies with all applicable federal and state laws regarding non-discrimination, affirmative action, and anti-harassment. The responsibility for overall coordination, monitoring and information dissemination about JMU's program of equal opportunity, non-discrimination, and affirmative action is assigned to the Office of Equal Opportunity. Inquiries or complaints may be directed to Office of Equal Opportunity:

Office of Equal Opportunity James Madison University

1017 Harrison Street, MSC 5802,
Harrisonburg, VA 22807
(540) 568-6991 | oeo@jmu.edu

JMU prohibits sexual and gender-based harassment including sexual assault and other forms of inter-personal violence. The responsibility for overall coordination, monitoring and information dissemination about JMU's Title IX program is assigned to the Title IX Coordinator. Inquiries or complaints may be directed to the Title IX Coordinator:

*Laura Sider Jost - Director, Title IX Office, Title IX Coordinator,
Holland Yates Hall 4033, (540) 568-7704 titleix@jmu.edu*

Lifelong Learning Institute Inclusive Excellence Statement

We are currently seeking to expand our membership with the goal of truly representing all of the individuals who live in the Shenandoah Valley.

We welcome new participants and new instructors that enhance the diversity of our membership and our courses.

We are looking for individuals to teach courses and present noontime talks in areas that we currently may not cover, for example ethnic cuisines, religions, history, music, art and culture.

We invite scientists and engineers to teach and talk about any and all fields of science, engineering and technology.

We seek ideas and instructors that may attract a rich and diverse student body.

WEATHER POLICY

Personal safety is a key consideration for all of our members, instructors, and guests. In the event of weather or other emergent cancellations, JMU LLI will follow all JMU procedures, including cancellations, early closures, or delayed openings. We ask that you check the JMU Website, check your email, and JMU LLI Facebook page for up-to-date class status when weather is imminent. For more detailed information about our Weather Policy, please consult your LLI Membership Handbook or our website. Make-up classes will be communicated with you directly via email.

VOLUNTEER WITH LLI

Lifelong Learning is even more fun when you volunteer. Members volunteer in a variety of areas and with varying levels of commitment. The activities we offer each semester are the direct result of hundreds of hours of work by volunteers dedicated to serving our members' desires to continue to grow through lifelong learning.

The Institute depends on volunteers to help with many aspects of planning and programming: serving as class assistants, teaching courses, and serving in leadership positions.

We are constantly seeking volunteers to help with our various member-led committees. If you would like to volunteer, please contact the LLI office by phone or email.

540-568-2923 ■ LLI@jmu.edu

Message from the LLI Advisory Board President

Jackie Gerrard

Hello Friends and Fellow Learners!

It is my pleasure to welcome you to JMU Lifelong Learning Institute's (LLI) 2025 Fall semester! There is a lot to look forward to. Please take the time to explore this entire catalog. Throughout its pages, you will find a rich variety of classes, events, trips, and social opportunities. It also contains valuable information about our registration process, as well as the JMU community.

It was an amazing spring 2025 semester. Katie Overfield-Zook was welcomed as our new director. We offered over 60 courses to choose from (thank you, Curriculum Committee!) and a variety of free events, including Noontime Knowledge, Wine & Wisdom.

We are a community of volunteers. Our committees put in a lot of time, effort, and thought to bring these great class offerings. We also offer day trips, regional and domestic excursions, and international trips. JMU LLI's social events are also planned by volunteers. Please consider becoming a volunteer with LLI. You will find it very rewarding. Anyone on the LLI board would be happy to discuss opportunities with you.

Here are a few tips for registering:

- Visit our website, jmu.edu/lli and sign up for membership as early as possible to create your account and remember your password. Once you are familiar with the registration process, you will find class registration easier and more straightforward.
- On the opening day of class sign-up, have your computer ready. Some classes fill up quickly, so you may want to sign up ASAP!
- Be sure the vehicle you'll be driving to class is registered. We can park in the Ice House lot, but you might get a ticket if you don't register. The registration link is in this catalog and on our website. Sign up is free, easy, and done each semester.

Thank you! I look forward to seeing you in classes and on excursions.

Sincerely,

Jackie

*President, Advisory Board
of the JMU Lifelong Learning Institute*



On opening day
of class sign-up,
August 6, 2025, have
your computer ready.
Some classes fill quickly
so we recommend
signing up as soon as
possible.



Session **A** Classes

August 18 – October 10, 2025

MONDAY

Classes meet in person unless otherwise noted

CLASS TITLE

Intro to Embroidery as Abstract

The ABCs of LGBTQ: An Allyship Workshop

Paul in Acts and the Epistles -- A Comparative Study

The History of Magic: Prehistory through the Middle Ages

Discovering Autumn Hydric Plant Communities

Understanding the Mystery of Happiness

Gardening 101

"A Republic if You Can Keep It"

Inside Plays with ASC

Hatha Yoga: A Holistic Practice for Enhanced Wellbeing

An End-of-Life Survivors Guide

TUESDAY

Classes meet in person unless otherwise noted

CLASS TITLE

Nordic myth and their influence on Christianity and the Marvel Universe

Life in the Pentagon, What goes on inside the Puzzle Palace

Food Moments

The Lightness of Watercolor

Writing Down our Stories

Introduction to 3D Printing

Petra - Nabataean Kingdom of Trade, Masters of Water, and Creators of the Breathtaking City Of Rock

Introduction to Process Art for Adults

History of Magic: from the Renaissance to the Present

*VMRC- Virginia Mennonite Retirement Community

To register go online to www.jmu.edu/lli or call (540) 568-2923

INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
JoAnn McGranahan	Aug 18 - Sept 8	1:30 - 3:30 PM	IH 117	\$40 + \$15	12
Peregrin Sanchez	Aug 18 & Aug 25	3:30 - 5:00 PM	IH 107	\$30	12
Michael Reaves	Aug 18 - Sept 8	9:30 - 11:00 AM	Sunnyside: Blue Ridge RM	\$40	12
Lori Dixon	Aug 18 - Sept 15	9:30 - 11:30 AM	IH 117	\$45	13
Susan Dickson	Aug 18 - Sept 22	9:30 - 11:30 AM	Sunnyside	\$45	14
Mwizenge Tembo	Sept 1 - Sept 29	1:30 - 3:30 PM	IH 106	\$45	14
Keala Timko	Sept 1 - Sept 22	9:30 - 11:00 AM	REO	\$40	15
George Gruner	Sept 15 - Oct 13	1:30 - 3:00 PM	IH 104	\$45	15
Aubrey Whitlock	Sept 22 - Oct 13	9:30 - 11:30 AM	IH 104	\$40	16
Lisen Reichenbach	Sept 22 - Oct 20	9:30 - 11:00 AM	IH 117	\$45	16
Charles (Chuck) Boles	Sept 29 - Oct 6	9:30 - 11:00 AM	IH 107	\$30	17

INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Ralph Allen	Aug 19 - Sept 9	1:30 - 3:30 PM	IH 104	\$40	17
Christopher O'Donnell	Aug 19 - Sept 16	9:30 - 11:30 AM	IH 117	\$45	17
Phyllis Ressler	Aug 19 - Sept 9	9:30 - 11:00 AM	IH 104	\$40	18
Stefan Bruce	Sept 2 - Sept 23	1:30 - 3:30 PM	IH 117	\$40	18
Irvin Peckham	Sept 16 - Oct 14	1:30 - 3:30 PM	IH 104	\$45	19
Andrei Dacko	Sept 23 & Sept 30	9:30 - 11:00 AM	Juice Works	\$30 + \$45	19
Susan Hagadone	Sept 23 - Oct 14	9:30 - 11:30 AM	IH 104	\$40	20
Dawn Murray	Sept 30 - Nov 11	1:30 - 3:30 PM	VMRC*	\$50 + \$20	20
Lori Dixon	Sept 30 - Oct 28	9:30 - 11:30 AM	IH 117	\$45	21

WEDNESDAY

Classes meet in person unless otherwise noted

Cultural Geology of Virginia

CLASS TITLE

Taking the Leap into Stage Acting

The Growing Threat of E-Commerce Crime

Coffee-Ology

Zentangle: Art of Zen

Why Geology Matters

Botanical Beauties with Zentangle

Beginning Quilting

The Age of Enlightenment

The Secret History of American Pop (Part II)

THURSDAY

Classes meet in person unless otherwise noted

CLASS TITLE

Enneagram Essentials: Foundational Elements of This Typology

Play Chess

Chakras

History of Opera: Verdi and Wagner

Conversational Spanish in a Cultural Context

Introduction to American Mah Jong

FRIDAY

Classes meet in person unless otherwise noted

CLASS TITLE

Exploring Kundalini Yoga for ANY Body

Captivating Containers - For all Seasons and Spaces

To register go online to www.jmu.edu/lli or call (540) 568-2923

Aaron Cross	Oct 7 - Oct 28	1:30 - 3:30 PM	IH 117	\$40	21
INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Ron Smith	Aug 20 - Sept 10	9:30 - 11:00AM	Detweiller Auditorium	\$40	22
John Cassara	Aug 20 - Sept 17	9:30 - 11:30 AM	IH 104	\$45	22
Mikaela Schmitt-Harsh	Sept 3 - Oct 1	9:30 - 11:00 AM	IH 117	\$45	23
Jennifer Matthaei Cottrell	Sept 3 - Sept 24	9:30 - 11:00 AM	ZOOM	\$45	23
Amy Thompson	Sept 24 - Oct 22	9:30 - 11:30 AM	IH 104	\$45	23
Jennifer Matthaei Cottrell	Oct 1 - Oct 22	9:30 - 11:30 AM	ZOOM	\$45	24
Kathy Roletter	Oct 1 - Oct 29	1:30 - 3:00 PM	Ragtime Fabrics	\$45	24
Louise Loe	Oct 1 - Oct 29	9:30 - 11:30 AM	IH 104	\$45	25
Robert Driver	Oct 1 - Oct 29	1:30 - 3:30 PM	IH 117	\$45	25

INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Heidi Hochstetler	Aug 21 - Sept 18	1:30 - 3:30 PM	IH 117	\$45	26
Tom Mack	Aug 21 - Sept 18	1:30 - 3:30 PM	IH 104	\$45	26
Rose Longworth	Sept 4 - Sept 25	9:30 - 11:30 AM	IH 107	\$40	27
Josh Borths	Sept 11 - Oct 9	9:30 - 11:30 AM	IH 117	\$40	27
Claudia Rivero Heredero	Sept 25 - Oct 23	9:30 - 11:30 AM	IH 104	\$45	28
Danielle Dorrian	Oct 2 - Oct 23	1:30 - 3:00 PM	IH 104	\$40 + \$15	28

INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Jennifer Perry	Aug 22 - Sept 19	9:30 - 11:30 AM	IH 117	\$45	28
Susan Dickson	Sept 5 & Sept 12	1:30 - 3:30 PM	Sunnyside	\$45	29

Session **A** Classes

August 18 – October 28, 2025

The ABCs of LGBTQ: An Allyship Workshop

Peregrin Sanchez

- Mondays, 3:30 - 5:00 pm
- Aug 18 & 25
- Format: In Person | Limit: 30 | Cost: \$30
- Location: Ice House 107

What does it mean to be transgender? Why do some people use they/them pronouns? How can I better support and understand my friends, family and loved ones who are part of the LGBTQ community? This two-session foundational workshop is a crash-course on LGBTQ allyship and aims to answer these--and many other--common questions in a safe and non-judgemental environment. This class is geared specifically towards people who want to learn more about the LGBTQ community but are unsure on where to start, whether they are wanting to be better allies to a loved one, support their community members, or are questioning their own identity.

[Peregrin Sanchez](#) (he/him) served as director of the Friendly City Safe Space from 2023 to 2024, and remains an active member of and advocate for the Harrisonburg LGBTQ community. He is the current president and co-founder of the Rocktown Writers Guild, and both his fiction and non-fiction works have appeared in several local publications. When not doting over his parrot flock of four, baking snacks for choir rehearsal, or thrifting for vintage menswear, he can be found at the local coffee shop or wine bar writing stories and essays by hand with one of the many fountain pens from his sizeable collection.



Intro to Embroidery as Abstract Art

JoAnn McGranahan

- Mondays, 1:30 - 3:30 pm
- August 18, 25, September 1, 8
- Format: In Person | Limit: 15 | Cost: \$45
- Location: Ice House 117

Maybe you learned how to cross stitch when you were younger. Maybe you've never held a sewing needle before in your life! Maybe you've always liked the idea of creating something visually interesting, but paint or clay wasn't for you. If that's the case, give abstract embroidery a try! Students will learn a variety of basic embroidery stitches and then be guided through making a piece of abstract style art using those stitches. No previous experience is required, just a willingness to try!

[JoAnn McGranahan](#) graduated with a BFA from Cazenovia College in 1997. Since then she has worked in graphic design, sales, and for the last 24 years, in custom framing. She has been an active embroiderist for over 20 years. She works ranging from tiny detailed works to larger abstract pieces.

Paul in Acts and the Epistles -- A Comparative Study

Michael Reaves

- Mondays, 9:30 - 11:00 am
- August 18, 25, September 1, 8
- Format: In Person | Limit: 18 | Cost: \$40
- Location: Sunnyside Retirement Community - Blue Ridge room

Paul is one of the most influential figures in Christian history, shaping much of Christian theology through his letters. Yet, the way Paul is portrayed in 'Acts' differs in keyways from how he presents himself in his own writings. This course explores those differences, helping students understand Paul not just as a historical

figure, but as a theologian, missionary, and controversial leader. This class includes guided discussions, scripture exploration, and thought-provoking questions to encourage deeper reflection. Students will explore how early Christianity navigated tensions between Jewish and Gentile believers, explore Paul's views on grace, the law, and unity, and examine historical and theological tensions in early Christianity.

Reverend Michael Reaves is a United Methodist minister serving in the Virginia Conference at Vision of Hope UMC in Rockingham County. Rev. Reaves received his BA from the University of Virginia (1983) and his Masters of Divinity from Drew Theological School in Madison, NJ (1999). He was ordained an Elder in 2004 and has pastored churches in Roanoke County, Emporia, Portsmouth, King George County, and Augusta County before being appointed to Vision of Hope. Michael is married to Susan Reaves, who is also an Elder in the UMC and serves at Asbury UMC in downtown Harrisonburg.

The History of Magic: Prehistory through the Middle Ages

Lori Dixon

- Mondays, 9:30 – 11:30 am
- August 18, 25, September 1, 8, 15
- Format: In Person | Limit: 20 | Cost: \$45
- Location: Ice House 117

Have you ever dropped a coin in a wishing well? Thrown spilled salt over your left shoulder or avoided stepping on a crack in the sidewalk? Planted by the signs? Congratulations--you've



practiced magic! Systems of magic have been around as long as humans have been around. Rituals meant to control the future, the weather, and fortunes in war and peace are all expressions of magic, as are attempts to read the future through divination and astrology, consult the past through necromancy, work to turn lead into gold out, or make sacrifices to turn away a plague or satisfy a displeased god. This class introduces the idea of magic as a system of beliefs and traces its expression from prehistory through the Middle Ages. We will look at sympathetic magic and direct magic, natural magic and ritual magic, and examine the ways these systems developed, often with the consent or tolerance of Christianity. Most of the curriculum will focus on Western magic, although we'll also look at the ways Arabic and Hebraic systems of magic influenced Europe, specifically through astrology, alchemy, the preservation of Greek and Roman philosophers, and the Kabbalah, all brought to Western Europe through trade routes and as a by-product of Christianity's crusades against Islam. Be sure to join the second half covering Western magic from the Renaissance to the present!

Lori Dixon pursued her Bachelor's and Master's Degrees in English from JMU before then receiving a Ph.D. in Medieval Languages and Literatures from the University of Delaware in 1995. After teaching as an adjunct for several years in the English Department, she moved into

Session **A** Classes

August 18 – October 28, 2025

a staff position in IT. After retirement in 2001, she has kept up her interest in medieval culture, with particular interest in manuscript culture, theology and heresy, paganism and the occult. In addition to having written a number of novels, she is currently at work on a history of East Rockingham County.

Discovering Autumn Hydric Plant Communities

Susan Dickson

- **Mondays, 9:30 – 11:30 am**
- **August 18, 25, September 1, 8, 15, 22**
- **Format: In Person | Limit: 24 | Cost: \$45**
- **Location: Sunnyside Room at Sunnyside**

**Members must be able to traverse up to 2 miles on uneven ground both grassy and slightly rocky. Participants will provide their own transportation to any field sites.*

**There is a rain makeup date scheduled for Sept 22 if needed*

Join us for an immersive exploration of the diverse plant communities that thrive in the lowlands of alluvial forests during the fall. This course will highlight native herbaceous and woody plants found in hydric habitats—areas that are often overlooked due to their lack of agricultural value but are some of the most ecologically rich and diverse in our region.

Throughout the class, we will explore how plants adapt to various water-adjacent soils and consider each plants' ornamental value, growth habits, and limitations. You'll learn to identify these plants in the field using basic taxonomic principles, which will also help you select the right plants for rain gardens, bioretention areas, and urban sites with poor drainage or compacted soils.

Field trips will offer hands-on learning as we observe various plants in their natural environments. We'll also delve into the unique ecology of hydric habitats, enhancing your

understanding of their role in the landscape.

The mystery and beauty of alluvial forests beckon—come and explore these fascinating, underappreciated ecosystems with us!

[Sue Dickson](#) grew up 10 minutes from Longwood and Winterthur (“winter-tour”) Gardens with such extraordinary inspiration she couldn't avoid becoming a horticulturist. She studied Plant Science at the University of Delaware, received her Master's in Horticulture at Virginia Tech and was a fulltime horticulture professor at Northern Virginia Community College in Loudoun County for nine years. Her extensive background in production horticulture has provided her with a wealth of hands-on experience that she applies in every classroom indoors or outdoors. Many of her horticultural accomplishments were widely recognized at her previous posts as head horticulturist at Keswick Hall and Woodberry Forest School near Charlottesville, Virginia.

Understanding the Mystery of Happiness

Mwizenge Tembo

- **Mondays, 1:30 - 3:30 pm**
- **September 1, 8, 15, 22, 29**
- **Format: In Person | Limit: 25 | Cost: \$45**
- **Location: Ice House 106**

Explore the Mystery of Happiness, its definition, and its diversity and complexity. The class will describe the history of the concept of happiness in a cross-cultural context. It will explore and compare social change and its impact on the nature of happiness in the developed western societies of Europe and the United States compared to less developed poor societies in the Third world in Africa, Asia, and South America. The class will explore some of the major factors of happiness including control, the role of the soul, levels of optimism, the role of faith or religious beliefs, types of everyday activities for earning a living or work, genetically inherited and biological aspects of happiness, and why close social relationships or lack of such relationships

may contribute to levels of happiness. The class will inspire students to apply all or some of the major factors of happiness to their own happiness as Americans and as individuals during vibrant class conversations. Examples of happiness according to such aspects as social class, race, ethnicity, gender, and age will be discussed and drawn from the American society, the African continent, and the Southern African country of Zambia.

Mwizenge Tembo taught Sociology at Bridgewater College in Virginia for 31 years from 1990 to 2021 and is now Faculty Emeriti. He obtained his B.A in Sociology and Psychology at University of Zambia in 1976, M.A, Ph. D. at Michigan State University in Sociology in 1987. He was a Lecturer and Research Fellow at the Institute of African Studies of the University of Zambia from 1977 to 1990. During this period, he conducted extensive research and field work in rural Zambia in Southern Africa particularly in the Eastern and Southern Provinces of the country. He is a freelance writer and photographer who has sold many of his works. He has been public storytelling in the Valley and Virginia since 1996. Dr. Tembo has authored 6 books: *Sayings of my Mother* (2023), *Satisfying Zambian Hunger for Culture* (2012), *Zambian Traditional Names* (2006), *The Bridge* (Novel) (2005), *Legends of Africa* (1996), *Titbits for the Curious* (1989).

Gardening 101

Keala Timko

- Mondays, 9:30 - 11:00 am
- September 1, 8, 15, 22
- Format: In Person | Limit: 25 | Cost: \$40
- Location: Rockingham Extension Office 965 Pleasant Valley Rd

Starting a garden is fun! Especially if you know all the considerations in advance and understand why. We will cover choosing a location, possible costs and how to reduce them, different methods of gardening, timing, and help you to create a plan. Get ready to have two green thumbs!

Extension Master Gardeners are individuals who undergo intensive training in the science and art of gardening, including plant care, soil health, pest management and sustainable gardening practices.

Once trained, they volunteer their time and expertise as community educators in gardening and horticulture.

"A Republic if You Can Keep It"

George Gruner

- Mondays, 1:30 - 3:00 pm
- September 15, 22, 29, October 6, 13
- Format: In Person | Limit: 25 | Cost: \$45
- Location: Ice House 104

"A Republic, if you can keep it." This was Benjamin Franklin's response to the question, 'Well, Doctor, what have we got, a republic or a monarchy?' Our country has survived a Civil War, terrorist attacks, World Wars, a Great Depression, McCarthyism, disputed elections and most recently an insurrection. In this class, we will trace the American experience in regard to threats to our republic. We will start from the Constitutional Convention of 1787 and progress to the most major realignment of government since that 100-day debate that took place in Philadelphia. First, we will consider what form of government we have in the United States. Are we a democracy, a republic or a constitutional republic? What were the founder's intentions? When the Founders decided on the Constitution, what were their fears? What did they compromise on? What (if anything) would they have done differently if they had the perspective of these post 2024 Presidential Election months? The focus of the class will be to examine the past challenges to our Constitutional Republic and consider the question: Are we currently in the midst of another Constitutional Crisis?

George Gruner is a local historian with over 40 years of teaching experience. He has worked as a docent at the Woodrow Wilson Presidential Library and Museum and in Guest Services at Monticello. George has taught classes on the Eight Virginia Born Presidents, Women's Suffrage, The Evolution of the Constitution, Prominent First Ladies, The Hobbit and the Lord

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of the Rings, Dirty Politics and What If? (a look at events that helped shape American History) for LLI. He currently teaches chess at Anna's House School in Staunton and for the Staunton Parks and Recreation Department. George has served in the Vermont General Assembly as a State Representative. He also has managed political campaigns for Federal, State and local candidates. History and politics have always been a love for George.

Inside Plays with ASC

Aubrey Whitlock

- **Mondays, 9:30 - 11:30 am**
- **September 22, 29, October 6, 13**
- **Format: In Person | Limit: 30 | Cost: \$40**
- **Location: Ice House 104**

We are so lucky to have the American Shakespeare Center just a few miles down I-81. In this class, gain historical and contemporary context for each of the plays in ASC's current season lineup! Take advantage of this regional treasure! Participants will come away from our meetings with more knowledge and insight about each play and the artists behind each production. Topics covered in each interactive discussion-based class will include: the history of the play and its author(s), the play's performance history, behind the scenes insights into our current production, and how current events and themes are addressed in ASC productions.

Then follow up this class with Dr. Kellogg's "Merely Players" where you'll select a play from the fall's lineup, read it together as a class and then attend a show!

Aubrey Whitlock is the Director of Education Programs at the American Shakespeare Center, where she joyfully combines her passions for Shakespeare and pedagogy. She holds a BA in Theatre Arts from UC Santa Cruz, an MA in Teaching from Chapman University, and an MLitt and MFA in Shakespeare & Performance from Mary Baldwin University. A former English

and Drama teacher, she has also worked as an actor, stage manager, director, and dramaturg. Aubrey co-created The Hurly Burly Shakespeare Show! Podcast and champions accessible public scholarship through initiatives like Lights ON Blackfriars and No Kidding Programs for Adults, making Shakespeare and the Blackfriars Playhouse more approachable for all.

Hatha Yoga: A Holistic Practice for Enhanced Wellbeing

Lisen Reichenbach

- **Mondays, 9:30 - 11:00 am**
- **September 22, 29, October 6, 13, 20**
- **Format: In Person | Limit: 20 | Cost: \$45**
- **Location: Ice House 117**

For millennia, yoga practitioners have attested to its powers and modern scientific research now backs this up. Regular Yoga practice improves strength, balance, and flexibility, and studies have found that it also may help improve recovery from strokes and surgery, prevent falls, lower the risk of cardiovascular disease, manage arthritis pain and inflammation, aid the management of diabetes, improve sleep quality, assist in the grief process, and ameliorate depression and anxiety, amongst other things.

Enjoy easing into the change of seasons with the holistic practice of Hatha Yoga which combines gentle flowing movement with mindfulness, breathing techniques, and meditation. Class participants can look forward to relaxation and an increased sense of wellbeing. If you have never tried yoga before, this is a safe way to start, and more experienced yogis are also welcome. Chairs will be available along with modifications to meet individual needs.

Participants are asked to dress comfortably for gentle movement and to bring a yoga mat, water bottle, and blanket(s). Each class will end with a restful guided meditation (yoga nidra or yogic sleep) and time to visit briefly with other class members. Class size is limited to 20 participants.

Lisen Reichenbach has an advanced 500-hour certification in teaching Hatha and Rasa Yoga, as well as trauma-informed yoga certification and experience working with osteoporosis and osteopenia. After many years of working in education and nonprofit work abroad, Lisen pivoted into this, her passion field. She is a somatic practitioner, holistic health educator, and Mind Body Coach and loves pursuing further education in new healing modalities. Lisen teaches yoga for Valley Village and the VMRC Wellness Center, and has been leading yoga and meditation retreats at Shrine Mont in Orkney Springs, Va. for the past seven years. She also works with churches and nonprofits in the D.C. area to provide mindfulness retreats and wellness education.

An End-of-Life Survivors Guide

Charles (Chuck) Boles

- **Mondays, 9:30 - 11:00 am**
- **September 29, October 6**
- **Format: In Person | Limit: 25 | Cost: \$30**
- **Location: Ice House 107**

Reactionary Procrastination (defined): The art of being unprepared to react to the circumstances created by the death of a loved one! Beyond dealing with the immediate and lingering emotional impact, do you feel you and your family are FULLY prepared to deal with the administrative circumstances created by the death of a loved one? If you answered 'No,' then you should consider signing up! Addressing a subject most of us would prefer to ignore, this 2-part workshop will help you create a 'proactive personalized checklist' for completing the task of administering the 'benefits and paperwork' before and after the passing of a loved one.

Chuck Boles, M.A., wears a 'number of hats,' including being a Virginia Supreme Court Certified Mediator, Visiting Professor, Military Veteran, Ordained Deacon, and Hospice Counselor. In addition to providing end-of-life

comfort, he also helps families navigate the confusing waters of end-of-life challenges when a loved one dies.

Nordic myth and their influence on Christianity and the Marvel Universe

Ralph Allen

- **Tuesdays, 1:30 - 3:30 pm**
- **August 19, 26, September 2, 9**
- **Format: In Person | Limit: 25 | Cost: \$40**
- **Location: Ice House 104**

The introduction of Christianity into northern Europe brought a classical influence of the south into the thinking and religious beliefs of the Norsemen who gave their gods a noble, upright, great spirit. The northern tribes may have used different names and somewhat altered stories, but all spoke to the greatness of the soul of humans. The youth of today have been reintroduced to the Nordic heroes like Thor and Loki through the Marvel Universe. We will discuss the magic and morality of the north that survives today.

Dr. Ralph Allen is a Professor Emeritus at the University of Virginia, having served as a Professor of Chemistry, Public Health Sciences and as a member of the History of Chemistry division of the American Chemical Society. His interest in Norse Mythology, comes from the analysis of Viking artifacts and a year in Norway.

Life in the Pentagon, What Goes on inside the Puzzle Palace

Christopher O'Donnell

- **Tuesdays, 9:30 - 11:30 am**
- **August 19, 26, September 2, 9, 16**
- **Format: In Person | Limit: 35 | Cost: \$45**
- **Location: Ice House 117**

The Department of Defense (DoD) is the largest organization in the federal government. Decisions are made every day on how to deter

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our foes, maintain our defensive capabilities, and spend billions of dollars. The Pentagon is the center of decision making for DoD and every day is a challenge to balance national defense priorities. This class will cover the origins of the DoD, the Office of the Secretary of Defense, the individual Armed Services, the budgeting process, decision making at various levels and daily life in the largest non-high rise office building in the world. Case studies will highlight the decision making process military invasions and the DoD's response to recent world events in Europe and the Pacific. Gain insight into the intricate workings of the Pentagon in a way only someone who worked inside the puzzle palace for 40 years could share!

Christopher O'Donnell has 40 years of experience working for the Department of Defense as an engineer, project manager, supervisor, Research and Development Department Head, Director of Joint Unexploded Ordnance Clearance Office, Director Joint Rapid Acquisition Cell with 11 years at the Pentagon, retiring as the Deputy Assistant Secretary of Defense for Platform and Weapon Portfolio Management in January 2023. He holds a Bachelors of Science, Mechanical and Industrial Engineering from Clarkson College of Technology and currently works as a Special Government Employee, consulting to the Assistant Secretary of Defense, Acquisition.

Food Moments

Phyllis Ressler

- **Tuesdays, 9:30 – 11:00 am**
- **August 19, 26, September 1, 9**
- **Format: In Person | Limit: 15 | Cost: \$40**
- **Location: Ice House 104**

Often when someone writes about food, what they're really doing is writing about relationships and the hunger for them, the warmth and richness of friendships established and the hunger satisfied. As renowned chef Jacques Pepin once said, "You make a dish, you eat

it, and it's gone. It is a short moment in time. What is left are food memories, memories (stories) that are powerful and will nourish you through the years." This class will help you see that food stories matter and that they should be preserved and shared among people and communities, and will give you time to tell your food stories, while also exploring cookbooks as historical documents and the politics of food, health, and class.

Phyllis Ressler holds degrees in Anthropology /Sociology- School of Oriental and African Studies and Advanced Intercultural Management Certificate from University of Notre Dame. She has presented her work around "Food Moments" multiple times including in the Shenandoah Valley for the 5th anniversary event of the Center for Food Systems and Community Transformation at Virginia Tech Creativity and Innovation Center and the Valley the Arts Council of the Valley. She continues to teach courses on cultural perspectives as well as leadership and organizational development.

The Lightness of Watercolor

Stefan Bruce

- **Tuesdays, 1:30 – 3:30 pm**
- **September 2, 9, 16, 23**
- **Format: In Person | Limit: 10 | Cost: \$40***
- **Location: Ice House 117**

**There is an additional \$25 dollars for materials in this course.*

Master the luminous, liquid, and flowing medium of light and color that is watercolor painting. Each class will offer exercises to help students explore and expand their techniques and gain appreciation for this art form by exploring layering and mixing color. No prior painting experience is necessary. A short supply list will be posted online.

Stefan Bruce is a JMU alumna, 1980 BFA. A 1991 VCU alumna MFA, she has practiced art and design since the early 80's. Stefan's

experience includes many years of commercial interior architecture in downtown Richmond. She was given the opportunity to teach at VCU in the undergraduate and graduate design programs, earning experience and obtaining new insights towards design education and creative pedagogy. After completion of the MFA, she taught at various US and Canadian Universities such as Iowa State, Ohio State, App State, Utah State, JMU and University of Manitoba. The common thread was enhancing and expanding the design process. She has taught a full curriculum of design classes, watercolor, illustration, and all levels of drawing. A lifelong objective has been to expand the sometimes sterile design process with a more human expression. This is discovered through the final form of drawing methodology and hand mixing of color. Her fine artwork has been a private endeavor. The work includes expressive representation of local color, form and light. Her current focus is on painting 'walked' paths, from past urban environments and experiences.

Writing Down Our Stories

Irvin Peckham

- Tuesdays, 1:30-3:30pm
- September 16, 23, 30, October 7, 14
- Format: In Person | Limit: 15 | Cost: \$45
- Location: Ice House 104

Our lives are a series of interconnected stories leading to who we are now with perhaps some shadows cast into the future of who we might want to be. This class will begin by writing and sharing the stories of our lives with each other. Through this kind of writing you will have the opportunity not only to learn about fellow LLI classmates, but also yourself. Have the opportunity to explore non-narrative kinds of writing that may have their origins in our stories. First-time writers to write an introductory autobiographical essay before our first meeting but members who have taken previous iterations of this class are welcome to join as it will both introductory and a follow on class at once. Please plan on bringing your laptops in the class or print out copies for others to read.

Irvin Peckham retired as a professor and director of the Firstyear Writing Program at Louisiana State University in 2014. He also directed the Firstyear Writing Program at the University of Nebraska for four years and at Drexel University for two years. His research interests are personal writing, writing assessment, and the intersections of social class and writing instruction. His latest book, *Viajando sin Mapas* (Traveling without Maps), is a travel memoir about a drive (and interior journey) he took with his dog from New Jersey to the Virtual end of the road in Panama and back.



Introduction to 3D Printing

Andrei Dacko

- Tuesdays, 9:30 - 11:00 am
- September 23, 30
- Format: In Person | Limit: 12 | Cost: \$40
- Location: Juice Works 3D Innovation Academy
1157 S High St

* *Students should be comfortable using a computer and web technology (using a mouse, Windows and the internet)*

Let your creative juice loose in this exciting introduction to 3D Printing class! In this multi-session class you'll be introduced to fun, 3D printing fundamentals that'll have you confidently designing products and 3D printing by the end of the class. You'll learn about the design process and how to apply the design process to model and 3D print your own products like jewelry, key chains, and more.

A visionary, entrepreneurial, and change leader Andrei Dacko has a 20+ year track record launching and

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leading transformative in the tech space. Having founded Juice Works 3D in 2019, this innovation academy brings human-centered digital making accessible to kids and innovators of all ages. Located in the Manufactory, Juice Works has helped hundreds of students in the Shenandoah Valley develop in-demand skills needed for today's tech workforce while finding their creative "juice" at the same time.

Introduction to Process Art for Adults

Dawn Murray

- Tuesdays, 1:30 – 3:30 pm
- September 30, October 7, 14, 21, BREAK, November 4, 11
- Format: In Person | Limit: 20 | Cost: \$50
- Location: Virginia Mennonite Retirement Community

If you have ever said that you "don't have a creative bone in your body," this art class was designed for you! The term 'Process Art' means that the focus is on enjoying the process of creative exploration. During this 6 week class, participants will learn basic art concepts and work with a variety of art supplies to create visually interesting projects. No previous art experience is necessary to enjoy and explore your creativity in this series of classes. This class provides simple instruction and weekly invitations to enjoy the process of creating rather than worrying about the end result.

[Dawn Murray](#) is a Process Art teacher who loves to help artists of all ages find new ways to explore and express their creativity. She was the



founder of the Village Arts Center in Broadway, VA which was open from 2016 through 2020. She enjoys teaching in a traditional classroom as well as offering creative workshops for childcare providers, team building events, retreats, private parties and fellowship gatherings.

Petra - Nabataean Kingdom of Trade, Masters of Water, and Creators of the Breathtaking City Of Rock

Susan Hagadone

- Tuesdays, 9:30 - 11:30 am
- Sept 23, 30, October 7, 14
- Format: In Person | Limit: 30 | Cost: \$40
- Location: Ice House 104

Petra - the ancient rose red city of towering rock, wind blown sands, flashing waters, forgotten in the desert that became a legend of a long lost city. Come explore this ancient rock city: who were the Nabataeans, where did they come from, how did they build their wealth which enabled them to create a rock city of 20,000 people, hundreds of caravans in the desert 2000 years ago. What was Petra's story and eventual abandonment? How was the lost city of Petra rediscovered after 2000 years? Today Petra is the premier national park of Jordan, a UNESCO World Heritage Site, and considered one of the new Seven Wonders of the World. Bring your curiosity to journey through time, the history of Petra, and the wonders of tombs, temples, monuments, colonnaded main thoroughfare, churches, amphitheater and other reminders of the great rose red city of Petra.

[Susan Hagadone](#) is a twice retired educator who has worked in a variety of educational settings during her 42 year career: coal mining Appalachian area of Virginia, Peace Corps Volunteer in West Africa, correctional educator in Adult Basic Education/Special Education, public school elementary and high school teacher in Learning Disabilities and Reading Specialist, and international school Learning Support educator. Susan has presented curriculum and instruction

and learning disabilities topics at public school in-services and regional international conferences. She holds a BA in Elementary Education from Virginia Tech and an MA in Reading from James Madison University.

History of Magic: from the Renaissance to the Present

Lori Dixon

- Tuesdays, 9:30 - 11:30 am
- September 30, October 7, 14, 21, 28
- Format: In Person | Limit: 20 | Cost: \$45
- Location: Ice House 117

This class, The History of Magic from the Renaissance to the Present, continues where The History of Magic: From Prehistory through the Middle Ages left off! In the second part of the survey, we will expand the scope of inquiry to consider both Europe and the Americas. Beginning in the Renaissance, we will look at magicians from the court alchemist to the local wise woman. We'll examine the effect that the Reformation had on European magicians, the proliferation of grimoires, the witch-hunting frenzy, and charges of demonism leveled at and between members of various churches. Finally, we'll look magic in the New World, including the migration of European magical beliefs to the the colonies, where they mingled with African and Afro-Caribbean magical systems to produce new forms of magic like voodoo and hoodoo. Last, we'll consider the rise of Paganism in its various modern forms: Wicca, Druidism, and other esoteric occult systems.

Lori Dixon pursued her Bachelor's and Master's Degrees in English from JMU before then receiving a Ph.D. in Medieval Languages and Literatures from the University of Delaware in 1995. After teaching as an adjunct for several years in the English Department, she moved into a staff position in IT. After retirement in 2001, she has kept up her interest in medieval culture, with particular interest in manuscript culture, theology and heresy, paganism and the occult. In addition to having written a number of novels, she is currently at work on a history of East Rockingham County.



Cultural Geology of Virginia

Aaron Cross

- Tuesdays, 1:30 - 3:30 pm
- October 7, 14, 21, 28
- Format: In Person | Limit: 20 | Cost: \$40
- Location: Ice House 117

Virginia sprawls across five distinctive geologic provinces, providing a broad range of landscapes—from the murky Dismal Swamp down on the Coastal Plain to windswept Mount Rodgers high in the Blue Ridge Mountains. In this class, discuss how these diverse natural environments have shaped human activity from the prehistoric to the present, including settlement patterns, transportation networks, land use, architecture, and even such dissimilar topics as cuisine and warfare. In our virtual transect across the Commonwealth learn the underlying reasons why Virginia's cities and roads came to be where they are today, how Virginia's geology played a crucial part in the American Civil War and how earth materials have driven local economies. Get a good dose of vernacular architecture such as limestone walls in the Shenandoah Valley, slate roofs on the Piedmont, and cobblestone streets in Richmond's Shockoe Bottom. Top it all off with a word or two about barbeque joints and crab shacks. At the end of this class, have a better understanding about how geology has helped shape what it means to be a Virginian.

Aaron Cross has three decades of professional experience as a researcher, geo-scientist, and

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cartographer. He has worked on a broad range of cultural issues with geological foundations, including topographic analysis, land planning, and historic preservation. His career has taken him to the private-sector, academia, and numerous state and federal government agencies, including the National Park Service and the Virginia Division of Geology and Mineral Resources. Additionally, he has considerable experience as a geo-science educator, having taught classes at Piedmont Virginia Community College, the Wintergreen Institute, and The University of Virginia, where he was an adjunct faculty for fifteen years. His maps of the Shenandoah Valley Battlefields National Historic District were presented to the United States Congress in support of its official designation.



Taking the Leap into Stage Acting

Ron Smith

- **Wednesdays, 9:30 - 11:00 am**
- **August 20, 27, September 3, 10**
- **Format: In Person | Limit: 10 | Cost: \$40**
- **Location: Virginia Mennonite Retirement Community - Detweiler Auditorium**

Get ready for your curtain call! In this introductory acting class you will progress appropriately, based on the individual abilities and experiences of the participants. Activities include physical and vocal warmups, theatre games, acting exercises, character development, and scene work. Participants will want to wear comfortable clothing and shoes that do not restrict movement. This is a class for someone who wants to learn by doing, so come ready to learn, work, and play. No previous acting experience is required, but an interest in the theatre experience is necessary.

A retired school principal, [Ron Smith](#) previously taught English, speech, and theatre at Broadway High School and Harrisonburg High School. He has written, directed, and performed Christian and historical theatre. Ron was a house manager and actor at Abingdon's Barter Theatre and has performed for the Valley Players, the Playhouse, the John Kline Dinner Theatre, and for public and commercial television. He is a board member and frequent actor and director of the Off Broadway Players.

The Growing Threat of E-Commerce Crime

John Cassara

- **Wednesdays, 9:30 - 11:30 am**
- **August 20, 27, September 3, 10, 17**
- **Format: In Person | Limit: 25 | Cost: \$45**
- **Location: Ice House 104**

Criminals, counterfeiters, illicit threat networks, and money launderers are reaping hundreds of billions of dollars in profit every year from criminality across today's hubs of illicit trade, global supply chains, and e-commerce platforms. Even before the recent pandemic, illicit trade in the digital world and across e-commerce platforms was becoming quite lucrative. Today, counterfeits, pirated and stolen products, and other illicit goods and contraband transverse borders and communities, and enter our supply chains, businesses, and homes. This class examines ongoing threats related to international transaction laundering and other financial crimes related to e-commerce and the trade in counterfeits and illicit goods. There will be particular emphasis on mobile payments, social media scams, fraud driven by artificial intelligence, and crypto and central bank digital currencies (CBDCs). Mostly importantly, learn about red flags and countermeasures to protect yourself!

[John Cassara](#) began his 26-year U.S. government career as a CIA Case Officer during the Cold War. He later served as a Treasury Special Agent in both the U.S. Secret Service and US Customs Service where he investigated money laundering,

trade fraud and international smuggling. He was an undercover arms dealer for two years. Assigned overseas, he developed expertise in Middle East money laundering, value transfer and underground financial systems. Concerned about trade-based money laundering, he invented the concept of Trade Transparency Units (TTUs); an innovative countermeasure adopted by the U.S. government and other countries around the world. He also worked six years for Treasury's FinCEN and was detailed to the Department of State. John's final assignment was with Treasury's Office of Terrorism and Financial Intelligence (TFI). Since his retirement, he has lectured in the United States and around the world on a variety transnational crime issues. He has been a consultant for government and industry and has testified as an expert witness before Congressional committees eight times. He is on the Board of Directors of Global Financial Integrity and the International Coalition Against Illicit Economies. He is a fellow at George Mason University's Terrorism, Transnational Crime and Corruption Center (TraCCC). He has also authored many articles and six books based off of his expertise and experiences.

Coffee-Ology

Mikaela Schmitt-Harsh

- **Wednesdays, 9:30 – 11:00 am**
- **September 3, 10, 17, 24, October 1**
- **Format: In Person | Limit: 25 | Cost: \$45**
- **Location: Ice House 117**

There is an additional \$15 for materials in this class.

From its roots in Africa to its position as the world's favorite drink, the story of coffee is one rich in history and mythology. This course examines the social-ecological legacy of coffee, from "seed to cup". Topics explored include coffee botany and ecology, where coffee is grown, how it is transformed from bean to cup, factors that influence flavor, how to decode coffee labels and purchase "great coffee", and how to brew a great cup of coffee. During the

last session, take a field trip to a local coffee roaster to soak in the coffee shop culture!

[Mikaela Schmitt-Harsh](#) is an associate professor in the Department of Interdisciplinary Liberal Studies at James Madison University. She teaches courses in introductory biology alongside upper division courses in urban ecology, agroecology, and coffeeology, the latter based on her research in Central America studying the social-ecological system dynamics of smallholder coffee production systems. She is also the director of the Edible Forest Garden project on JMU's campus.

Zentangle: Art of Zen

Jennifer Matthaei Cottrell

- **Wednesdays, 9:30 – 11:00 am**
- **September 3, 10, 17, 24**
- **Format: Online | Limit: 20 | Cost: \$45**
- **Location: Virtual - Zoom link will be provided**

Zentangle is a relaxing and meditative art form that anyone can enjoy, from beginners to advanced artists. It utilizes simple steps to create intricate and beautiful designs. Let's dive into the 8 steps of Zentangle and explore how you can create your own stunning art pieces.

[Jennifer Matthaei Cottrell](#) has been a Certified Zentangle® Teacher for 10 years and has been interested in art and craft since early childhood. Jennifer teaches Zentangle® for LLI, private parties, team building, and classes all around the world.

Why Geology Matters

Amy Thompson

- **Wednesdays, 9:30 – 11:00 am**
- **September 24, October 1, 8, 15, 22**
- **Format: In Person | Limit: 20 | Cost: \$45**
- **Location: Ice House 104**

Have you ever wondered how the United States got its shape? Or why the Appalachian Mountains are older than the Rocky Mountains?

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Or why we have active volcanoes in Hawaii and Alaska? Or why most of the earthquakes occur along the West Coast, but some happen here in Virginia? Geology provides the answers! In this class, you will learn about Earth as a dynamic system, specifically: 1) How the Earth developed from the beginning of the solar system and how plate tectonics was a natural continuation of that process; 2) How minerals and rocks are created at different places, 3) How plate tectonics created the surface features we see on the Earth today and continues to affect our daily lives. We will look at examples of these concepts in North America, the US, and right here in Virginia. The class will include lectures with videos and simulations to illustrate topics, plus in-class, small-group 'lab' activities and exercises (e.g., mineral and rock identification, map interpretation, specific geological events, etc.), and a field trip to a Mineral Museum.

Amy Thompson started her education at Central Michigan University where she discovered geology and earned a bachelor's degree. She started grad school at Texas Tech University where she did field work on igneous and metamorphic rocks in southern Oregon. After



deciding to teach at the college level, she earned a PhD from the University of New Mexico where her dissertation concentrated on 1.4-billion-year-old igneous and metamorphic rocks and tectonic processes that were active in New Mexico early in Earth's history. Since graduating, she has taught Geology and Earth Science at colleges in Michigan, Minnesota, Pennsylvania, and Virginia, including 20 years at Bridgewater College.

Botanical Beauties with Zentangle

Jennifer Matthaei Cottrell

- **Wednesdays, 9:30 – 11:30 am**
- **Oct 1, 8, 15, 22**
- **Format: Online | Limit: 20 | Cost: \$45**
- **Location: Virtual - Zoom link will be provided**

Zentangle is an easy-to-learn, relaxing, and fun way of creating beautiful images by drawing structured patterns. These patterns, often referred to as "tangles," can be used to create intricate and detailed artwork that is perfect for wall art or greeting cards. In this guide, we'll explore how to use Zentangle botanical patterns to create stunning pieces of art.

Jennifer Matthaei Cottrell has been a Certified Zentangle® Teacher for 10 years and has been interested in art and craft since early childhood. Jennifer teaches Zentangle® for LLI, private parties, team building, and classes all around the world.

Beginning Quilting

Kathy Roletter

- **Wednesdays, 1:30 – 3:00 pm**
- **October 1, 8, 15, 22, 29**
- **Format: In Person | Limit: 8 | Cost: \$45**
- **Location: Ragtime Fabrics 926 W Market Street**

**Students will be asked to come to the store before the class begins to pick up a supply list and purchase their fabrics. They will receive a 10% discount on supplies, tools or notions they purchase for the class!*

Quilting's history extends back to ancient times,

with evidence suggesting its origins in ancient Egypt around 3400 BCE, and later in Europe during the Crusades. Dip your toe into this historic practice by using a commercial quilt pattern to piece together a quilt top, then assemble the quilt “sandwich” (two layers of fabric with batting between), stitch or tie the layers together, before attaching binding to the edges. Great for beginners or those looking to get back into sewing more regularly!

Instructors at [Ragtime Fabrics](#) have extensive experience teaching sewing classes for both adults & children. We have participated in LLI classes in the past & happy to do so again.

The Age of Enlightenment

Mary Louise Loe

- Wednesday, 9:30 – 11:30 am
- October 1, 8, 15, 22, 29
- Format: In Person | Limit: 20 | Cost: \$45
- Location: Ice House 117

**Last class will take place at Ice House 104.*

The Age of Enlightenment began in Europe in the 17th century and fully developed in the 18th. In this exciting, formative period, also known as the Age of Reason, writers, philosophers, economists, and scientists developed a new profound optimism about the world and the future of mankind. Human beings stood at the center of their universe as they sought to figure out what would be the best ways to govern and created laws to form a society which protected the individual rights of all. This fervent idealism, which recognized no limits on human potential, was considered naïve, misguided and even dangerous by many of their contemporaries and by some historians to this day. Nonetheless, their enthusiasm and optimism about the future would spread abroad to the American colonies, contribute to the American and French Revolutions, to the struggle for individual rights in the antislavery and suffragette movements. To be sure, millions of people are still living in poverty and are denied basic human rights in

oppressive, tyrannical societies. Yet, the ideas and visions of the Enlightenment philosophers have survived; they are reflected not only in American laws and institutions but throughout the modern world. This class will introduce the major philosophers, their views, and beliefs, as well as the “Enlightened Despots” who adopted some of their proposals for reform. We will also discuss both the immediate and long-term impact of the Enlightenment.

[Mary Louise Loe](#) holds a B.A. from the University of Wisconsin-Madison and an M.A. and Ph.D. from Columbia University. Having taught in the JMU history department from 1973-2012, she continued to teach part-time until 2020. Her areas of specialty are Russian History, European History and Modern Human Rights. She has been teaching classes for LLI since 2013.

The Secret History of American Pop Part Two

Robert Driver

- Wednesdays, 1:30 - 3:30 pm
- October 1, 8, 15, 22, 29
- Format: In Person | Limit: 30 | Cost: \$45
- Location: Ice House 117

Where did the phenomenon of the Rock Star come from? Where did groupies originate? What makes a Guitar Hero? Which Black music star influenced Elvis, Bob Dylan, the singers of the Swing Era, and the blues of B. B. King and Robert Johnson. Why do so many music figures become preachers and vice versa? Did Robert Johnson really sell his soul to the devil? How does the choice of instrumentation influence the style and approach of Pop music? This class will answer these questions and many more as an expansion and continuation of the topics that were discussed in the Spring Session.

[Robert Driver](#) has been a blues performer/instructor for the past forty-five years and a full-time guitar instructor/performer since 2002. His music education began in the 1970’s

Session **A** Classes

August 18 – October 28, 2025

when he had the privilege to play informally with traditional bluesmen such as John Jackson, Clarence “Gatemouth” Brown and Buddy Moss in their homes or at festivals. He has opened for, or performed with, nationally known artists such as Jorma Kaukonen, Roy Bookbinder, Duck Baker, John Hartford, Reverend Billy Wirtz, Catfish Hodge and many others. Bob was an artist in residence at Camp Horizons in Keezletown, Virginia overseeing their guitar program. Over the years, Bob’s music has been used on local television and radio spots and he has performed on recording projects for himself and others. He was also a featured performer for the weekly radio show, “Blues Valley,” on NPR affiliate WMRA in Harrisonburg, Virginia. These years of experience in teaching and performing have brought forth a rich and comprehensive volume on country blues guitar technique, “The Country Blues Revisited”, which is awaiting publication.

Enneagram Essentials: Foundational Elements of this Typology System

Heidi Hochstetler

- **Thursdays, 1:30 – 3:30 pm**
- **August 21, 28, September 4, 11, 18**
- **Format: In Person | Limit: 30 | Cost: \$45**
- **Location: Ice House 117**

What is the Enneagram and why are so many people talking about it? Do you know your type? And what do you do once you do know your type? While other personality systems help us understand WHAT we do (behaviors), the Enneagram shines a light on our WHY (motivation) If you are curious about this unique typology system that helps you better understand how you interact with people and the world around you, join us for this foundational class. Whether you are new to the Enneagram, familiar with the basic concepts, or simply curious, there is something here for you. Explore the symbol, meaning, nine types, wings, lines, triads, centers of intelligence, levels of resourcefulness, and more with curiosity and interaction through this informative and

interactive class.

Heidi Hochstetler is a Transformational Life Coach and Integrative Enneagram Practitioner based in Harrisonburg. She is an accredited coach through the International Coaching Federation and certified practitioner with Integrative Enneagram Solutions. Additionally, Heidi holds certifications in teaching and training with the Enneagram, facilitating Conscious Leadership, and neuroscience in coaching. Her engaging approach invites curiosity, clarity, and compassion. Heidi’s private practice, Wholeheartedly You, LLC, serves individuals and groups locally and around the world.

Play Chess 1

Tom Mack

- **Thursdays, 1:30 – 3:30 pm**
- **August 21, 28, September 4, 11, 18**
- **Format: In Person | Limit: 24 | Cost: \$45**
- **Location: Ice House 104**

Have you ever thought about playing chess, but you did not have anyone to teach you? Do you know the basics and would like to improve your game? Do you know how to play but lack an opponent? Then this class is for you. Chess is perfect for those looking for a challenge. As a strategy game it keeps your brain active as players engage in planning, analysis, and problem solving. In addition it is a great way to socialize and deal with stress and anxiety. Although the basics are easy to learn, people have dedicated years to mastering the game. This class will go over the fundamentals: the rules of the game, how to move and capture pieces, and how to achieve checkmate. We will go beyond the basics to teach strategies and tactics to improve your game and assist you on your quest to becoming a chess master. Each class will be long enough to play some chess, putting your new knowledge to use.

Tom Mack is a retired elementary school teacher who ran a weekly, after-school chess club for 20 years, including taking students to weekend VA Scholastic Chess League tournaments. He now

spends his days with his wife, Lesley, creating, maintaining, and giving tours of their three-acre botanical garden outside Luray.

Chakras

Rose Longworth

- **Thursdays, 9:30 - 11:30 am**
- **September 4, 11, 18, 25**
- **Format: In Person | Limit: 25 | Cost: \$40**
- **Location: Ice House 107**

What are the chakras and where are they located in the body? C.G. Jung describes what chakras are like and their psychological meaning and their location. We will find where the energies are and how they differ, as they travel up the spine with energy through the chakras. We will connect the Seven Churches of Revelation with the seven chakras. Indian Symbology for the Chakras will also be considered, helping with understanding them. How we can understand our chakras and how their symbology manifest in our dreams helping us by focusing on the development phases of higher consciousness.

Rose Longworth is a native of Ireland and was educated in both Ireland and USA. She holds a Bachelor of Art Degree from James Madison University, and a Master of Counseling from Eastern Mennonite University. After serving in various Community Services Boards in Virginia, she established her private practice focusing on a creative and wholistic approach to mental health through working with symbology, mandalas, art therapy and dreams. She writes a blog on her site roselongworth.com and has been working with her own dreams and spirituality for fifty years. Her interest in Chakras and its connection to the body and soul has been developing also since she was 18 years old.

History of Opera: Verdi and Wagner

Josh Borths

- **Thursdays, 9:30 - 11:30 am**
- **September 11, 18, October 2, 9**
- **Format: In Person | Limit: 20 | Cost: \$40**
- **Location: Ice House 117**

In 1813, Europe was on the verge of colossal change politically, socially, and economically. Interestingly, this year also marked the birth of two of the most influential composers of the nineteenth century, Giuseppe Verdi and Richard Wagner, who would change the class of music history up to our present day. The lives of Verdi and Wagner tantalizingly map alongside developments in their respective homelands, and their operatic works are still amongst the most popular operas performed to this day. And yet, it can sometimes be difficult to understand and listen to the work of these enigmatic—and often controversial—artists. Join JMU's Director of Opera Theatre for a fascinating class exploring the life and times of these two fascinating composers, exploring how historical context helps us listen to music of the past.

Joshua Borths is a nationally recognized stage director, educator, arts administrator, and writer currently serving as the Director of Opera Theatre at James Madison University and Company Dramaturg/Head of the Stage Directing Staff at Des Moines Metro Opera. Previously, Borths served as the Resident Scholar at Virginia Opera, Director of Opera & Musical Theater/Professor of Music History at Capital University, and Director of Education and Resident Stage Director at Arizona Opera. Beyond Capital University, Borths has taught at The University of Richmond, Shenandoah University, Crane School of Music (SUNY Potsdam), and The University of Maryland. Borths has also served as a panelist at the Opera America Conference, collaborated with TED Ed on their first opera resources, and was featured in Opera News for his innovative approach to opera education.

Session **A** Classes

August 18 – October 28, 2025

Conversational Spanish in a Cultural Context

Claudia Rivero Heredero

- **Thursdays, 9:30 – 11:30 am**
- **September 25, October 2, 9, 16, 23**
- **Format: In Person | Limit: 26 | Cost: \$45**
- **Location: Ice House 104**

Note: The first class will take place in room 117. All other classes will be in 104.

In this engaging and interactive class, participants will develop foundational Spanish language skills while exploring the vibrant culture of Cuba. Throughout the class, participants will learn about topics such as Cuban cuisine, music, dance, art, and social customs. You will learn not only the vocabulary and phrases needed to discuss these topics but also gain cultural insights that bring the language to life. Explore the rhythms of salsa and *son Cubano* while practicing conversational phrases related to music and movement! Discuss the ingredients and preparation of classic Cuban dishes as you learn essential food-related vocabulary! Grounded in a communicative language-learning approach, this class emphasizes practical language use in real-world contexts through conversation, role-playing, and interactive exercises designed to build confidence and fluency. Whether you are a complete beginner or have some prior experience with Spanish, this class will provide a supportive environment to enhance your language skills while deepening your understanding of Cuba's rich cultural heritage.

[Claudia Rivero Heredero](#) was born in Cuba, where she studied education and worked as an elementary school English teacher. Her passion for teaching remained strong after she moved to the United States. While building a new life here, Claudia further strengthened her English skills, and she also started teaching Spanish at Eastern Mennonite University.

Introduction to American Mah Jong

Danielle Dorrian

- **Thursdays, 1:30 - 3:00 pm**
- **Oct 2, Oct 9, Oct 16, Oct 23**
- **Format: In Person | Limit: 25 | Cost: \$40**
- **Location: Ice House 104**

**There is an additional cost of \$15 for the large print of National Mah Jong League Cards*

Mah Jong is an ancient game of skill coupled with strategy and fortune. Learn to name each of the 152 tiles used to play, how to build a "wall", deal the tiles, and select the best "hand" by drawing and discarding tiles. Games are played in groups of 3 or 4 and each game takes anywhere from 10 minutes to 30 minutes to play but years to master! The instructor will provide Mah Jong sets to use for the class but participants will need to purchase one of the official 2025 cards from the National Mah Jong league. (\$14.00-\$15.00 each)

[Ms. Dorrian](#) has been playing some form of Mah Jong since the 8th grade. She has an undergraduate degree from UC Santa Barbara and an MA from Washington State University in Communication Disorders. After retiring from 35 years of teaching and subsequently moving to Virginia she was fortunate to meet a welcoming group of experienced Mah Jong players who took her knowledge of the game to the next level.

Exploring Kundalini Yoga for ANY Body

Jennifer Perry

- **Fridays, 9:30 – 11:30 am**
- **August 22, 29, September 5, 12, 19**
- **Format: In Person | Limit: 22 | Cost: \$45**
- **Location: Ice House 117**

Sometimes it seems everyone has heard about Kundalini Yoga, but no one can put their finger

on what it really is. Called both an art and a science, Kundalini Yoga is said to build not only our bodies, but also our intuitive mind. Its aim is to regenerate vitality, balancing energy within the body and deepening “conscious awareness” so that each of us may live and act more fully from our inherent creativity. At its heart, Kundalini Yoga is a yoga of transformation. In this class, we’ll practice a range of Kundalini Yoga techniques including breathwork, mudra (hand position), mantra (intentional, repeated sound), and meditation. Participants are asked to dress comfortably and bring a yoga mat and blanket(s). Chairs will be available and we’ll explore modifications for every exercise to meet our bodies’ individual needs. Most people find a Kundalini Yoga class unlike any other yoga class they’ve ever experienced—however, no previous experience with any type of yoga is necessary. Kundalini Yoga can be practiced by anyone, by ANY body.

Jennifer Perry (Dass Priya Kaur) is a certified Kundalini Yoga Level I teacher, as well as a certified teacher of Radiant Child Yoga. She has completed her Master Level III Reiki training and is pursuing further study and certification in yoga and various other healing modalities. Jennifer is co-founder of smallSEEDS, a small business devoted to offerings of Kundalini Yoga, Reiki, permaculture training, and community connection.

Captivating Containers - For all Seasons and Spaces

Susan Dickson

- **Fridays, 1:30 – 3:30 pm**
- **September 5, 12**
- **Format: In Person | Limit: 40 | Cost: \$30**
- **Location: Sunnyside Retirement Community - Sunnyside room**

This two-session class will explore the art and science of container gardening. You may be saying to yourself, “I don’t have a green thumb and my space is too small” or “I don’t have enough light,” but container gardening is so flexible and easy it is a great way for everyone to enjoy nature close up. Learn about the culture of

growing flowers, vegetables and topicals in planters that fit your space and conditions. Design principles will be introduced to understand how they fit into the larger landscape composition. The components of soil substrates and watering will be discussed and why they are important for long lasting displays during the four seasons. We’ll also focus in on specific plants and methods for various types sun and shade exposures so you can be successful! The photographs of Sue Dickson’s work will inspire and motivate you to stick with it and make container gardening your new passion!

Sue Dickson grew up 10 minutes from Longwood and Winterthur Gardens with such extraordinary inspiration she couldn’t avoid becoming a horticulturist. She studied Plant Science at the University of Delaware, received her Master’s in Horticulture at Virginia Tech and was a fulltime horticulture professor at Northern Virginia Community College in Loudoun County for nine years. Her extensive background in production horticulture has provided her with a wealth of hands-on experience that she applies in every classroom indoors or outdoors. Many of her horticultural accomplishments were widely recognized at her previous posts as head horticulturist at Keswick Hall and Woodberry Forest School near Charlottesville, Virginia.



MEMBER PERKS



FALL FROLIC

...with Flora and Fauna in Hidden Valley, Bath County

Hop on a coach tour co-led by **Nate Miller** and **Sandy Conrad** for a "Fall Frolic with Flora and Fauna in Hidden Valley, Bath County". This educational adventure will focus on observing the fall wildflowers and wildlife, including migrating birds that are heading South at this time of year. Discuss plants and wildlife along your walk and enjoy a "bring your own" lunch outside. If time allows, stop at the Warm Springs Mountain Overlook to look for migrating hawks and eagles!

Please note, this is an outdoor hiking class. Participants must be able to walk over uneven terrain, unassisted. Please wear appropriate footwear and bring lunch and extra water.

LIMIT: 22
COST: \$50
DATE: SEPTEMBER 20
RAIN DATE: SEPTEMBER 27
MEET: 7:45AM **DEPART:** 8:00AM **RETURN:** 4:45PM

Transportation to and from Bath County will be provided. Details on meeting location with provided prior to the class.



SOCIAL EVENTS



COFFEE & COMPANY

Join us for a daytime gathering that is open to all.

We will gather from 11:30 a.m.-12:30 p.m. on the following dates

Tuesday, July 8

Thursday, July 24

Thursday, August 21

Tuesday, September 2

Thursday, September 25

Tuesday, October 7

Thursday, October 30

Tuesday, November 20

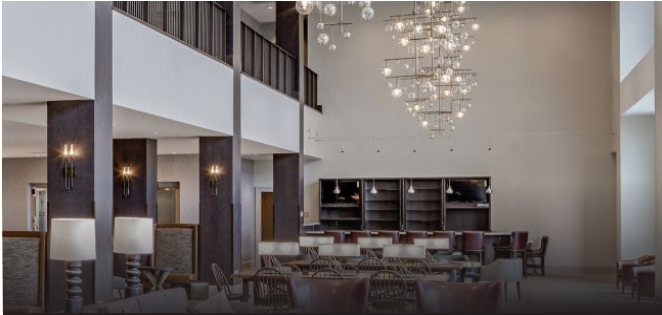
Tuesday, December 2

Thursday, December 18

DRIFTERS CAFE
217 S. Liberty St. Suite 104
Harrisonburg, VA

Parking is available in the Municipal lot on Liberty Street and the Water Street deck





WINE DOWN WEDNESDAY

Come join us for a social gathering that is open to all.

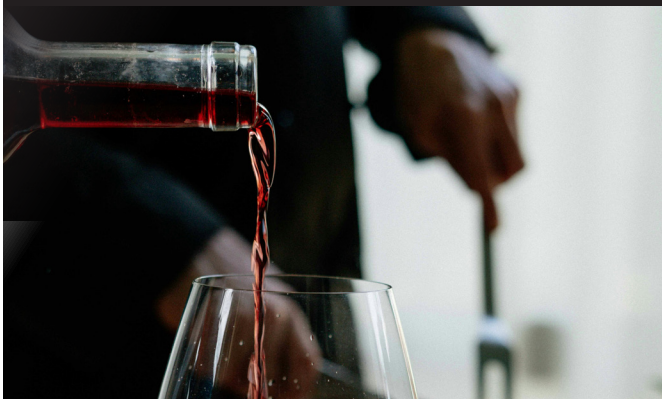
We will gather from 4-6 p.m.

FALL 2025

- AUGUST 13**
- SEPTEMBER 10**
- OCTOBER 22**
- NOVEMBER 12**
- DECEMBER 10**

HOTEL MADISON LOBBY BAR
Hotel Madison is located at
701 S. Main Street, Harrisonburg, VA

Parking is available in the parking deck adjacent to the hotel.



SOCIAL EVENTS



LIFELONG STRIDERS

A fun and friendly walking group. Join us daily

FALL 2025

9:00 a.m April - November

- MONDAY - JMU Arboretum**
- TUESDAY - Hillandale Park**
- WEDNESDAY - Hillandale Park**
- THURSDAY - Hillandale Park**
- FRIDAY - Purcell Park**

FOR MORE INFORMATION CONTACT
Vince and Tricia Tully
tullyclan@gmail.com or 410-322-1463

*Start times are subject to change.
Text or email the contact above to confirm*



**It's time to travel
with JMU LLI!**

SICILY & MALTA

March 11-22, 2026

Package includes:

- **Airport Pickup Dropoff**
- **15 meals included**
- **Guided Tours**
- **AARP Members receive additional discounts**

**Space is VERY limited!
Sign up by August 11th!**

Prices begin at \$3999 and are subject to change based on hotel room occupancy.

**Call Turner Travel to Register or for further questions
(540) 433-2438**

**It's time to travel
with JMU LLI!**

SAVANNAH & CHARLESTON

April 19-April 24, 2026

Package includes:

- **Bus travel to and from GA and SC**
- **Breakfast & Dinner included**
- **Guided Tours and evening entertainment**
- **Additional trips to barrier islands**

Prices begin at \$1055 and are subject to change based on hotel room occupancy.

**Call the Wishing Well to
Register or for more questions**

(540) 908-2333

CELEBRATIONS, 2024/2025

On Monday, **May 12th 2025**, the School of Professional and Continuing Education that houses the Lifelong Learning Institute hosted its Inaugural **Recognition Celebration** where it honored exceptional students, instructors, members, and partners for their tremendous contributions to the school in the past year. Among the award recipients were partners and LLI stakeholders. We are honored by the dedicated contributions of all LLI awardees to the progress of the institute.

SPCE plans to sustain this celebratory tradition to recognize the impact partners and stakeholders make across its portfolio.

Congratulations to our 2025 award recipients!

LLI Awards/Recipients

Lifelong Learning Institute Community Partner – Sunnyside Retirement Community (received by Layna Heilman-Houser and Nancy Wayland)

Lifelong Learning Institute Outstanding Instructor – Dr. Ralph Allen

Lifelong Learning Institute Champion – Archie Turner



UPCOMING: GENERATIONAL EXCHANGE 2025

The Generational Exchange: Conversations with JMU's Institute for Constructive Advocacy and Dialogue

Festival, Conference Room 7

Session 1, Thursday, Oct 9 | 12:45-2:00 PM

Session 2, Thursday, Oct 16 | 12:45-2:00 PM

Format: Own Transportation | Limit: Unlimited

Cost: Free

Session 1: Technology

Session 2: Success and Fulfillment

"The Generational Exchange" is a unique series of intergenerational dialogues bringing together JMU students and JMU LLI members for mutual learning, shared storytelling, and intergenerational connection. The goal is to challenge stereotypes, foster empathy, and highlight how wisdom and innovation go hand in hand.

Students in the Institute for Constructive Advocacy and Dialogue, under the careful oversight of their Professor Dr. Lori Britt, will design and facilitate conversations around topics that affect everyone,

across generations: the rising use of technology and the weight of our own success and happiness in life. We might not all agree, but that is part of the goal.

We are all navigating a world full of rapid change, and have perspectives, ideas, and tools that can inspire and even surprise each other. This is a chance to share, reflect, and learn—together.



LLI Membership & Volunteer Appreciation Dinner

The Lifelong Learning Institute hosted a warm and joyful appreciation dinner to honor the dedication of its members and volunteers. LLI Director Katie Overfield-Zook expressed heartfelt gratitude for the unwavering support and commitment that have fueled the success of the Institute's programs and events throughout the year. The evening was not only a moment to recognize collective efforts, but also a vibrant opportunity to connect, celebrate, and mark the close of the most recent session with laughter, a toast, and of course, the nostalgic music and dance!



MONDAY

Classes meet in person unless otherwise noted

TUESDAY

Classes meet in person unless otherwise noted

*BRC: Bridgewater Retirement Community

WEDNESDAY

Classes meet in person unless otherwise noted

CLASS TITLE

Timeless Aging: Empowering Women's Health, Vitality, and Wellness

Pumpkin and Gourd Fall Table Arrangement

Merely Players: Reading and Watching Shakespeare

Crypto: What, How, and Why?

The Coptic Orthodox Church: An Ancient and Living Faith

CLASS TITLE

Using the iPhone To Improve Your Photography

The Magic of Switzerland: People, Places, Language and Customs

Soothe: Kundalini Yoga for Stress, Restlessness, Anxiousness, and Anxiety

Sew Up Your Gift

Archaeology and the Bible

A Christie for Christmas: Detective Stories and the Holidays

CLASS TITLE

Back to Basics, the Origin of Zentangle

Hide and Seek

Time to Travel: how older adults can become their own travel agents and plan their own exciting international journeys

Short Story Mastery: Writing and Publishing Success

Introduction to Mussar, a Jewish Ethical Study

Holiday Greens Workshop

To register go online to www.jmu.edu/lli or call (540) 568-2923

INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Dabney Vaccaro	Oct 13 - Oct 27	9:30 - 11:00 AM	IH 107	\$35	40
The Gardening Connection	Oct 13	1:30 - 3:30 PM	IH 117	\$25 + \$20	40
Amanda Kellogg	Oct 20 - Nov 17	1:30 - 3:30 PM	IH 117	\$40 + \$15	40
Pamela Drake	Oct 27 - Nov 17	9:30 - 11:30 AM	IH 117	\$40	41
Matthew Bucher	Nov 10 - Dec 8	9:30 - 11:00 AM	IH 104	\$40	41

INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Frank Doherty	Oct 28 - Dec 2	9:30 - 11:30 AM	IH 104	\$45	41
Donald Clymer	Nov 4 - Dec 9	1:30 - 3:00 PM	IH 104	\$45	42
Jennifer Perryr	Nov 4 - Dec 9	9:30 - 11:30 AM	IH 117	\$45	42
Kathy Roletter	Nov 4 - Dec 9	1:30 - 3:00 PM	Ragtime Fabrics	\$45	43
Robbie Miller	Nov 4 - Dec 9	9:30 - 11:30 AM	BRC	\$45	43
Diane Lending	Nov 11 - Dec 9	1:30 - 3:30 PM	IH 117	\$40	43

INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Jennifer Matthaei Cottrell	Nov 20 - Dec 4	9:30 - 11:30 AM	IH 107, 104	\$40	44
Keala Timko	Oct 29 - Nov 19	9:30 - 11:00 AM	IH 117	\$40	44
Russ Eanes	Nov 5 - Dec 3	1:30 - 3:30 PM	IH 104	\$40	44
James Blakey	Nov 5 - Dec 10	9:30 - 11:30 AM	IH 104	\$45	45
Peter Barbour	Nov 12 - Dec 10	1:30 - 3:30 PM	ZOOM	\$40	45
The Gardening Connection	Dec 3	1:30 - 3:30 PM	IH 117	\$25	46

Session **B** Classes

October 13 - December 11, 2025

THURSDAY

Classes meet in person unless otherwise noted

CLASS TITLE

The Enneagram Meets Conscious Leadership: Embrace a new paradigm for living

Mindfulness Meditation

The History of the French Horn: From hunting calls to Star Wars

Harmony Within: Understanding Holistic Medicine, Practitioners and Modalities

FRIDAY

CLASS TITLE

There are no Friday



FREE
FIRST YEAR
MEMBERSHIP

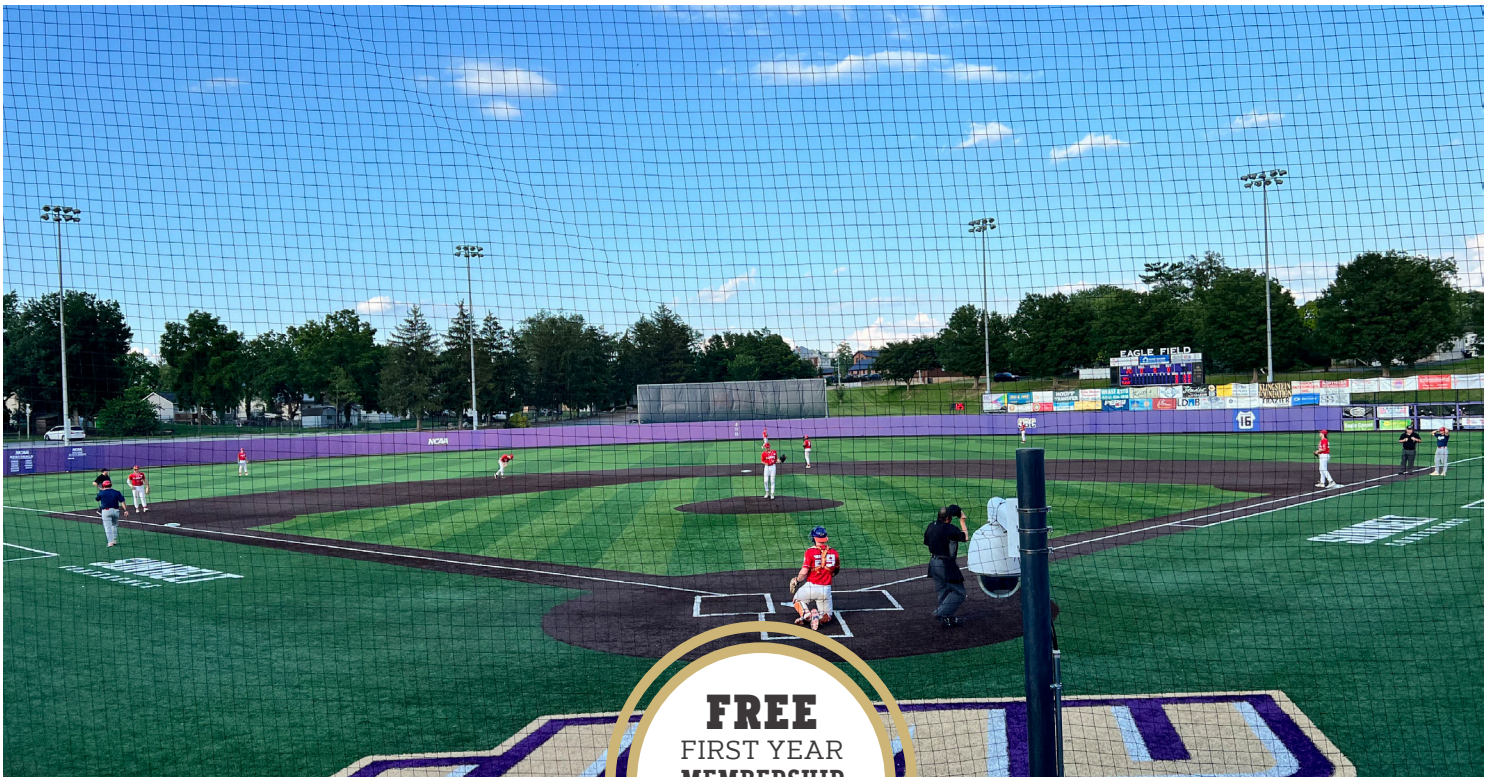
Valid from
July 1 - June 30

To register go online to www.jmu.edu/lli or call (540) 568-2923

INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
Heidi Hochstetler	Oct 16 - Nov 13	1:30 - 3:30 PM	IH 117	\$45	46
Barbara Martin	Oct 30 - Nov 13	1:30 - 3:30 PM	ZOOM	\$35	47
Ian Zook	Oct 30 - Nov 20	9:30 - 11:30 AM	IH 117	\$40	47
Judith Dreyer	Nov 13 - Dec 11	1:30 - 3:30 PM	IH 104	\$40	47

INSTRUCTOR	START-END DATE	START-END TIME	LOCATION	COST	PAGE
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classes for Session B.



FREE
FIRST YEAR
MEMBERSHIP
 Valid from
 July 1 - June 30

Session **B** Classes

October 13 – December 11, 2025

Timeless Aging: Empowering Women's Health, Vitality, and Wellness

Dabney Vaccaro

- Mondays, 9:30 - 11:00 am
- October 13, 20, 27
- Format: In Person | Limit: 30 | Cost: \$35
- Location: Ice House 104

Aging is not just a passage of time—it's an opportunity to thrive. Embark on a transformative three-week lecture series designed to empower women with the knowledge and tools to embrace aging with confidence, vitality, and grace. Each week, you'll explore key aspects of women's health, wellness, and self-care, offering practical strategies to enhance your quality of life at every stage from how to navigate hormonal changes, maintaining bone and muscle health, and support your mental and emotional well-being to oral health! Whether you're approaching menopause, navigating midlife, or simply looking to feel your best, this series will provide you with actionable insights and a supportive community to help you age timelessly.

Dabney Vaccaro, BS, RDH is a Registered Dental Hygienist, Clinical Herbalist & Wellness Coach. In 2016 & 2017, she earned a certificate in Plant-Based Nutrition from Cornell and T. Colin Campbell Center for Nutritional Studies and a certificate as a Health Coach from the Institute of Integrative Nutrition. In 2022, Dabney graduated from Sacred Plant Traditions, a three-year clinical herbal class and has her own clinical practice.

Pumpkin and Gourd Fall Table Arrangement

The Gardening Connection

- Monday, 1:30 - 3:30 pm
- October 13
- Format: In Person | Limit: 22 | Cost: \$25
- Location: Ice House 117

Note: There is an additional cost of \$20 for materials.

Create a beautiful fall arrangement using pumpkins, gourds, and plants perfect for fall decorating or your Thanksgiving table with members of the Gardening Connection: Janet Wendelken, Joy Coakley, Judy

Linhoss, Jennifer Matthaei Cottrell, Diane Hirsch, Kim Landis-Hamner, and Chris Chrisley. Please bring clippers with your name on them. The pumpkins, gourds, plants, materials, and supplies are included with the supply fee of \$20 (cash or check only), which will be collected at the workshop.

The Gardening Connection is a cooperative of knowledgeable plant people, All Master Gardeners., we integrate the science of gardening, horticulture practices, and the value of hands-on experience from the Garden with our variety of plant workshops.

Merely Players: Reading and Watching Shakespeare

Amanda Kellogg

- Mondays, 1:30 - 3:30 pm
- October 20, 27, November 3, 10, 17
- Format: In Person | Limit: 35 | Cost: \$45
- Location: Ice House 117

**There is an addition cost of \$15 for a copy of a play.*

Shakespeare's plays are rich: scholars, performers, and avid readers have found in Shakespeare's canon important historical references, compelling philosophical arguments, gorgeous imagery, and some pretty good toilet humor. While reading Shakespeare's plays can be a rewarding experience, nothing is better than seeing a live performance of a play you have been grappling with. We are lucky enough to live right up the road from an excellent source for Shakespearean performances! This class will select one of the plays that is on the schedule for the American Shakespeare Center's fall season. Covering an act each week, read through play ensuring comprehension, identify major themes, and discuss staging challenges and opportunities. Having developed a deep understanding of the chosen play, the class will culminate with a trip to the ASC to see a live production.

Jump start your deep-dive into Shakespeare this semester by taking "Inside Plays with ASC" leading up to this class! Get details on the falls plays and help Dr. Kellogg select the play and production you'll study!

Amanda Kellogg is Director of Professional Development for James Madison University's School of Professional and Continuing Education, and she previously served as an Associate Professor of English and Director of Undergraduate Curriculum for Radford University. Amanda received her PhD in Early Modern English Literature from the University of North Texas. Both her M.Ed. in Educational Psychology and her B.A. in English are from the University of Virginia. Her publications include "Power and Portraiture in Early Modern Literature" (SEL, 2019), "Pyrrhonist Uncertainty in Shakespeare's Sonnets" (Shakespeare, 2015), and a forthcoming chapter titled, "Wasps and Falcons: Figurative Language and Teaching Shakespeare's Women." Amanda has had the opportunity to teach Shakespeare in a variety of contexts, from high school and college classrooms to a maximum security prison, and she has seen dozens of productions at the American Shakespeare Center in Staunton.

Crypto: What, How, and Why?

Pamela Drake

- Mondays, 9:30 - 11:00 am
- October 27, November 3, 10, 17
- Format: In Person | Limit: 25 | Cost: \$40
- Location: Ice House 117

Bitcoin. Tokens. Tether. We've all heard of cryptocurrency but what is it exactly? This class will introduce you to the world of cryptocurrency, and answer the following questions: 1) what is cyptocurrency and why was it created in the first place? 2) Is crypto a security? Is crypto an investment? 3) How is crypto used by "bad actors" in the world? 4) What are the risks of cryptocurrency to the user and the economy? 5) What was FTX and why did it fail spectacularly? 6) What is the future of crypto?

Pamela Peterson Drake, PhD, CFA, is a professor emeritus from James Madison University. She taught finance at Florida State University for 24 years, Florida Atlantic University for 2 years, and James Madison University for 16 years. Since retirement, she has taught as an adjunct at JMU. Her research and teaching focus on valuation, corporate finance, data science, and financial markets. In retirement she is also consulting, primarily in developing educational material for finance professionals.

The Coptic Orthodox Church: An Ancient and Living Faith

Matthew Bucher

- Mondays, 9:30 - 11:00 am
- November 10, 17, December 1, 8
- Format: In Person | Limit: 25 | Cost: \$40
- Location: Ice House 104

* *Optional Field Trip to Coptic Orthodox Church in Staunton*

The Coptic Orthodox Church is both one of the oldest and most vibrant Christian denominations. Through stories, lectures, videos, and a field trip, we'll explore a 2,000 year old tradition that was planted by the Nile and now grows all over the world.

Matthew Bucher holds a Master of Divinity degree from Eastern Mennonite Seminary and a Master of Arts in Conflict Transformation from the Center for Justice and Peacebuilding. Matthew is a STAR Certified Trainer, teaches regularly on the Coptic Orthodox Church, and serves as the pastor of Immanuel Mennonite Church in Harrisonburg, VA. He lived in Egypt from 2007-2011, speaks Arabic, and returns regularly to learn and witness.

Using the iPhone To Improve Your Photography

Frank Doherty

- Tuesdays, 9:30 - 11:30 am
- October 28, November 4, 11, 18, December 2
- Format: In Person | Limit: 15 | Cost: \$45
- Location: Ice House 104

Learn how to capture beautiful photos with your iPhone! The class will include instruction on using the many functions of an iPhone to take all kinds of pictures in many different situations. In addition to using the iPhone to take beautiful pictures, we will also focus on using Apple Photos to organize the photos as well as to enhance them. . No prior photography experience is necessary to take this course. We will have two field trips to some of the most beautiful places in our Valley. We will also learn how to share our photos with friends and family as well as within the class. There will opportunity to provide feedback within the class so that people can improve their

Session **B** Classes

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photos. Our feedback will be productive and gentle! Please ensure you have at least an Apple iPhone 11 and are using iOS 18 before signing up for the class.

Frank Doherty, a 35-year resident of the Shenandoah Valley and former JMU administrator, has been passionate about photography for more than 25 years. Frank was a member of the OASIS Gallery in downtown Harrisonburg for more than 13 years, sharing his photography with the community. His photography focuses primarily on landscapes, gardens, flowers, birds, children, and beautiful places in the Shenandoah Valley. Frank has taught several LLI classes since his retirement, including classes on how to use your camera as we toured the most beautiful places in our Valley. He also teaches an LLI class on iPhone photography.



Soothe: Kundalini Yoga for Stress, Restlessness, Anxiousness, and Anxiety

Jennifer Perry

- Tuesdays, 9:30 - 11:30 am
- November 4, 11, 18, December 2, 9
- Format: In Person | Limit: 22 | Cost: \$45
- Location: Ice House 117

Stress, restlessness, anxiousness, and anxiety: states of mind, body, and spirit we've ALL experienced. Sometimes temporarily, sometimes over longer periods of time. Sometimes due to world events, sometimes due to something very personal. In this class, we'll explore Kundalini Yoga techniques—such as pranayama (breathwork), mantra (intentional sound), mudra (hand positioning), dhristi (eye focus), kriya (action/exercise), and meditation—that specifically address stress, restlessness, anxiousness, and anxiety. We'll close each class with soothing yogic rest and homemade yogi tea. Participants are asked to dress comfortably and bring a yoga mat and blanket(s). Chairs will be available and we'll explore modifications for every exercise to meet our bodies' individual needs. No previous experience with any type of yoga is necessary. Kundalini Yoga can be practiced by anyone, by ANY body.

Jennifer Perry (Dass Priya Kaur) is a certified Kundalini Yoga Level I teacher, as well as a certified teacher of Radiant Child Yoga. She has completed her Master Level III Reiki training and is pursuing further study and certification in yoga and various other healing modalities. Jennifer is co-founder of smallSEEDS, a small business devoted to offerings of Kundalini Yoga, Reiki, permaculture training, and community connection.

The Magic of Switzerland: People, Places, Language and Customs

Donald Clymer

- Tuesdays, 1:30 - 3:00 pm
- November 4, 11, 18, December 2, 9
- Format: In Person | Limit: 30 | Cost: \$45
- Location: Ice House 104

Switzerland dazzles the eye with its beautiful alpine landscapes and pristine lakes. It is one of the most desired places to visit for people from around the world. Who are the people who live in this paradise and what makes them tick? This class will go beyond the stereotypes of tidiness, neutrality, cheese and chocolate, wristwatches and trains running on time, to examine the unique language, the special dishes, the mindset and peculiar customs of this tiny yet influential country in the middle of Europe. Switzerland is indeed magical!

Don Clymer has broad international experience in Latin America and Europe in both church-related service and academics. Don retired from Eastern Mennonite University in 2016 after 34 years of teaching Spanish, German, and International studies. During his first year of retirement, Don lived in Switzerland giving seminars in spirituality, culture, and translating a play from Swiss German to English. Don is the author of numerous articles in a variety of journals and has published five books. He enjoys reading, writing, crossword puzzles, baseball, and genealogy, where he has traced his ancestry back to 1534 in Europe.

Sew Up Your Gift List

Kathy Roletter

- Tuesdays, 1:30 - 3:00 pm
- November 4, 11, 18, December 2, 9
- Format: In Person | Limit: 25 | Cost: \$45
- Location: Ragtime Fabrics 926 W Market Street

Perfect for more experienced sewers, work on a small, fun project each class meeting, resulting in 5 finished items suitable for holiday gifts!

Instructors at [Ragtime Fabrics](#) have extensive experience teaching sewing classes for both adults & children. We have participated in LLI classes in the past & happy to do so again.

Archaeology and the Bible

Robbie Miller

- Tuesdays, 9:30 - 11:30 am
- November 4, 11, 18, December 2, 9
- Format: In Person | Limit: 25 | Cost: \$45
- Location: Bridgewater Retirement Community - Mack A room

This class will be an exploration of the scientific field of archaeology as it relates to the religions, cultures, and literature of ancient Israel and early Christianity. Through extensive video material, lectures, and examination of actual artifacts, learners can expect to critically examine the history, methodologies, discoveries, and controversies of biblical archaeology in the ancient Middle East.

[Robbie Miller](#) graduated from Bridgewater College in 1979 with a Bachelor of Arts in Philosophy & Religion, Bethany Theological Seminary in 1983 with a Master of Divinity, and from Wesley Theological Seminary in 2006 with a Doctor of Ministry. After brief pastorates in Vienna and Richmond Virginia, he served as Campus Pastor at Eastern Mennonite College and then as College Chaplain at Bridgewater College for 33 years, retiring from that position in July of 2023. While at Bridgewater College, he taught *Introduction to the Old Testament* and developed *Lands of the Bible*, a study tour of Israel, Palestine, and Jordan. More recently he continues to teach 'Archaeology and the Bible' and leads a 'Lands of the Bible' study tour of Israel, Palestine, and Jordan.



A Christie for Christmas: Detective Stories and the Holidays

Diane Lending

- Tuesdays, 1:30 - 3:30 pm
- November 11, 18, December 2, 9
- Format: In Person | Limit: 25 | Cost: \$40
- Location: Ice House 117

Christmas traditions are about gatherings of family and friends. The Christmas murder mystery seems out of step with a festive season. Yet every year, books come out featuring detective stories against the backdrop of a holiday. "A Christie for Christmas" was a marketing slogan created to encourage people to buy the latest Agatha Christie novel each year which helped her become the best-selling fiction writer of all time. This class will focus on her books set around the Christmas season. Part lecture and part book group discussion, we will enjoy these three books together. Explore why detective stories are associated with Christmas and other holidays, learn about her life, her writing career, and her detectives. The books to be discussed are: *Hercule Poirot's Christmas*, a mystery set at the holidays where a tyrannical father is murdered in a locked room while his family enjoys Christmas Eve dinner downstairs, *4:50 from Paddington*, a book that begins on as a woman, on her way home from Christmas shopping, witnesses a murder from a train, *The Sittaford Mystery* that begins at a séance on a snowy night when a spirit appears proclaiming a man is dead. While the class will focus on the books, we will also discuss the adaptations in movies, tv, and theater. All the books are readily available from libraries and stores. Since they are older books, you should be able to find them in sources for used books.

[Diane Lending](#) was a professor of Computer Information Systems in the College of Business at

Session **B** Classes

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JMU. She retired in 2022. Since then, she has turned her lifelong mystery-reading hobby into a post-retirement career of teaching detective stories. She read her first Agatha Christie novel at the age of 10 which started her love of mysteries written during the golden age of detective stories.

Back to Basics, the Origin on Zentangle

Jennifer Matthaei Cottrell

- **Wednesdays, 9:30 – 11:30 am**
- **November 20, BREAK, December 4**
- **Format: In Person | Limit: 20 | Cost: \$40**
- **Location: Ice House 107 (first class); Ice House 104 (second class)**

Zentangle is a mindful drawing method where you create intricate designs using repetitive patterns. It's a relaxing and meditative practice that focuses on the process of drawing rather than the final product. We will revisit the foundational philosophy of Zentangle, focusing on the essentials of black and white designs along with corporate tangles. This approach is ideal for beginners while still appealing to more advanced tangles.

Jennifer Matthaei Cottrell has been a Certified Zentangle® Teacher for 10 years and has been interested in art and craft since early childhood. Jennifer teaches Zentangle® for LLI, private parties, team building, and classes all around the world.



FREE
FIRST YEAR
MEMBERSHIP

Valid from
July 1 - June 30

Hide and Seek

Keala Timko

- **Wednesdays, 9:30 – 11:00 am**
- **October 29, November 5, 12, 19**
- **Format: In Person | Limit: 25 | Cost: \$40**
- **Location: Ice House 117**

A moth that looks like a hummingbird. An orchid that look like a monkey. An octopus that looks like a corral reef! Uncover the secrets to how plants, animals and insects use camouflage, mimicry, and trickery to survive. Then examine the ways humans mimic nature, too!

Extension Master Gardeners are individuals who undergo intensive training in the science and art of gardening, including plant care, soil health, pest management and sustainable gardening practices. Once trained, they volunteer their time and expertise as community educators in gardening and horticulture.

Time to Travel: how older adults can become their own travel agents and plan their own exciting international journeys

Russ Eanes

- **Wednesdays, 1:30 – 3:30 pm**
- **November 5, 12, 19, December 3**
- **Format: In Person | Limit: 30 | Cost: \$40**
- **Location: Ice House 104**

Older adults have the time and the money to travel. Planning and deciding, however, raises lots of questions, such as: Should you travel on your own, with a group, or with a tour? How do you find the best prices for flights? When is the best time of year to go and how to avoid the crowds? How can you use technology and mobile devices to make reservations, keep track of your itineraries and communicate while on the go? How can you stay safe? How do you apply for a passport and when do you need travel insurance? How can you travel for a month out of a carry-on suitcase? How can you have the best experiences on a budget? The world awaits us, travel enriches our lives beyond measure, but it doesn't have to break the bank. This class will equip you with everything you need to have a safe, enjoyable, memorable, and

affordable overseas trip - and make you hungry for more.

Russ Eanes is a writer, walker, and cyclist from Harrisonburg, VA. The former Executive Director of MennoMedia, a publishing agency serving the Mennonite Church in the U.S. and Canada, he is an experienced international traveler. He left his job in 2018 and, at age 61, spent six weeks solo-walking 500 miles on the Camino de Santiago in Spain. He has followed it up with yearly pilgrimages on the Way of St. Francis in Italy and, most recently, on the Camino Portuguese. He has gone on to write bestselling books about his experiences ("The Walk of a Lifetime" and "Pilgrim Paths to Assisi"), to teach in-person and online classes for older adults about travel, to lead pilgrimage tours for older adults in Italy, Scotland, Portugal and Spain, and cycling tours in the U.S.

Short Story Mastery: Writing and Publishing Success

James Blakey

- **Wednesdays, 9:30 – 11:30 am**
- **November 5, 12, 19, December 3, 10**
- **Format: In Person | Limit: 15 | Cost: \$45**
- **Location: Ice House 104**

Discover how to craft unforgettable short stories in this dynamic and hands-on class. Over five weeks, you'll learn to create strong hooks, avoid tired clichés, and breathe fresh life into your writing. Dive into the mechanics of storytelling, exploring the power of precise verbs, unexpected adjectives, ironic adverbs, and interesting nouns to bring your prose to life. Learn how to craft snappy, authentic dialogue that enhances character and plot. Perfect for writers at any stage, this class will give you the tools to create polished, engaging stories that stand out. By the end, you'll have a completed short story and the know-how to prepare it for submission, as well as tips for identifying the best markets to showcase your work. Be prepared to spend time outside of class time writing.

James Blakey is the author of the paranormal thriller *SUPERSTITION* and the short story collections *THE CAT WHO LOVED DAVID DUCHOVNY* and *FAST TIMES AT SPIRO AGNEW HIGH*. He is a three-time finalist for the Short Mystery Fiction Society's Derringer Award, winning in 2019 for his story "The Bicycle Thief". He leads critique groups in Harrisonburg, Charlottesville, and Shenandoah County, and serves as the Secretary of the Rocktown

Writers Guild. James is the publisher and co-editor of the speculative anthologies *CHARLOTTESVILLE FANTASTIC* and *SHENANDOAH VALLEY FANTASTIC* (coming in 2026).



Introduction to Mussar, a Jewish Ethical Study

Peter Barbour

- **Wednesdays, 1:30 – 3:30 pm**
- **November 12, 19, BREAK, December 3, 10**
- **Format: Online | Limit: 25 | Cost: \$40**
- **Location: Virtual - Zoom (link will be provided)**

Mussar is a study of ethics. It is about teaching one how to be a better person. Although Mussar may teach ethics from a Jewish perspective, the values studied are not unique to Judaism. They are broadly espoused by all religions: love your neighbor as you would love yourself, show humility, be patient, practice generosity, value simplicity, maintain order, express gratitude and compassion. Initially, study is carried out individually then followed by a group discussion. The third element is implementation, being mindful of one's own strengths and deficiencies regarding the studied virtue. The fourth element is self-reflection. Ask, yourself, "How did I do?" One is encouraged to keep a diary in which one records these observations. This class will encompass study and discussion. Implementation and self-reflection is personal. At each class, we discuss a virtue, its significance, and the consequences of practicing too much or too little of it. We will explore how one can personally apply the virtue to everyday experience and bring it into mindfulness.

Dr. Barbour did his undergraduate studies at University of Pennsylvania, graduating with a BA in biology. He received his medical degree from

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Temple University School of Medicine and completed his residency training at Stanford University in Neurology. He retired his reflex hammer to become a fulltime writer and illustrator in 2015. His latest project is a book aimed at middle grade and young teens, titled *Fifteen Keys*, much of which is allegorical based on his study of Mussar, an ethical study that promotes mindfulness. Barbour has participated in and facilitated Mussar groups since 2014.

Holiday Greens Workshop

The Gardening Connection

- **Wednesday, 1:30 – 3:30 pm**
- **December 3**
- **Format: In Person | Limit: 22 | Cost: \$25**
- **Location: Ice House 117**

Note: There is an additional cost of \$20 for materials.

Use a recycled picture frame, holiday greens, and ribbon to create a wreath ready to adorn your front door with members of the Gardening Connection: Janet Wendelken, Joy Coakley, Judy Linhoss, Jennifer Cottrell, Diane Hirsch, Kim Landis-Hamner, and Chris Chrisley. Please bring clippers with your name on them. All materials, frames, greenery, ribbon, and embellishments are included with the supply fee of \$20 (cash or check only), which will be collected at the workshop.

The Gardening Connection is a cooperative of knowledgeable plant people, all Master Gardeners. We integrate the science of gardening, horticulture practices, and the value of hands-on experience from the Garden with our variety of plant workshops.



The Enneagram Meets Conscious Leadership: Embrace a new paradigm for living

Heidi Hochstetler

- **Thursdays, 1:30 – 3:30 pm**
- **October 16, 23, 30, November, 6, 13**
- **Format: In Person | Limit: 30 | Cost: \$45**
- **Location: Ice House 117**

The Enneagram is a remarkable resource for gaining greater understanding of ourselves and others. With layers of depth and wisdom, the insights for self-awareness and growth are endless. Conscious leadership brings a practical approach, taps into our deep sense of purpose, helps us understand our impact in the world, and encourages integrity and commitment to personal growth. Join us as we explore conscious living and what it means to take responsibility for our influence in the world... all through the lens of the Enneagram. Let's discover what we really want, what gets in the way, and our willingness to step into new spaces of awareness.

****An understanding of the nine types of the Enneagram will be most helpful for this class.**

Heidi Hochstetler is a Transformational Life Coach and Integrative Enneagram Practitioner based in Harrisonburg. She is an accredited coach through the International Coaching Federation and certified practitioner with Integrative Enneagram Solutions. Additionally, Heidi holds certifications in teaching and training with the Enneagram, facilitating Conscious Leadership, and neuroscience in coaching. Her engaging approach invites curiosity, clarity, and compassion. Heidi's private practice, Wholeheartedly You, LLC, serves individuals and groups locally and around the world.



Mindfulness Meditation

Barbara Martin

- **Thursdays, 1:30 – 3:30 pm**
- **October 30, November 6, 13**
- **Format: Online | Limit: 20 | Cost: \$35**
- **Location: Virtual (Zoom link will be provided)**

Have you ever wanted to try meditation or tried it and became frustrated with it? This mindfulness-based meditation class will offer simple meditation and relaxation techniques. The benefits to meditation are many: a healthy way to relax and de-stress, promoting a positive frame of mind and helping to gain insights on life's challenges. Those new to meditation and those with a meditation practice are welcome.

[Barbara Martin](#) has a Masters degree in Holistic Healing Arts and has been practicing meditation for over 25 years. She has been teaching meditation for 3 years.

The History of the French Horn: From Hunting Calls to Star Wars

Ian Zook

- **Thursdays, 9:30 – 11:30 am**
- **October 30, November 6, 13, 20**
- **Format: In Person | Limit: 20 | Cost: \$40**
- **Location: Ice House 117**

The French Horn is an instrument that has transcended centuries of change and countless uses: from sounding royal hunting calls to gracing enlightened concert halls to echoing off the tops of mountains to your favorite movie sound tracks– it is an instrument that evokes feelings both epic and profound. Join JMU School of Music Professor Ian Zook for a journey through history of this noble instrument. Each week, Prof Zook will bring his historic instruments - baroque horn, his “hand horn” from the 19th C, his hand crafted Swiss Alp Horn, and his modern instruments. Classes will be part lecture, part demonstration, and part performance! The best part? You might even have the chance to toot your own horn!

[Ian Zook](#) is an active orchestral and solo performer and has appeared in concerts throughout the United States, Europe, and Asia. Professor of Horn, he joined the faculty of James Madison University in 2009. Ian holds degrees from the University of

North Carolina - Chapel Hill and the University of Michigan. His extensive orchestral experience has led him to concerts with the Philadelphia Orchestra, the National Symphony, the Harrisburg, Richmond, Roanoke, Virginia, Delaware, and Vermont Symphonies, and the Pennsylvania Ballet and Opera Philadelphia. A proponent of period-instrument performance, he has played natural horn, baroque horn, and alp horn with groups including the New York Collegium, Washington Bach Consort, and Staunton Music Festival.

Harmony Within: Understanding Holistic Medicine, Practitioners and Modalities

Judith Dreyer

- **Thursdays, 1:30 – 3:30 pm**
- **November 13, 20, December 4, 11**
- **Format: In Person | Limit: 23 | Cost: \$40**
- **Location: Ice House 104**

Stress and global uncertainty contribute to chronic diseases that affect us physically, emotionally, and financially. Complementary and alternative medical practices offer valid mind-body-spirit approaches to health and well-being. But who is licensed? What are the parameters for well-being? How do you know what modality to approach first? This class will explain the different types of holistic medicine, the varying kinds of licensure, and the scope of practice. Cover the basics of Ayurveda and Traditional Chinese Medicine (TCM), both recognized as valid medical systems by WHO, as well as the history of Western Medicine, Homeopathy, and Naturopathy. Explore the benefits, pros and cons, and practical applications of holistic health practices for everyday living.

[Judith Dreyer, MS, BSN, RN](#), an international author, has an MS in Human Nutrition and a BS in Nursing. She is the author of the book and blog *At the Garden's Gate*. Judith produced and hosted the podcast series *Holistic Nature of Us*, which is found on all major platforms. She also produced and co-hosted the podcast series *MediMindful Moment* for Cloud9online.com. She has just released her second book, *Navigating Your Dream World*, with a companion journal, which is available on Amazon. Recently transplanted to Virginia, Judith facilitates The Notebooks writing group in Bridgewater and is the treasurer for the Rocktown Writers Guild.

Noontime Knowledge (free and open to the public)

TITLE	PRESENTER	DATE	TIME	LOCATION
Art of Slow Travel	Russ Eanes	Sept 9	12:00 – 1:15 pm	Ice House 104
Estate Jewelry Valuation Made Simple	Eleanor and Chris	Sept 23	12:00 – 1:15 pm	Ice House 104
A (Very) Brief History of Yoga in America	Jennifer Perry	Oct 14	12:00 – 1:15 pm	Ice House 117
Changing the Way Foster Care Begins	Isaiah 117 House	Oct 28	12:00 – 1:15 pm	Ice House 117
Finding Local History through Truban Archives	Zach Hottel	Nov 4	12:00 – 1:15 pm	Ice House 104
How to make your home functional, convenient and pleasing	Sarah Pruitt	Nov 18	12:00 – 1:15 pm	Ice House 117

Art of Slow Travel

Tuesday, Sept. 9 | 12:00 – 1:15 pm | Ice House 104

Travel enriches our lives beyond measure, and many older adults now have the time, but travel might look too expensive. They might want to understand other cultures, cuisines, and history, but don't know where to begin to plan a trip. In recent years, experienced international traveler Russ Eanes has helped thousands of older adults with their unique travel needs through his online and in-person travel classes. In this session, we will explore the art of Slow Travel, a way to savor experiences, better understand our rich world, and be able to afford to do it over and over.

Russ Eanes is a writer, walker and cyclist from Harrisonburg, Virginia. Formerly the Executive Director for MennoMedia and an experienced international traveler, he left his job in 2018 and at age 61 spent six weeks solo-walking 500 miles on the Camino de Santiago in Spain. He has followed it up with yearly pilgrimages on the Way of St. Francis in Italy and most recently on the Camino Portuguese. He has gone on to write bestselling books about his experiences (The Walk of a Lifetime and Pilgrim Paths to Assisi), to teach in-person and online classes for older adults about travel, to lead pilgrimage tours especially for older adults in Italy, Scotland, Portugal and Spain, and cycling tours in the U.S.

Estate Jewelry Valuation Made Simple

Tuesday, Sept 23 | 12:00 – 1:15 pm | Ice House 104

Determining the value of your estate may be simpler than you think. The Rocky's team has been helping individuals find out what their estate jewelry is worth since 1969. We will walk you through the steps to get an honest valuation of your family's treasure.

Eleanor and Christopher Simonetti have been involved in their father's business for 35 years. Both have extensive knowledge in estate valuation and assisting the buying and selling process.

A (Very) Brief History of Yoga in America

Tuesday, Oct 14 | 12:00 – 1:15 pm | Ice House 117

The history of yoga in North America may not be what you think. Join us for a brief look into the deliciously offbeat, transformative, and sometimes deeply unsettling history of yoga as it made its way from the east to the west.

Jennifer Perry (Dass Priya Kaur) is a certified Kundalini Yoga Level I teacher, as well as a certified teacher of Radiant Child Yoga. She has completed her Master Level III Reiki training and is pursuing further study and certification in yoga and various other healing modalities. Jennifer is co-founder of smallSEEDS, a small business devoted to offerings of Kundalini Yoga,

Reiki, permaculture training, and community connection.

Isaiah 117 House: Changing the Way Foster Care Begins

Tuesday, Oct 28 | 12:00 – 1:15 pm | Ice House 117

Informing community members about the non-profit organization, Isaiah 117 House, and how this space serves children in our community who enter the foster care system.

Jenny Butcher is the Location Leader for Isaiah 117 House in Rockingham County, VA. Previously, she was a Deputy Clerk at the Harrisonburg/Rockingham Juvenile & Domestic Relations Court, managing paperwork for the Department of Social Services. As someone who experienced the foster care system firsthand, Jenny is deeply committed to helping children who have faced abuse. She eagerly shares her journey with Isaiah 117 House and aims to inspire the community to improve the foster care experience.

Finding Local History through the Shenandoah County Library's Truban Archives

Tuesday, Nov. 4 | 12:00 – 1:15 pm | Ice House 104

Researching local history and genealogy requires conducting research at a variety of institutions. The Truban Archives is the primary research center for Shenandoah County, Virginia and holds materials relating to local communities and families dating from the 1700s to today. It welcomes over 1100 researchers annually interested in everything from the geology of Fort Valley to the iron furnaces of Cedar Creek.

This program will examine the resources these archives and others like them across the region hold and how you can improve your local research experience in Shenandoah County or at a similar institution. Archivist Zachary Hottel will discuss specific collections, how items become available online, why local archives are special for researchers, and where you can go to find a local history resource to meet your needs.

A native of Woodstock, Zachary Hottel has been an Archivist for the Shenandoah County Library since 2015. He has an MA in Public History and works to collect and preserve historic materials related to the history of Shenandoah County and the people who live in it. Over the past nine years, he has worked to expand the holdings of the library to better tell the story of the

community, including women, African Americans, and other minorities in Shenandoah County while also making the collection more accessible to the public.

“Peter Pan Homes” How to make your home functional, convenient and pleasing

Tuesday, Nov. 18 | 12:00 – 1:15 pm | Ice House 117

Remember Peter Pan? He never grew up, staying active and youthful. Some use the term “Peter Pan homes” to describe homes for people who never experience health-related changes. We all experience shifts in mobility and health, yet much of our housing isn’t designed for it. When change comes, often unexpectedly, we scramble to make homes accessible. So, what are our options to shift our perspectives in this thinking? Let’s explore accessibility in today’s housing and how universal design and home modifications can help make access in our current and future homes more of a priority. When you consider all the tasks that happen in our home, there’s more to access than you might think.

Sarah Pruitt is a licensed Occupational Therapist who has specialized in physical rehabilitation since 2009 and environmental design since 2011. She has extensive knowledge about how the design of homes impacts everyday life in a wide range of situations. She holds a Certified Aging in Place Specialist certification from the National Association of Homebuilders and is part of Virginia’s Assistive Technology Advisory Council. Her husband has had a spinal cord injury for over 25 years, and she has worked with several organizations in leadership roles to help them serve people with a wide range of impairments and disability types. She is passionate about helping people understand the lack of accessible features in our current housing stock and how integrating functional elements into homes can increase safety, be aesthetically pleasing, and make everyday tasks more convenient for people of all ages and abilities.

Wine & Wisdom

TITLE	PRESENTER	DATE	TIME	LOCATION
The Importance of Personal Journaling and Writing	Lisa Currie	Sept 17	3:30-6:00 pm	Brix & Columns Vineyards
Two Agricultural Revolutions	Jeff Ishee	Oct 15	3:30-6:00 pm	Brix & Columns Vineyards

The Importance of Personal Journaling and Writing

With Lisa Currie

Wednesday, Sept 17 | 3:30 - 6:00 pm | Brix & Columns Vineyard

Discover the value of journaling not only for personal histories but future record keeping. Ms Currie will speak about her experience developing a series of children’s books about Seven Bends State Park in Shenandoah County. The books cover the educational, environmental, and conservation adventures of two dogs! A Q&A will follow the presentation.

Lisa Currie grew up in Woodstock, VA, and holds a Bachelor’s Degree in English Writing from George Mason University and a Master’s in Science from Shenandoah University in Teaching English to Speakers of Other Languages, as well as a Master of Fine Arts in creative writing from Southern New Hampshire University. Currently, Lisa is semi-retired while still teaching English composition at various Virginia universities as well as taking care of her bees, her cats, her fish, and dozens of house plants!

Two Agricultural Revolutions

With Jeff Ishee

Wednesday, Oct 15 | 3:30 - 6:00 pm | Brix & Columns Vineyard

Cyrus McCormick’s invention of the reaper ushered in the first major agricultural revolution by mechanizing the harvest of wheat, allowing Virginia to become the “bread basket” of the Confederacy during the Civil War. The second revolution has just begun: food that is totally laboratory-produced. What are the ramifications of this development? What will be the effects

on farmers? Come hear Jeff Ishee’s analysis and share your predictions!

Jeff Ishee has devoted his life to all aspects of agriculture in the Shenandoah Valley. His daily broadcast on WSVB keeps residents informed of all pertinent and interesting agricultural news. His keen observations raise our awareness of issues affecting the food we eat.



Photo by Aliis Sinisalu on Unsplash

Please plan on providing your own transportation to these events or find carpool options!

Instructional Art - Canvas Painting

423 N Main St. Bridgewater, VA 22812

Thursday, Oct 2 | 10:00 am - 12:00 pm

Format: Own Transportation | Limit: Unlimited | Cost: \$35

Receive step-by-step instruction on how to create a beautiful winter scene on canvas, complete with idyllic trees and snow, or stay in the fall spirit with a pumpkin painting featuring corn and sunflowers!

[Joyce Smith](#) began teaching arts and crafts classes back in 2016 at local venues. In 2024, she opened her own space, Creative Art Studio, in Bridgewater, VA, where she has a gift shop and gallery, and several studios that offer a variety of art classes.

Point of View Alpaca Farm

777 Lebanon Church Rd, Mt Sidney, VA 24467

Thursday, Oct 9 | 11:00 am

Format: Own Transportation | Limit: Unlimited
Cost: \$10

Enjoy a trip to a beautiful farm nestled in the Shenandoah Valley. The owners grow lavender and alpacas. We will be able to get up close with several alpacas, and our hosts will teach us all about them. There will be time for brief walks and pictures with the alpacas, and there is also a farm store that sells alpaca products.

Residing on 25 acres in the beautiful Shenandoah Valley in Virginia, [Point of View Alpacas farm](#) is the home of Teri and Dave Grembi and their small herd of huacaya alpacas. Point of View Farm, situated at the top of a hill with 360-degree panoramic views of both the Blue Ridge and Alleghany Mountains. During your visit, you will also learn about alpaca fleece, and you will instantly understand why it was known as the "fiber of the gods" in ancient times, and was used to make clothing and blankets for royalty.

History of Early Jewelry Design and Manufacturing in America

217 S Liberty St #103, Harrisonburg, VA 22801

Thursday, Oct 23 & Nov 6 | 2:00 pm

Format: Own Transportation | Limit: Unlimited | Cost: Free

Join us to meet our Ice House neighbors at Hugo Kohl Jewelry Boutique and Workshop. Learn from Hugo Kohl himself about the history of jewelry design and manufacturing in America. Part store, part museum, come explore this hidden "gem" in Harrisonburg! There are two dates for this event to ensure you can join us!

Jewelry has always been a singular passion for [Hugo Kohl](#), having made his very first piece of jewelry at 13. A graduate of JMU, he's been in the jewelry industry for 40 years. Having served on the board of the Providence Jewelry Museum, he is the owner of Hugo Kohl Jewelry Boutique and Workshop, as well as The Museum of American Jewelry Design & Manufacturing.

Instructional Arts - Resin

423 N Main St. Bridgewater, VA 22812

Thursday, Nov 13 | 10:00 am - 12:00 pm

Format: Own Transportation | Limit: Unlimited | Cost: \$40

Learn how to properly mix and use epoxy resin while creating beautiful art on a cutting board. The resulting piece will be as pretty to look at as it is to use!

[Joyce Smith](#) began teaching arts and crafts classes back in 2016 at local venues. In 2024, she opened her own space, Creative Art Studio, in Bridgewater, VA, where she has a gift shop and gallery, and several studios that offer a variety of art classes.

Bus Trips

The Bunker at the Greenbrier Hotel

White Sulphur Springs, West Virginia

Thursday, Sept 18 | 8:00 am – 5:00 pm

Format: Coach Bus | Limit: 25 | Cost: \$70

**Please note that this trip is rated active– a great deal of walking is involved (90 minute tour). Those with mobility issues may consider other events that are less-physically demanding.*

**Tip for driver will be collected on the day of the event.*

Our trip to The Bunker at the Greenbrier in the spring was so successful, we're doing it AGAIN! In 1958 during the Cold War at the height of nuclear panic across the US, at the behest of the Eisenhower Administration, a US Government Relocation Facility was built beneath what the public thought was an addition to a hotel! We will tour "The Bunker" and learn of all the secrets it holds. After the tour, we will go into the quaint town of Lewisburg where you will select a restaurant and enjoy a leisurely lunch on your own. We will then re-board the bus around 3:00PM and return about 5:00PM. *The cost includes the entry fee, tourguide fee and bus fee. Lunch cost is on your own.

Bedford D-Day Memorial and Natural Bridge

3 Overlord Circle, Bedford, VA 24523

Thursday, Oct 16 | 8:00 am – 5:00 pm

Format: Trip Bus | Limit: 50 | Cost: \$75

**Please note that this trip is rated active– a great deal of walking is involved (90 minute tour). Those with mobility issues may consider other events that are less-physically demanding.*

During WWII, the town of Bedford lost the largest number of soldiers of any community in the United States. The impressive memorial was built to memorialize this fact and to remember the sacrifice

of this small Virginia town. Join fellow members for trip to the National D-Day Memorial. Upon arrival, members will divide into small groups and have a guided tour of the grounds, enjoying the fall foliage along the way. After the tour, journey back north to Natural Bridge to enjoy a lovely lunch at the Natural Bridge Hote - included as part of your trip fee! Dine at your leisure and then venture, either by descending the 137 steps or riding the trolley, down to view the historic Natural Bridge itself. You may wish to sit view the landscape or venture on the walk along the river to the end of the trail. Many choose to descend the steps and ride the trolley back up to the lot! We expect to leave around 4:00 PM, returning to Harrisonburg about 5:00 PM.



ANTICIPATE...



Lifelong Learning Institute



30

Honoring the past, powering the future...



UPCOMING FREE EVENTS & FESTIVALS IN DOWNTOWN HARRISONBURG

Levitt AMP Hburg Music Series Shows

- Wed., Sept. 3 at 6:30pm
 - Jesse Roper (Roots Rock / Modern Blues)
- Wed., Sept. 10 at 6:30pm
 - Kommuna Lux (Ukrainian Urban Folk)

Festivals & Celebrations

- **Skeleton Festival**
 - Free community festival
 - Saturday, October 25
- **Veterans Parade**
 - Main Street parade
 - Sunday, November 9
- **Winter Wonderfest**
 - Free community festival
 - Saturday, December 6

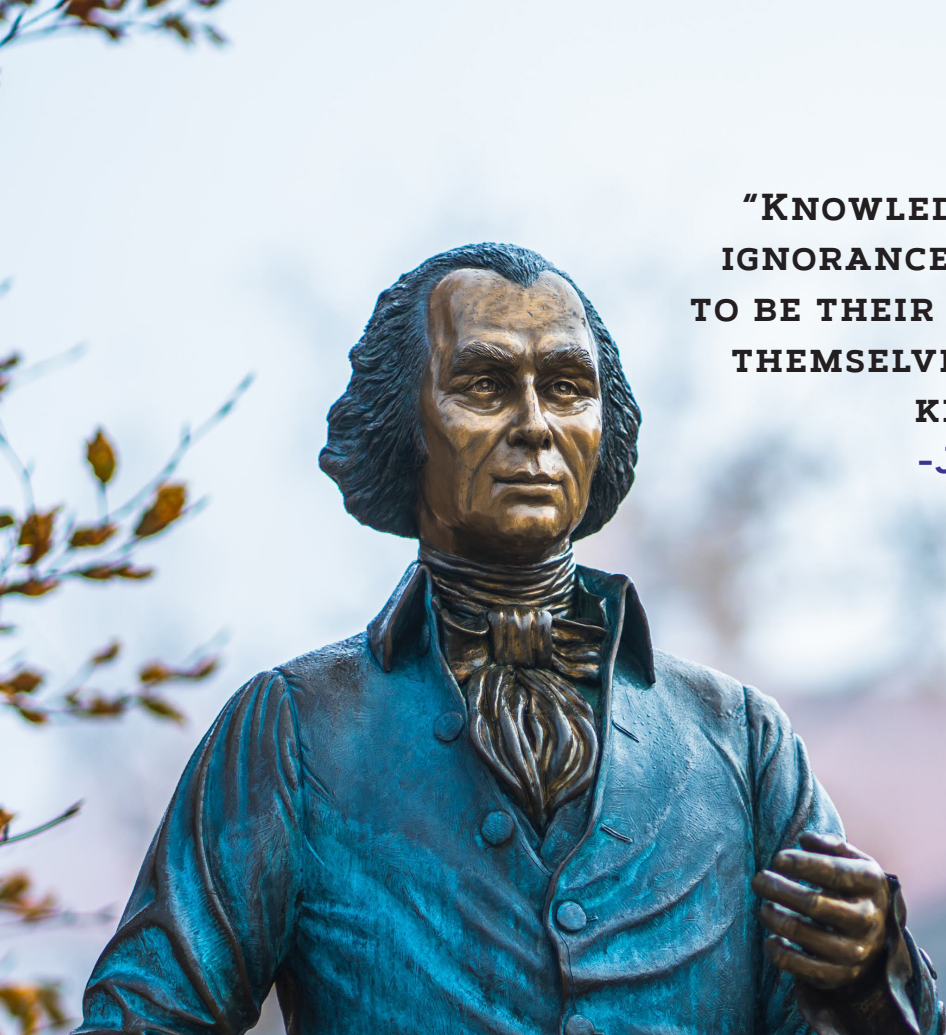
Don't miss weekly events like trivia, karaoke & more!

Stay in the Loop!

Scan the QR code to sign up for the bi-weekly Downtown Insider email newsletter for news, events, volunteer opportunities, and more!



@DowntownHarrisonburg



**“KNOWLEDGE WILL FOREVER GOVERN
IGNORANCE: AND A PEOPLE WHO MEAN
TO BE THEIR OWN GOVERNORS, MUST ARM
THEMSELVES WITH THE POWER WHICH
KNOWLEDGE GIVES.”
-JAMES MADISON**

ATTRACTIONS AT JAMES MADISON UNIVERSITY

EDITH J. CARRIER ARBORETUM

Open daily dawn to dusk

Off University Boulevard

Contains a wide variety of trees and plants native to Virginia; call (540) 568-3194 for tours; FREE.

JMU METEORITE COLLECTION

Open daily

First- and second-floor hallways, Physics and Chemistry Building

Features fragments of meteoroids that survived passage through the atmosphere to fall to the earth's surface as masses of metal or stone; includes specimens from Diablo Canyon, Ariz., the Sahara Desert and the Central European Strewn Field; FREE.

JOHN C. WELLS PLANETARIUM

Miller Hall

The planetarium offers full-dome shows and special events for the public; groups can schedule visits by calling 540-568-7827; check the planetarium's website for the latest information. FREE.

JMU MINERAL MUSEUM

Room 1021, Festival Conference and Student Center

The Department of Geology and Environmental Science opens its collection of over 550 crystals and gemstones from around the world to the public. Call (540) 568-6130; for more information or visit the Mineral Museum website. FREE. surface as masses of metal or stone; includes specimens from Diablo Canyon, Ariz., the Sahara Desert and the Central European Strewn Field; FREE.

THE LITTLE GALLERY UNDERGROUND

Open during music library hours

JMU Music Library, Room B59, Music Building

The gallery is a place for music visualized. It features rotating displays of art by local artists, both within the JMU community and beyond. What makes the gallery unique is the connection between visual art and music. For more information, visit The Little Gallery Underground website.