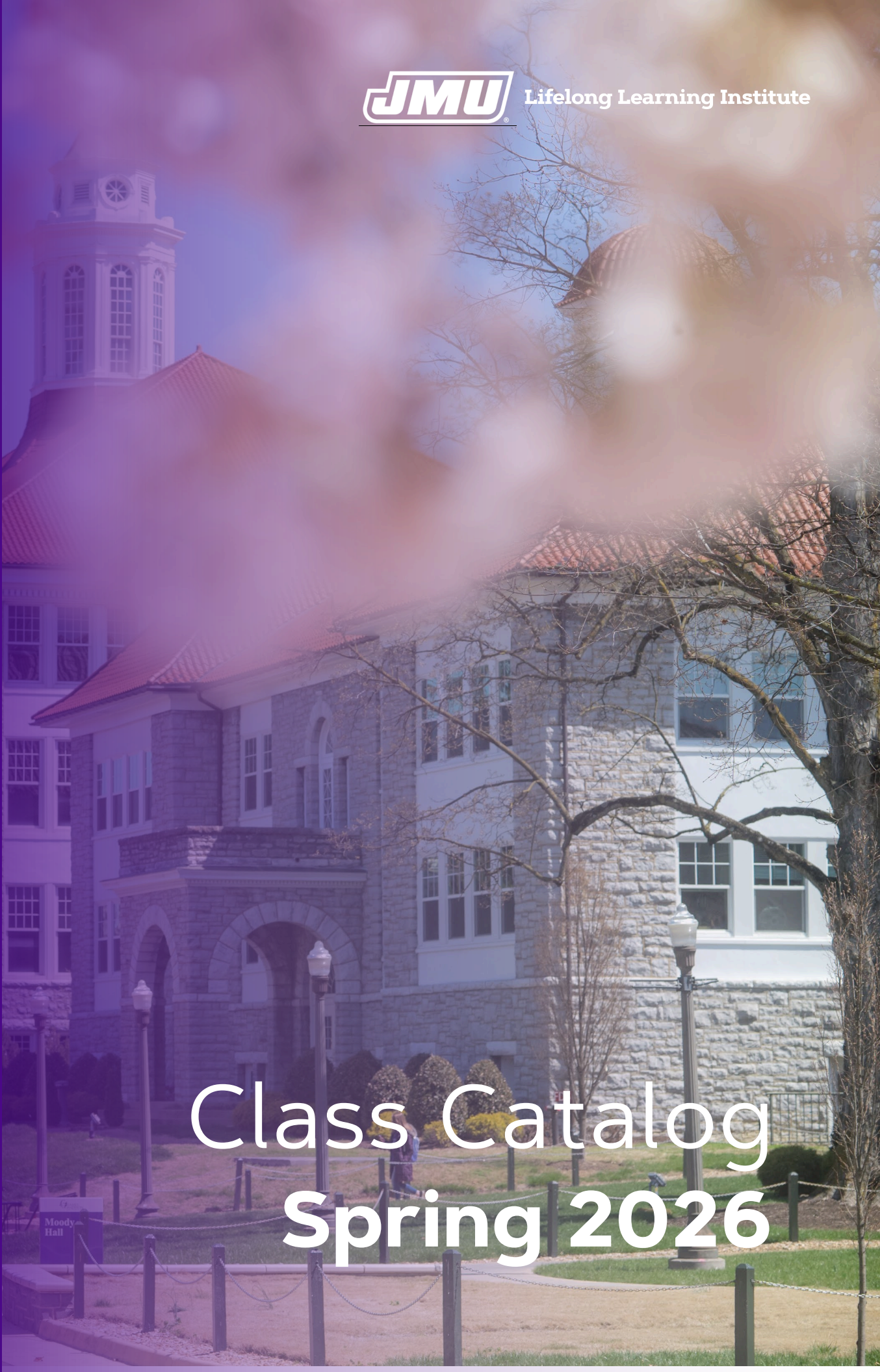




Lifelong Learning Institute

LIFELONG LEARNING INSTITUTE

Class Catalog Spring 2026



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!

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JMU LLI STAFF

Katie Overfield-Zook

Director, LLI

Kim Miller

Program Coordinator

Zack Furr

Part-time program admin

Scan the QR Code
below to book a
time with LLI!



FREE
FIRST YEAR
MEMBERSHIP
July 1 - June 30

SPRING TERM 2026 DATES

Feb 9 - May 29, 2026

CLASS REGISTRATION OPENS

January 28, 2026, 9:00 am

OFFICE HOURS:

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

Ice House MSC 6906, 127 West Bruce St.
Harrisonburg, Virginia 22807

540-568-2923
LLI@jmu.edu
www.jmu.edu/lli

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.

How it Works

BECOME A MEMBER

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

Annual membership runs from July 1 to June 30.

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.

VISIT OUR WEBSITE TO JOIN! JMU.EDU/LLI

REGISTER FOR CLASS

1 Online at www.jmu.edu/LLI

2 In-person at JMU Lifelong Learning Institute

***Please note - in-person registration may involve delays or a wait. We strongly suggest using our website for quickest registration!**

ADVISORY BOARD MEMBERS

President: Jackie Gerrard

Past-President and Nominations Chair: Archie Turner

President-Elect and Hospitality Chair: Steve Eiserman

Secretary: Joanne Bell

Curriculum Chair: Pamela Beverage

Faculty Support Chair: Susan Facknitz

Lectures and EdVentures Chair: Kathy Clancey

Membership and Publicity Co-Chairs: Eric Rynar & Hartley Gaston

Travel Chair: Cindy Turner

Historian: Joe Laughland

Member-at-Large: Vince Tully

Member-at-Large: Kris Stern

Member-at-Large: Beverly MacLeod

**FREE
FIRST YEAR
MEMBERSHIP**

July 1 - June 30

WITHDRAWAL AND REFUND POLICY

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

- When a class is cancelled
- When a member withdraws 7 days before the start of a class

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

For additional refund policies, please refer to the LLI Membership Handbook, available in print or on our website.

WEATHER POLICY

Personal safety is important for all members, instructors, and guests. In the event of weather or other emergencies, JMU LLI follows all JMU decisions, including closures, early closures, or delayed openings. Please check the JMU website, WHSV, your email, and the JMU LLI Facebook page for up-to-date class status when weather is expected.

For more details, see the LLI Membership Handbook or our website. Make-up classes will be scheduled as available and will be shared with you directly by email.

A Letter from the Lifelong Learning Institute Director

Katie Overfield-Zook

Dear Lifelong Learners,
Happy New Year and happy new term for JMU LLI!



After an incredibly successful Fall of 2025, I cannot wait for you to see what we have in store for the Spring of 2026. We have new classes, trips that will take us to places we've never been before together, and new opportunities for learners of different ages.

Of course, our biggest change this semester will be the introduction of Modern Campus as our new registration software. I am certain that once we all work out the bugs and learn all the new steps, we'll all find this program to be much more user-friendly! Be sure to join us for some of our Modern Campus training sessions, so you're ready for registration on the 28th.

As always, I thank you for your enthusiasm, your commitment to LLI, your passion for trying new things, and your willingness to adapt to changes! We're Lifelong Learners, after all, and welcoming change with an open mind is part of what we do best!

See you at class soon!

Katie

Director, JMU Lifelong Learning Institute



A note from the LLI Advisory Board President

Jackie Gerrard

Welcome Friends!

We are delighted to present LLI's Spring 2026 course offerings!

In your hands is a list of some of the best courses we have ever had the privilege of offering. Our committees have worked hard to present selections you will enjoy.

Along with classes, we offer local EdVentures, Wine & Wisdom events at Brix & Columns Vineyards, Lifelong Striders, and more. These are great opportunities for you to meet and enjoy new friends, and catch up with those you've known for a while.

Thank you for becoming a part of LLI!

Best,

Jackie

Advisory Board, President

JMU Lifelong Learning Institute



A message from JMU SPCE Director of Marketing and Recruitment

Donna Garber

Dear LLI Members,

Welcome to Spring 2026! You may notice some changes to this semester's catalog - specifically, shorter class descriptions and bios for the wonderful offerings LLI shares with you. This was necessary for us to be in more alignment with the overall University's marketing guidelines and budgetary allotments.

The good news? Full class descriptions and bios are available on the registration page! Visit our website jmu.edu/lli to soak in every class detail before signing up!

Thank you,

Donna

Director of Marketing and Recruitment, JMU

School of Professional and Continuing Education

MONDAY CLASSES

CLASS TITLE	INSTRUCTOR	DATE	PAGE #
Holistic Herbal Healing: Seasonal Allergies, Oral Health, Immune Support, and Gut Wellness	Dabney Vaccaro	2/9-3/2	9
Basic Photography Workshop	Joe Laughland	2/9-3/9	9
Virginia History Series: Early Virginia	George Gruner	2/9-3/9	9
Safe Seniors Workshop	Sergeant Kevin Fowler	2/9-3/2	9
Medieval Manuscripts	Lori Dixon	3/2-3/30	10
Catholicism in the 21st Century under Pope Leo the 14th	Fred C. La Spina	3/9-3/30	10
Embroidery for Fun	JoAnn McGranahan	3/16-4/13	10
Unlocking the Power of Your Resilient Brain	PJ Rooney	3/16-3/30	10
Mennonites in the Valley	Phil Kniss	4/6-5/4	11
Herbal Medicine and Relaxation Techniques for Modern Life	Trisha Brown Leweke	4/6-4/27	11
You, Your Stuff, and Your Future! The "Art" of Downsizing	Chuck Boles	4/6-4/13	11
Virginia History Series: The Founding of America Through Pre-Civil War	George Gruner	4/13-5/11	11

TO REGISTER: Go online to www.jmu.edu/lli

A Financial Workshop

Josh Defnall, CPA

4/27-5/25

12

Intro to CNC Milling – Shape Ideas with
Precision Tools

Andrei Dacko

5/11-5/25

12

TUESDAY CLASSES

CLASS TITLE

INSTRUCTOR

DATE

PAGE #

Indigenous Cultures and Technology
of the African Continent

Mwizenge S. Tembo

2/10-3/10

13

Exploring the Women in the Bible

Ann Reed Held

2/10-3/10

13

A Brief Overview of Jewish History

Jeffrey Kurtz-Lendner

2/10-3/17
(No class 3/10)

13

Archaeology in Detective Stories

Diane Lending

2/10-3/10

13

The Joy of Writing

Beth M. Lehman

3/3-3/31

14

Mindfulness Meditation

Barbara Martin

3/10-3/31

14

Zentangle - Create a Tangle Cigar Box

Jennifer Matthaei Cottrell

3/17-3/31

14

Making Unique Beaded Jewelry

Donna Barber

3/31-4/21

14

Memoir Writing: Inventing the Truth

Dr. Violet Dutcher

3/31-4/28

15

*Classes meet in person unless
otherwise noted.

TO REGISTER: Go online to www.jmu.edu/lli

Exploring the Body/Mind Connection Through Meditation, Hypnosis and Intuition	Deborah Scalise	4/7-4/28	15
Mixology	Wandering Sips (Tamara and Amy)	4/7-4/28	15
Nine Types of the Enneagram	Heidi Hochstetler	4/21-5/26	15
Low Impact Aerobic Dancing - Session 1	Bunny J. Tjaden	4/28-5/26	16
Universal Approaches to Resolving Disputes	Chuck Boles, M.A.	5/5-5/12	16
Fundamentals of Bridge	Claudia O'Neill	5/5-5/26	16
Spring Flower Arranging	Tamara E. Gibson	5/12-5/26	16

WEDNESDAY CLASSES

CLASS TITLE	INSTRUCTOR	DATE	PAGE #
Fruit in the Home Garden	Keala Timko	2/11-3/4	17
Zentangle - the Compass Rose	Jennifer Matthaei Cottrell	2/11-3/4	17
Curated Pairings: Upscale Mediterranean Eating and Olive Oil	Claudia Hanna-Veyssel	2/11	17
Patristics: Early Fathers of the Church Part 2	Anna Rose Geary and others	2/25-3/18	17

Mastering Self-Publishing: A Blueprint for Independent Authors	James Blakey	3/4-4/1	18
Exploring Plant-Based Cooking	Lee Anna Farrall	3/11-4/8	18
Conversational Spanish in a Cultural Context 2.0	Claudia Rivero Heredero	3/18-4/22	18
Imagined Jewelry	Maryjane Chewning	3/18-3/25	18
The Art of the Written Word: Calligraphy and Cursive in the Digital Age	Regina R. Sanglier	4/1-4/29	19
Introduction to 3D Printing	Andrei Dacko	4/1-4/15	19
Invasive Imposters: Native and Invasive Look-Alikes	Sue Dickson	4/22-4/29	19
Haiku: Creative Windows amid Strict Guidelines	Susan Sheridan	4/29-5/27	19
How Earth Works	Amy Thompson	4/29-5/27	20

THURSDAY CLASSES

CLASS TITLE	INSTRUCTOR	DATE	PAGE #
Low Impact Aerobic Dancing - Session 2	Bunny J. Tjaden	2/12 - 3/21 & 4/28 - 5/26	20
Reading to the Kids We Love: The Good, the Bad, and the Ugly of Children's Literature	Lynne F. Stover	2/12-2/26	20

*Classes meet in person unless
otherwise noted.

TO REGISTER: Go online to www.jmu.edu/lli

CLASS TITLE**INSTRUCTOR****DATE****PAGE #**

Chess 1

Tom Mack

2/12-3/12

21

All about AI

Pamela Drake

2/19-3/12

21

Rockingham's Attic: Exploring Local
History Through Artifacts and Images

Scott H. Suter

3/12-3/26

21

SNF (Skilled Nursing Facility) Dynamics

Karen Riley

3/19-4/9

21

Symbology for the Chakras
through Revelation

Rose M. Longworth

3/19-4/9

22

Storytelling through Podcasting

Bridget Manley

4/2-4/23

22

Dance the Night Away:
Lindy Hop for Everyone

Gray Smiley

4/2-4/23

22

Awaken to Your Dreams

Pamela Beverage

4/16-5/14

22

The Russian Silver Age: 1890s-1920s

Mary Louise Loe

4/23-5/28

23

The Art of the Side Hustle

Katie Overfield-Zook

4/30-5/28

23

Spring Flora and Fauna Fever
in the Valley

Nate Miller

4/30-5/7

23

Practical Training for Life - Fitness,
Nutrition, and General Health Tips

Robin Crespo

5/7-5/28

23

FRIDAY CLASSES

CLASS TITLE	INSTRUCTOR	DATE	PAGE #
Replenish: Calm and Cozy Kundalini Yoga for Wintertime	Jennifer Perry	2/13-3/13	24
Butterflies Plus: Your Guide to a Thriving Garden Ecosystem	Sue Dickson	2/13-2/27	24
AARP Smart Driver Course	Kathryn (Kati) Mole	3/13	24
Hatha Yoga: A Holistic Practice for Enhanced Wellbeing	Lisen Reichenbach	3/6-4/10 (No Class 3/20)	24
Take Heart: Kundalini Yoga for Courage and Uplift	Jennifer Perry	4/10-5/8	25
English Country Dancing - Dance Like Jane Austen	Tom Mack	4/17-5/22 (No Class 5/1)	25

MEMBERS ONLY EVENTS

LIFELONG STRIDERS

A fun and friendly members-only walking group. Join us daily!

9:30 Dec-Mar or **9:00 Apr-Nov**

MONDAY – JMU Arboretum
TUESDAY – Hillandale Park
WEDNESDAY – Hillandale Park
THURSDAY – Hillandale Park
FRIDAY – Purcell Park

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



Vince and Tricia Tully
tullyclan@gmail.com or
410-322-1463

WINE DOWN WEDNESDAY

Come join us for an evening gathering that is open to all LLI members. **4-6 p.m.** on:

JAN 21 APR 22
FEB 18 MAY 13
MAR 18 JUN 10

HOTEL MADISON LOBBY BAR
 701 S. Main Street,
 Harrisonburg, VA



Parking is available in the Mason Street Parking deck

COFFEE & COMPANY

Join us for a daytime gathering that is open to all members. **11:30-12:30 p.m.** on:

FEB 12 & 17 MAY 7 & 19
MAR 3 & 19 JUN 4 & 16
APR 7 & 23

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



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

Holistic Herbal Healing: Seasonal Allergies, Oral Health, Immune Support, and Gut Wellness

With Dabney Vaccaro

Monday, 9:30 – 11:30 am | IH 106
Feb 9, 16, 23 & March 2

Learn everyday herbal care in four sessions. Ease seasonal allergies with goldenrod, nettle, and elderflower as you mix a custom tea. Support oral health with oregano, sage, and peppermint by making a gentle tooth powder. Strengthen immune defenses with echinacea and elderberry in a simple syrup. Soothe digestion and leaky gut with marshmallow root and slippery elm in a warm infusion. Expect make-and-take projects and skills you can use right away. *Interested in herbal stress relief? Check out “Herbal Medicine and Relaxation Techniques for a Peaceful Life” with Trisha Brown Leweke. See pg. 11*

Dabney Vaccaro, BS, RDH, is a Registered Dental Hygienist, Clinical Herbalist, and Health Coach with training in plant-based nutrition and health coaching. A graduate of Sacred Plant Traditions’ three-year clinical herbal program, she now operates an independent practice centered on holistic wellness.

Basic Photography Workshop

With Joe Laughland

Monday, 9:30 – 11:30am | Sunnyside Blueridge Room
Feb 9, 16, 23 & March 2, 9

In this class, students will learn basic photography using the manual camera settings, which will allow them to take full control of the photography process. The instructor will discuss how managing the camera improves the composition of photos. This class also includes legal issues, software adjustments, various tips-techniques-settings, and other related photography subjects. Students should bring their camera with a fully charged battery and their camera’s manual if they have it.

Requirement: Student’s camera must have the “M” (manual) setting.

Joe Laughland is an amateur photographer/videographer, Rocktown Camera Club instructor, and the previous owner of Laughland Digital Productions, LLC.

Virginia History Series: Early Virginia

With George Gruner

Monday, 1:30 – 3:30pm | IH 117
Feb 9, 16, 23 & March 2, 9

This class is the first in a 4-part Virginia History series, spanning all of 2026. This class traces life from the Paleoindian Period to the 1750s. We’ll explore Native communities, the arrival of Spanish and English explorers, historic Jamestowne, and the experiences of enslaved people. We’ll also discuss the book *The 1619 Project* and end with the French and Indian War and the rising tensions that led to the Revolution. *Continue learning with an LLI bus trip to Historic Jamestowne. Separate registration required. See pg. 28*

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 served in the Vermont General Assembly as a State Representative. He has also managed political campaigns for Federal, State, and local candidates.

Safe Seniors Workshop

With Sergeant Kevin Fowler and Juliana McGrath

Monday, 1:30 – 3:30pm | VMRC Village Hall
Feb 9, 16, 23 & March 2

This class will help you protect yourself, your property, and your assets. We will cover how to protect yourself outside the home. We will also offer education on how to protect your assets. We will also assist you in safety within your residence.

Sgt. Kevin Fowler, Community Resource Supervisor at the Harrisonburg Police Department, comes to LLI with 13 years of experience, a Criminal Justice degree from Liberty University, and teaches defensive tactics at the Central Virginia Criminal Justice Academy.

Juliana McGrath, HPD Outreach and Communication Specialist, holds Justice Studies and Criminal Justice degrees from James Madison University and Liberty University. She is passionate about applying communication to reduce crime and solve problems.

Medieval Manuscripts

With Lori Dixon

Monday, 9:30 – 11:30am | IH 104
March 2, 9, 16, 23 & 30

Medieval manuscripts are treasures—rare works of art from a distant past. Yet for many, they're mysteries. This course lifts the veil: how and why they were made, from pages and inks to bindings; the art that adorns them, and why people poured so much time into them. Meet scribes, bookbinders, and artists behind breathtaking miniatures and illuminations. We'll study the *Book of Kells*, the *Très Riches Heures*, and the *Ellesmere Chaucer*. You may not finish the class being able to read Latin, but you'll see these books as fine art and living voices, not dusty mysteries.

Lori Dixon wears many hats. With a PhD. from the University of Delaware in Medieval Literature, she is a specialist in Chaucerian manuscripts and has taught the History of Magic for LLI in 2025. She's also restored houses, transcribed 18th and 19th-century documents, written novels, and is currently working on a history of eastern Rockingham County.

Catholicism in the 21st Century under Pope Leo the 14th

With Fred C. La Spina

Monday, 1:30 – 3:30pm | Sunnyside Blueridge Room
March 9, 16, 23 & 30

Explore the basics of Catholicism with a focus on the challenges facing it in the modern era. We'll cover Marian beliefs, the Eucharist, ecumenism in today's world, and the Mass, plus the Church's origins and growth. Come ready to learn, question, and discuss as we focus on contemporary issues and clear up common misunderstandings about Catholicism.

Fred C. La Spina has been a lifelong Catholic and retired from teaching in the religion department of JMU after 40 years. He has served in two parishes and, in addition to a Master's in Theology, has a certificate in Church management from Loyola University in New Orleans. More than anything, he enjoys sharing information about the Church with people who are interested in it.

Embroidery For Fun

With JoAnn McGranahan

Monday, 9:30 – 11:30am | IH 2nd Floor Flex Space
March 16, 23, 30 & April 6, 13

This class will explore a variety of embroidery stitches, with a focus on mastery of technique. If you've stitched before or if you've never picked up a needle, this class is for beginners and somewhat experienced stitchers alike. Students will be guided through the process from start to finish, concluding with a piece of art to display on their walls. **An additional \$20 fee will cover supplies. This will be collected by the instructor on the first day of class. Cash or check.**

JoAnn McGranahan graduated with a BFA from Cazenovia College in 1997. She has been an active self-taught embroidery artist for over 20 years. Originally from Rochester, NY, she moved to Harrisonburg in 2018. Since moving to the area, her abstract and realistic embroidered artworks have been displayed in numerous galleries and art exhibits throughout the region.

Unlocking the Power of Your Resilient Brain

With PJ Rooney

Monday, 1:30 – 3:30pm | IH 104
March 16, 23 & 30

What makes one person more resilient than another? You may be surprised - it is a learned skill and can be improved upon. Learn how your brain perceives pressure, your body's reaction to the pressure, and the dynamic communication between your brain-body connection can create conditions to increase your resilience. We will explore the powerful, built-in resilience of your brain and body, and how to harness that power for sustained resilience.

PJ Rooney is Director of the Office of the Commander (DoD) and Adjunct Faculty at the University of Virginia's School of Continuing and Professional Studies. Her work blends brain science and microbiome research to boost human performance. She holds a Ph.D. (UVA), M.Ed. (Vanderbilt), M.S. (Joint Military Intelligence College), B.A. (UNC-Chapel Hill), and an A.A.S. in Nursing (PVCC).

Mennonites in the Valley

With Phil Kniss

Monday, 9:30 – 11:30 am | Various Locations

April 6, 13, 20, 27 & May 4

Mennonites are a nearly 500-year-old Christian group with origins in 16th-century Europe, and were among the earliest white European settlers in the Shenandoah Valley. This course focuses on personal interaction with Mennonites from across this spectrum and includes local trips to visit Mennonite institutions, churches, schools, and businesses. **An extended session includes lunch in an Old Order Mennonite home, plus bus transportation to various Old Order sites for one session, will cost \$35, above regular course tuition. This will be collected by the instructor at the first class. Cash or check.**

Phil Kniss, a lifelong Mennonite, has spent 40+ years in Harrisonburg, including 28 years as senior pastor at Park View Mennonite Church. He previously led another local congregation and holds a Master of Divinity from Eastern Mennonite Seminary and a Doctor of Ministry from Northern Seminary.

tr

Herbal Medicine and Relaxation Techniques for Modern Life

With Trisha Brown Leweke

Monday, 1:30 – 3:30pm | IH 107

April 6, 13, 20 & 27

Join Trisha for ideas about using herbal medicines to calm your nervous system. You will also learn self-soothing techniques for a more peaceful life.

To learn how herbal remedies can help with other health issues, also sign up for "Holistic Herbal Healing: Seasonal Allergies, Oral Health, Immune Support, and Gut Wellness" with Dabney Vaccaro.

Trisha Brown Leweke has spent almost 2 decades working as a massage therapist, exploring the world of ancient, traditional healing arts. Trisha is currently the owner of Mother Bear Medicinals where she teaches, makes, and sells herbal medicines and continues to offer relaxing bodywork.

You, Your Stuff, and Your Future! The "Art" of Downsizing

With Chuck Boles

Monday, 5:30 – 7:00pm | Rose Library 3311

April 6, 13

Downsizing is easy to put off until life changes. If you don't have a plan, this warm, practical workshop is for you. We'll cover four key questions: How do I know it's time to downsize? How do I talk with my spouse, partner, or kids? How can I make the process simpler? How do I step into a new future with confidence? Ideal for anyone feeling weighed down by too much stuff, approaching retirement, or recently retired. Leave with clear next steps and a sense of ease.

Chuck Boles guides families to simplify and breathe easier. He teaches at JMU and is a Virginia Supreme Court Certified Mediator, DoD Ombudsman, and Certified Hospice Counselor. The aim is simple: clear the excess and focus on what matters.

Virginia History Series: The Founding of America Through pre-Civil War

With George Gruner

Monday, 1:30 – 3:30pm | IH 117

April 13, 20, 27 & May 4, 11

Class 2 of our Virginia History series picks up where Class 1 left off. Learn how Virginians influenced the Revolution and the nation's founding—four of the first five presidents were from here! We'll examine the war in Virginia, the path to the Constitution, and how slavery shaped this era, including life on a Virginia plantation. *Keep the learning going with an optional bus trip to Montpelier and Sperryville. Separate registration required. See pg. 28*

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 served in the Vermont General Assembly as a State Representative. He has also managed political campaigns for Federal, State, and local candidates.

A Financial Workshop

With Josh Defnall, CPA

Monday, 1:30 – 3:30pm | IH 104
April 27 & May 4, 11, 18, 25

Ready to feel more confident about your money? Join our 5-week course to understand investments and the tax rules that affect your accounts and retirement. Each week covers a key topic: investing basics, common mistakes, long-term strategies, spotting scams, and how charitable giving can fit into your life. In our final session, Matthew Light of Botkin Rose PLC will discuss simple estate planning ideas. Come learn in a friendly, practical setting and leave with steps you can use right away.

Josh Defnall grew up in Fauquier County, Virginia, and moved to the Shenandoah Valley to attend Eastern Mennonite University. As a Certified Financial Planner™, Josh works at Edward Jones to help create realistic goals and implement personalized strategies for his clients.



Intro to CNC Milling – Shape Ideas with Precision Tools

With Andrei Dacko

Monday, 1:30 – 3:30 pm | Juice Works 3D Academy
May 11, 18 & 25

This 3-week intro course introduces students to the fascinating world of CNC (Computer Numerical Control) milling and digital manufacturing. Students will design with purpose by creating fun projects using digital design tools, learn how milling machines carve precise parts, learn safety basics, handle tools with care and confidence, and discover industry uses – from prototypes to custom parts in everyday products. **The additional \$40 covers all milling supply costs. This will be collected by the instructor on the first day of class. Cash or check.**

Andrei Dacko is a visionary tech leader with 20 years of experience driving change. Andrei founded Juice Works 3D in 2019 to make hands-on digital making accessible for all ages. Based in the Manufactory, the academy has helped hundreds in the Shenandoah Valley build in-demand skills while discovering their creative spark.

CLASS COST

JMU LLI Class Cost is broken down in the following model:

1 Session	\$25	4 Sessions	\$40
2 Sessions	\$30	5 Sessions	\$45
3 Sessions	\$35	6 Sessions	\$50

**Some classes will also have additional fees associated with them that will cover supplies used during the class.*

*The Lifelong Learning Institute calendar is subject to change. This catalog will not remain accurate as the semester progresses. **Please check your email regularly and visit our website for the most current information and announcements.***

TO REGISTER: Go online to www.jmu.edu/lli

Indigenous Cultures and Technology of the African Continent

With Mwizenge S. Tembo

Tuesday, 9:30 – 11:30 am | IH 104
Feb 10, 17, 24 & March 3, 10

Explore Africa's rich past and present through stories of daily life and big turning points. We'll look at how colonialism and other forces shaped politics, money, and community. Together, we'll dive into legends, folktales, music, dance, language, family, marriage, religion, health, and education. Examples will be drawn from the Southern African country of Zambia and from 54 other African countries.

Mwizenge Tembo is an Emeritus Professor of Sociology. He taught at Bridgewater College from 1990–2021 and earned a B.A. in Sociology and Psychology from Michigan State University. Earlier, he worked at the University of Zambia's Institute of African Studies, leading extensive rural fieldwork in Eastern and Southern Provinces.

Exploring the Women in the Bible

With Ann Reed Held

Tuesday, 9:30 – 11:30 am | IH 117
Feb 10, 17, 24 & March 3, 10

For centuries, women in the Bible were overlooked. As women became theologians, scholars, and pastors, their stories gained voice. In this course, we'll explore well-known figures—Eve, Sarah, Ruth, Mary, and the woman at the well—and those less discussed, like Tamar, Rahab, Dorcas, and Lydia. Through readings, lectures, role play, and lively conversation, we'll discover how their lives can guide ours today.

Rev. Ann Reed Held was ordained in 1978 after studies at Louisville Presbyterian Seminary (MDiv, DMin). She served churches in Memphis, then became pastor of Trinity Presbyterian Church in Harrisonburg in 1990, retiring in 2014. Ann wrote *Keeping Faith in Families* and *Nurturing the Seeds of Spirituality*. In Harrisonburg, she's volunteered with the Free Clinic, Open Doors, People Helping People, and was President of the Board at Massanetta Springs.

A Brief Overview of Jewish History

With Jeffrey Kurtz-Lendner

Tuesday, 1:30 – 3:30 pm | Beth El Congregation
Feb 10, 17, 24 & March 3, (No Class March 10), 17

This five-week class will give an overview of Jewish history from the Biblical period through modern times. Delve into major events in Jewish history as well as major figures while also learning about Jewish philosophy and thought.

Rabbi Jeffrey Kurtz-Lendner is currently serving as the Rabbi at Beth El Congregation in Harrisonburg, VA. He also serves as a volunteer chaplain in the Harrisonburg Police Department. Previously, he served as a volunteer Rabbinic Educator during the Pandemic. A native of Buffalo, New York, he attended Brandeis University and was ordained at the Jewish Theological Seminary in New York.

Archaeology in Detective Stories

With Diane Lending

Tuesday, 1:30 – 3:30 pm | IH 117
Feb 10, 17, 24 & March 3, 10

Archaeologists and detectives follow clues, test deductions, and rebuild the past. This course pairs that spirit with three engaging mysteries by women writers from different times: Agatha Christie's *Murder in Mesopotamia*, Elizabeth Peters' *Crocodile on the Sandbank*, and Elly Griffiths' *The Crossing Places*. We'll blend brief lectures with friendly group discussion as we explore how each story uncovers truth from scattered clues. Copies of these books are widely available at libraries and stores.

Diane Lending was a professor of Computer Information Systems in the College of Business at 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.

Low Impact Aerobic Dancing

With Bunny J. Tjaden

Tuesday, 9:30 – 10:30 am | Muhlenberg Lutheran Church, Nielsen Room

Session 2: April 28 & May 5, 12, 19, 26

This 1-hour class will consist of several dance routines with all steps cued. The instructor will dance in front of the class with her back toward the participants. One foot always remains on the floor, and routines are of a tempo that is slow to moderate. Music will consist of familiar songs. You are encouraged to sign up for both sessions as the choreography will build each week. However, you can also sign up for a single session. **Cost per session (5 classes) is \$30.**

Bunny J Tjaden has led aerobic dance for 8 years with a national program and ran her own for 2 more. She creates the routines and picks the music. She's a certified aerobics instructor with the American Aerobic Association International and the International Sports Medicine Association (as of March 2025).

Mindfulness Meditation

With Barbara Martin

**Tuesday, 1:30 – 3pm | Virtual
March 10, 17, 24 & 31**

Have you ever wanted to try meditation or tried it and became frustrated with it? In this gentle class, you'll learn simple mindfulness practices to relax, feel calmer, and gain fresh insight. Come as you are—beginners and experienced meditators are welcome. *If you'd like an in-person experience, see "Exploring the Body/Mind Connection Through Meditation, Hypnosis and Intuition" with Deborah Scalise, pg. 15*

Barbara Martin has a Master's degree in Holistic Healing Arts and has been practicing meditation for over 20 years. She has taught meditation at the Center at Belvedere in Charlottesville, the JMU Lifelong Learning Institute at JMU, and the Staunton Augusta YMCA.

The Joy of Writing

With Beth M. Lehman

**Tuesday, 1:30 – 3:30 pm | IH 104
March 3, 10, 17, 24 & 31**

This welcoming writing workshop celebrates the joy of words—no experience needed. Writing can calm the mind, support well-being, spark memories, solve problems, and help us make sense of tough times. Each class includes a quick warm-up, two longer writes using gentle prompts, and a chance to share what you've just composed. Following the Amherst Writers & Artists method, this class will offer strengths-based feedback that honors every voice. Bring your favorite notebook and pen—or a laptop or iPad—and come write with us.

Beth M. Lehman is an educator and writing mentor. She has taught middle school English, college composition, and how to teach writing. Beth is an Associate Professor at Bridgewater College and a Power of Story facilitator with Amherst Writers & Artists. A former literacy coach and consultant with the National Writing Project, she earned a PhD in Literacy, Culture, and Language Education from Indiana University.

Zentangle - Create a Tangle Cigar Box

With Jennifer Matthaehi Cottrell

**Tuesday, 9:30 – 11:30 am | IH 2nd Floor Flex Space
March 17, 24 & 31**

In this fun class, we will decorate cigar boxes with Zentangle®. Options to tangle directly on a box or on paper to be attached. This class is fine for beginners through advanced. Some Zentangle® experience would be helpful. **An additional \$15 fee will cover supplies. This will be collected by the instructor on the first day of class. Cash or check.**

Jennifer Cottrell has been a maker all her life. In 2011, she discovered Zentangle®—a gentle mix of creativity and mindfulness that clicked right away. She became a Certified Zentangle® Teacher in 2013 and now teaches with warmth across the U.S. and internationally. Her pieces appear in two books. To Jennifer, Zentangle® is a steady, calming companion, not just art.

Making Unique Beaded Jewelry

With Donna Barber

Tuesday, 1:30 – 3:30 pm | IH 2nd Floor Flex Space

March 31 & April 7, 14, 21

This course provides basic instruction and practice in making earrings, necklaces, bracelets, and wire-wrapped stones. Information will also be provided on how to upcycle favorite family pieces, where to find economically priced beads, and how to make simple repairs on jewelry. The student will make jewelry in each class to take home and wear right away! **A \$30 extra fee covers supplies for the class. This will be collected by the instructor on the first day of class. Cash or check.**

Donna Barber graduated from JMU with both graduate and undergraduate degrees in education. She was a teacher for over 25 years. During that time, she learned how to make beaded jewelry and has been practicing her craft for over 15 years. She loves to make beaded jewelry, wire-wrapped stones and shells.

Memoir Writing: Inventing the Truth

With Dr. Violet Dutcher (Vi)

Tuesday, 9:30 – 11:30 am | Virtual

March 31 & April 7, 14, 21, 28

In this course, we will discuss writing in general and the meaning and characteristics of memoir writing in particular. We will discuss finding your voice, creating structure, writing what is difficult, recognizing what to keep in your memoir, and what to leave out. Each week, you will write short memoir pieces, bring them to class to share, and receive feedback from your peers and your instructor.

Dr. Violet Dutcher (Vi) retired after 17 years at Eastern Mennonite University, following earlier years at Kent State. She launched EMU's Writing Program and led campus retreats and workshops. She has taught classes on orality & written memoir, expository writing, argumentative writing, academic & professional writing, rhetoric of the natural and social sciences, ethnic women's literature of the Americas, women's literature, and literary criticism.

Exploring the Body/Mind Connection Through Meditation, Hypnosis and Intuition

With Deborah Scalise

Tuesday, 9:30 – 11:30 am | IH 107

April 7, 14, 21 & 28

There's a quiet magic in your mind and body, waiting to be noticed. In this class, we explore meditation, hypnosis, and intuition to help you turn inward, feel calmer, and gain a fresh perspective. You'll learn simple practices you can return to anytime for steadiness and clarity. *Prefer an online option or want additional learning? Try Mindfulness Meditation with Barbara Martin, pg. 14*

Deborah Scalise lives in Harrisonburg. Since retiring, she completed Yoga Teacher Training (2017) and became a Reiki Master (2022). She's also studied yin yoga, Shiatsu massage, hypnosis, and intuition. Deborah teaches yoga and Silver Sneakers Classic at Valley Fitness, where she blends gentle movement, breath, and mindful care.

Mixology

With Tamara and Amy from Wandering Sips

Tuesday, 6 – 8pm | Friendly City Event Space

April 7, 14, 21 & 28

This Mixology class will show you how to mix different drinks and explore the origin of cocktails or of the liquors used. Join Tamara and Amy from Wandering Sips, LLC for a fun, educational - and spirited - class! **The \$30 extra fee covers all drink needs, plus a branded tumbler to take home with you at the end of class. This will be collected by the instructors on the first day of class. Cash or check.**

Tamara and Amy are the co-founders of Wandering Sips. Their love of cocktails—and of bringing people together—inspired a bartending service that feels personal and memorable. With custom menus, warm hosts, and a touch of luxury, they aim to make every event feel special, one beautifully made drink at a time.

Nine Types of the Enneagram

With Heidi Hochstetler

Tuesday, 1:30 – 3:30 pm | IH 104
April 21, 28 & May 5, 12, 19, 26

Explore the nine Enneagram types with clear, down-to-earth guidance. We'll look at each number's core drives, common patterns, and worldview, plus childhood themes and blind spots. You'll learn about subtypes and levels of growth, then use simple questions and practices to build self-awareness. Through the lens of each Enneagram type, we'll discover insights and wisdom for powerful and authentic living.

Heidi Hochstetler is a Transformational Life Coach, Enneagram practitioner, and Conscious Leadership facilitator in Harrisonburg. She's accredited by the International Coaching Federation and certified with Integrative Enneagram Solutions, with added training in teaching the Enneagram, Conscious Leadership, and neuroscience in coaching. Heidi brings curiosity, clarity, and compassion to every session. Her practice, Wholeheartedly You, LLC, serves individuals and groups near and far.

Universal Approaches to Resolving Disputes

With Chuck Boles, M.A.

Tuesday, 9:30 – 11:30 am | IH 104
May 5 & 12

Universal Approaches to Resolve Disputes explores multiple methods for conflict resolution. The workshop addresses how disputes can be resolved more effectively when one party understands the foundational beliefs of the other party. Workshop attendees receive handouts.

Chuck Boles, M.A., is a Virginia Supreme Court Certified Mediator, Department of Defense Mediator, Professor of Justice Studies, Ordained Deacon, Military Certified Hospice Counselor, and sought-after convention speaker. Pursuing his purpose of helping others make their lives BETTER than they can do for themselves, his workshops blend his experiences as a mediator, negotiator, educator, and peace maker.

Fundamentals of Bridge

With Claudia O'Neill

Tuesday, 1:30 – 3:30 pm | IH 2nd Floor Flex Space
May 5, 12, 19 & 26

Comfortable with bridge basics? Join us to strengthen your game. We'll review SAYC, introduce Precision Club, and practice opener/responder hand evaluations. You'll learn conventions like Stayman, Blackwood, Gerber, and Jacoby transfers, then move into competitive bidding and interference—when to force, invite, sign off, or sacrifice. We wrap up with declarer and defense, using preference and count signals and cue bids. Supportive, hands-on, and fun.

Thomas and Claudia O'Neill met at a bridge table over 50 years ago. In the last 15 years, they've renewed their love for the game. Both retired from JMU—Thomas from Physics and Claudia from Nursing—they now share their time teaching and encouraging others to learn and enjoy bridge.

Spring Flower Arranging

With Tamara E. Gibson

Tuesday, 1:30 – 3:30 pm | IH 117
May 12, 19 & 26

Learn to arrange flowers in any vase without foam. In this hands-on class, you'll condition and care for cut blooms, pick up simple tricks, and explore a few easy styles. Bring pruners, snips, or a floral knife. One class will meet at Tamara's studio and the flower field, where you'll cut your own stems to design back in the studio! **An extra \$40 covers all supplies, flowers, and fillers. This fee will be collected at the first class by the instructor. Cash or check.**

Tamara E Gibson crafts wedding and event florals from her garden studio and welcomes small private workshops. Many of her blooms are home-grown, and her approach is gentle on the earth. She loves sharing practical ideas with garden clubs, schools, and master gardeners. Certified by the Sustainable Floristry Network.

Fruit in the Home Garden

With Keala Timko from Extension
Master Gardener

**Wednesday, 9:30 – 11:30 am | Rockingham
Extension Office**

Feb 11, 18, 25 & March 4

Wouldn't it be great to raise your own fruits regardless of how much space you have? Discover the best conditions and varieties of fruits to grow in your garden. From in-ground to pots and raised beds, you can raise your own fresh fruit!

Extension Master Gardeners train in plant care, soil, pests, and sustainable methods, and then volunteer to teach gardening in the community.

Zentangle - the Compass Rose

With Jennifer Matthaei Cottrell

Wednesday, 9:30 – 11:30 am | IH 107/Hybrid

Feb 11, 18, 25 & March 4

In this class, we will create the beautiful nautical symbol - the Compass Rose. This class is fine for beginners through advanced. Some Zentangle® experience would be helpful. **In-person students will be given supplies for an additional \$8 fee. This fee will be collected at the first class by the instructor. Cash or check.**

Jennifer Cottrell has always been a maker. She discovered Zentangle® in 2011 and became a Certified Teacher in 2013. She now teaches with warmth across the U.S. and internationally, with work in two books. To her, Zentangle® is a calm, steady friend.

CLASS COST

JMU LLI Class Cost is broken down in the following model:

1 Session	\$25	4 Sessions	\$40
2 Sessions	\$30	5 Sessions	\$45
3 Sessions	\$35	6 Sessions	\$50

**Some classes will also have additional fees associated with them that will cover supplies used during the class.*

Curated Pairings: Upscale Mediterranean Eating and Olive Oil

With Claudia Hanna-Veyssel

Wednesday, 1:30 – 3:30 pm | IH 117

February 11

Join a welcoming, hands-on class exploring Mediterranean flavors and premium monocultivar olive oils from women-owned makers. Learn tasting methods, pairings, and easy ways to brighten everyday meals. You'll enjoy thoughtfully paired dishes and head home ready to cook them with confidence.

The extra \$30 covers all the supplies for class.

Claudia Hanna-Veyssel is the host of *If This Food Could Talk* and an Olive Oil Sommelier. After a career in finance, she followed her love of food—teaching LLI classes at James Madison University for years and guiding immersive culinary tours. She founded Olive Oil Flights and is writing *21 Countries*, a cookbook celebrating authentic Mediterranean flavors, culture, and history.

Patristics: Early Fathers of the Church Part 2

With Anna Rose Geary

Wednesday, 9:30 – 11am | Emmanuel Episcopal Church

Feb 25 & March 4, 11, 18

Continue our Spring 2024 journey into the early Church. Meet Gregory of Nazianzus and Gregory of Nyssa of Constantinople, Leo the Great at Chalcedon, the Celtic Fathers across the British Isles and Europe, and Benedict of Nursia, who shaped Western monastic life. We'll also introduce early Mothers of the Church: Perpetua, Felicity, Thecla, Macrina, Monica, Priscilla, and Helena.

Featuring **Rev. David Rose** (Emmanuel Episcopal Church), **Frank Viscomi** (retired JMU mechanical engineer for heating and cooling; Spiritual Director, Valley Cursillo), and **Anna Rose Geary** (retired Staunton City Schools teacher; member, Blessed Sacrament Catholic Church).

Mastering Self-Publishing: A Blueprint for Independent Authors

With James Blakey

Wednesday, 9:30 – 11:30 am | IH 104

March 4, 11, 18, 25 & April 1

Not sure how to publish your book? This course covers the essentials: editing, formatting for print and eBook, distribution, and low-cost marketing. Bring your laptop for practical exercises that turn your draft into polished files. We'll break down developmental, copy, and proof edits, review major platforms, and outline simple social media strategies. You'll also learn safe ways to sell online and at events. Walk away with a step-by-step plan and confidence to launch.

James Blakey is the author of *Superstition* and the collections *The Cat Who Loved David Duchovny*, *Fast Times at Spiro Agnew High*, and *The Five People You Meet in Atlantic City*. A three-time Derringer Award finalist and 2019 winner, he co-edits *Charlottesville Fantastic* and *Shenandoah Valley Fantastic*—speculative anthologies set in Virginia.

Exploring Plant-Based Cooking

With Lee Anna Farrall

Wednesday, 1:30 – 3:30 am | VMRC Village Hall

March 11, 18, 25, & April 1, 8

Interested in eating more plants without giving up taste? Learn how plant-based cooking compares to vegan, vegetarian, and whole-food plant-based. We'll cover where to shop, pantry staples, and easy flavor tricks with herbs, spices, and seasonal produce. Expect friendly talks on health and budget, plus tastings and take-home recipes to make tonight!

Lee Anna Farrall is a retired R.N. who has been following a vegan lifestyle for 5 years. She has a passion for learning and sharing knowledge with others. She earned her BSN from JMU and an MEd degree from JMU with a major in Health Sciences and a minor in adult education.

Conversational Spanish in a Cultural Context 2.0

With Claudia Rivero Heredero

Wednesday, 9:30 – 11:30 am | IH 117

March 18, 25 & April 1, 8, 15, 22

Build beginner Spanish while exploring Cuban culture. Each session uses a theme—food, music, dance, art, and daily life—to blend language practice with real context. Practice useful phrases as you learn about salsa rhythms, classic Cuban dishes, and social customs. Friendly for newcomers or refreshers, this class focuses on practical conversations and cultural insight while deepening your understanding of Cuba's rich culture.

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.

Imagined Jewellery

With Maryjane Chewning

Wednesday, 1:30 – 3:30 am | BRC Shenandoah Room

March 18, 25

What forgotten gems are hiding in your jewelry box? In this hands-on class, learn to refresh, repair, and reimagine old pieces using beads, buttons, brooches, and buckles. We'll show you how to take items apart, clean them, choose the right tools and glues, and put them back together into something brand new! So, what's in your jewelry box?

Maryjane Chewning (M.J.) discovered her mother's vintage button box and a stockpile of her own broken jewelry when COVID-19 restrictions resulted in time to purge closets and cabinets. Mostly self-taught by practicing, trial and error, watching YouTube videos, and joining instructors from around the world, she creates new jewelry from used or vintage pieces. Her goal is to create something unique, modern, and one of a kind.

The Art of the Written Word: Calligraphy and Cursive in the Digital Age

With Regina R. Sanglier

Wednesday, 1:30-3:30 pm | IH 104

April 1, 8, 15, 22 & 29

Discover calligraphy in a friendly, focused workshop. Compare everyday cursive with calligraphy, and enjoy the creative, calming perks of writing by hand. Study Chancery Cursive (Italic) with broad-edged pens—caps and lowercase. Materials provided; open to all.

The additional \$30 covers a Pilot 3.8 mm pen, guide, practice pages, and supplies. This fee will be collected at the first class by the instructor. Cash or check.

Regina Sanglier is an art instructor and calligrapher devoted to handwriting. She began at seven with fountain pens and peacock blue ink. Training as an art major at Western Michigan University sharpened her craft. With a Graphic Design degree, she teaches calligraphy and champions pen-and-paper skills in today's digital world.

Introduction to 3D Printing

With Andrei Dacko

Wednesday, 5:30 – 7:30 pm | Juice Works 3D

April 1, 8 & 15

Let your creative juice loose in this introduction to 3D Printing! 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 this process to model and 3D print your own products like jewelry, key chains, and more. **The additional \$40 covers all printing supplies. This fee will be collected at the first class by the instructor. Cash or check.**

Andrei Dacko is a visionary tech leader with 20 years of experience driving change. He founded Juice Works 3D in 2019 to make hands-on digital making accessible for all ages. Based in the Manufactory, the academy has helped hundreds in the Shenandoah Valley build in-demand skills while discovering their creative spark.

Invasive Imposters: Native and Invasive Look-Alikes

With Sue Diskson

Wednesday, 1:30 – 3:30 pm | IH 107

April 22 & 29

Are you having trouble distinguishing invasive plants from native ones? Your phone app can help, but it isn't always right. While some invasive species are obvious, many are confusingly similar to our native flora. Through a side-by-side, illustrated comparison lecture, live samples, and a field walk, you will practice differentiating the perplexing pairs. By the end, you will be able to confidently identify which plants to control and which to protect.

Sue Dickson, M.S. Horticulture (Virginia Tech), is a certified arborist and veteran educator. A former NVCC professor for nine years, she taught 650+ plant species and core horticulture courses. She has taught at Blue Ridge Community College and now focuses on ecological landscape consulting, speaking, and coaching homeowners.

Haiku: Creative Windows Amid Strict Guidelines

With Susan Sheridan

Wednesday, 9:30 – 11:30 am | IH 107

April 29, & May 6, 13, 20, 27

Haiku is a short poetry form from Japan that uses a set number of sounds, highlights nature, and avoids rhyme. This class explores its cultural roots, modern variations, and helps you write your own poems. You'll share your work and receive a commemorative, full-color book of your own poetry at the end of class!

Susan Sheridan began learning Japanese in high school and went on to earn advanced degrees in East Asian Languages and Literature. She worked in Honolulu before expanding her skills through further study in Hawaii and Virginia. Her path led to roles in financial management and special education.

How Earth Works

With Amy Thompson

Wednesday, 9:30-11:30 am | IH 104

April 29 & May 6, 13, 20, 27

Explore Earth's past and present: from the solar system to plate motion shaping mountains, volcanoes in Alaska and Hawaii, and earthquakes on the West Coast and in Virginia. Sessions will blend brief talks, videos, simulations, and guided small-group work, including mineral and rock identification.

Amy Thompson studied geology at Central Michigan University before she pursued graduate Texas Tech, where she did fieldwork on Oregon's igneous and metamorphic rocks. She then earned a PhD from the University of New Mexico, where she studied 1.4-billion-year-old rocks and early tectonics. She has taught Geology and Earth Science at colleges in MI, MN, PA, and VA.

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3 Sessions	\$35	6 Sessions	\$50

**Some classes will also have additional fees associated with them that will cover supplies used during the class.*

*The Lifelong Learning Institute calendar is subject to change. This catalog will not remain accurate as the semester progresses. **Please check your email regularly and visit our website for the most current information and announcements.***

THURSDAY CLASSES

Low Impact Aerobic Dancing

With Bunny J. Tjaden

Thursday, 9:30 – 10:30 am | Muhlenberg Lutheran Church, Nielsen Room

Session 1: Feb 12, 19, 26 & March 5, 12

This 1-hour class will consist of several dance routines with all steps cued. The instructor will dance in front of the class with her back toward the participants. One foot always remains on the floor, and routines are of a tempo that is slow to moderate. Music will consist of familiar songs. You are encouraged to sign up for both sessions as the choreography will build each week. However, you can also sign up for a single session. **Cost per session (5 classes) is \$30.**

Bunny has taught aerobic dancing for a national program (Jackie Sorenson Aerobic Dance) for 8 years and had her own program for 2 years. She choreographs the dances and chooses the music. She is a certified aerobics instructor by the American Aerobic Association International and the International Sports Medicine Association as of March 2025.

Reading to the Kids we Love: The Good, the Bad, and the Ugly of Children's Literature

With Lynne F. Stover

Thursday, 9:30 – 11:30 am | IH 104 (First class 117)

Feb 12, 19 & 26

Explore children's books across three lively sessions. First, revisit timeless read-aloud classics. Next, discover fresh stories and how to match the right book to each child. Finally, discuss challenges, book bans, and tricky authors. Fun extras: door prizes at every session, including copies of the books discussed in class!

Recently retired, **Lynne Farrell Stover** served as a Teacher Consultant at James Madison University's Center for Economic Education. In thirty-three years of public education, she worked as a teacher, gifted student specialist, and librarian. She wrote over fifty articles and eight teacher resource books and received the 2022 NAEE Platinum Curriculum Award.

Chess 1

With Tom Mack

Thursday, 1:30-3:30 pm | IH 2nd Floor Flex Space

Feb 12, 19, 26 & March 5, 12

Want to learn or improve at chess? We'll cover rules, piece movement, checkmate, and key strategies. Classes include live games so you can practice right away. Build planning and problem-solving skills while meeting new people. Perfect for beginners and returning players.

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.

All about AI

With Pamela Drake

Thursday, 9:30 – 11:30 am | IH 117

Feb 19, 26 & March 5, 12

Artificial Intelligence, also known as AI, seems to be everywhere these days! This course is designed to introduce you to AI: What is machine learning, and how does this relate to AI? What AI tools are available to everyone? How and why does AI hallucinate? How do biases creep into AI? What are the risks of AI for education, the labor force, and the economy?

Pamela Peterson Drake, PhD, CFA, is a professor emeritus from James Madison University. She has taught finance and data science at Florida State University, Florida Atlantic University, and James Madison University, teaching for over 45 years. She has authored or co-authored numerous articles and books for both academic and professional audiences in finance. She continues doing research and consulting in her retirement.

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Rockingham's Attic: Exploring Local History Through Artifacts and Images

With Scott H. Suter

Thursday, 1:30 – 3:30 pm | Rocktown History, Harrisonburg-Rockingham Historical Society

March 12, 19 & 26

Discover Rockingham County through artifacts and photos at Rocktown History. Join a curator-led tour with stories from behind the scenes. See how images from the archive reveal more than a snapshot. Gain tools to engage with historic resources and understand the region's rich past and culture.

Scott Hamilton Suter, Professor of English at Bridgewater College, is an authority on public history, folklife, and regional culture. A Rockingham County native, he advances Shenandoah Valley history through teaching, books, and public projects. He also serves as curator of collections at Rocktown History.

SNF (Skilled Nursing Facility) Dynamics

With Karen Riley

Thursday, 9:30 – 11:30 am | IH 104

March 19, 26 & April 2, 9

Feeling anxious about SNF admission? Learn who does what on your care team, how to engage in therapy, and your options beyond SNFs. We'll cover person-centered care, handling concerns, and understanding risks such as infections, falls, and wounds. Walk away ready to make informed, positive decisions.

Since 1975, **Karen Riley, RN, BSN**, has practiced in NJ, NY, and Virginia. With 30 years in skilled nursing, she led as Director of Nursing and Licensed Nursing Home Administrator. She holds an MSN in nursing education from JMU. Her focus: respect, wound prevention, infection control, holistic and compassionate end-of-life care.

Symbology for the Chakras through Revelation

With Rose Longworth

Thursday, 9:30-11:30 pm | IH 106

March 19, 26 & April 2, 9

Link chakra wisdom to the Seven Churches of Revelation. Notice how each energy center can lift or limit us. Using symbols and everyday practices—service, journaling, dreams, meditation, and art—we aim for higher awareness. Follow John's journey as a mirror for your own inner work.

Rose Longworth is an Ireland native educated in Ireland and the USA. She earned a Bachelor of Arts from James Madison University and a Master of Counseling from Eastern Mennonite University. In private practice, she offers a creative, holistic path to mental health using symbology, mandalas, art therapy, and dream work.

Storytelling through Podcasting

With Bridget Manley

Thursday, 1:30 - 3:30 pm | IH 104

April 2, 9, 16 & 23

This class will teach the fundamentals of building a podcast, including creating a show idea, finding and using the right recording equipment and software for your show, conducting interviews, creative writing, and how to get your show on streaming platforms. If you have ever thought about recording your life story for your loved ones instead of building a podcast, this class can cover how to write and record your story for future generations.

Bridget Manley is a publisher with The Harrisonburg Citizen, an independent news source in the Valley. Bridget has freelanced for WMRA and Virginia Public Media, writing and recording audio features for both. She spent most of her adult life as a reporter for radio stations in Cumberland, MD, and Annapolis, MD, and recorded her podcast for several years called *Birds In A Tree*.

Dance the Night Away: Lindy Hop for Everyone

With Gray Smiley

Thursday, 5:30 - 7:00 pm | 131 West Grace St. Harrisonburg

April 2, 9, 16 & 23

Do you like partner dancing? Do you like Art Deco and the Jazz Age? Lindy Hop is for you! Come and dance to hot jazz with cool people—no experience or partner necessary! You might also know it as East Coast Swing, but Lindy Hop is more than that! Originating in Harlem in the early 20th century, this dance is an American tradition with elements from all over the country.

Gray Smiley co-founded Harrisonburg Swing Dance and serves on its board. A doctoral student in the James Madison University School of Music, he's danced since 2021 and loves fast styles like Charleston and up-tempo Lindy Hop. He teaches locally, attends workshops nationwide, and was a Lindyfest 2025 newcomer finalist.

Awaken to your Dreams

With Pamela Beverage

Thursday, 9:30 - 11:30 am | IH 104

April 16, 23, 30, & May 7, 14

People have explored the meaning of their dreams for thousands of years. Dream images are a symbolic language that is incredibly meaningful when understood. Through conversation, art, self-dialogue, and dream drama, this workshop will offer you a greater self-awareness, more understanding of the language of dreams, increased communication between your conscious and unconscious worlds, a look at life from a new perspective, and practical hints on remembering dreams and working with them.

Pamela Beverage, Ed. D., LPC has completed more than 14 years of post-doctoral studies in Jungian psychology. Most recently, she studied in Switzerland at the Research and Training Centre for Depth Psychology. She has facilitated group discussions for more than 40 years. She is currently in private practice as a Jungian psychotherapist.

The Russian Silver Age: 1890s-1920s

With Mary Louise Loe

Thursday, 1:30-3:30 pm | IH 117

April 23, 30 and May 7, 14, 21, 28

The Russian Silver Age, from the 1890s to 1920s, sparked bold new ideas in literature, theater, painting, music, and dance. Learn about figures like Chekhov, Stravinsky, Diaghilev, Nijinsky, Akhmatova, Kandinsky, Stanislavsky, and Mayakovsky who broke rules, dazzled audiences, then scattered after war and revolution—shaping modern culture in Europe and the United States.

Mary Louise Loe received her B.A. from the University of Wisconsin-Madison and an M.A. and Ph.D. from Columbia University. She taught in the History Department at JMU from 1973-2012 and part-time until 2020. She has been teaching classes for LLI since 2013. Her areas of specialty are Russian History, European History, and Modern Human Rights.

The Art of the Side Hustle

With Katie Overfield-Zook

Thursday, 9:30 – 11:30 am | IH 117

April 30 & May 7, 14, 21, 28

Have a business idea you can't shake—a product, dish, or craft people ask to buy? This class makes starting a side hustle simple. You'll define your product, get to know your customer, learn basic marketing and messaging tools, and build a quick pitch so you can share it with friends and family to start selling now!

Kathleen Overfield-Zook is a musician, educator, and entrepreneur. She founded Bloom Trio and Event Musicians in 2012, sparking a passion for arts entrepreneurship. She has led entrepreneurship programs at James Madison University and the Shenandoah Community Capital Fund. In 2024, she launched Modulating Arts, a consulting business. She continues to perform and directs the JMU's Lifelong Learning Institute.

Spring Flora and Fauna Fever in the Valley

With Nate Miller

Thursday, 1:30 – 3:30 pm | Various locations

April 30 & May 7

Discover wildflowers and migrating birds in Virginia this spring. On April 30, we'll go to Hone Quarry and Reddish Knob. On May 7, we'll visit Bald Rock. We'll meet at a set spot before each outing. Bring binoculars, ID apps, journals, sun and insect protection, a camera, an umbrella, warm clothes, a backpack, and hiking poles.

Nate Miller earned a Bachelor's in Environmental Science (Bridgewater) and a Master's in Landscape Architecture (Clemson). He heads Horticulture at PVCC's Stultz Workforce Center and is Virginia and the Southern USA's first Cannabis Professor. He designs with Messer Landscapes, runs Simply Sustainable Landscapes, and published Simply Sustainable Landscapes in 2020.

Practical Training for Life - Fitness, Nutrition, and General Health Tips

With Robin Crespo

Thursday, 1:30 – 3:30 pm | IH 104

May 7, 14, 21, 28

This is a four-part series with a 36-year veteran Fitness Professional. Our sessions will cover the truth behind food labels, moving through aging, how to make good daily decisions about nutrition, and general health tips to live your best life!

Robin Crespo, M.S., is a Fitness Professional who works at Valley Fitness in Harrisonburg. She graduated from JMU with both a B.S. and M.S. in Exercise Science. Robin has worked in all aspects of the Fitness Industry for 36 years. She is a National Presenter for AAAI/ISMA. She is a retired Power Lifter who held state, national, and international records. Currently, she works at Valley Fitness.

Replenish: Calm and Cozy Kundalini Yoga for Wintertime

With Jennifer Perry

Friday, 9:30-11:30 pm | IH 117

Feb 13, 20, 27 & March 6, 13

Winter time invites us to slow down. In this cozy Kundalini Yoga class, we'll breathe, move, and meditate to feel calm, warm, and steady. Expect simple options for every body, chairs available. We'll close with soothing homemade yogi tea. Wear comfy clothes and bring a mat and blanket.

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 continues to pursue study and certification in both yoga and various other healing modalities. Jennifer is the founder of smallSEEDS, a local studio devoted to offerings of Kundalini Yoga, Reiki, and community connection.

Butterflies Plus: Your Guide to a Thriving Garden Ecosystem

With Sue Dickson

Friday, 9:30 – 11:30 am | IH 104

Feb 13, 20 & 27

Turn your garden into a lively butterfly haven. This course shows how to meet local species' needs with the right plants, water, and shelter. Learn to spot key butterflies and helpful insects, understand their lifecycles, and plan a simple, thriving habitat that keeps your garden buzzing with natural life.

Sue Dickson, M.S. Horticulture (Va Tech), is a certified arborist and veteran educator. Former NVCC professor for nine years, she taught 650+ plant species and core horticulture courses. She has taught at Blue Ridge CC and now focuses on ecological landscape consulting, speaking, and coaching homeowners.

AARP Smart Driver Course

With Kathryn (Kati) Mole

Friday, 8:00 – 5:00 pm | IH 104

March 13

The AARP Smart Driver Course is a driver improvement course specially designed for motorists age 50 and older to help drivers refine existing skills, learn new and refresh the driving laws of Virginia, and develop safe, defensive driving techniques. Graduates of the course may be eligible to receive a discount on their auto insurance premiums (check with your insurance agent to determine eligibility). **AARP charges an additional fee of \$20 for members and \$25 for non-members. This will be collected by the instructor in class. Cash or check.**

Kathryn (Kati) Mole has been teaching the AARP Smart Driver course for 9 years. She has a background in administrative support for a variety of C-level executives and administrator of databases. She is now retired and volunteers at the regional library and with AARP.

Hatha Yoga: A Holistic Practice for Enhanced Wellbeing

With Lisen Reichenbach

Friday, 1:30 – 3:30 pm | IH 117

March 6, No Class 20, 27 & April 3, 10

Hatha Yoga blends gentle movement, mindful breathing, and guided rest to support whole-body wellbeing. Regular practice can build strength, balance, and flexibility, and may ease pain, improve sleep, and lift mood. Wear comfy clothes and bring a mat, water, and a blanket. Each class ends with a peaceful meditation.

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. 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.

Take Heart: Kundalini Yoga for Courage and Uplift

With Jennifer Perry

Friday, 9:30-11:30 am | IH 117

April 10, 17, 24 & May 1, 8

Feeling shaken by life? This gentle Kundalini Yoga class helps you find courage, calm your busy mind, and create space for hope. Wear comfy clothes and bring a mat and blanket. Chairs and easy options are offered for every body. We'll end with warming homemade yogi tea. No experience needed.

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 continues to pursue study and certification in both yoga and various other healing modalities. Jennifer is the founder of smallSEEDS, a local studio devoted to offerings of Kundalini Yoga, Reiki, and community connection.

English Country Dancing - Dance Like Jane Austen

With Tom Mack

Friday, 1:30-3:30 pm | VMRC Detweiler

April 17, 24, (No Class May 1) & May 8, 15, 22

Do you love watching the dances in Jane Austen movies? We can teach you how to join in the fun! If you can walk to the beat of the music and remember your lefts and rights, you can do this. We will learn dances of the 1700s and the 1800s done in circles, lines, and squares. No experience or partner needed. It's a little physical, a little mental, and a lot of fun. Yes, you will be dancing in this class.

Tom Mack is a retired elementary school teacher. After retiring, he and Lesley became Civil War reenactors. That adventure led them to start the Shenandoah Valley Civil War Era Dancers, an all-volunteer, non-profit group whose goal is to raise money for land preservation by teaching and enjoying early American dance.

Noontime Knowledge

(free and open to the public)

The Unity Mural Project - with David Draime

April 28th | 12:00 - 1:15 pm | Ice House 117

Join local muralist, David Draime, for a talk about his work beautifying the public spaces in Harrisonburg. David will specifically talk to the origins of the mural, its backstory, what inspired the mural, the challenges and logistics of tackling such a large piece of art, and his hopes for what this mural will inspire in Harrisonburg.

David Draime received his BFA and MFA from Virginia Commonwealth University. He taught in California for 20 years and now owns and runs the Draime Fine Art Studio School.

AI - with Tim Taylor

April 14th | 12 - 1:15 pm | Ice House 117

Artificial Intelligence is here - whether we like it or not! In this presentation, we'll address common misconceptions about AI, identify practical uses of AI in your daily life, and think about how to use AI safely! Come away more informed about the benefits and opportunities of using AI!

Tim Taylor is a recently retired educator from Shenandoah County public schools. He comes from a family of educators and also enjoys technology.

Early Funeral Home History -

with C.W. Grandle

Feb. 10th | 12:00 – 1:15 pm | IH 117

Join us for a presentation on the history of funeral parlors in our area, and in particular, the history of Grandle Funeral Home in Broadway, VA. This is a reschedule of a Noontime Knowledge previously canceled due to snow!

C.W. Grandle is a former funeral director (retired) and co-owner of Grandle Funeral Home. C.W.'s father and brother built the funeral home. C.W.'s son and nephew continue the family business.

Snuffy Smith And Me: My Career As A Syndicated Cartoonist - With John Rose

Feb. 24 | 12:00 – 1:15 pm | IH 117

John Rose shares his path from drawing on his parents' walls to becoming the cartoonist of the Barney Google and Snuffy Smith comic strip. He shows samples of his work, draws characters live on a large easel, and ends with an open Q&A for the audience.

John Rose invites you to a lively talk filled with stories of how he grew from drawing on walls to crafting the well-known Barney Google and Snuffy Smith comic strip. View comic examples, watch him sketch characters live, and end with an engaging audience Q&A.

Why is English Like That? A Brief History of the English Language and All Its Quirks - With Beth Ford

March 10th | 12:00 – 1:15 pm | IH 117

Is English spelling rule-free? Explore how history shaped today's quirky spellings. This fun, informal session traces English from Middle English to now, showing why words look the way they do—and why spelling often seems to dance to its own beat.

Beth Ford loves how English has grown over time. She studied English at Austin College, took Middle English, and earned a master's at the University of Edinburgh in Literature and Society, 1688–1900. She also writes historical fiction. In her time-travel novel, a medieval knight reaches today—and can't understand a word.

The 4 Pillars of the New Retirement -

with Josh Defnall

March 24th | 12:00 – 1:15 pm | Ice House 117

This interactive presentation provides an in-depth look at The Four Pillars of the New Retirement: health, family, purpose, and finances. Attendees will be empowered to think through their own circumstances, goals, and challenges so that they can take action today that impacts their quality of life in retirement.

Josh Defnall grew up in Fauquier County Virginia and moved to the Shenandoah Valley to attend Eastern Mennonite University. As a Certified Financial Planner™, Josh is committed to being an advocate for the financial wellbeing of each of his clients.

Exploring our Revolutionary Valley - with Scott Stroh

May 12th | 12:00 – 1:15 pm | Ice House 117

The Museum of the Shenandoah Valley (MSV) is proud to be opening a new signature exhibition, Revolutionary Valley, in July 2026. Revolutionary Valley will showcase the Valley's contributions to the pursuit and achievement of rights, freedom, and justice. Please join Scott Stroh, MSV Executive Director & CEO, for a presentation and discussion about this exhibition and the revolutionary history of the Shenandoah Valley.

Scott Stroh, born in Philadelphia, found his heart along the Chesapeake Bay and a lasting love for Virginia's past. He earned a BA in History and Education from Randolph-Macon (1992) and an MA in History and Museum Studies from Middle Tennessee State (1997). In 2025, he became Executive Director and CEO of the MSV.



What is it Really Like to Work Undercover for the CIA and U.S. Treasury?

April 15 | 3:30 – 6pm With John Cassara

John Cassara served undercover with both the CIA and the U.S. Treasury. Through true stories, he will explain what covert operations are, why they matter, and the personal and professional challenges behind them—offering rare context for today's news on clandestine work at home and abroad.

John Cassara served 26 years in U.S. government, starting as a CIA case officer during the Cold War. He later investigated money laundering, trade fraud, and smuggling with the Treasury, including undercover arms work. Since retiring, he lectures widely on Middle East finance, value transfer, and underground systems.

An Overview of Service Dogs of Virginia: Because Life can Change in an Instant

May 20 | 3:30 – 6pm With Tina Floyd

Join Tina Floyd from Service Dogs of Virginia (SDV) for an overview of the nonprofit's mission, programs, and how service dogs are trained and placed with people with disabilities. Learn the application process, a dog's journey from pup to pro, and simple ways the community can help.

Tina Floyd brings 25+ years in nonprofit management and marketing. She has strengthened finances and programs for human service, healthcare, and education groups. Since April 2024, she's helped SDV grow annual funds, lead the new facility campaign, and raise visibility across its service area.

Local EdVentures

For event address, check your registration email or the LLI Calendar

John C. Well Planetarium Tour

March 16th | 10:00 am - 11:30 am | Limit: 35 | Cost: FREE

Visit JMU's John C. Wells Planetarium for an LLI-only experience. Enjoy a full-dome, 30-minute film of your choice, then explore Harrisonburg's night sky with a live star talk. See real star colors, sizes, and brightness using the unique starball projector. Bring questions—and your curiosity.

The John C. Wells Planetarium is located on the campus of James Madison University in Harrisonburg, Virginia. The planetarium first opened at JMU in 1956 under the direction of Dr. John C. Wells, head of the Physics Department.

From Warehouse to Your Door

March 31st | 1:30-3pm | Limit: 15 | Cost: FREE

Curious about those big warehouses along I-81? Meet at InterChange's main office, then drive to 5915 Crowe Drive, Mt. Crawford, for a guided tour of their state-of-the-art, temperature-controlled centers. Dress warm for cold storage.

InterChange is a full-service warehousing and logistics partner offering storage, transport, and land development from our Harrisonburg hub and terminals in Portsmouth and Front Royal.

A Visit to Norsk Mountain Farm & Mill

**May 5 | Session 1: 10:15am | Session 2: 11:00am
Limit: 15 per session | Cost: \$10**

Visit a small, family-run fiber farm, mill, and yarn shop. Meet the sheep and Angora goats, see fresh fleeces, and learn how we turn them into fiber and yarn. Sample our maple syrup and honey, and enjoy free tea or coffee.

Lorre and Emily, a mother-daughter team, started Norsk Mountain Farm in 2020.

JMU Athletic Performance Center and Bridgeforth Stadium

May 7th | 2:00-3:00 pm | Limit: 25 | Cost: FREE

In this tour of the **JMU Athletic Performance Center and Bridgeforth Stadium**, patrons will have the opportunity to see many different areas between the two facilities. On the APC tour, you will get to see the weight room, locker room, and multiple athletic trophies that JMU Athletics has won over the years. During the Bridgeforth Stadium portion of the tour, you will get to see every level of the stadium, including the club and suite levels for our Duke Club members.

Bus Trips

James Madison's Montpelier: Home of James and Dolly Madison

April 6th | 8:00 am – 5:00 pm

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

**Please also bring cash to tip the bus driver.
Moderate walking and some stairs to tour the home
and grounds.**

Travel with us to the home of James and Dolly Madison, the plantation known as Montpelier. We will enjoy a one-hour guided tour exploring the history and legacy of one of our most important Founding Fathers, the enslaved people who lived on this land, and the Constitution inside the Madison Home. The restoration of the buildings surrounding the home is an ongoing project, but new artifacts are always being discovered that bring humanity to this historic site. After the tour, we will travel to Sperryville, where you may select a local restaurant for your lunch, and then browse shops and galleries, before returning to Harrisonburg!

To dive deeper into this era of Virginia, consider signing up for the Virginia History Series, Class 2: The Founding of America Through the pre-Civil War. Members taking that class are strongly encouraged to take advantage of this trip! See pg. 9

The cost includes the entry fee, tour guide fee and bus fee. Lunch cost is on your own.



Historic Jamestowne

Thursday, May 14 | 7:00 am – 6:00 pm

Format: Trip Bus | Limit: 50 | Cost: \$87

Extensive walking is required. Most paths are pea gravel and not usable for walkers or wheelchairs. Please wear comfortable clothing suitable for hot, humid weather and walking shoes.

Historic Jamestowne is the actual site of the first permanent British settlement in North America. Now the original 22.5 acres, including the ruins of a 17th-century brick church and the archaeological sites of James Fort, are open for guests to explore year-round. On our visit, we'll begin at the visitor's center to see artifacts and remains from the original fort, while also learning about the stories - good and bad - of the people who inhabited the settlement. From there, you'll have time to explore the property and imagine what life might have been like during the height of the settlement.

To dive deeper into this era of Virginia, consider signing up for the Virginia History Series, Class 1: Early Virginia. Members taking that class are strongly encouraged to take advantage of this trip! See pg. 11

The cost includes the entry fee, tour guide fee, and bus fee. Lunch is not included. Please plan on bringing your own as the cafe is currently under construction and may not be available.

Notes

Lined area for notes.

Thank you to our community partners!



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.

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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 interpersonal 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