Welcome to the Lifelong Learning Program at East Carolina University!

Welcome to the Lifelong Learning Program at East Carolina University. As our program enters its seventh year, it is amazing to see the progress we have made. We could not have done this without the dedicated assistance of our outstanding volunteers.

As you view this catalog, we hope you are as excited about some of the changes as we are. In addition to some of the format changes, you will notice that some courses and events have been designated as “Members Only” to enhance your membership experience. Should you have any questions regarding the program, courses, trips or special events while registering, please give us a call.

As always, we thank you for your interest and participation in the Lifelong Learning Program.

We are looking forward to another fantastic semester.

Andrew Ross
Coordinator for Lifelong Learning Programs

I am pleased to welcome you to a new semester with the Lifelong Learning Program. We are committed to meeting the needs of our diverse members and participants, by offering a rich array of programs. Lifelong Learning is a place where you can embrace a vital new phase of your life, where learning opportunities never end.

I also want to thank all our volunteers from the instructors, class hosts, to committees, and all those that have focused on keeping the Lifelong Learning Program a well-greased working machine. We invite you to consider teaching or to be your innovative self by becoming a volunteer, joining the Lifelong Learning members and Community in this great program.

Together, I look forward to capturing our horizons and for being a part of East Carolina University’s Lifelong Learning Program.

Gloria Schwartz
Chair of Advisory Council

Who We Are

The Lifelong Learning Program at East Carolina University (ECU) is for adults ages 50 and above who want to continue learning in a relaxed atmosphere, without entrance requirements, exams, or grades. Our mission is to inspire, engage and serve the lifelong learning interests of individuals 50 and older in Eastern North Carolina. The Lifelong Learning Program is affordable, easy to join, and would make a great gift for a loved one.

Contact us!
Office of Continuing Studies
Self-Help Center, Suite 401
Mail Stop 514
East Carolina University
Greenville, NC 27858
(252) 328-9198
1-800-767-9111
llp@ecu.edu
www.ecu.edu/llp

Membership Benefits

• Member exclusive courses and events
• Discounted Lifelong Learning Courses
• Utilization of services at ECU Joyner and Laupus Libraries
• Discounts for certain educational, social, and cultural events on campus and around Greenville
• Discounts on Greenville Museum of Art classes
*please contact museum regarding discounts
• Membership is $40 annually
Imagining the Battle of the Atlantic off North Carolina’s Coast

About the Event
During the first six months of 1942, Hitler’s German u-boats sunk hundreds of merchant ships off the eastern seaboard of the US in an effort to shut down the supply chain to the eastern front. Often referred to as torpedo junction, the waters off North Carolina’s Outer Banks were prime hunting grounds for the German u-boats, leading to over 80 ships sunk off the coast and thousands of lives lost. In an effort to preserve this important part of our Nation’s cultural heritage, the UNC Coastal Studies Institute, in partnership with NOAA’s Monitor National Marine Sanctuary and East Carolina University, have been documenting WWII shipwrecks in an annual archaeological expedition since 2008. Over 60 WWII shipwrecks have been documented as part of this research project, capturing the state of the sites and providing baseline data for future scientific research.

John McCord
John McCord joined the UNC Coastal Studies Institute in October of 2005. Prior to this role, John served as the Education Manager at the Aquarium of the Pacific in Long Beach, California.

Date: Saturday, August 12, 2017
Time: 1:30pm–4:00pm
Code: LLPKICKFI7
Free Admission!

Location: South Central High School
570 Fordines Road
Winterville, NC 28590

Please Register by August 4, 2017 to reserve your seat!

This project is made possible by funding from SpringShire, Greenville’s newest active retirement living community.
Five Money Questions for Women
Instructor: Cantrell  Code: LLPMONEYF17  Register By: 9/8
This course will help women identify financial goals and set a strategy to achieve them. Topics covered will include the Rule of 72 (a shortcut to estimate the number of years required to double your money at a given annual rate of return), systematic investing, employer-sponsored retirement plans and IRAs as strategies for saving. Men are encouraged to attend as well!

Day  Date  Time  Location  Member  Non-Member
---  ---  ----  ------  ------  -------
Friday  9/15–9/22  10:00am–11:00am  Self Help 300 G  $15  $30

Road to Medicare
Instructor: Curran  Code: LLPROADF17  Register By: 9/15
It is important for everyone nearing Medicare eligibility to obtain accurate information for coverage and delivery options, supplemental health insurance, Medicare health plans, and prescription drug coverage. Attention to these issues will help you avoid serious costly problems. This workshop will help you map your journey to Medicare, highlighting roadblocks and warning signs along the way.

Note: If you are currently covered by the NC State Health Plan, please contact the Council on Aging at 252-752-1717 ext. 6 to meet with the Medicare Benefits Specialist individually, as opposed to signing up for this course.

Day  Date  Time  Location  Member  Non-Member
---  ---  ----  ------  ------  -------
Friday  9/22  2:00pm–4:00pm  Council on Aging  $0  $0

“Should I Stay or Should I Go?” Retirement Living Options and Decisions
Instructor: Lamphere  Code: LLPSTAYF17  Register By: 9/20
Where you live and how you live in retirement matters. Your living situation can affect your overall health, relationships with your friends and family, stress levels and ultimately your life expectancy! Ms. Lamphere will discuss the dynamics of making a decision to leave your home and ways to stay in your home. Throughout the course you will learn communication techniques with your family to have productive discussions about your retirement living choices. She will also provide pricing information on the different levels of care services available in the Eastern North Carolina area so course participants can learn more about the costs of senior living services from companion care to Life Plan Communities to Nursing Care. Course participants will enjoy a frank discussion of the different options and how to best understand the best option for themselves.

Day  Date  Time  Location  Member  Non-Member
---  ---  ----  ------  ------  -------
Wednesday  9/27  10:30am–11:30am  Council on Aging  $0  $0

“All the classes I’ve attended since the Lifelong Learning Program inception have been excellent! Each has been very interesting, informative and enlightening. the Lifelong Learning Program is a real GIFT to the Eastern NC Community. THANK YOU!!”
-Cam Scales
Foundations of Investing
Instructor: Brighton  
Code: LLPINVEF17  
Register By: 10/12
Foundations of Investing: Rules for investing - develop a strategy, choose quality investments, diversify portfolio, invest for the long term and focus on what you can control.

Stocks: The Nuts and Bolts Seminar - Teaches basic information to help investors evaluate if stocks fit into their overall strategy. Discusses common versus preferred stock, dividends, investment strategy and different ways to own stock.

An Investor's Tour of Mutual Funds: A detailed look at the features, benefits, and risks associated with mutual funds as well as a map to mutual fund selection.

Tax-free Investing: It's Not What You Make, It's What You Keep! - Overview of tax-advantage investments such as muni bonds (muni/UIT/mutual funds), IRA's (Traditional/Roth/401K/403b) and/or life insurance.

* We will also discuss and cover any questions related to Annuities*

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>10/19-11/9</td>
<td>10:00am-12:00pm</td>
<td>Self Help 100 H</td>
<td>$35</td>
<td>$50</td>
</tr>
</tbody>
</table>

Mama Didn’t Leave a List
Instructor: Alexander  
Code: LLPMAMAF17  
Register By: 11/2
This course will highlight important laws and practical considerations in estate and end-of-life care planning, as well as estate administration. We will discuss the legal documents necessary to ensure that a person's wishes regarding property distribution, financial management, health and end-of-life care are followed. From there, we will move on to property transfers, asset preservations, the creation of life estates and planning techniques that can limit financial costs and minimize emotional strain on loved ones. We will conclude by focusing on inheritance laws, the estate administration process, costs related to estate administration, basic estate taxation laws, and will also cover Medicaid recovery rules. This course is not intended as a substitute for legal advice for a particular case.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>11/9</td>
<td>2:00pm-4:00pm</td>
<td>Self Help 100 H</td>
<td>$15</td>
<td>$30</td>
</tr>
</tbody>
</table>

What Happens After the Paycheck Stops?
Instructor: Cantrell  
Code: LLPCKSTF17  
Register By: 11/29
Aimed at investors who are thinking about retiring or who have retired recently, this course will examine how to budget for retirement expenses, potential sources of retirement income and potential risks such as long term care and health care costs.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>12/6</td>
<td>1:00pm-3:00pm</td>
<td>Self Help 100 H</td>
<td>$15</td>
<td>$30</td>
</tr>
</tbody>
</table>

“I love teaching knitting and seeing the look of joy when they have completed the project.”

- Nancy Sheck
Beginning Origami (the craft of folding paper)

Instructor: Brooks
Code: LLPORGMF17
Register By: 8/21

Beginning Origami (the art of Japanese paper folding) is for students with little or no experience. The first class will start with a brief history of this craft. Students will learn basic folding techniques, how to read diagrams, and follow (printed, verbal, and visual) instructions. There will be four sessions. The first week will be focused on basic skills needed to make simple folded paper objects. Each consecutive week will involve learning more challenging skills needed to make more complex products. Students will make a minimum of two origami objects per class, more if time allows. Solid color origami paper (7”x7”) will be provided. Students may purchase fancier paper if desired. 7”x7” or larger origami paper is required. Mrs. Brooks taught art in the public schools for 30 years, and taught origami to numerous classes. She also taught origami to adult students in her home studio. This craft was always a favorite.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8/28–9/25</td>
<td>2:00pm–3:00pm</td>
<td>Council on Aging</td>
<td>$35</td>
<td>$50</td>
</tr>
<tr>
<td>(Except 9/4)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Beginners and Intermediate Memoir and Life Writing

Instructor: Schwartz
Code: LLPBMLWF17
Register By: 8/31

If you want to write your memoirs and don’t know where to start, this class is a good place to begin. We will provide ideas and tips to get you started writing stories. We will begin each class with a lesson on writing and using the elements of a story. Participants will write one story for each session and read the story to the class for feedback. It’s better than reading a book because you are creating one with pages of your life stories for generations to come. Members will receive a hard copy compilation of stories submitted for print.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every other Thursday</td>
<td>9/7–12/14</td>
<td>9:30am–12:00pm</td>
<td>Immanuel Baptist Church</td>
<td>$35</td>
<td>$50</td>
</tr>
</tbody>
</table>

Knitting A Helix Hat

Instructor: Sheck
Code: LLPKNITF17
Register By: 9/11

Grab any 3 colors of smooth worsted weight yarn (#4 on the yarn label) from your stash and we can make a hat! If you don’t have a stash call Nancy as she has plenty and is willing to give it away. Directions call for US size 6 and 8 needles. Bring your 8 stitch markers, tapestry needle, scissors and notions. You finish the hat by either a second size 8 circular needle or a set of size 8 double pointed needles. Nancy will teach both, if needed. This hat fits 19.55 inch circumference which is large child head at 18 sts/4” in stockinette stitch. Please feel free to call Nancy at (252) 258-0279 for any help securing your supplies and answering questions before the class begins.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9/18–10/9</td>
<td>10:00am–12:00pm</td>
<td>Council on Aging</td>
<td>$30</td>
<td>$45</td>
</tr>
</tbody>
</table>

Hot Process Soap Making

Instructor: Lee-Tyson
Code: LLPSOAPF17
Register By: 9/26

In this course we will explore and discuss the history of soap making and four methods of completing this task. This is a two day class. On the first day we will make a batch of unscented lye soap. The batch will require overnight curing to harden properly. On day two, students will complete the soap making process and leave with their finished product. Please wear long sleeves and closed toe shoes.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday &amp; Wednesday</td>
<td>10/10–10/11</td>
<td>9:00am–1:00pm</td>
<td>Council on Aging</td>
<td>$35</td>
<td>$50</td>
</tr>
</tbody>
</table>
Zentangle 101 Plus
Instructor: Conroy  
Code: LLPZENTF17  
Register
Zentangle is an artistic meditation that supports relaxation, focus, and inspiration. Over the past 10 years Zentangle has developed and grown worldwide. This class will work with color, shading and new patterns to create beautiful images from multiple repetitive patterns. Anyone who can hold a pen can tangle so all levels are welcome on this journey!

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10/30</td>
<td>1:00pm–4:00pm</td>
<td>Self Help 100 H</td>
<td>$15</td>
<td>$30</td>
</tr>
</tbody>
</table>

Members Only Painting Party! (Painted Peacock)
Instructor: Ross  
Code: LLPPAINTF17  
Register By: 10/25
Do you have a creative streak that you want to let loose? Join us as we take over the Painted Peacock and create our works of art. Pottery pieces, studio fees, and refreshments are included in the course price, and staff (and some stencils) will be available to assist you with your creative endeavors. Tiles that can be hung or turned into trivets, Christmas ornaments, and coffee mugs are preselected items; however, these items can be switched out with like valued items.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>11/8</td>
<td>10:00am–12:00pm</td>
<td>Painted Peacock</td>
<td>$25</td>
<td>N/A</td>
</tr>
</tbody>
</table>

“As an instructor, I have been both impressed and motivated by the interest and enthusiasm of those participating in my classes. Learning is big on the agenda of us “senior” folk!”

-Anonymous
**Talking With Your Doctor**

**Instructor:** Cashion  
**Code:** LLPTKDRF17  
**Register By:** 8/15

The “Talking With Your Doctor” presentation offers tips for how to prepare for a medical appointment, including a list of questions to ask your doctor; effectively discuss health concerns, including sensitive issues; coordinate assistance from family and friends; make decisions with the doctor about treatment; and much more. It has interactive activities to involve the audience and reinforce some of the important points in the discussion and a list of resources on health and aging.

The information in this presentation comes from the National Institute on Aging, a Federal agency that is part of the National Institutes of Health and the Department of Health and Human Services.

In addition to this presentation the instructor will also provide information about the Brody School of Medicine’s Office for Clinical Skills Assessment and Education, including ways to get involved in medical education and skill development for future Brody students.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>8/22, 9/5, 10/17</td>
<td>6:00pm–7:30pm</td>
<td>Eastern AHEC Conf. Room</td>
<td>$15</td>
<td>$30</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9/20</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Chair Yoga**

**Instructor:** Wolfe  
**Code:** LLPCYOGF17  
**Register By:** 8/29

Yoga has been shown to reduce blood pressure, improve balance, reduce stress and depression, and increase muscle strength. In this course of yoga practice we will begin each session with a warm up, followed by a series of poses designed to be gentle but effective. Each session will end with relaxation. By using the chair to assist and support our poses, we will not have to use a mat or remove our shoes, making this course ideal for those that might have trouble getting into traditional yoga poses on the floor.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>9/5–10/17</td>
<td>12:00pm–1:00pm</td>
<td>Cypress Glen Aerobics Room</td>
<td>$40</td>
<td>$55</td>
</tr>
</tbody>
</table>

**Belly Dancing**

**Instructor:** Brooks  
**Code:** LLPBDANF17  
**Register By:** 8/30

Belly dancing is an activity and an exercise class. The class will begin with basic stretching exercises, including simple yoga movements. The main portion of the class will focus on developing isolated body movements necessary to perform the dance correctly, followed by the development of traveling steps, turns, and shimmies. Veils will be incorporated. Traditional and modern Middle Eastern music will be used; basic Middle Eastern rhythms will be identified and explained.

Participants will need to wear stretchy clothes, allowing freedom of movement. The dance will be performed in bare feet or socks. Flexible dance or gymnastic shoes may be worn, if needed. Students will need a scarf that is long enough to be tied around the hips.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>9/6–11/8</td>
<td>1:00pm–2:30pm</td>
<td>Cypress Glen Aerobics Room</td>
<td>$55</td>
<td>$70</td>
</tr>
</tbody>
</table>
Living Healthy and Taking Charge
Instructors: Boushra, Choe, Freiberg  Code: LLPHLTYF17  Register By: 9/6

Visits with medical providers may become more intimidating as people age. It is sometimes difficult to find the time to ask questions regarding the maintenance of your health and well being in the physician's office. This course seeks to answer some of these questions by bringing local physicians together with eastern North Carolina residents. Topics covered will include the schedule and rationale for screening exams and important vaccinations for adults, management of risk factors for common life-threatening diseases, such as diabetes and heart disease, as well as tips for maintaining health after 50 years of age. This course's primary goal is to help you understand and take charge of your health and to encourage conversation between healthcare providers and patients.

Day  Date  Time  Location  Member  Non-Member
Tuesday  9/12–10/3  1:00pm–3:00pm  Self Help 100 H  $15  $30

Living Healthy Workshop
Instructors: Cortright, Elliott  Code: LLPLHWSF17  Register By: 9/12

The Living Healthy workshop is a structured group intervention held for 2.5 hours weekly over six weeks. This evidence-based program helps individuals with chronic health conditions learn how to: deal with frustration, pain, and isolation; maintain and improve strength and flexibility; manage medications; eat healthy and communicate effectively to family, friends, and health care providers. The class is also helpful for caregivers of people who have chronic health conditions.

Day  Date  Time  Location  Member  Non-Member
Tuesday  9/19–10/24  1:30pm–4:00pm  Council on Aging  $0  $0

Fantastic Bugs and How to Fight Them
Instructor: Boushra  Code: LLPBUGSF17  Register By: 9/29

As humans have been distracted battling each other over the centuries, bacteria and viruses have been finding nearly magical ways to thwart the fortress of the immune system and use humans to grow, thrive, and spread. This is a survey course focusing on the impact of the major emerging disease epidemics of the 20th and 21st centuries. Discussion will focus on the clever methods these pathogens use to spread across the globe, the historical and socio-political impact of these diseases, and the world's response to emerging disease. We will then use this historic context to examine today's response to the emergence of the Zika and Ebola viruses and how scientists are approaching the spread of disease in an increasingly more global world.

Day  Date  Time  Location  Member  Non-Member
Friday  10/6–10/27  10:00am–12:00pm  Self Help 100 H  $15  $30
A Matter of Balance
Instructors: Hoyt, Schwing
Code: LLPMATBF17
Register By: 10/10
A Matter of Balance is an 8 session structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn how to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors and exercise to increase strength and balance. (https://www.ncoa.org/resources/program-summary-a-matter-of-balance/)

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday &amp; Thursday</td>
<td>10/17-11/9</td>
<td>10:00am-12:00pm</td>
<td>Council on Aging</td>
<td>$0</td>
<td>$0</td>
</tr>
</tbody>
</table>

Laughter Yoga
Instructor: Jovel
Code: LLPLAYOF17
Register By: 10/20
People want to be healthy and happy. Instead they are stressed out, depressed, and feel isolated. Do you want to bring more joy and laughter into your life? Laughter Yoga is a revolutionary idea - simple and profound. An exercise routine that is sweeping the world and is a complete well-being workout. You can laugh with special guided techniques: It’s easy. Anyone can laugh for no reason without relying on humor, jokes or comedy and feel the benefits the very first session! A previous ability to do yoga is NOT required. A previous ability to laugh would be helpful - but anyone can learn. The concept of Laughter Yoga is based on scientific fact, the body cannot differentiate between fake and real laughter. Laughter lowers the level of stress hormones (epinephrine, cortisol, etc) in the blood. Join us for a fun exercise and learning experience!

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>10/27</td>
<td>9:00am-10:30am</td>
<td>Community Schools &amp; Rec.</td>
<td>$10</td>
<td>$20</td>
</tr>
</tbody>
</table>

“It has been such a pleasure to participate in the Lifelong Learning Program both as a student and instructor. It is wonderful to see so many active older adults in our community.”

- Anonymous
Story of the Prophets

Instructor: Farhadi
Code: LLPPROPF17
Register By: 8/31

This class is designed to discuss the prophets of God and why God sent many prophets and messengers. In the Holy Book Qur’an, God mentioned 25 messengers, and five of strong will. These five are Abraham, Noah, Moses, Jesus, and Muhammad (PBUH). In this class, we will review the life and mission of these five prophets, based on the Qur’anic stories.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>9/7-10/5</td>
<td>10:00am-12:00pm</td>
<td>Self Help 100 H</td>
<td>$35</td>
<td>$50</td>
</tr>
</tbody>
</table>

Born in the Appalachians- Mountain Dulcimer Music and Its People

Instructor: Galambush
Code: LLPDULCF17
Register By: 9/8

Many people have seen a Mountain Dulcimer during a vacation to the Appalachian Mountains; they may even have one displayed on the wall or discretely stored under a bed, but many are unaware of the ancestry of this uniquely American folk instrument. In addition to exploring the dulcimer’s history and how it moved from being a regional to a national instrument, the course will discuss the people involved in its development and demonstrate the music traditionally played on the Mountain Dulcimer.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>9/15</td>
<td>1:00pm-3:00pm</td>
<td>Self Help 100H</td>
<td>$15</td>
<td>$30</td>
</tr>
</tbody>
</table>

Battle of El Alamein

Instructor: Keyes
Code: LLPALAF17
Register By: 9/15

This class will examine the Allied and Axis preparations for battle; the Panzer attacks at Deir el Shein with the Eighth Army defenses; the XXX Corps directive to capture Tel el Eisa with the resulting outcomes; and the First Battle of Ruweisat Ridge with New Zealand brigades breaking through minefields to strike elements of the 15th Panzer Division. The Austrian maneuver against the Italian Tenth Division at Miteirya Ridge and the Eighth Army thrust in the second Battle of Ruweisat Ridge also will be covered. Come review the key battles of North Africa for our British Allies that spanned June through November 1942.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>9/22–9/29</td>
<td>10:00am-12:00pm</td>
<td>St. James Methodist</td>
<td>$20</td>
<td>$35</td>
</tr>
</tbody>
</table>

Military Medicine: With Emphasis on Care of America’s Soldiers On and Off the Battlefield

Instructor: Wood
Code: LLPMMEDF17
Register By: 9/27

Military medicine dates to antiquity and for centuries has dealt with the attempts to provide care to large numbers of wounded and ill soldiers and civilians in urban, rural, and remote environments. This course will discuss in brief some aspects of military medicine from the Napoleonic period and the American Civil War, with a more detailed discussion of the care of soldiers in World War II and thereafter. Particular attention will be devoted to the organization of health care for veterans since the second world war and the changing character of military injuries in the recent Middle East wars.

As illness plays a significant part in the story of military medicine, additional time will be spent on some specific diseases, particularly bubonic plague and smallpox, and on the emerging threats to our military and society by infectious diseases.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>10/4-11/8</td>
<td>6:00pm–7:30pm</td>
<td>Council on Aging</td>
<td>$45</td>
<td>$60</td>
</tr>
</tbody>
</table>
History for Lunch
Speaker: Kammerer  
Code: LLPHILUF17  
Register By: 10/4
This program is a collaboration between the Lifelong Learning Program and the Pitt County Historical Society. The speaker, Roger Kammerer, will excite attendees with Ghost Stories of Pitt County. The cost of lunch will be on your own.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>10/11</td>
<td>11:00am-1:00pm</td>
<td>Seahorse Restaurant</td>
<td>$0</td>
<td>$0</td>
</tr>
</tbody>
</table>

Holocaust History - Contemporary Lessons
Instructor: Karz-Wagman  
Code: LLPHOLOOF17  
Register By: 10/4
This course will explore Holocaust History in order to find lessons for today, such as how to effectively combat bullies, bigots (any expression of prejudice), and abusers (domestic violence), all of which are forms of corruption (abuse of power). Stories of rescuers and resisters will be retold to find inspiration to battle today’s evils. And there will be a discussion on faith after the Holocaust.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>10/11-10/25</td>
<td>1:00pm-2:30pm</td>
<td>Self Help 100 H</td>
<td>$20</td>
<td>$35</td>
</tr>
</tbody>
</table>

How We Got The Bible
Instructor: Mercer  
Code: LLPBBLEF17  
Register By: 9/28
Perhaps tucked away in the back of our minds is a simplistic notion that a long time ago the heavens opened and the Bible—King James Version, black leather binding, your name printed in gold, and a red locater ribbon—slipped out of the hands of an angel to God’s people. Of course, when we really think about it, we know it was not anything like that. It’s a much more complex—and fascinating—story.

PEN AND PAPER: Here we look at the actual mechanical process by which the various books of the Bible came into existence. Dr. Mercer will bring displays of papyri from Cairo, manufactured in the ancient way, to illustrate book-making in biblical times. And, what about the notion that the scribes made errors in copying the manuscripts? Dr. Mercer will fully explain and tell you about some of the more interesting manuscript finds.

CANON IS NOT A BIG GUN: Pious Jews and Christians wrote many books in the ancient world. Why are some in the Bible and others are not? This is the fascinating story of the selection process. And when the tabloids have a slow news day, they talk about the “lost books of the Bible.” Well, they’re not “lost.” Dr. Mercer has many of them on his library shelf. He will share with you some of the interesting stories that didn’t make it into the Bible.

TRANSLATION: Translation is a tricky business. We’ll discuss the ins and outs of this very important and complicated step in getting the Bible to our reading desk. Did Paul smoke marijuana? No, he did not. But, you might think so if you read one English translation. Should translations refer to God with masculine terminology? Dr. Mercer will give you his take on this and other controversial translation issues.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>10/12</td>
<td>3:00pm-5:00pm</td>
<td>Cypress Glen Auditorium</td>
<td>$15</td>
<td>$30</td>
</tr>
</tbody>
</table>
What Makes the South the South

Instructors: Rodabaugh, Rodabaugh  
Code: LLPSOUTHF17  
Register By: 10/9

Do you know when you’re down South? What makes the South a distinct cultural region within the USA? Is southern food part of the answer? How is “being southern” similar for such diverse groups as African Americans and Jewish Americans? How has southern culture shaped the region’s political history? Has southern distinctiveness almost faded away today? Are southerners the only group to whom “politically-correct” limitations on humor do not apply? Explore these topics and more.

Day  Date  Time  Location  Member  Non-Member
Monday  10/16-10/23  6:30pm–7:30pm  Council on Aging  $15  $30

Invasion of Grenada

Instructor: Keyes  
Code: LLPGREN17  
Register By: 11/3

This is the story of the 1983 United States led invasion of the Caribbean Island of Grenada. A former part of the United Kingdom that had gained independence in 1974 found itself under the control of the lost New Jewel Movement in 1979 with the murder of revolutionary Prime Minister Manrico Bishop in October 1983. Several members of the United Nations were opposed to the U.S. actions, including Great Britain. Watch as American military forces take over the island amid Cuban deployments and United Nations disapprovals.

Day  Date  Time  Location  Member  Non-Member
Friday  11/10–11/17  10:00am–12:00pm  St. James Methodist  $20  $35

Pox and Plagues

Instructor: Feldbush  
Code: LLPPOXF17  
Register By: 11/6

The course is designed to give you background on immunology and study two diseases that had great impacts on society: Black Plague and influenza. The Black Plague dramatically reduced the world population and retarded the intellectual and cultural development during the Middle Ages. Influenza, identified during the First World War, continues to the present time. How might these diseases provide insight into other emerging diseases such as SARS and Zika?

Day  Date  Time  Location  Member  Non-Member
Monday  11/13, 11/20  1:00pm-3:00pm  Self Help 100 H  $20  $35

Twenty-First Century North Carolina Politics In The Context of American Politics

Instructor: Eamon  
Code: LLP21PLF17  
Register By: 11/8

For many years North Carolina played a secondary role in presidential politics. That changed dramatically in 2008 when Democrat Obama narrowly won the state’s electoral votes. Trump carried the state in 2016, but few states received more attention from the candidates and the media. If the state turned purple in presidential politics, Republicans achieved unprecedented gains in state politics, notably on the legislative level, and statewide elections were as competitive as could be. We will look at the reasons for these trends and the connections between national and state politics. Class will also look at factors unique to North Carolina, and will compare the quality of current leadership to that of earlier times. Finally, where are we headed as a state and country?

Day  Date  Time  Location  Member  Non-Member
Wednesday  11/15  1:00pm–3:00pm  Self Help 100 H  $15  $30
Men's History Book Club
Instructor: Weil  Code: LLPMBKSF17  Register By: 9/4

Book group members are often women, but here’s a group for men, although women are welcome. The focus is on non-fiction books of history and historical figures. Members will choose and discuss a different book every month. You will get the chance to make new friends and discuss interesting and stimulating topics.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd Monday of Each Month</td>
<td>8/14, 9/11, 10/9,</td>
<td>1:00pm–3:00pm</td>
<td>Immanuel Baptist Church</td>
<td>$0</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>11/13, 12/11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TED (Talks) and Me
Instructor: Ross  Code: LLPTEDTF17  Register By: 8/21

The people that work with TED Talks believe passionately ideas have the power to change attitudes, lives, and ultimately, the world. TED Talks is a website that lives by their slogan “Riveting talks by remarkable people, free to the world”. We will utilize TED Talks to listen to a speaker and then discuss the topic at hand.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th Monday of Each Month</td>
<td>8/28, 9/25, 10/23</td>
<td>10:00am–12:00pm</td>
<td>Self Help 100 H</td>
<td>$0</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td>11/27</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Memoir and Life Writing
Instructor: Schwartz  Code: LLPMLWGF17  Register By: 8/21

This is an interest group for those who want to continue writing memoirs in a group setting with the opportunity to receive feedback from fellow classmates. Writing your memoirs can be a great legacy for family and friends, and can be very stimulating and reflective for the writer. Members will receive a hard copy compilation of stories submitted for print.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8/28–12/4</td>
<td>9:30am–12:00pm</td>
<td>Immanuel Baptist Church</td>
<td>$35</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Current Events
Instructor: Tyer  Code: LLPCURRF17  Register By: 9/5

The moderator will introduce various topics after which the floor will be open for discussion by all participants. Everyone is encouraged to seek supporting data in order to remain as objective as possible. Reading multiple sources on each subject will give everyone a broader view of the issues. Some topics may carry over from month to month. Share your ideas and learn from the opinions of others in the course.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Every Other Tuesday</td>
<td>9/12–12/12</td>
<td>10:00am–12:00pm</td>
<td>Sheppard Memorial Library Meeting Rm B</td>
<td>$0</td>
<td>N/A</td>
</tr>
</tbody>
</table>
Women's Book Group

Instructor: Nottingham  
Code: LLPWBSKF17  
Register By: 9/5

Have you ever read a book and longed to have someone to talk to about it? Well, here is your chance to do just that! Join this Women's Book Group, choose what you want to read, and come together to discuss a different book each month. Being part of the group gives members the opportunity to make new friends and expand the scope of your reading.

September reading: A Man Called Ove
Fredrik Backman’s novel about the angry old man next door is a thoughtful exploration of the profound impact one life has on countless others. “If there was an award for ‘Most Charming Book of the Year,’ this first novel by a Swedish blogger-turned-overnight-sensation would win hands down” (Booklist, starred review).

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd Tuesday of each month</td>
<td>9/12, 10/10, 11/14, 12/12</td>
<td>9:30am–11:00am</td>
<td>Immanuel Baptist Church</td>
<td>$0</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Meet, Greet and Eat

Instructor: Ross  
Code: LLPMEETF17  
Register By: 9/8

This group meets once per month for lunch or dinner at a local establishment. It is a great way to try new restaurants and meet new people. By registering, you will be put on the interest mailing list for the group. You will be contacted by the coordinator for the group. Meeting days and times will vary from month to month.

Note: The cost of the meal is the members responsibility. Facilitator will email date, time and location of monthly meeting at the beginning of the month.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>Once a month * Starts 9/21</td>
<td>Varies</td>
<td>Varies</td>
<td>$0</td>
<td>N/A</td>
</tr>
</tbody>
</table>

“The Lifelong Learning Program has been a lifeline to making new friends and embarking on new adventures in learning. I’ve enjoyed memoir writing, knitting, culture classes like world religions and history of the universe just to name a few. I’ve volunteered with special events and organizing the first Meet, Greet and Eat group for 5 years. It’s been my pleasure and privilege to be a “cheerleader” for the Lifelong Learning Program.”

-Charlotte Smith
A Case For Civil Disobedience
Instructor: Taylor  Code: LLPCVLDFF17  Register By: 9/1
America is a nation of laws based on a rule of law that citizens of its free society endorse and (presumably) obey. Today public violence is becoming commonplace as the Internet and traditional media sources report growing numbers of protests, resulting in destruction of property, personal injury and even death. When people dissent over injustices, is there ever a justification for civil disobedience?

Day  Date  Time  Location  Member  Non-Member
Friday  9/8–10/6  9:30am–11:30am  Self Help 100H  $25  $40

Recording Your Family History and Genealogy
Instructor: Jenkins  Code: LLPRFHGFF17  Register By: 9/7
In the first week, we will discuss the importance of researching heritage and how to properly record information. Week two will cover an introduction to familysearch.org so students can record information into their Family History site. The next class will be spent covering any questions participants may have about their sites as well as an introduction to the Family History Center. Our last class will discuss more family research, the importance of vital records and family stories, and how to make and print your own Family Booklet. Students who have their own laptop are encouraged to bring them to class as we have limited laptops available for students.

Day  Date  Time  Location  Member  Non-Member
Thursday  9/14–10/5  6:30pm–8:00pm  Self Help 100H  $35  $50

Movie and Discussion
Instructor: Jovel  Code: LLPMOVIF17  Register: 9/12
Many know the unique tragedy of this disease, but few know that Alzheimer’s is one of the most critical public health crises facing America. This powerful documentary illuminates the social and economic consequences for the country unless a medical breakthrough is discovered for this currently incurable disease.

There are now over five million Americans with Alzheimer’s disease. Because of the growing number of aging baby boomers, and the fact that the onset of Alzheimer’s is primarily age-related, the number of Americans with Alzheimer’s is projected to rise by 55% by 2030, and by 2050 the Alzheimer’s Association estimates the total number could explode to nearly 14 million.

With power and passion, Alzheimer’s: Every Minute Counts, weaves together expert commentary with compelling personal stories filmed around the country that represent previews of the future happening today.

The one-hour documentary will be followed by a discussion about how this disease has affected the participants.
Movie Description Credit: http://www.pbs.org/tpt/alzheimers-every-minute-counts/about/the-film/

Day  Date  Time  Location  Member  Non-Member
Tuesday  9/19  1:00pm–3:30pm  AsceraCare  $0  $0
Remembering When: Fire and Falls Prevention
Instructor: Hall  
Code: LLPFPREF17  
Register By: 9/21
This course provides tips for preventing falls and fires using the “Remembering When” curriculum developed by the National Fire Protection Association. Each student will leave with printed handouts with the 16 tips that will be shared as well as a gift from NFPA.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>9/28</td>
<td>2:00pm–4:00pm</td>
<td>Sheppard Memorial Library Meeting Rm B</td>
<td>$0</td>
<td>$0</td>
</tr>
</tbody>
</table>

Container Gardening: Herbs
Instructor: Garner  
Code: LLPCGGSF17  
Register By: 10/2
Do you enjoy cooking with fresh herbs, but have a tiny yard or limited space, and not sure which herbs will grow through the winter months? This class will discuss techniques, maintenance, container and herb selections and materials needed.

Note: For the second class, you will need to bring supplies to begin your own container garden. You will be given a list of essentials at the first class. Participants are responsible for the cost of additional materials.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10/9-10/16</td>
<td>10:00am–12:00pm</td>
<td>Self Help 100 H</td>
<td>$15</td>
<td>$30</td>
</tr>
</tbody>
</table>

Practical Communication Skills
Instructor: Hopkins  
Code: LLPCOMMF17  
Register By: 10/4
Are you an assertive person? Can you ask for what you need successfully? Are you afraid to speak up when you are not satisfied with the service you receive? Do you feel comfortable addressing the neighbor who just won’t stop his dog from barking? Can you stand up at a City Council meeting and state your ideas and thoughts without feeling anxious about speaking in front of a crowd?

If you want to be sure that you can communicate successfully in situations like these, then this is the course for you! Interpersonal communication skills involve speaking, listening, and non-verbal cues. This course can help you with clear speech, organizing your message effectively, being assertive instead of aggressive, listening effectively, and feeling comfortable speaking to a group.
Practical communication skills are skills you need in everyday situations.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>10/11-10/18</td>
<td>10:00am–12:00pm</td>
<td>Self Help 100 H</td>
<td>$20</td>
<td>$35</td>
</tr>
</tbody>
</table>

“Being a part of ECU’s Lifelong Learning Program is so rewarding. It provides me the opportunity to reach our senior population and spread laughter, as well as the opportunity to educate caregivers of those with Alzheimer’s disease about the importance of caring for themselves. It is such a pleasure to be a part of this program.”

-Tamyra Jovel, MSW
Meaningful Conversations Begin With “Hello”

Conversations about personal values and goals of care are the best way to ensure that your family and loved ones know what’s most important to you should they ever have to represent your preferences for you. These conversations can be challenging to start. Now there’s a tool that helps make this more comfortable and can even be fun, a game called “Hello.”

The game of “Hello” has been developed by a team using their skills in community organizing, strategic non-violence, human factors, engineering and design. The game is designed to help facilitate conversations that heal, connect, and make people whole, by uncovering the deeper meaning behind our words.

Greenville:  
Day  Date  Code: LLPMCONF17G  Register By: 10/10
Tuesday  10/17  Time  Location  Member  Non-Member
1:30pm–3:30pm  Self Help 100 H  $0  $0
Washington:  
Day  Date  Code: LLPMCONF17W  Register By: 11/1
Wednesday  11/8  Time  Location  Member  Non-Member
1:30pm–3:30pm  Washington Senior Center  $0  $0

Genealogy 101
Instructor: Tyndall  Code: LLPGENEF17  Register By: 10/18
This course will delineate how to begin searching for your ancestors, available resources at local, state and national levels, including immigration records, cemetery research, wills, estate records, land grants and deeds. We will also cover how to utilize newspapers and computer records and discuss what to do when you hit a brick wall.

Day  Date  Time  Location  Member  Non-Member
Wednesday  10/25–11/29  10:00am–11:30am  Self Help 100 H  $45  $60

Techniques for Cooking with Chocolate
Instructor: Nelson  Code: LLPCHOCF17  Register By: 10/20
This course will teach participants techniques for working with chocolate, including handling chocolate properly, melting and tempering chocolate, choosing the proper chocolate for the type of candy being made, creating flavor infusions, making molded chocolates, truffles and barks. Recipes will be provided.

Day  Date  Time  Location  Member  Non-Member
Friday  11/3  1:00pm–4:00pm  St. James Methodist  $30  $45

Preparing for Emergencies: From House Fires to Hurricanes
Instructor: Dorsey  Code: LLPPREPF17  Register By: 10/30
In this program, we will review the essentials of preparing a plan for the best possible response to a disaster. You will learn the essentials of an emergency preparedness kit for yourself, your family, and even your pet. Information will be provided on the types of emergencies that may occur where you live, work, or play. We will discuss what you can do to assist your family and community in time of an emergency. Materials will be provided on how to find needed resources in your community. Recovery is easier when you are properly prepared for an emergency.

Day  Date  Time  Location  Member  Non-Member
Monday  11/6  1:30pm–3:30pm  Self Help 100 H  $15  $30
Windows 10

Instructor: Parke

See Code Below

See Dates Below

Windows 10 is the dominant operating system for PC’s. Windows 10 is an ever-evolving operating system requiring that users update their computer frequently and their own knowledge of the operating system as frequently. This class will cover the basic operating system with an emphasis on the ‘Creators Update’ release of April, 2017. Sessions will focus on keeping your computer secure, your data private, and how to use the various features in the operating system to better enjoy your computer.

Session 1 : LLPWINDF171

Register By: 8/16

Day          Date          Time          Location       Member  Non-Member
Wednesday   8/23-9/6    10:00am-12:00pm Self Help 100 H  $35      $50

Session 2 : LLPWINDF172

Register By: 9/6

Day          Date          Time          Location       Member  Non-Member
Wednesday   9/13-9/27    1:00pm-3:00pm Self Help 100 H  $35      $50

Lights, Camera, Action: Windows Live Movie Maker Fundamentals

Instructor: Ellis

Code: LLPLITEF17

Register By: 9/14

In Lights, Camera, Action: Windows Live Movie Maker Fundamentals, participants will learn how to create movies from personal home videos, images, and still photos. This session will demonstrate how to make a movie quickly using AutoMovie, using themes, transitions, effects, and titles. The session explores how to use advanced features for formatting content and adding special effects. After creating a movie, participants will learn how to share the movie with family and friends in high definition, online or on a portable DVD player.

Topics include: Importing photos, video, and audio from a camera or other source, adding and modifying titles, trimming and splitting video clips, adjusting music volume, fading, splitting, and timing options, creating transitions between clips, panning and zooming photos, making a movie from Windows Live Photo Gallery, creating slow motion video, and saving the finished product into different formats for sharing.

Day          Date          Time          Location       Member  Non-Member
Thursday     9/21         1:00pm-3:00pm Self Help 100 H  $15      $30

“The Lifelong Learning Program has helped so much in getting my husband and I acquainted with such great people! I enjoy serving on multiple committees to help the growth of ECU’s Lifelong Learning Program. Great classes and great events!”

-Anonymous
**Somerset Plantation**

**Instructor: Ross**  
**Code: LLPEASTF17**  
**Register By: 8/29**

Somerset Place offers a comprehensive and realistic view of 19th-century life on a large North Carolina plantation. During its 80 years as an active plantation (1785-1865), hundreds of acres were converted into high yielding fields of rice, corn, oats, wheat, beans, peas, and flax; sophisticated sawmills turned out thousands of feet of lumber. By 1865, Somerset Place was one of the upper South’s largest plantations. Over the life of the plantation, three generations of owners, around 50 white employees, two free black employees, and more than 850 enslaved people lived and worked on the plantation.

The present-day historic site includes 31 of the original acres of land and seven original 19th century buildings. Visitors tour the Collins Family Home (ca. 1830) and related domestic dependencies including the Dairy, Kitchen/Laundry, Kitchen Rations Building, Smokehouse, and Salting House. An orientation and guided tour of the buildings and grounds will take about 90 minutes. Wear comfortable walking shoes and appropriate clothing.

Note: For lunch we will be dining at the Columbia Crossing restaurant, the cost of lunch will be your own. Bus pickup location will be announced closer to trip.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>9/12</td>
<td>9:00am–5:00pm</td>
<td>Somerset Plantation</td>
<td>$45</td>
<td>$60</td>
</tr>
</tbody>
</table>

**Sylvan Heights**

**Instructor: Ross**  
**Code: LLPSYLVF17**  
**Register By: 9/13**

Environmental Impacts of Wetland Restoration – Celebrate the progress of wetland restoration as you tour our native nature walkway and observe the return of native plants and animals as we discuss conservation methods. Participants will also get to see native animals and plants while learning their natural history and roles in this fragile ecosystem.

Educational Guided Tour – Join us as we guide you through continentally-themed aviaries representing over 240 species of birds from around the world. Observe birds up close as we discuss their significance in science, literature, conservation and many other ways they touch the lives of us all.

Note: Lunch will be included, bus pick up location will be announced closer to trip.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>9/27</td>
<td>9:00am–3:00pm</td>
<td>Sylvan Heights Bird Park</td>
<td>$30</td>
<td>$45</td>
</tr>
</tbody>
</table>

**North Carolina Zoo**

**Instructor: Ross**  
**Code: LLPZOOTUF17**  
**Register By: 10/12**

Located just south of Asheboro, the North Carolina Zoo is seated on a 2,200-acre tract of land in the Uwharrie Mountains. Approximately 500 acres of this property have been developed into one of the largest “natural habitat” zoos in the United States. You won’t find cages made of steel and concrete. The animals are given enclosures that mimic their natural habitats to include trees, ponds, rocks, grass and dirt. Come discover your North Carolina neighbors by interacting with some amazing bio-facts and meeting some live native wildlife.

Note: Lunch will be on your own at the zoological park. You are welcome to bring a bag lunch. Moderate amounts of walking is required. There is a minimum of 25 people for this trip. Bus pickup location will be announced closer to trip.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>10/26</td>
<td>7:00am–6:00pm</td>
<td>NC Zoo</td>
<td>$80</td>
<td>$90</td>
</tr>
</tbody>
</table>
### Fossil Exploration

**Instructor:** Powell  
**Code:** LLPFOSSF17  
**Register By:** 10/19

While it is only an hour drive from Greenville to the Aurora Fossil Museum, you will travel 28 million years back in time. George W. Powell Jr. is a local amateur paleontologist and will be leading this trip. On this trip you will see the fossil remains of creatures that lived in Eastern North Carolina including: whales, walrus, seals, sharks, stingrays, and fish. You can view Indian artifacts, learn the history of the phosphate mines, and browse the two exhibit buildings and gift shops. Later that day, the group will go to Powell’s museum. George has over 15,000 fossils on exhibit for your viewing pleasure. Some of the exhibits include whale skeletons and sharks teeth (varying up to 6.5 inches long).

Note: We will stop for lunch during the trip. The cost of lunch will be your own. If you wish to bring home some of the dirt from the Fossil Museum, bring a container with a lid. This dirt does contain micro-fossils. Our 15 passenger van will be utilized for transportation. Van pickup location will be announced closer to trip.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>11/2</td>
<td>9:00am–3:00pm</td>
<td>Aurora Fossil Museum</td>
<td>$20</td>
<td>$35</td>
</tr>
</tbody>
</table>

### Tryon Palace

**Instructor:** Ross  
**Code:** LLPTRYONF17  
**Register By:** 11/27

Step back in time as we visit Tryon Palace, North Carolina’s first State Capital. Through costumed guides living history demonstrations complete with both guided and self-guided tours, we will experience the Governor’s Palace, the Kitchen Office, John Wright Stanley House, George W. Dixon House and the gardens and grounds. We will dine for lunch at Lawson’s Landing on Tryon Palace premises and will enjoy special holiday offerings and activities that kick off at 4:30pm.

Note: There will be a considerable amount of walking for this trip. The cost of your lunch will be on your own. Bus pickup location will be announced closer to trip.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>12/9</td>
<td>9:30am – 7:00pm</td>
<td>Tryon Palace</td>
<td>$55</td>
<td>$70</td>
</tr>
</tbody>
</table>

### Community Trips

#### A New England Get-A-Way

The Pitt County Council on Aging is sponsoring a trip to Vermont from October 1st through October 6th starting at $839 per person. Trip highlights include a lunch cruise on Lake Champlain, a visit to the Von Trapp Family Inn, admission to the New England Maple Museum, a tour of the Vermont Teddy Bear Factory, a visit to Montpelier, and a tour of Ben & Jerry’s Ice Cream Factory. Package includes five nights accommodations, five breakfasts, and three dinners. To register contact the Council on Aging at 252-752-1717 ext 13.

#### Christmas in Savannah

Sponsored by the Pitt County Council on Aging, take a three day, two night trip to Savannah, Georgia from December 4th through December 6th. Prices start at $389 per person and include a Holiday Trolley Tour, a guided tour of Historic Savannah, and a presentation of the Savannah Historic Theater’s “A Christmas Tradition.” Package includes two nights hotel accommodations, two breakfasts, and two dinners. To register contact the Council on Aging at 252-752-1717 ext 13.
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>City/State/Zip</th>
<th>Primary Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aging &amp; Retirement</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Five Money Questions</td>
<td>LLPMONEYF17</td>
<td>$0</td>
<td>$0</td>
<td></td>
</tr>
<tr>
<td>Road to Medicare</td>
<td>LLPROADF17</td>
<td>$0</td>
<td>$0</td>
<td></td>
</tr>
<tr>
<td>Should I Stay or Should I Go?</td>
<td>LLPSTAYF17</td>
<td>$0</td>
<td>$0</td>
<td></td>
</tr>
<tr>
<td>Foundations of Investing</td>
<td>LLPINVEF17</td>
<td>$35</td>
<td>$50</td>
<td></td>
</tr>
<tr>
<td>Mama Didn't Leave a List</td>
<td>LLPMAMAF17</td>
<td>$15</td>
<td>$30</td>
<td></td>
</tr>
<tr>
<td>What Happens After the Pay.</td>
<td>LLPCKSTF17</td>
<td>$15</td>
<td>$30</td>
<td></td>
</tr>
<tr>
<td><strong>Creative Arts</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginning Origami</td>
<td>LLPORGMF17</td>
<td>$35</td>
<td>$50</td>
<td></td>
</tr>
<tr>
<td>Beg. and Int. Memoir Writing</td>
<td>LLPBMWF17</td>
<td>$35</td>
<td>$50</td>
<td></td>
</tr>
<tr>
<td>Knitting a Helix Hat</td>
<td>LLPKNITF17</td>
<td>$35</td>
<td>$50</td>
<td></td>
</tr>
<tr>
<td>Hot Process Soap</td>
<td>LLPSOAPF17</td>
<td>$35</td>
<td>$50</td>
<td></td>
</tr>
<tr>
<td>Zentangle</td>
<td>LLPZENTF17</td>
<td>$15</td>
<td>$30</td>
<td></td>
</tr>
<tr>
<td>Painting Party</td>
<td>LLPPAINTF17</td>
<td>$25</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td><strong>Health &amp; Wellness</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Talking With Your Doctor</td>
<td>LLPTKDRF17</td>
<td>$20</td>
<td>$35</td>
<td></td>
</tr>
<tr>
<td>Chair Yoga</td>
<td>LLPACYOGF17</td>
<td>$40</td>
<td>$55</td>
<td></td>
</tr>
<tr>
<td>Belly Dancing</td>
<td>LLPBDANF17</td>
<td>$55</td>
<td>$70</td>
<td></td>
</tr>
<tr>
<td>Living Healthy Taking Charge</td>
<td>LLPHLTYF17</td>
<td>$20</td>
<td>$35</td>
<td></td>
</tr>
<tr>
<td>Living Healthy Workshop</td>
<td>LLPHLHSWF17</td>
<td>$0</td>
<td>$0</td>
<td></td>
</tr>
<tr>
<td>Fantastic Bugs and How to Fight</td>
<td>LLPBUGSF17</td>
<td>$20</td>
<td>$35</td>
<td></td>
</tr>
<tr>
<td>A Matter of Balance</td>
<td>LLPMATBF17</td>
<td>$0</td>
<td>$0</td>
<td></td>
</tr>
<tr>
<td><strong>Health &amp; Wellness (Continued)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Laughter Yoga</td>
<td>LLPLAYOF17</td>
<td>$10</td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td><strong>History &amp; Religion</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Story of the Prophets</td>
<td>LLPPROPF17</td>
<td>$35</td>
<td>$50</td>
<td></td>
</tr>
<tr>
<td>Born in the Appalachians</td>
<td>LLPDULCF17</td>
<td>$15</td>
<td>$30</td>
<td></td>
</tr>
<tr>
<td>Battle of El Alamein</td>
<td>LLPALAF17</td>
<td>$20</td>
<td>$35</td>
<td></td>
</tr>
<tr>
<td>Military Medicine</td>
<td>LLPMMEDF17</td>
<td>$45</td>
<td>$60</td>
<td></td>
</tr>
<tr>
<td><strong>Health &amp; Wellness (Continued)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>History for Lunch</td>
<td>LLPHILUF17</td>
<td>$0</td>
<td>$0</td>
<td></td>
</tr>
<tr>
<td>Holocaust History</td>
<td>LLPHOLOF17</td>
<td>$20</td>
<td>$35</td>
<td></td>
</tr>
<tr>
<td>How We Got the Bible</td>
<td>LLPBBLEF17</td>
<td>$15</td>
<td>$30</td>
<td></td>
</tr>
<tr>
<td>What Makes the South the South</td>
<td>LLPOUTHF17</td>
<td>$15</td>
<td>$30</td>
<td></td>
</tr>
<tr>
<td>Invasion of Grenada</td>
<td>LLPGRENF17</td>
<td>$20</td>
<td>$35</td>
<td></td>
</tr>
<tr>
<td>Twenty-First Century NC Pol.</td>
<td>LLP21PLF17</td>
<td>$15</td>
<td>$30</td>
<td></td>
</tr>
<tr>
<td>Pox and Plagues</td>
<td>LLPPOXPF17</td>
<td>$20</td>
<td>$35</td>
<td></td>
</tr>
<tr>
<td><strong>Interest Groups - Members Only</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men’s History Book Club</td>
<td>LLPMBKSF17</td>
<td>$0</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>TED (Talks) and Me</td>
<td>LLPTEDTF17</td>
<td>$0</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Memoir Writing</td>
<td>LLPMLWGF17</td>
<td>$35</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Current Events</td>
<td>LLPCCURRF17</td>
<td>$0</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Women’s Book Group</td>
<td>LLPWBKSF17</td>
<td>$0</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Meet, Greet and Eat</td>
<td>LLPMEETF17</td>
<td>$0</td>
<td>N/A</td>
<td></td>
</tr>
</tbody>
</table>

Continued on Back
How Do I Register?
Registration for membership is open throughout the year to any adult aged 50 or older.

Annual membership (September 1–August 31): $40

Please enroll by the registration date listed for each course in order to ensure a seat and help us avoid course cancellations. Enrollments after registration dates will be accepted by availability.

Telephone:
(252) 328-9198
or 1-800-767-9111

Web:
www.ecu.edu/llp

Mail:
Office of Continuing Studies
East Carolina University
Self-Help Center, Suite 301
Mail Stop 514
Greenville, NC 27858-4353

Walk In:
Self-Help Center
Fourth floor, Suite 401
301 Evans Street

Refund Policy
Registrants may request a refund of a program fee by contacting the Office of Continuing Studies (OCS), at least 10 business days before the program begins. A 25% processing fee will be charged. For trips or programs that have incurred expenses well before they begin, different refund rules may apply, including a higher program withdrawal fee or no refund at all. If OCS cancels a course or event, you will be notified and given a choice of a full refund or credit toward another program within the membership period.

Cancellation Policy
The Office of Continuing Studies reserves the right to cancel any class or event due to low enrollment and to substitute faculty or make other changes, as needed. If ECU is closed due to inclement weather, Lifelong Learning Program classes will be cancelled. Phone calls and emails will be sent out as soon as the decision is made.

You may check the Lifelong Learning Program website: www.ecu.edu/llp, or call the office.

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department for Disability Support Services at least 48 hours prior to the event at 252-737-1016 (voice/TTY).

PAYMENT OPTIONS
Check # ______________
Check payable to:
East Carolina University
Please call to pay with credit card.
A Taste of India

Join us as we experience the food, culture and dance of India in one of Greenville's own authentic Indian Restaurants.

Saturday, October 14, 2017
$15 per person

Register by: 9/30
Code: LLPINDIAF17

Cinnamon Restaurant
419 Evans St, Greenville, NC
Community Happenings

2017 Road to Resources: A Guide to Services for Older Adults

Join us on the third Monday of each month as we explore the many different services and programs available to older adults in our community.

Time: 3:00pm–4:00pm
Location: Pitt County Council on Aging
4551 County Home Road
Greenville, NC 27858

Date: 9/18
10/16
11/20
12/18

Topic: Falls Prevention & Home Safety
Understanding Your Medicare Benefits
Overview of Financial Services for Seniors
Long-Term Care Ombudsman Program

Healthy Aging and Wellness Expo 2017

Save the Date!

Thursday, October 19, 2017
9:00am - 1:00pm
Greenville Convention Center

Open to the public
Health & Falls Risk Screenings
Falls Prevention Information
Exhibitors
Giveaways

Hosted by:
Pitt Aging Coalition
and
Eastern NC Falls Prevention Coalition
Call 252-328-9196 for more information

Community Happenings

Citizens Academy I

The Pitt County Sheriff’s Office (PCSO) proudly offers the Citizens Academy I for residents who desire to learn more about local law enforcement, how the PCSO promotes citizen safety and how training of the PCSO officers allows them to make split-second decisions in stressful situations. The Academy is a building block in seeking transparency in the way we operate, and through mutual understanding and cooperation allows us to continually move forward in building a safer community for future generations. The Fall 2017 classes meet on Tuesday evenings from 6:30-8:30 PM.

Date Location
Tuesday, Sept. 12 Welcome by Sheriff Elks & Tour of Court House
Tuesday, Sept. 19 Narcotics & Special Operations
Tuesday, Sept. 26 Investigation Division
Tuesday, October 3 Civil Process Services, Child Support Enforcement & Community Patrol Division
Tuesday, October 10 Forensics & Crime Scene Investigation
Tuesday, October 17 Detention Center
Tuesday, October 24 Electronic Monitoring & Communication Services
Tuesday, October 31 Court Procedures with Mock Trial
Tuesday, November 7 Community Impact & Graduation

To receive a registration form, please email kip.gaskins@pittcountync.gov or call (252) 902-2724 and provide contact information. To participate in the fall course, registration forms must be returned no later than August 23rd.
Instructor Information

**Alexander, Charlotte-Anne** practices with the law firm of Colombo, Kitchin, Dunn, Ball & Porter and focuses her practice on elder law, estate planning/administration and guardianships. Ms. Alexander is a past president of The North Carolina Association of Women Attorneys, the Pitt County/3A Judicial District Bar and Greenville Noon Rotary. She is a member of the National Academy of Elder Law Attorneys (NAELA) and currently serves on the North Carolina Bar Association’s Elder Law and Special Needs Council and as a board member of the Pitt County Council on Aging.

**Boushra, Marina** is an emergency medicine physician with an interest in medical education, primary prevention of disease, intensive care, and microbiology. She moved to Greenville in July with her wonderful fiance, Michael, who is the only person who will tolerate her rants about microbiology.

**Brighton, Casey** is a Financial Advisor with Aspect Wealth Management. He graduated from Plattsburgh State University. He holds both the Series 66 and Series 67 securities licenses and registrations, along with life insurance and long-term care insurance licenses for North Carolina. Casey has taught Lifelong Learning Courses since 2015.

**Brooks, Annette** studied Middle Eastern Folk Dance (Belly Dance) with Donna Whitley (a well-known local Belly Dance teacher and performer) for 35+ years. Annette has also taken numerous classes with other well-known national and international Belly Dancers. She has performed many times locally and regionally with Mirage (a troupe led and directed by Ms. Whitley). For the past three years, Annette has been teaching basic Belly Dancing for the Lifelong Learning Program.

**Cantrell, Jordan** is an AAMS certified Edward Jones financial advisor focusing in the areas of saving for college, retirement, and working with those with insurance and estate planning needs.

**Cashion, Molly** earned her Master’s Degree in Public Health (MPH) from East Carolina University in 2012. She also earned a Certified Health Education Specialist Certification (CHES) from the National Commission for Health Education Credentialing in 2013. Molly has served as a Gynecological Trainer and Standardized Patient Trainer at the Office of Clinical Skills since 2015.

**Choe, Ashley** is a born-and-raised Northeast Ohioan who moved to Greenville to be a resident doctor at Vidant Medical Center/ECU. She attended the University of Akron for her B.S. and M.B.A. and continued to earn an M.D. from Northeast Ohio Medical University. In her spare time she enjoys reading, working on home decor projects, making up her own dessert recipes, and wondering if she will melt during the North Carolina summer.

**Conroy, Donna** became a certified Zentangle instructor in 2008. She holds a B.A. in Photography/Media and a B.S. in Psychology from Worcester State University in Massachusetts. Her recent work has appeared in Mixed Media and Art Journals as well as having been displayed in numerous juried exhibits.

**Cortright, Lori** has lived in Greenville most of her life. She is a 1990 graduate of East Carolina University, where she has spent most of her time tutoring in Math, English, and Student Success. Lori currently is employed as an Office Manager, with the Council on Aging whose mission is to help promote healthy living and independence among older adults.

**Curran, Christal** is the Director of Aging Services at the Pitt County Council on Aging. She serves as the coordinator for the Senior’s Health Insurance Information Program and has a Master’s Degree in Social Work and Graduate Certificate in Gerontology from East Carolina University.

**Dorsey, Neil** has been an advocacy volunteer for nonprofits in Maryland and North Carolina and has been honored for his advocacy work by the American Cancer Society and American Heart Association. He has led advocacy groups and testified before local and state legislators with 25 years of advocacy experience.

**Dougherty, Vicki** is retired from Edgecombe County after working over 30 years in Adult Services and as a Hospice Program Manager. She is one of three Advance Care Planning Coordinators for Vidant Health, providing education and support to providers and communities in the Central area of the Vidant Health System.
Eamon, Tom teaches political science at ECU where he has won teaching awards. He is a specialist in American, Southern, and North Carolina politics; areas in which he has published extensively. He is the author of “The Making of a Southern Democracy, North Carolina Politics From Kerr Scott to Pat McCrory.”

Elliot, Sharon J. DHS, GCG, OTR/L, BCG, FAOTA is an occupational therapist who is currently employed by the Council on Aging as the Healthy Aging Specialist. In this position, she manages the Healthy Aging and Injury Prevention program. Dr. Elliott has presented and published nationally on a wide variety of healthy aging topics. She is a recent recipient of the Emerging and Innovative Practice Award from the American Occupational Therapy Association (AOTA) for Exemplary Gerontology Practice with an Aging Agency.

Ellis, Dr. Maureen is a tenured professor in the College of Education at East Carolina University. Dr. Ellis identifies how to use technology to improve student learning outcomes. She and her husband, Jim, share their home with their dachshund, Peyton.

Farhadi, Maliha originally from Kabul, Afghanistan, Mrs. Farhadi came to the US as a Fulbright Scholar and attended graduate school at NC State University. She has a Master's of Arts in Teaching English as a Second Language and a Master of Library Science from ECU. She worked at the Joyner Library's Circulation Department and later in the Teaching Resources Center from which she retired in 2011. Teaching foreign students and working with the public for over 36 years has given her a broad understanding of diverse populations.

Dr. Tom Feldbush spent his academic career teaching and doing research in immunology. He came to ECU as the Vice Chancellor for Research and Graduate Studies. After retiring he returned to the faculty and developed a course focusing on the impact of major epidemic events in world history.

Freiberg, Michael is a graduate of Penn State College of Medicine in Hershey, PA, and currently a 2nd year resident in ECU’s combined Internal Medicine and Pediatrics residency program. Specializing in the care of both adults and children, Dr. Freiberg’s interests include preventive medicine, global health, and the management of chronic disease, such as diabetes.

Galambush, Nancy has played the mountain dulcimer for 18 years. She is a founding member of Waterbound Dulcimers, a local dulcimer club; plays with the quartet Dolce Dulcimers and with the trio Flat Mountain Dulcimers. She recently completed Western Carolina University’s Dulcimer Teacher’s Certification through “Dulcimer U”.

Garner, Nell is a Pitt County Master Gardener, retired federal public school teacher, farm owner, and butterfly garden curator. She holds both a B.S. and M.A. Degree from East Carolina University. She has made terrariums since childhood.

Hall, Mary has a BS degree from ECU in Therapeutic Recreation. She has worked in aging services for nearly 30 years. For the past 17 years, Mary has served as the Senior Services Prevention Coordinator at Vidant Medical Center where she focuses on health education and special programming for seniors all over Pitt County. She has been trained by the National Fire Protection Association to offer the “Remembering When Program.”

Hopkins, Dr. Pamela is a Teaching Associate Professor in the School of Communication as well as the Director of the ECU Speech Communication Center, and has been with East Carolina University since 1994. She received her B.A. in Communication from Clemson, her M.A. in Speech Communication from Penn State and her Ph.D. in Technical and Professional Discourse from East Carolina University in 2010. Dr. Hopkins believes that effective communication skills are essential to success in both personal and professional lives, and is excited to share her knowledge and experience with the Lifelong Learning Program.

Hoyt, Lisa is a Physical Therapist with 34 years of clinical experience. She has worked primarily in the area of neuro rehabilitation with an emphasis on balance and fall prevention with older adults.

Infinito, Mary Lou began her career in Oncology Nursing and from there became interested and involved in many different areas of end-of-life care over the years. Mary Lou’s greatest life experience was working with Mother Teresa in Calcutta, India, where the impact of recognizing that everyone deserves to die with dignity was powerful. Mary Lou is the Advance Care Planning Outreach Coordinator for Vidant Health, working in the Southern market of the Vidant Health system.
**Jenkins, Jackie** was born and raised in Eastern North Carolina, where she met and married her husband. Together they have four children and eleven grandchildren. Genealogy is more than a hobby to Jackie; it is a passion that receives a great deal of priority in her life. She has been working on genealogy for more than 35 years, serving as a Family History Center Director for 8 years, and as a Family History Consultant for 15 years. This service has nurtured the special love that she has for her ancestors, her heritage and the desire to share that with others.

**Jovel, Tamyra** is the Family Caregiver Resource Specialist with the Mid East Commission Area Agency on Aging. She is a graduate of the School of Social Work at East Carolina University. Tamyra received her Master's Degree in Social Work and Educational Certification in Gerontology. She is a retired U.S. Army First Sergeant with extensive experience counseling soldiers and their families in times of peace and crisis. Tamyra is dedicated to providing education, support and services to caregivers in Pitt, Martin, Beaufort, Bertie and Hertford Counties.

**Karz-Wagman, Rabbi Harley** serves as the new spiritual leader of Congregation Bayt Shalom in Greenville, NC. He recently moved from the Jewish Temple in Alexandria, Louisiana, where he participated in Rotary, United Way, the Family Justice Center (Domestic Violence Coalition), the Ministers Association, and co-chaired the Alexandria Holocaust Education Committee. Rabbi Karz-Wagman has founded: Holocaust Education Committees; groups to celebrate diversity and fight prejudice; and Israel advocacy groups. He served as an activist about domestic violence; interfaith education; and United Way.

**Keyes, Gus** has an MBA-ORSA, with operations research concentrations in personnel and life cycle management of weapons systems. He served in the United States Army from 1962-1982 and was a Life Cycle Analyst. He earned three Legions of Merit, three Meritorious Service Medals, two Commendation Medals, and a Bronze Star. Gus has taught for the Lifelong Learning Program for several years.

**Lamphere, Morgan** serves as the Vice President of Marketing for Retirement Living Associates, Inc. and for the past 15 years has counseled seniors about living their best life in retirement. Ms. Lamphere has taught courses for the Cary Senior Center in Cary, NC and has spoken nationally at investment conferences about senior living services.

**Lee-Tyson, Gwendolyn** has been making soap for seven years. She is a retired middle school teacher of science, social studies, and language arts. Soap making, like many other skills, is fast becoming a dying art.

**Mercer, Dr. Calvin** is a professor in the ECU Religious Studies Program. He has studied the world religions from books and by participatory observation of many faith traditions from the inside. He is a national leader in addressing the social and religious implications of extreme human enhancement technology. He has authored three books and co-edited three books and is co-editor of the series, “Palgrave Studies in the Future of Humanity and Its Successors.”

**Nelson, Laura** is a Registered Dietitian with over 35 years experience in nutrition and public health. She retired in 2009 as a Captain in the U.S. Public Health Service, Department of Health and Human Services (DHHS) and moved to Greenville with her husband. In 2010 she launched her company, Snowflake Chocolate Truffles, which she does on a part time basis.

**Nottingham, Margaret** who has always loved to read, has been facilitating the Women's Book Club for two years. Margaret is a retired public school educator who began her career with young children and finished as a high school media coordinator.

**Parke, David** is a retired ECU lecturer that enjoys teaching photography and traveling in his free time.

**Powell Jr., George W.** has been collecting fossils for over 57 years and has around 15,000 fossils in his home museum in Greenville. He has been a volunteer for the Aurora Fossil Museum in Aurora, NC for 30 years and has donated hundreds and hundreds of fossils to museums, schools and other groups over the years. He has found some very rare fossils and had folks from all over the world come to see and study his collection.

**Rodabaugh, Rita** received her doctorate at Florida International University in psychology and higher education. As an undergraduate at ECU, she majored in psychology and anthropology. She served as a faculty member and VP for Academic Affairs at several community colleges in NC. She retired from Central Piedmont CC in 2010. Many of her publications have explored aspects of "Fairness in the Classroom."
Rodabaugh, Karl earned a PhD in history from UNC. He has been a faculty member and administrator at colleges and universities in FL and NC, including ECU. He retired in 2010 from WSSU where he was director of the Evening-Weekend College. He wrote the chapter on Richard Dobbs Spaight, Sr, which appears in UNC Press's forthcoming anthology on founders from NC.

Ross, Andrew is the Coordinator for the Lifelong Learning Programs. He received both his Bachelor and Master’s Degrees from East Carolina University and has experience in programs and organizations working with adults 50 and above.

Schwartz, Gloria currently teaches the Memoir Life Writing courses and leads the Memoir Life Writing Interest Group. She has published stories in her hometown newspaper and has written training manuals and other related materials for computers and communications. Gloria is a retired ECU instructor and has been involved with the Lifelong Learning Program for several years.

Schwing, Susan is retired after working in a variety of social work and mental health programs. After moving to Pitt County in 2000, she worked for the Center for Family Violence and most recently for the Pitt County Department of Social Services, where she worked in the CAP program for disabled adults. Susan enjoyed teaching A Matter of Balance in 2016.

Scheck, Nancy learned to knit in 2001 and has taught for Lifelong Learning for 3 years. She has taught at Jo Ann Fabrics, Oakmont Baptist Church, Memorial Baptist Church, and the Senior Center. She has won many prizes and ribbons for her knitting; American Legion Pitt County Fair, Gold, Silver and Bronze at the local Senior Games, and Silver at the Senior Games State Finals.

Taylor, Gayle “Coach” is retired after a 36-year career in industrial logistics and transportation management. Subsequently he taught a variety of business subjects at the Adult Education Department of the St. Louis Board of Education, at St. Louis University School of Management, and at Skutt Catholic High School in Omaha, Nebraska.

Tyndall, Linda is a graduate of East Carolina University with a M. S. in Biology. She was employed by Burroughs Wellcome where she met Jean Duff. Jean took courses at Brigham Young University to enable her to teach Genealogy. Linda was a pupil in her second class in 1994. After much local and state research, she traveled to Germany to look for her maternal ancestors. Linda recently taught a course at Cypress Glen, and is a member of the Greene County Family Researchers Genealogy Club.

Weil, Ted is a retired merchant who enjoys reading political histories and biographies of the United States, European and Middle Eastern countries.

Wolfe, Linda is a yoga level I and senior yoga instructor. Linda has been working with seniors for two years to assist them in increasing flexibility, balance and musculature. She has a PhD from the University of Oregon in Anthropology and 25 years of experience teaching at the university level.

Wood, Dr. William C. (Chad) is a retired Clinical Professor of the Brody School of Medicine at East Carolina University, and currently practices at the Greenville VA HCC. He retired from the Air National Guard in 2004, with the rank of Colonel while serving as the State Air Surgeon for the Tennessee Air National Guard. He worked for over 20 years in military aviation medicine and served as a flight surgeon for the First Armored Division, Ansbach, West Germany, and the 164th Airlift Wing of the Tennessee Air National Guard. He served on active duty in Europe with the US Army, on active duty with the USAF in San Antonio Texas, and with the Tennessee Air National Guard. He is a graduate of the Air War College and a lifelong avocational military historian with special interest in Middle East wars and in World War II. He lives in Greenville, North Carolina with his wife Judy, a retired Clinical Professor of Pediatrics and their pets.
### August

<table>
<thead>
<tr>
<th>Date</th>
<th>Course</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>Talking With Your Doctor</td>
<td>5</td>
</tr>
<tr>
<td>23</td>
<td>Windows 10 (Session 1)</td>
<td>16</td>
</tr>
<tr>
<td>28</td>
<td>Beginning Origami</td>
<td>3</td>
</tr>
<tr>
<td>28</td>
<td>IG: Memoir &amp; Life Writing</td>
<td>11</td>
</tr>
<tr>
<td>28</td>
<td>IG: TED (Talks) and Me</td>
<td>11</td>
</tr>
</tbody>
</table>

### September

<table>
<thead>
<tr>
<th>Date</th>
<th>Course</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Chair Yoga</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>Belly Dancing</td>
<td>5</td>
</tr>
<tr>
<td>7</td>
<td>Beginners and Intermediate Memoir and Life Writing</td>
<td>3</td>
</tr>
<tr>
<td>7</td>
<td>Story of the Prophets</td>
<td>8</td>
</tr>
<tr>
<td>8</td>
<td>A Case For Civil Disobedience</td>
<td>13</td>
</tr>
<tr>
<td>11</td>
<td>IG: Men’s History Book Club</td>
<td>11</td>
</tr>
<tr>
<td>11</td>
<td>IG: Current Events</td>
<td>11</td>
</tr>
<tr>
<td>12</td>
<td>IG: Women’s Book Group</td>
<td>12</td>
</tr>
<tr>
<td>12</td>
<td>Somerset Plantation</td>
<td>17</td>
</tr>
<tr>
<td>13</td>
<td>Living Healthy and Taking Charge</td>
<td>6</td>
</tr>
<tr>
<td>13</td>
<td>Windows 10 (Session 2)</td>
<td>16</td>
</tr>
<tr>
<td>14</td>
<td>Recording Your Family History and Genealogy</td>
<td>13</td>
</tr>
<tr>
<td>15</td>
<td>Born in the Appalachians</td>
<td>8</td>
</tr>
<tr>
<td>15</td>
<td>Five Money Questions for Women</td>
<td>1</td>
</tr>
<tr>
<td>18</td>
<td>Knitting a Helix Hat</td>
<td>3</td>
</tr>
<tr>
<td>19</td>
<td>Living Healthy Workshop</td>
<td>6</td>
</tr>
<tr>
<td>19</td>
<td>Movie and Discussion</td>
<td>13</td>
</tr>
<tr>
<td>21</td>
<td>Lights, Camera, Action: Windows Live Movie Maker Fundamentals</td>
<td>16</td>
</tr>
<tr>
<td>21</td>
<td>Meet, Greet and Eat</td>
<td>12</td>
</tr>
<tr>
<td>22</td>
<td>Battle of El Alamein</td>
<td>8</td>
</tr>
<tr>
<td>22</td>
<td>Road to Medicare</td>
<td>1</td>
</tr>
<tr>
<td>27</td>
<td>Should I Stay or Should I Go</td>
<td>1</td>
</tr>
<tr>
<td>27</td>
<td>Sylvan Heights</td>
<td>17</td>
</tr>
<tr>
<td>28</td>
<td>Remembering When: Fire &amp; Falls Prevention</td>
<td>14</td>
</tr>
</tbody>
</table>

### October

<table>
<thead>
<tr>
<th>Date</th>
<th>Course</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Military Medicine</td>
<td>8</td>
</tr>
<tr>
<td>6</td>
<td>Fantastic Bugs and How to Fight Them</td>
<td>6</td>
</tr>
<tr>
<td>9</td>
<td>Container Gardening: Herbs</td>
<td>14</td>
</tr>
<tr>
<td>10</td>
<td>Hot Process Soap Making</td>
<td>3</td>
</tr>
<tr>
<td>11</td>
<td>History for Lunch</td>
<td>9</td>
</tr>
<tr>
<td>11</td>
<td>Holocaust History</td>
<td>9</td>
</tr>
<tr>
<td>11</td>
<td>Practical Communication Skills</td>
<td>14</td>
</tr>
<tr>
<td>12</td>
<td>How We Got the Bible</td>
<td>9</td>
</tr>
<tr>
<td>14</td>
<td>A Taste of India</td>
<td>21</td>
</tr>
<tr>
<td>16</td>
<td>What Makes the South the South</td>
<td>10</td>
</tr>
<tr>
<td>17</td>
<td>A Matter of Balance</td>
<td>7</td>
</tr>
<tr>
<td>17</td>
<td>Meaningful Conversations Begin</td>
<td>15</td>
</tr>
<tr>
<td>19</td>
<td>Foundations of Investing</td>
<td>2</td>
</tr>
<tr>
<td>19</td>
<td>Living Healthy Workshop</td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>Genealogy 101</td>
<td>15</td>
</tr>
<tr>
<td>26</td>
<td>NC Zoo</td>
<td>17</td>
</tr>
<tr>
<td>27</td>
<td>Laughter Yoga</td>
<td>7</td>
</tr>
</tbody>
</table>

### November

<table>
<thead>
<tr>
<th>Date</th>
<th>Course</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Fossil Exploration</td>
<td>18</td>
</tr>
<tr>
<td>3</td>
<td>Techniques for Cooking With Chocolate</td>
<td>15</td>
</tr>
<tr>
<td>6</td>
<td>Preparing for Emergencies- From House Fires to Hurricanes</td>
<td>15</td>
</tr>
<tr>
<td>8</td>
<td>Meaningful Conversations Begin With Hello (Greenville)</td>
<td>15</td>
</tr>
<tr>
<td>8</td>
<td>Members Only Painting Party!</td>
<td>4</td>
</tr>
<tr>
<td>9</td>
<td>Mama Didn’t Leave a List</td>
<td>2</td>
</tr>
<tr>
<td>10</td>
<td>Invasion of Grenada</td>
<td>10</td>
</tr>
<tr>
<td>15</td>
<td>Twenty-First Century NC Politics</td>
<td>10</td>
</tr>
<tr>
<td>13</td>
<td>Pox and Plagues</td>
<td>10</td>
</tr>
</tbody>
</table>

### December

<table>
<thead>
<tr>
<th>Date</th>
<th>Course</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>What Happens After the Paycheck Stops?</td>
<td>2</td>
</tr>
<tr>
<td>9</td>
<td>Tryon Palace</td>
<td>18</td>
</tr>
<tr>
<td>Sunday</td>
<td>Monday</td>
<td>Tuesday</td>
</tr>
<tr>
<td>--------</td>
<td>--------</td>
<td>---------</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Sunday</td>
<td>Monday</td>
<td>Tuesday</td>
</tr>
<tr>
<td>--------</td>
<td>--------</td>
<td>---------</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Sunday</td>
<td>Monday</td>
<td>Tuesday</td>
</tr>
<tr>
<td>--------</td>
<td>--------</td>
<td>---------</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
Office of Continuing Studies
Lifelong Learning Program
Self-Help Center, 4th Floor
Office: Suite 401
Classroom: Suite 100H
301 Evans Street
Greenville, NC 27858

AseraCare
112 W Fire Tower Rd
Winterville, NC 28590

Community Schools & Rec. (Alice Keene Center)
4561 County Home Road
Greenville, NC 27858

Eastern AHEC
2600 W. Arlington Blvd
Greenville, NC 27834

Cypress Glen Retirement Community
100 Hickory Street
Greenville, NC 27858

Health Science Building
College of Nursing
Laupus Library
2100 West 5th Street
Greenville, NC 27834

Immanuel Baptist Church
1101 S. Elm Street
Greenville, NC 27858

The Painted Peacock
631 Red Banks Rd
Greenville, NC 27858

Pitt County Council on Aging
4551 County Home Road
Greenville, NC 27858

St. James United Methodist Church
2000 E. 6th Street
Greenville, NC 27858

Seahorse Restaurant
2301 Stantonsburg Rd,
Greenville, NC 27834

Sheppard Memorial Library
530 Evans Street
Greenville, NC 27858
Classes held at this location are neither sponsored nor endorsed by the Sheppard Memorial Library

South Central High School
570 Forlines Road
Winterville, NC, 28590
A parking attendant will begin handing out parking passes 15 minutes prior to the beginning of each class. Please park in the lots identified with signage as “Lifelong Learning Parking.”

*Self-Help 100H must be entered from 3rd street, not main entrance on Evans.
The Lifelong Learning Program and You!

ECU Lifelong Learning Program thrives due to the support of volunteers. Our program relies heavily on the volunteer efforts of members to keep functioning and to bring in new ideas. There are so many ways to get involved!

**Advisory Council:** Assists with developing plans and setting policies for the effective operation of the Lifelong Learning Program, in coordination with the Office of Continuing Studies staff, as well as providing guidance to the different operating committees and reviewing their work, as needed.

**Program Committee:** Helps the Lifelong Learning Program recruit new and talented instructors. This committee helps develop and evaluate on-going classes and supports our instructors.

**Special Events Committee:** Develops a variety of events to encourage our members to get to know one another and build friendships. The committee organizes social functions by planning, hosting and participating in the event.

**Marketing and Membership Committee:** Focuses on marketing, member recruiting, orientation, retention and satisfaction. Volunteers are outgoing, enthusiastic and at ease talking to individuals and groups about the Lifelong Learning Program.

**Class Host:** Serves as a class liaison throughout the semester. The hosts get the class started by introducing the instructor and making announcements. They assist the instructor by taking attendance, handing out materials, and setting up A/V or other equipment, as needed. Training is provided.

**Teach or Lead a Class:** Would you like to share a skill or special interest with our Lifelong Learning Program members and other adults? Teaching or leading a class is an exciting opportunity, and a valuable contribution to our program. If you know someone who would make a good instructor for our program please contact us. To print the class proposal form visit www.ecu.edu/llp.

To find out how you can become more involved, please call (252) 328-9198 or email us at llp@ecu.edu.

*Proposals for Spring 2018 courses are due to the Lifelong Learning Program coordinator by October 13, 2017.*

---

**Donations**

Donor Level:

- Platinum: $2,000 or more
- Gold: $1,000 - $1,999
- Silver: $500 - $999
- Friends: Up to $500

Donor Name ____________________________________________

- Check (Payable to ECU Foundation - Life Long Learning Program)
  
  Mail to: University Advancement
  
  2200 S. Charles Blvd.
  
  Greenville, NC 27858

- Credit Card (Please call University Advancement - 252-328-9550)

Lifelong Learning Program events and classes are made possible through membership, program fees, and donations. Donations to our program allow us to keep fees as low as possible.
A Special Thank You

Advisory Council
Gloria Schwartz, Chair
John Gray, Vice Chair
Linda McGehee, Secretary
Phil Bullock
Pat Chadwick
Jack Cherry
Maliha Farhadi

Dr. Regis Gilman
Karen Hillman
Ron Kemp
Alice Keene
David Parke
Andrea “Cookie” Thompson

Special Events Committee
Karen Hillman
Alicia Franco
Linda McGehee

Norma Pelleu
Charlotte Smith
Andrea “Cookie” Thompson

Program Committee
Dr. Patricia Dunn
Maliha Farhadi
Nell Garner
Woody Harton

Gloria Schwartz
Nancy Weil
Ted Weil

Marketing And Membership Committee
David L. Parke, Chair
Neil Dorsey
Andrea “Cookie” Thompson

Program Partners
AseraCare
Cypress Glen Retirement Community
ECU Academic Departments,
Joyner and Laupus Health Sciences Libraries
ECU Retired Faculty Association
Grace Martin Harwell Senior Center, Washington
Greenville Museum of Art
Immanuel Baptist Church
Mid-East Commission Area Agency on Aging
Pitt County Community Schools and Recreation Center
(Grace Martin Harwell Senior Center)
Pitt County Council on Aging-Greenville Senior Center
Sheppard Memorial Library
SilverCare
South Central High School
St. James United Methodist Church
Vidant Health

Greenville’s Newest Active Retirement Living Community.
To learn more visit SpringShire.org or call: 252-689-7913