Spring 2015 Kickoff
Stories from the Road with Scott Mason

Enrich your minds and get involved in your community by attending our Lifelong Learning Programs semi-annual Spring 2015 Kickoff Event.

The Kickoff will feature NC traveler and speaker Scott Mason. Mr. Mason will share his unique experiences traveling through North Carolina and discovering the unknown. Throughout his journey he has uncovered the who, what, when and where behind the history of North Carolina. Join us for an entertaining, educational experience as you step back in time and become engaged in the background and culture of North Carolina.

The Kickoff is Saturday, January 10th at the City Hotel and Bistro from 1:30 p.m. to 4:00 p.m. Reserve your seat by January 6th while seating is available!

Click here for more information about the Spring 2015 Kickoff.

Instructors/Volunteers Needed

Our LLP volunteers are the lifeblood of the program. The Lifelong Learning Program is looking for volunteers to serve on the program, marketing and membership development committees. To accommodate busy schedules, committee members meet no more than once a month. Click here for more information about getting started with LLP.

Living Healthy with Chronic Conditions

Many dealing with chronic illness are unaware of what steps they need to take in order to stay in their best state of mind. The instructors will cover techniques and strategies that will help you make the most of your well-being when fighting through chronic conditions. Together with those who are suffering from similar conditions, you’ll find confidence, mutual support, and knowledge to keep you performing at your best!

Click here for more information about Living Healthy with Chronic Conditions.

Membership Update

As of December 1 2014, LLP has 243 members for the Fall 2014 - Spring 2015 membership year. With the 58 classes offered this Spring, we encourage your friends and peers to join the program to expand our membership and help them experience life-enriching opportunities!
**Spring Trip- Conservators Center and Outlet Shopping**

Have you ever been up close and personal with 90 of the world’s most exotic animals? Come awaken your wild side and meet the furry residents of the Conservators Center! With the enthusiastic tour guides your trip to the Conservators Center will not be a scripted lecture, but an engaging conversation! After the tour, we will visit the Tanger Outlets for lunch and a little shopping.

Register by Tuesday, March 24th to get an experience of a lifetime from just 5 feet away! Click here for more information about the Conservators Center and Outlet Shopping.

Fee: $60 members; $80 non-members  
**Date:** Tuesday, March 31, 7:00 a.m. - 6:00 p.m.  
**Location:** Mebane, NC

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**“Keeping Your Brain Active”: Carol Hardy**

Carol Hardy who is fairly new to the area as well as the Lifelong Learning Program says, “LLP has been a great introduction to Greenville and the wonderful community!”

Carol and her husband, Tom Blount, moved to Greenville the summer of 2013 from New Bern, NC. Carol like many others new to the neighborhood wanted to explore what the community had to offer. One day searching through the ECU web page, she discovered the Lifelong Learning Program and all of the community engagement involved.

On the LLP web page, Carol found topics that have always interested her such as, arts, history and knitting. With Carol being retired, she was looking for a way to stay on her toes and continue learning. “I sort of take off on tangents and will read 3 or 4 books on a topic,” says Carol.

Being a member for the past year and a half, Carol has participated in the Rubber Stamping class and looks forward to several upcoming offerings such as, Civil War Medicine and Road to Medicare. Carol has volunteered in our office, proofreading catalogs, recording audio files for the continuing professional education courses, and creating a digital archive of course evaluations.

With her involvement, Carol has gained a wide variety of knowledge and friendships that will last a lifetime. As she explains, “The Lifelong Learning Program is a formal structure but also an attitude, and one that I enjoy.”

While the Lifelong Learning Program continues to grow, Carol is hoping to find more classes offered in the arts, targeting history and regional cultures and differences. With classes varying from entertainment to education your preferences, whatever they may be, are sure to be met!

“Learning, whether formal, informal, self directed or taught by a leader is a powerful and good thing, besides
Community Happenings
Registration for these events will not be handled by ECU LLP.
Please register through the host organization.

Arthritis Foundation Tai Chi part I & II
Learn gentle movement patterns supported by the Arthritis Foundation that have been proven to increase balance and coordination. Sign-up now for this Sun Style inspired Tai Chi class.
Fee: $8.00   Dates: Mon & Fri Jan. 23 - March 30th 12:00p.m.–1:00p.m.   Location: Alice F. Keene Park
Registration must take place at Alice F. Keene Park by January 16, 2015.

Matter of Balance
This award winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. This program utilizes coaches to teach the eight two-hour sessions.
Fee: Free   Date: Mon, March 30th-May 18th 9:30a.m.–11:30a.m.   Location: Alice F. Keene Park
Registration must take place at Alice F. Keene Park by March 20, 2015.

Save the date: 40th Anniversary Celebration Open House
Date: Thursday May 7th, 2015 1:00-3:00pm
Location: Pitt County Council on Aging, 4551 County Home Rd. Greenville, NC 27858

WE HAVE EXPANDED!
As the Lifelong Learning Program expands, our members have grown to include not only locals but commuters as well. With the large amount of members commuting to and from Greenville, we wanted to show our gratitude and make travels easier on you! Join us as our LLP has grown to these near by locations!

Tarboro
E.L. Roberson Center
305 W Baker St., Tarboro, NC 27886

Washington
Grace Martin Harwell SP Center
301 W Main St., Washington, NC 27889

Williamston
Martin Memorial Library
200 N Smithwick St., Williamston, NC 27892

For more information on classes, go on www.ecu.edu/llp. You can also find information in your local paper:
Tarboro - Rocky Mount Telegram
Washington - Daily News
Williamston - Martin Co. Enterprise
To be added to our mailing list or to register, call the LLP office at (252)328-9198.
January & February Course Calendar:

January 10  
Spring 2015 Kickoff Event  
1:30p.m.- 4:00p.m.

January 12, February 9  
IG: Men’s History Book Club  
1:00p.m.-3:00p.m.

January 13, February 10  
IG: Woman’s Book Group  
10:00a.m.-11:30a.m.

January 13, February 10  
IG: Current Events  
10:00a.m.-12:00p.m.

January 17, 24, 31  
February 7, 14, 21, 28  
Great Decisions- Greenville  
10:00a.m.- 12:00p.m.

January 22, 29  
February 5, 12, 19, 26  
Great Decisions- Williamston  
10:00a.m.- 11:30a.m.

January 22, 29  
February 5, 12, 19, 26  
Great Decisions- Washington  
2:00p.m.-3:30p.m

January 23, 30  
February 6, 13, 20, 27  
Great Decisions- Tarboro  
10:00a.m.-11:30a.m.

January 26  
February 9, 23  
IG: Memoir & Life Writing  
9:30a.m.-12:00p.m.

February 3, 10, 17, 24  
The World’s Religions Outside of Christendom  
1:00p.m.-3:00p.m.

February 3, 10, 17, 24  
Yoga for Seniors  
1:30p.m.- 2:30p.m.

February 4  
Eating Iguana in Ecuador: Living with the Chachi  
1:00p.m.-2:30p.m.

February 5, 12, 19, 26  
Belly Dancing  
2:30p.m.-4:00p.m.

February 5, 12, 19  
Beginner Knitting  
1:00p.m.-3:00p.m.

February 11, 18  
Battles of the Chosin Reservoir During the Korean Conflict  
10:00a.m.- 12:00p.m.

February 12, 26  
Beginner Memoir and Life Writing  
10:00a.m.- 12:00p.m.

February 16  
Civil War Medicine  
10:00a.m.- 12:00p.m.

February 16  
Powers of the Universe  
1:00p.m.- 3:00p.m.

February 17  
Can I Live Forever Online?  
10:00a.m.-12:00p.m.

February 21  
Sock Hop  
4:00p.m.-7:00p.m.

February 26  
Readers’ Theatre  
6:00p.m.-8:00p.m.

February 26  
Pitt County Senior Games Information  
1:30p.m.- 3:30p.m.

February 27  
Road to Medicare  
2:00p.m.-4:00p.m.

Spring Trips

March 31  
Conservators’ Center & Outlet Shopping  
7:00a.m.-6:00p.m.

April 17- April 18  
Overnight Trip- Transportation Museum & Old Salem  
Friday, April 17th at 7:30 a.m. – Saturday, April 18th at 6:30p.m.

Important: Class Dates Changed!

What They Fought For: Causes and Conduct of the Civil War  
**Dates:** April 7, 14, 21  **Time:** 2 p.m.- 4 p.m.  **Location:** Sheppard Room A

IG: Men's Book Group  
**Dates:** January 12, February 9, March 9, April 13

IG: Current Events  
**Dates:** January 13, February 10, March 10, April 14

IG: Women’s Book Group  
**Dates:** January 13, February 10, March 10, April 14