



# Lifelong Learning Program

SPRING 2022



## Thank You to Our Sponsors

The Lifelong Learning Program at East Carolina University (ECU) offers adults affordable learning experiences in a relaxed atmosphere, without entrance requirements, exams or grades. Our purpose is to connect, engage and inspire the eastern North Carolina community by providing interesting and enriching courses, workshops and lectures, stimulating speakers, enjoyable trips, and more!

Sponsors of the ECU Lifelong Learning Program reach our audience of retired community members, educators, and community influencers who are intensely loyal to community engagement, educational enrichment, and lifelong learning. Your support allows us to keep the high-quality, low-cost cultural programming vibrant and secure for the Eastern NC community!

### Platinum Sponsor

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*Surround yourself with possibility*

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# Welcome to the Lifelong Learning Program at EAST CAROLINA UNIVERSITY®!

## Greetings!

Welcome to ECU's Spring 2022 Lifelong Learning Program (LLP)! East Carolina University's motto is to serve our region; our Lifelong Learning Program serves the community by offering affordable learning experiences in a relaxing atmosphere, without entrance requirements, exams, or grades. Participants are encouraged to tap into the rich intellectual and cultural resources of the University, experts, and talented peers who are willing to share with you their expertise and valuable insight. This gateway to learning will also provide a setting for making new friends and developing new social networks with people from different walks of life.

LLP members and volunteers make this program special; we appreciate your shared time, knowledge, and enthusiasm working with our team and program. If you are not a member, we hope you will consider joining the LLP community by engaging with us through courses, volunteerism, and social networking. To that end, we have exciting courses, trips, and special events for everyone to consider. This spring we offer 26 face to face courses, two Zoom courses, and five trips and special events. Our course selection will immerse you in culture, history, science, religion, and an exciting return to creative arts to stimulate your mind and keep you engaged.

Even as we kickoff this spring semester, we are looking toward fall 2022. The continued success of our program depends on our members and volunteers participating in the courses, trips, and events we offer. Whether you have talent or interest that you would like to share as an LLP instructor; or suggestions on how to grow membership, please reach out to our team by email or phone. We encourage everyone to visit our website to make course and instructor suggestions:

[llp.ecu.edu](http://llp.ecu.edu), click **Propose a Course**.

Thank you for your continued support and engagement with this program. We look forward to being a part of your desire to never stop learning!

## Meet the Team!



**Cassandra (Cassie) Keel**  
Coordinator  
Lifelong Learning  
Program



**Annette Kariko**  
Interim Director  
Continuing Professional  
Education



**Ashley Cox**  
University Program  
Specialist



**Justin Pritchard**  
Administrative Support  
Associate

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ECU Lifelong Learning



ECULifelongLearning

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## CREATIVE ARTS

### Hot Process Soap Making

Instructor: Gwen Lee-Tyson

Code: LLPSOAPS22

Register By: 02/09/22

This course will explore and discuss the history of soap making and the four methods of completing this task. This is a two-day course. 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. **Member: \$25 / Non-Member: \$40**

Days:

Wed, Thurs

Dates:

02/16/22 & 02/17/22

Time:

9am-11am

Location:

ECU Willis Building, Conference Room/Kitchen

### Listen Up! Ways to Enhance Your Musical Experience **NEW!**

Instructor: Andrea Peters

Code: LLPLISTENS22

Register By: 03/30/22

All music has the following six components: rhythm, melody, harmony, expression, form, and tone color. This introductory course will explain how these combine to create the music that we love to experience. Our time together may spawn ideas of future classes where these can be more deeply explored and built upon, including but not limited to music history and learning to play instruments such as recorders and drums. **Member: \$10 / Non-Member: \$20**

Day:

Wednesday

Date:

04/06/22

Time:

2pm-3:30pm

Location:

ECU Willis Building, Auditorium

### Mosaic Glass with Mark **NEW!**

Instructor: Mark Rasdorf

Code: LLPMOSAICS22

Register By: 01/22/22



Join Mark Rasdorf in creating a piece of Mosaic Glass Art! Mosaic Glass Art is the decorative art of making pictures and patterns by inlaying small pieces of variously colored material. Create a special take-home project you can share with friends and family! **Member: \$50 / Non-Member: \$65**

Day:

Saturday

Dates:

01/29/22 & 02/5/22

Time:

9am-12pm & 9am-11am

Location:

ECU Willis Building, Auditorium

### Smartphone Photography **NEW!**

Instructor: Morgan Zichettella

Code: LLPSMPHOS22

Register By: 04/01/22

Capture your priceless moments. Life is fleeting, and while we cherish our memories, photography can preserve those priceless moments digitally or on paper. Technology has advanced so much that the fancy rectangle in your pocket can do more than make a call. Do you want to learn how to take better pictures with your phone? This workshop will focus on Smartphone photography, understanding composition, editing, saving, and sharing your priceless memories using one of your most accessible tools. **Member: \$20 / Non-Member: \$40**

Days:

Fri, Tue, Thurs

Dates:

04/8/22, 04/12/22, 04/14/22

Time:

9am-12pm

Location:

ECU Willis Building, Conference Room

## CULTURE & RELIGION

### *An American Sunrise*, by U.S Poet Laureate, Joy Harjo **NEW!**

Instructor: Kristin Squint

Code: LLPAMSPS22

Register By: 03/03/22



This class will discuss Creek author and U.S. Poet Laureate, Joy Harjo's collection, *An American Sunrise*. We will read poems from Harjo's book together, and then we will discuss themes such as Creek cultural traditions and the history of Indian Removal in the Southeast, as well as Harjo's position as the first Native American Poet Laureate of the United States. ECU will host Joy Harjo on **March 30, 2022**, for a reading, this class will allow attendees to explore her work in advance of her visit. Copies of *An American Sunrise* will be provided to registrants through ECU's National Endowment for the Arts Big Read grant: <https://english.ecu.edu/bigread/>.

**Member: \$10 / Non-Member: \$20**

**Day:**  
Thursday

**Dates:**  
03/10/22

**Time:**  
2pm-4pm

**Location:**  
ECU Willis Building, Auditorium

### Buddhism: An Introduction to the Buddhist Way

Instructor: Robert Bunger

Code: LLPBUDDS22

Register By: 03/01/22

Buddhism is one of the great religions and faith traditions of humankind. Founded in India about 2,500 years ago by Siddhartha Gautama, it spread through East and Southeast Asia and more recently to Europe and North America. As Buddhism has spread and developed, it has taken on a different form influenced by diverse cultures but remains fundamentally the same. Dr. Bunger will discuss the Buddhist personal spiritual path, especially the use of Buddhist saints and male and female Buddhas as inspirations and archetypes of models of the enlightened mind.

**Member: \$20 / Non-Member: \$40**

**Day:**  
Tuesday

**Dates:**  
03/8/22 & 03/15/22

**Time:**  
10am-12pm

**Location:**  
ECU Willis Building, Conference Room

### ECU Joyner Library Tour

Instructor: Heather White

Code: LLPJOYLS22

Register By: 01/25/22

Lifelong Learning members may access ECU library resources through your One Card membership benefit. Join us for a tour of Joyner Library, one of our three ECU libraries. During this tour you will see the art exhibit in the Janice Hardison Faulkner Gallery, learn more about Joyner, the music library, and Laupus Health Sciences Library in a relaxed setting. Next, you'll learn how to access the North Carolina collection, local history, and genealogy resources. Parking will be available in the parking garage (the participant cost is \$1 per hour to park). **Member: \$0 / Non-Member: \$10**

**Day:**  
Tuesday

**Date:**  
02/02/22

**Time:**  
10am-12pm

**Location:**  
Meet at ECU, Joyner Library

**Immigrant Voices: 21st Century Stories** **NEW!**

Instructor: Vivian Mott

Code: LLPIMMVS22

Register By: 03/17/22



Join us for Great Conversations about the 18 stories collected in Immigrant Voices: highlighting the complex relationships of immigrants in the United States at the beginning of the 21st century with their families, friends, new surroundings, and home countries. The authors themselves have made many of the same kinds of transitions as the characters they portray, and they offer fresh perspectives on the immigrant experience. Published by the Great Books Foundation, coedited by award-winning author Achy Obejas and cultural studies scholar Megan Bayles, this anthology addresses the perennial questions about society and the individual that the authors of the great books have pondered for centuries. **Member: \$15 / Non-Member: \$30**

Required Reading: Immigrant Voices: 21st Century Stories, purchase for \$19.95 at <https://store.greatbooks.org/immigrant-voices-21st-century-stories.html>

**Day:**

Thursday

**Time:**

10am-11:30am

**Location:**

ECU Willis Building, Auditorium

Dates: 03/24/22 & 03/31/22: Reading Topic Discussions – 04/7/22: Guest Panel Discussion

**Meet the Author of, *Outside Heaven: An Afghanistan Experience*** **NEW!**

Instructor: Susan McIntyre

Code: LLPBTOHAES22

Register By: 04/04/22



Learn about the start-up of the Afghanistan war - its people and the programs from a woman's perspective involved in humanitarian assistance. Learn of the personal and professional stresses involved in living and working in a war zone. Follow the personal journey of this North Carolina author in providing lifesaving assistance to vulnerable Afghan civilians caught in war. Each class will include a short reading from the book followed by a discussion. The discussion will be in two parts: 1) the people of Afghanistan - who they are, what they believe, and what they want, and 2) the humanitarian programs approved and funded by the USG using your tax dollars. Personal experiences will be shared; including meeting with Afghan warlords, dealing with elders who will not sit with the author, the women who suffered under the Taliban, and unexpected experiences in surprising day-to-day life.

**Member: \$20 / Non-Member: \$40**

Reading the book before class is recommended but not a requirement for participation.

<https://www.indiebound.org/indie-store-finder>

**Day:**

Monday

**Dates:**

04/11/22 &amp; 04/18/22

**Time:**

2pm-4pm

**Location:**

ECU Willis Building, Auditorium

## CULTURE & RELIGION

### Religions Of the World—And Our City

Instructor: Calvin Mercer

Code: LLPROTWS22

Register By: 01/27/22

Regardless of one's view of the validity of any single religion or religion in general, in an era of increasing globalization, it is imperative—for reasons of cultural understanding, business and economic success, conflict resolution, and others—to have an accurate understanding of the major faiths that impact people and societies around the world and, indeed, in our city. We'll look at some of the basic teachings of several major world religions and give some attention to comparing and contrasting their religious ideas. Calvin Mercer will share personal experiences and observations while studying different religions in various parts of the world, e.g., Japanese Zen Buddhist monastery, Thai Buddhist monastery, Indian Hindu ashram, Israeli Jewish retreat center, Roman Catholic Trappist monasteries around the world, and Native American Sweat Lodge. The course will address questions; Are all religions essentially the same, just "different paths to the divine"? Or, are the religions essentially different with some being right and some wrong?

Member: \$0 / Non-Member: \$0

<b>Day:</b> Thursday	<b>Date:</b> 02/03/22	<b>Time:</b> 10am-12pm	<b>Location:</b> Zoom
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### Understanding Islam

Instructor: Maliha Farhadi

Code: LLPISLAS22

Register By: 03/15/22

Learn about the religion of Islam from historic and contemporary perspectives. Participants will learn the basic terms of Islamic jurisprudence, leading them to an understanding of Islam and the beliefs and practices of Muslims. Course topics include reasons for understanding Islam, the life and ministry of Muhammad, the Qur'an, the central beliefs and principal practices, the status of women in Islam, the Muslim community in history, Muslim personal and communal life, and diversity in Islam.

Member: \$20 / Non-Member: \$40

<b>Day:</b> Tuesday	<b>Dates:</b> 03/22/22, 03/29/22, 04/5/22, 04/12/22	<b>Time:</b> 10am-12pm	<b>Location:</b> ECU Willis Building, Auditorium
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## HEALTHY AGING & RETIREMENT

### A Healthier U at Your Library

Instructors: Carrie Forbes & Jeff Coghill

Code: LLPHUYS22

Register By: 04/20/22

This workshop will introduce students to free quality consumer health resources that are available online and easily accessible through mobile devices. The course will include online in-class activities. Topics will include:

- Using an easy tool to critically evaluate the quality of health websites
- Using online health resources on a mobile browser
- The Top Ten Health, Fitness, & Nutrition Apps

**Member: \$5 / Non-Member: \$10**

<b>Day:</b> Wednesday	<b>Date:</b> 04/27/22	<b>Time:</b> 4pm-6pm	<b>Location:</b> Area Health Education Center (AHEC) - 2600 W. Arlington Blvd
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### Awareness Through Movement

Code: LLPATMOVES22

Instructors: Jennifer Lanier-Coward & Kathleen Shank

Register By: 03/17/22

Learn the importance of body awareness and how to use specific movements to aid in the journey to becoming healthier mentally, physically, and emotionally.

**Member: \$5 / Non-Member: \$10**

<b>Day:</b> Thursday	<b>Date:</b> 03/24/22	<b>Time:</b> 2pm-3pm	<b>Location:</b> ECU Willis Building, Auditorium
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### Community Resiliency Model (CRM), Increasing Wellness Skills for the Mind, Body & Spirit

Instructor: Tamra Jo Church

Code: LLPCRMS22

Register By: 02/04/22

This workshop will introduce participants to the Community Resiliency Model (CRM)<sup>®</sup>. CRM is a biological-based model of intervention based on emerging neuroscience that is easily accessible, affordable, and adaptable to all audiences. Applying CRM proactively with a community that is chronically stressed can alleviate symptoms of chronic stress placing the community and its members in a better position to increase their resiliency. There is substantial and growing evidence for the efficacy of CRM in reducing anxiety, depression, and somatic symptoms. Come ready to learn wellness skills to reset the natural balance of the nervous system to bring a sense of calm to the mind, body, and spirit. **Member: \$10 / Non-Member: \$20**

<b>Day:</b> Friday	<b>Date:</b> 02/11/22	<b>Time:</b> 10am-11am	<b>Location:</b> ECU Willis Building, Auditorium
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## HEALTHY AGING & RETIREMENT

### Family Caregiver Movie and Discussion: *The Father*, with Anthony Hopkins

Instructor: Tamyra Jovel

Code: LLPMOVIES22

Register By: 03/25/22

This program will feature, *The Father*, followed by a moderated discussion addressing questions related to the story, caregivers, and sharing experiences.

Anthony Hopkins, is 80, mischievous, living defiantly alone and rejecting the carers that his daughter, Anne, encouragingly introduces. Help becomes a necessity for Anne; she can't make daily visits anymore and Anthony's grip on reality is unraveling. As we experience the ebb and flow of his memory, how much of his own identity and past can Anthony cling to? How does Anne cope as she grieves the loss of her father, while he still lives and breathes before her? *The Father* warmly embraces real life, through loving reflection upon the vibrant human condition; heart-breaking and uncompromisingly poignant -- a movie that nestles in the truth of our own lives.

Led by stellar performances and artfully helmed by writer-director Florian Zeller, *The Father* presents a devastatingly empathetic portrayal of dementia. With Anthony Hopkins (Academy Award Winner) and Olivia Colman delivering some of the best work of their careers, *The Father* does a heartbreakingly effective job of realistically depicting dementia. **Member: \$0 / Non-Member: \$0**

<b>Day:</b> Friday	<b>Date:</b> 04/01/22	<b>Time:</b> 1pm-4pm	<b>Location:</b> ECU Willis Building, Auditorium
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### Foundations of Investing

Instructors: Joe Chrobak & Edward Jones

Code: LLPFDINVS22

Register By: 04/12/22

Foundations of Investing is an educational program for individuals who want an overview of investing, including key terms and investment types. This course will cover the basic features of stocks, bonds, and mutual funds and the importance of asset allocation.

**Member: \$10 / Non-Member: \$20**

<b>Day:</b> Tuesday	<b>Date:</b> 04/19/22	<b>Time:</b> 5:30pm-7pm	<b>Location:</b> ECU Willis Building, Auditorium
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### Good Health at Any Age

Instructor: James C. Woodley

Code: LLPGHAAS22

Register By: 03/21/22

This course will address and identify health issues and what can be done to improve one's health. The course will cover how health issues can be gender-specific; how age, body type, diet, and race can impact one's health; and how low-impact exercise, positive thinking, and relaxing activities can improve a person's health. Before the class, the instructor will prepare a survey for participants to complete to ensure specific issues may also be addressed. Class participants, can be placed on a list to receive health information periodically and will be provided with information for national organizations that support health improvement ideas and actions, and form an accountability group that will provide support to each other as we move towards a healthier lifestyle.

**Member: \$15 / Non-Member: \$30**

<b>Day:</b> Monday	<b>Date:</b> 03/28/22	<b>Time:</b> 2pm-4pm	<b>Location:</b> ECU Willis Building, Auditorium
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## Healthy Living for Your Brain and Body: Tips from the Latest Research

Instructor: Alzheimer Association

Code: LLPHLBBS22

Register By: 04/15/22



At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. This workshop covers four areas of lifestyle habits that are associated with healthy aging: cognitive activity, physical health and exercise, diet and nutrition and, social engagement. In each area, we will discuss what we know, drawing on current research, as well as what we can do - steps to take now to improve or maintain overall health in each area.

**A healthy boxed lunch will be provided by NC Coop Extension and Alzheimer Association. Member: \$10 / Non-Member: \$20**

**Day:**  
Wednesday

**Date:**  
04/22/22

**Time:**  
9am-11:00am

**Location:**  
ECU Willis Building, Auditorium

## Join the Team for Fun and Fitness... Greenville-Pitt County Senior Games

Code: LLPGPSGS22

Instructors: Alice F.Keene & Jennifer Lanier-Coward

Register By: 02/02/22

Explore the many benefits of participating in the Senior Games program beginning with Local Games, then on to State, and National competition. With over twenty-five sports and recreation events and SilverArts; Senior Games is a year-round health promotion and wellness education program for adults 50 years of age and better. From badminton to bowling, to pickleball and the FunWalk, there is something for everyone. SilverArts, "a celebration of the creative Spirit" is also a major component of Senior Games and includes; performing arts, visual arts, heritage arts, literary arts, and cheerleaders. Learn how the holistic approach of Senior Games is helping seniors keep their body, mind, and spirit fit while enjoying the company of friends, family, spectators, and volunteers. **Member: \$0 / Non-Member: \$0**

**Day:**  
Wednesday

**Date:**  
02/09/22

**Time:**  
10am-11:30am

**Location:**  
ECU Willis Building, Conference Room

## Retirement Financial Management Webinars

Instructor: Cecilia Fields

Code: LLPRFMWS22

Register By: 02/23/22

How do we financially prepare for retirement? How do we develop an understanding for how much money is needed at retirement? This webinar will discuss the sources that will replace your income and teach you to understand the tax advantages of contributing Roth and pre-tax, your investment options, and market volatility. Learn about the financial possibilities you have to prepare you for retirement! **Member: \$0 / Non-Member: \$0**

**Day:**  
Wednesday

**Dates:**  
03/2/22, 03/9/22, 03/16/22

**Time:**  
2pm-3pm

**Location:**  
Zoom

## HEALTHY AGING & RETIREMENT

The Basics of Smart Estate Planning,  
When You Should Start & What You Should Do

Code: LLPBSEPS22  
Register By: 03/10/22

Instructors: Charlotte-Anne T. Alexander, Sponsored by Colombo Kitchin

We will discuss what elements each of us needs to consider with our estate planning at various stages of our life, as well as what documents we need, what each document should accomplish, and smart ways to save time, money, and stress in the process. This class will focus on factors to consider in deciding what documents you may need and how best to preserve and promote the wishes and assets of your estate. **Member: \$0 / Non-Member: \$0**

Day:	Date:	Time:	Location:
Thursday	03/17/22	2pm-3:30pm	ECU Willis Building, Conference Room

## HISTORY, SCIENCE & GOVERNMENT

History of Redevelopment Activities in Uptown Greenville

Instructor: Merrill Flood

Code: LLPREDEVS22

Register By: 02/04/22

Come and join us to learn about the redevelopment history of Downtown Greenville! This program summarizes the redevelopment activities in Greenville's Downtown from 1962-to present day and demonstrates connective threads to the new ECU Research and Innovation Campus network. Participants will leave with an increased knowledge of the history, processes, challenges, and future of Greenville's Uptown areas. **Member: \$0 / Non-Member: \$15**

Day:	Date:	Time:	Location:
Monday	02/07/22	9am-11am	ECU Willis Building, Conference Room

Hurricane Preparedness

Instructor: Erik Heden

Code: LLPHURPS22

Register By: 04/30/22

This presentation will explore hurricane impact on Eastern North Carolina with a brief history of hurricanes in our area. We will review why residents should avoid focusing on the storm category because the category scale does not consider other potentially deadly hazards such as storm surge, rainfall flooding, and tornadoes. We will explore the topic of hurricane path tracks and what they help you determine and, the various impacts tropical cyclones can bring. We will also provide a hurricane outlook for the year, emphasizing that it only takes one storm to make an impact on your life! The class will end with a Q&A session. Presented by a National Weather Service meteorologist.

**Member: \$0 / Non-Member: \$0**

Day:	Date:	Time:	Location:
Tuesday	05/03/22	6pm-7pm	To Be Determined

# HISTORY, SCIENCE & GOVERNMENT

## Introduction to Climate Change

Instructor: James C. Woodley

Code: LLPINCCS22

Register By: 02/25/22

This course will provide participants with introductory information on climate change. It will address the science, impacts, and the potential solutions. Climate change is happening now, the impacts are regional, national, and global. For example, coastal area flooding, wildfires, drought, hurricanes, and tornado events are happening more frequently and with more intensity than previously recorded. These environmental changes affect animal and plant species some of which are threatened worldwide. The course will outline who and/or what is impacted most, what governments are doing successfully, and where there should be improvements in addressing these impacts. The course will also outline what we all can do to help reduce climate change. **Member: \$20 / Non-Member: \$40**

<b>Day:</b> Friday	<b>Dates:</b> 03/4/22 & 03/11/22	<b>Time:</b> 2pm-3:30pm	<b>Location:</b> ECU Willis Building, Conference Room
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## Voter and Election Security in North Carolina

Instructor: Dave Davis

Code: LLPVESECS22

Register By: 01/20/22

This course will describe and provide an overview of the strategies used in voting and elections in North Carolina to prevent voting fraud. Some of the questions that will be answered in this presentation will include: How are County Boards and the State Board of Elections selected? What are their responsibilities? What is an observer? How are they selected? What prevents dead people or non-citizens from voting? What prevents individuals from voting twice? What prevents votes being brought in illegally? Who and how are precinct workers at polling places selected? What is their training? What is and is not connected to the internet? How are the cyber-connections secured? How are voting machines determined to be accurate? How secure are absentee ballots? **Member: \$0 / Non-Member: \$0**

<b>Day:</b> Thursday	<b>Dates:</b> 01/27/22	<b>Time:</b> 2pm-4pm	<b>Location:</b> ECU Willis Building, Auditorium
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## MEMBERS ONLY

### Memoir Writing (Monday)

Instructor: Gloria Schwartz

Code: LLPMLWG1S22

Register By: 01/24/22

Memoir writing can be a gift for both you and your family. This interest group meets every other week and each time we meet, we will read and discuss your story. Come receive feedback from others in the group, and be given a lesson and prompts to help with your writing. Some writers may just be beginning, while others may have years of experience. All are welcome to come and share their stories, continue to learn, and be with others that have similar interests in writing their memoirs and sharing stories. **Member: \$35 (Members Only)**

<b>Day:</b> Monday	<b>Dates:</b> 01/31/22, 02/14/22, 02/28/22, 03/14/22, 03/28/22, 04/11/22, 04/25/22	<b>Time:</b> 9:30am-11:30am	<b>Location:</b> ECU Willis Building, Conference Room
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### Memoir Writing (Tuesday)

Instructor: Gloria Schwartz

Code: LLPMLWG2S22

Register By: 01/25/22

Memoir writing can be a gift for both you and your family. This interest group meets every other week and each time we meet, we will read and discuss your story. Come receive feedback from others in the group, and be given a lesson and prompts to help with your writing. Some writers may just be beginning, while others may have years of experience. All are welcome to come and share their stories, continue to learn, and be with others that have similar interests in writing their memoirs and sharing stories. **Member: \$35 (Members Only)**

<b>Day:</b> Tuesday	<b>Dates:</b> 02/01/22, 02/15/22, 03/01/22, 03/15/22, 03/29/22, 04/12/22, 04/26/22	<b>Time:</b> 1:30pm-3:30pm	<b>Location:</b> ECU Willis Building, Conference Room
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### Women's Book Club

Instructor: Linda Mayne

Code: LLPWBKSS22

Register By: 01/25/22

Attention all book-lovers! 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 and come together to discuss a different book each month. Being part of the group allows members to make new friends and expand the scope of their reading. **Member: \$0 (Members Only)**

<b>Day:</b> Tuesday	<b>Dates:</b> 02/01/22, 03/01/22, 04/05/22	<b>Time:</b> 9:30am-11am	<b>Location:</b> ECU Willis Building, Conference Room
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## TECHNOLOGY

### How Wireless Internet Works in Your Home

Instructor: Richard Langley

Code: LLPWIRES22

Register By: 03/11/22

With a growing number of internet-connected devices in our homes, WiFi is a vital piece of technology that keeps us connected. In this course, we will go over how the internet in your home works, the differences between providers, how to get a better connection, and, best of all, hidden ways to save money that your internet provider doesn't want you to know. Once finished, we will leave some time for a brief question and answering session on any tech-related questions. We are excited to pass this information along and hope to see you! **Member: \$10 / Non-Member: \$20**

Day:

Friday

Date:

03/18/22

Time:

10am-11am

Location:

ECU Willis Building, Auditorium

### Smartphone Photography

Instructor: Morgan Zichettella

Code: LLPSMPHOS22

Register By: 04/01/22

Capture your priceless moments. Life is fleeting, and while we cherish our memories, photography can preserve those priceless moments digitally or on paper. Technology has advanced so much that the fancy rectangle in your pocket can do more than make a call. Have you wanted to learn how to take better pictures with your phone? This workshop will focus on Smartphone photography, understanding composition, editing, saving, and sharing your priceless memories using one of our most accessible tools. **Member: \$20 / Non-Member: \$40**

Days:

Fri, Tue, Thurs

Date:

04/08/22, 04/12/22, 04/14/22

Time:

9am-12pm

Location:

ECU Willis Building, Conference Room

## SPECIAL EVENTS & TRIPS Register early, our trips and special events sell out fast!

### Lunch & Learn, MIND Plate: Is Your Food Helping or Hurting Your Memory?

Instructor: Kathryn Kolasa

Code: LLPMINDS22

Register By: 03/16/22

We will share a few comments about what you eat and drink that could hurt or help the memory—including dietary supplements. We will describe the evidence-based MIND eating approach (a combination of DASH and Mediterranean) and why we think following the MIND might help if you are concerned about memory loss, heart disease, or inflammation. We will help you know how to change your diet to follow the MIND. The closer you follow the plan, the greater the benefit. It's great for those who just want to stay healthy as they age. The second hour will be an informal discussion with Q&A. We will help you set a SMART goal and answer your questions. You will take home a colorful handout showing the MIND plate. **Lunch will be provided. Member: \$25 / Non-Member: \$25**

Day:

Wednesday

Date:

03/23/22

Time:

11am-1pm

Location:

ECU Willis Building, Auditorium



**SPECIAL EVENTS & TRIPS** Register early, our trips and special events sell out fast!

**Discover the North Carolina Pottery Center & Seagrove Area Potters**

**Instructor:** Seo Eo **Code:** LLPDPCS22  
**Register By:** 04/22/22

Join us for a chance to experience the 200-year-old history, heritage, and ongoing tradition of pottery making in Seagrove, North Carolina! Nestled in the countryside of NC you will find the largest concentration of working potters in the United States. This day trip will start with a visit to the dynamic and engaging North Carolina Pottery Center where we will learn about the history of Seagrove, followed by lunch (lunch is not included in the trip cost). After lunch we will make exclusive visits to popular Seagrove Potters' studios. All stops are designed to show the broad range of pottery produced in Seagrove, from traditional to contemporary and from practical to whimsical. **This day trip will include a full itinerary from 7:00am-7:00pm, bus transportation included!** You'll be glad you came, and we know you'll want to go back!

**Member: \$70 / Non-Member: \$85**

If North America has a 'pottery state' it must be North Carolina...  
"There is probably no other state with such a highly developed pottery-consciousness."

-Wood-Fired Stoneware and Porcelain,  
Pennsylvania potter Jack Troy

<b>Day:</b>	<b>Date:</b>	<b>Time:</b>	<b>Location:</b>
Friday	04/29/22	7:15am-7:30pm	Meet at the Willis Building



Photos From: Randolph County TDA,  
[www.HeartofNorthCarolina.com](http://www.HeartofNorthCarolina.com)

**The Elizabethan Gardens & Manteo, NC**

**Coordinator:** Cassie Keel **Code:** LLPEGJPS22  
**Register By:** 03/18/22

Join us on a beautiful trip to the Elizabethan Gardens just outside of Manteo, NC. Our group will enjoy a 1.5 hour private tour through one mile of dapple-shaded, paved paths. The tour includes an overview of seasonal plants in bloom and the history of the Elizabethan Gardens. This tour has a mild pace with plenty of time to enjoy the scenery, take photos, and ask questions without being rushed. We will have plenty of time to visit the Royal Exchange Gift Shoppe before we depart.

After the garden tour, we will enjoy lunch at a local establishment (lunch is not included in the trip cost) After lunch we will spend time exploring downtown Manteo enjoying the views and shops. **This day trip includes bus transportation, departing from ECU Willis building at 8:00am and returning by 5:00pm. Member: \$50 / Non-Member: \$60**

<b>Day:</b>	<b>Date:</b>	<b>Time:</b>	<b>Location:</b>
Friday	03/25/22	8am-5pm	Meet at the Willis Building







## Lunch & Learn, Preparing for the Road Ahead: Keeping You in the Driver's Seat

**NEW!**

Instructor: Anne Dickerson  
Register By: 04/21/22

Code: LLPPFRAS22

One lesson learned from the pandemic is that we need to engage with others and socialize within our community! Community mobility is critical for our quality of life and independence. In eastern North Carolina, that typically means getting around by personal vehicle. While research clearly shows that older drivers are generally safe drivers, the crash statistics do show that fatalities and serious injuries do increase after 75 years of age. The issue is that it is not age, but functional abilities that determine fitness to drive. Thus, just as we plan for changes in our homes and lifestyles, we may need to plan for changes in our driving options. This session will discuss strategies to 1) prolong your driving lifespan, 2) use technology to promote driver safety, 3) plan for maintaining autonomy, 3) and determine when it is time to begin a transition to being a passenger. This lunch and learn will highlight options to keep you in the driver's seat, even if you are not the one driving! Lunch will be provided. **Member: \$20 / Non-Member: \$20**

Day:	Date:	Time:	Location:
Monday	04/28/22	11am-1pm	To Be Announced



## North Carolina Museum of History, Raleigh

Coordinator: Cassie Keel  
Register By: 02/18/22

Code: LLPHMSBS22

Would you like to immerse yourself in NC History? Join the Lifelong Learning Program for a trip to the NC Museum of History in Raleigh. Our group will receive a private Speakers Bureau lecture from the **Change Makers** collection with a deep dive into the life and works of **Master Craftsman, Thomas Day**. You'll also have time to visit exhibits like, *Answering the Call: Experiences of NC's Military Veterans*, and *the Story of North Carolina*, just to name a few. Before returning to Greenville, we will enjoy lunch at one of the local restaurants (lunch is not included in the trip cost). This day trip includes bus transportation, departing from ECU Willis building at 8:30am and returning by 4:00pm. **Member: \$45 / Non-Member: \$60**

Day:	Date:	Time:	Location:
Friday	02/25/22	8:30am-4pm	Meet at the Willis Building



## Month at a Glance

# JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01
02	03	04	05	06	07	08
09	10	11	12	13	14 LLP Membership & Registration Kickoff	15
16	17 ECU CLOSED State Holiday	18	19	20	21	22
23	24	25	26	27 Voter & Election Security in NC 2-4pm	28	29 Mosaic Glass with Mark 9am-12pm
30	31 Memoir Writing 9:30-11:30am					

# FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01 Memoir Writing 1:30-3:30pm	02 ECU Joyner Library Tour 10am-12pm	03 Religions of the World & Our City 10am-12pm	04	05 Mosaic Glass with Mark 9-11am
06	07 History of Redevelopment Activities in Uptown Greenville 9-11am	08	09 Pitt County Senior Games Info Session 10-11:30am	10	11 Community Resiliency Model (CRM), Increasing Wellness Skills for the Mind, Body & Spirit 10-11am	12
13	14 Memoir Writing 9:30-11:30am	15 Memoir Writing 1:30-3:30pm	16 Hot Process Soap Making 9-11am	17 Hot Process Soap Making 9-11am	18	19
20	21	22	23	24	25 <b>TRIP:</b> NC History Museum 8:30am-4pm	26
27	28 Memoir Writing 9:30-11:30am					

## Month at a Glance

# MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>01</b> Women's Book Club 9:30-11am Memoir Writing 1:30-3:30pm	<b>02</b> Retirement Financial Workshop 2-3pm	<b>03</b>	<b>04</b> Introduction to Climate Change 2-3:30pm	<b>05</b>
<b>06</b>	<b>07</b>	<b>08</b> Buddhism 10am-12pm	<b>09</b> Retirement Financial Workshop 2-3pm	<b>10</b> An American Sunrise 2-4pm	<b>11</b> Introduction to Climate Change 2-3:30pm	<b>12</b>
<b>13</b>	<b>14</b> Memoir Writing 9:30-11:30am	<b>15</b> Buddhism 10am-12pm Memoir Writing 1:30-3:30pm	<b>16</b> Retirement Financial Workshop 2-3pm	<b>17</b> The Basics of Smart Estate Planning 2-3:30pm	<b>18</b> How Wireless Internet Works 10-11am	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> Understanding Islam 10am-12pm	<b>23</b> MIND Plate: Is Your Food Helping or Hurting Your Memory? 11am-1pm	<b>24</b> Immigrant Voices 10-11:30am Awareness Through Movement 2-3pm	<b>25</b> <b>TRIP:</b> Elizabethan Gardens & Manteo 8am-5pm	<b>26</b>
<b>27</b>	<b>28</b> Memoir Writing 9:30-11:30am Good Health at Any Age 2-4pm	<b>29</b> Understanding Islam 10am-12pm Memoir Writing 1:30-3:30pm	<b>30</b>	<b>31</b> Immigrant Voices 10-11:30am		

# APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01 Family Caregiver Movie 1-4pm	02
03	04	05 Women's Book Club 9:30-11am Understanding Islam 10am-12pm Memoir Writing 1:30-3:30pm	06 Listen Up: Ways to Enhance Your Musical Experience 2-3:30pm	07 Immigrant Voices 10-11:30am	08 Smartphone Photography 9am-12pm	09
10	11 Women's Book Club 9:30-11:30am Meet the Author of Outside Heaven, An Afghanistan Experience 2-4 pm	12 Smartphone Photography 9:30-11am Understanding Islam 10am-12pm Memoir Writing 1:30-3:30pm	13	14 Smartphone Photography 9am-12pm	15 ECU CLOSED State Holiday	16
17	18 Meet the Author of Outside Heaven, An Afghanistan Experience 2-4pm	19 Foundations of Investing 5:30-7pm	20	21	22 Healthy Living for your Brain & Body 9am-11am	23
24	25 Memoir Writing 9:30-11:30am	26 Memoir Writing 1:30-3:30pm	27 A Healthier U @ Your Library 4-6pm	28 Preparing for the Road Ahead: How to Keep You in the Drivers Seat 11am-1pm	29 TRIP: Seagrove Pottery 7:15am-7:30pm	30

# MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04	05 Hurricane Preparedness 6-7pm	06 Commencement!	07

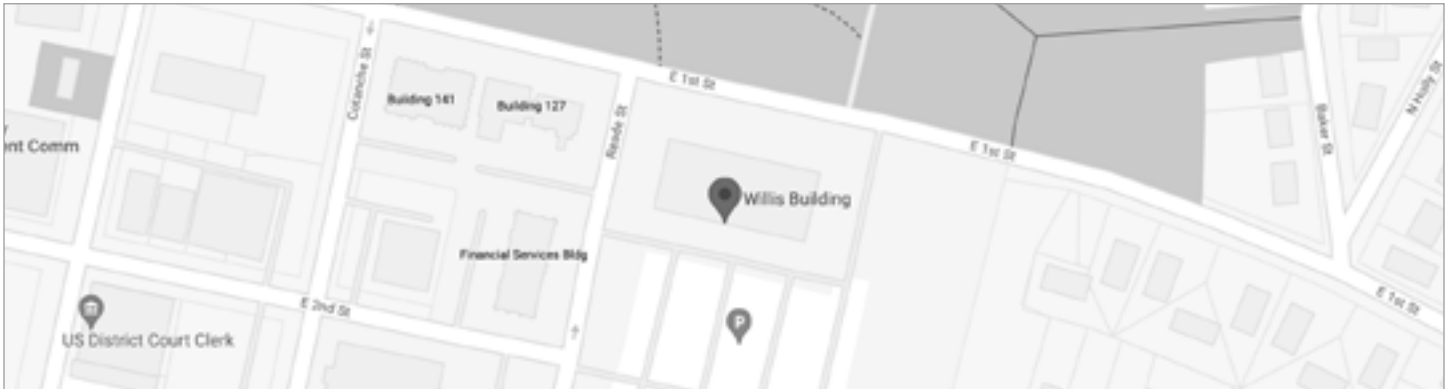
## Class Locations & Parking Information

### Zoom Courses

Registrants will receive an email from LLP the week the course starts which will include login instructions and a link to the Zoom meeting.

### Willis Building on ECU's Campus

Please park in the Willis Building parking lot and enter building on the side closest to the parking lot. Parking is free.

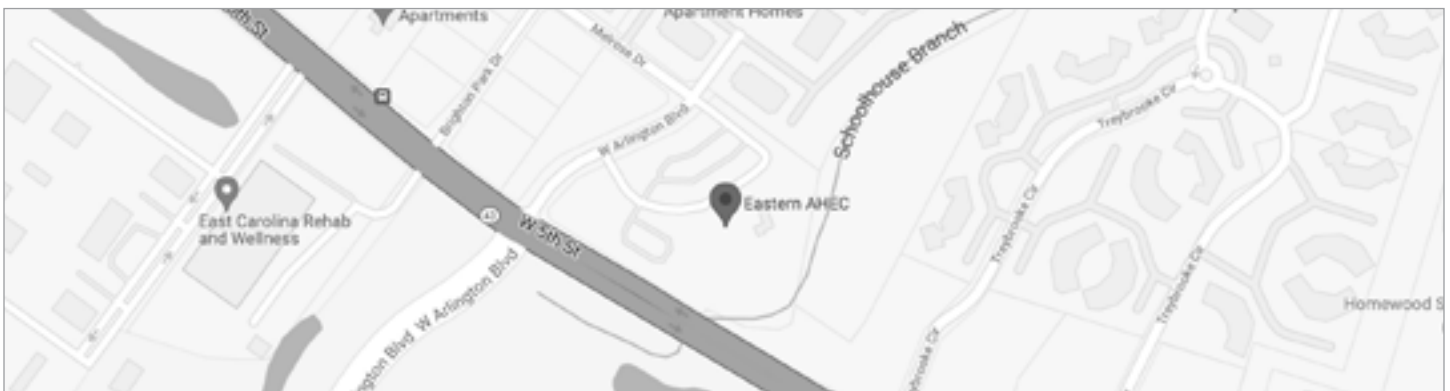


### Joyner Library

Parking is available in the parking garage. \$1 per hour to park.



### Area Health Education Center (AHEC)



## A Special Thank You!

### Curriculum Committee

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Patricia Dunn	Vivian Mott
Maliha Farhadi	Gloria Schwartz
Barbara Glatthorn	Patricia Teasdale
Tamyra Jovel	Nell Garner

### Program Partners

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The Alzheimer's Association  
Edward Jones  
Greenville Recreation and Parks Department  
Mid-East Commission Area Agency on Aging  
National Weather Service Weather Forecast Office,  
Newport/Morehead City, NC  
NC Cooperative Extension

### Events Committee

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Mary Hall	Andrea "Cookie" Thompson
Alice Keene	Jill Schaller

### Instructors/Coordinators

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Charlotte-Anne T. Alexander	Richard Langley
Robert Bunder	Jennifer Lanier-Coward
Joe Chrobak	Gwen Lee-Tyson
Jeff Coghill	Linda Mayne
Dave Davis	Susan McIntyre
Anne Dickerson	Calvin Mercer
Seo Eo	Vivian Mott
Maliha Farhadi	Mark Rasdorf
Cecilia Fields	Gloria Schwartz
Merrill Flood	Kathleen Shank
Carrie Forbes	Kristin Squint
Erik Heden	Brooke Valley
Tamra Jo	Heather White
Tamyra Jovel	James C. Woodley
Alice F. Keene	Morgan Zichettella
Kathryn Kolasa	



To view instructor bios, visit [LLP.ECU.EDU](http://LLP.ECU.EDU)

## The Lifelong Learning Program & You!

The Lifelong Learning Program thrives due to the support of volunteers and members. 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!

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### Join a Committee

Would you like to join a committee? Tell us about yourself; why would you like to be involved and how would you like to contribute to the program?

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### Teach or Lead a Course

Would you like to share a skill or special interest with Lifelong Learning Program members and other adults in our community? Teaching or leading a course is an exciting opportunity and a valuable contribution to the program. If you would like to connect us with excellent instructors, please contact us. You may submit a proposal for a course, workshop, lecture, special event, or trip using our online form:

<https://rede.ecu.edu/llp/volunteer/course-proposal/>

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### Curriculum Committee

The Curriculum Committee members advise and help the Lifelong Learning Program recruit new and talented instructors, evaluate new and on-going courses, and provides instructor support.

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### Events Committee

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

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### Course Host

Course hosts serve as liaison throughout the semester and assist in sessions by introducing instructors, making LLP announcements, by taking attendance, handing out materials, and other requests as needed- guidance will be provided.

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### Contact Us!

Lifelong Learning Program

East Carolina University

Phone: 252-328-9198

Email: [llp@ecu.edu](mailto:llp@ecu.edu)

Website: [LLP.ECU.EDU](http://LLP.ECU.EDU)





# ECU LIFELONG LEARNING PROGRAM - 2022 REGISTRATION FORM

First & Last Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Send Me Email Updates

Creative Arts		MEMBER		NON-MEMBER	
Hot Process Soap Making	LLPSOAPS22	\$25		\$40	
Listen Up! Ways to Enhance Your Musical Experience	LLPLISTENS22	\$10		\$20	
Mosaic Glass with Mark	LLPMOSAICS22	\$50		\$65	
Smartphone Photography	LLPSMPHOS22	\$20		\$40	

Culture & Religion		MEMBER		NON-MEMBER	
<i>An American Sunrise</i> , by U.S. Poet Laureate, Joy Harjo	LLPAMSPS22	\$10		\$20	
Buddhism: An Introduction to the Buddhist Way	LLPBUDDS22	\$20		\$40	
ECU Joyner Library Tour	LLPJOYLS22	\$0		\$10	
Immigrant Voices: 21st Century Stories	LLPIMMVS22	\$15		\$30	
Meet the Author of, <i>Outside Heaven: An Afghanistan Experience</i> , by S. C. McIntyre	LLPBTOHAES22	\$20		\$40	
Religions Of the World—And Our City	LLPROTWS22	\$0		\$0	
Understanding Islam	LLPISLAS22	\$20		\$40	

History, Science & Government		MEMBER		NON-MEMBER	
History of Redevelopment Activities in Uptown Greenville	LLPREDEVS22	\$0		\$15	
Hurricane Preparedness	LLPHURPS22	\$0		\$0	
Introduction to Climate Change	LLPINCCS22	\$20		\$40	
Voter & Election Security in North Carolina	LLPVESECS22	\$0		\$0	

Healthy Aging & Retirement		MEMBER		NON-MEMBER	
A Healthier U at Your Library	LLPHUYLS22	\$5		\$10	
Awareness Through Movement	LLPATMOVES22	\$5		\$10	
Community Resiliency Model (CRM), Increasing Wellness Skills for the Mind, Body & Spirit	LLPCRMS22	\$10		\$20	
Family Caregiver Movie & Discussion: <i>The Father</i> , with Anthony Hopkins	LLPMOVIES22	\$0		\$0	
Foundations of Investing	LLPFDINVS22	\$10		\$20	
Good Health at Any Age	LLPGHAAS22	\$15		\$30	
Healthy Living for Your Brain & Body: Tips from the Latest Research	LLPHLBBS22	\$10		\$20	
Join the Team for Fun & Fitness... Greenville-Pitt County Senior Games	LLPGPSGS22	\$0		\$0	
Retirement Financial Management Webinars	LLPRFMWS22	\$0		\$0	
The Basics of Smart Estate Planning, When You Should Start & What You Should Do	LLPBSEPS22	\$0		\$0	

Members Only		MEMBER		NON-MEMBER	
Memoir Writing (Monday)	LLPMLWG1S22	\$35		N/A	
Memoir Writing (Tuesday)	LLPMLWG2S22	\$35		N/A	
Women's Book Club	LLPWBKSS22	\$0		N/A	

Technology		MEMBER		NON-MEMBER	
How Wireless Internet Works in Your Home	LLPWIRES22	\$10		\$20	
Smartphone Photography	LLPSMPHOS22	\$20		\$40	

# ECU LIFELONG LEARNING PROGRAM - 2022 REGISTRATION FORM

Special Events & Trips		MEMBER		NON-MEMBER	
Discover the North Carolina Pottery Center & Seagrove Area Potters	LLPDPCS22		\$70		\$85
The Elizabethan Gardens & Manteo, NC	LLPEGJPS22		\$50		\$60
Lunch & Learn, MIND Plate: Is Your Food Helping or Hurting Your Memory?	LLPMINDS22		\$25		\$25
Lunch & Learn, Preparing for the Road Ahead: Keeping You In The Driver's Seat	LLPPFRAS22		\$20		\$20
North Carolina Museum of History, Raleigh	LLPHMSBS22		\$45		\$60

## Payment Options

Check payable to: East Carolina University.  
Please call to pay with credit card.

## Accommodations

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA Coordinator at least 48 hours prior to the event at 252-737-1018 / [ada-coordinator@ecu.edu](mailto:ada-coordinator@ecu.edu)

### Mail:

Lifelong Learning Program  
East Carolina University  
Uptown 209, 209 East Fifth St.  
Mail Stop 157  
Greenville, NC 27858-4353

### Telephone:

252-328-9198 (OPT 2)

### Website

[LLP.ECU.EDU](http://LLP.ECU.EDU)

## How Do I Register?

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

Registration for membership is open throughout the year. Prorated membership (January 14 - May 5, 2022): \$40.

TOTALS	
Prorated Membership - \$40	\$
Registration Fees Total	\$
<b>GRAND TOTAL</b>	<b>\$</b>

## Registration Cancellation

To receive a credit or refund (less any program expenses accrued) for cancelling a registration, notice must be given to the Lifelong Learning Program at least ten (10) business days before the course, event, or trip begins. Credit may be applied toward another course, event or trip. Members must use this credit within the membership year.

## Class Cancellation

In the event the Lifelong Learning Program cancels a course, event or trip, attendees will be notified and given the choice of a refund or credit toward another course, event or trip.

## Program Cancellation

The Lifelong Learning Program reserves the right to cancel any course, event, or trip due to low enrollment and to substitute faculty or make other changes, as needed.

## Inclement Weather

If ECU is closed due to inclement weather, all Lifelong Learning Program courses, events, or trips will be cancelled. Registered participants will be notified by email or phone.

## Helpful Classroom Tips

Out of respect for the instructor and your peers, please arrive to class on time.

If you must withdraw from a course, event or trip, please let our office know so someone else may register in your place.

Due to fluctuating temperatures of the classroom, light jackets may sometimes be needed.

Cell phones should be on vibrate or silenced.

## COVID-19 Policy

Face coverings are required in all indoor spaces for students, faculty, staff and visitors, regardless of vaccination status. Should this policy change at any point, participants will be notified. Please visit the following website for ECU updates:  
<https://news.ecu.edu/coronavirus-updates/>





**ECU**

**RESEARCH, ECONOMIC  
DEVELOPMENT & ENGAGEMENT**

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Lifelong Learning Program  
Willis Building, Office 300  
Mail Stop 310  
Greenville, NC 27858

# LIFELONG LEARNING PROGRAM

## 2022 SPRING KICKOFF

FOR MEMBERSHIP AND COURSE REGISTRATION

**SAVE THE DATE**

JANUARY 14, 2022

2:00 - 5:00 PM

ECU CAMPUS, WILLIS BUILDING

Register at <https://go.ecu.edu/lpspring22kickoff>

