Lifelong Learning Program

FALL 2023

FALL 2023
Thank You to Our Sponsors!

The Lifelong Learning Program at East Carolina University (ECU) offers exciting learning opportunities in a fun engaging environment. 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!

Membership Benefits

- Member only courses
- Discounted Lifelong Learning courses
- Opportunity to obtain an ECU 1card
- Utilization of services at ECU Joyner, Laupus and Fletcher Libraries
- Utilization of ECU Transit

Contact Us

**Lifelong Learning Program**
**East Carolina University**
Willis Building, Mail Stop 310
Greenville, NC 27858

**Office Hours:** Monday – Friday, 9:00 AM – 5:00 PM

**Telephone:** 252-328-9198 (option 2)

**Email:** llp@ecu.edu  |  **Website:** LLP.ecu.edu

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.

Printed with nonstate funds.

Follow Us on Social Media!  ECU Lifelong Learning  ECU Lifelong Learning
Welcome to the Lifelong Learning Program at
EAST CAROLINA UNIVERSITY!

Greetings!

Welcome to ECU’s Fall 2023 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, area 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.

This fall we offer 20 face-to-face courses, and 4 special events. LLP members and volunteers make this program special; we appreciate your shared time, knowledge, and enthusiasm working with our team and program. We would like to thank our members for your continued participation and welcome new members, friends, and family. 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 fall we offer 20 face-to-face courses, and four special events and trips. 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.

As we kickoff this fall semester, we will also start planning programming for Spring 2024. 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, 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 continue Lifelong Learning!

Meet the Team!

Annette Kariko  
Director  
Continuing & Professional Education

Heather Payne  
University Program Specialist

Kelsey Dwyer  
University Program Specialist  
LLP Program Coordinator
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### Program Music: Feel the Beat - African American Contributions to Music

**Instructor:** Andrea Peters  
**Code:** LLPMUSICF23  
**Register By:** 8/17/23

African Americans have composed, performed, and influenced music since before the American Civil War. Participants will have the opportunity to listen to and explore various popular musical genres. There will be four sessions: the first will highlight classical composers, followed by Jazz, then Rhythm and Blues/Ragtime, and lastly Gospel/Country. We will enjoy listening to vocal groups such as the Temptations, the Four Tops, the Supremes and Gladys Knight and the Pips, and instrumental/vocal groups Earth, Wind and Fire, Kool and the Gang and the Commodores as well as solo artists. Time will even be allotted to take requests! Singalongs will also be encouraged.  
**Member:** $10 for 4 sessions / **Non-Member:** $20 for 4 sessions

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<th>Day</th>
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<tbody>
<tr>
<td>Thursdays</td>
<td>8/24, 9/7, 9/21, 10/5</td>
<td>1pm-2:30pm</td>
<td>ECU Willis Auditorium</td>
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### Origami and Meditative Patterns: Beginning and Intermediate

**Instructor:** Annette Brooks  
**Code:** LLPORGPATF23  
**Register By:** 8/23/23

Have you ever wanted to learn the ancient art of origami? Join us in this workshop to learn how to fold simple to moderately difficult animals out of paper. Learners will learn to fold origami creatures and decorate them with creative patterns. The Origami folding will improve motor and math skills and develop sequential thinking. Creating and drawing patterns will strengthen artistic and creative abilities. The repetitive nature of pattern design may produce a meditative state of mind. Participants may find that this activity is a great way to develop concentration that can be both calming and relaxing.  
**Member:** $35 for 4 sessions / **Non-Member:** $45 for 4 sessions

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<tr>
<td>Wednesdays</td>
<td>8/30; 9/27; 10/11; 11/29</td>
<td>10:30am-12:00pm</td>
<td>ECU Willis Conference Room</td>
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### Art Quilting at the Greenville Museum of Art (GMoA)

**Instructor:** Marie Hamra  
**Code:** LLPGMOAQUILTF23  
**Register By:** 9/1/23

This class is a focused introduction to art quilting led by Marie Hamra at the Greenville Museum of Art’s Education Building. You will create a memorial or family quilt pattern through different techniques such as applique, embellishments, and other quilting methods that allow room for creative exploration and reflection. You will be able to leave with a customized art quilt that will have a lifetime full of memories. To keep prices low, accessible, and to make quilts fully customizable we will ask learners to buy their own materials. GMoA will create a supply sheet with a list of materials needed for class. The supply sheet will be provided before this class begins.  
**Member:** $40 for 6 sessions (LLP and GMoA members) / **Non-Member:** $50 for 6 sessions

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<td>Fridays</td>
<td>9/8; 9/15; 10/6; 10/13; 10/20; 10/27</td>
<td>1:00pm-3:30pm</td>
<td>Greenville Museum of Art, Education Building</td>
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CULTURE & RELIGION

Tracing Roots: An Introduction to Genealogy and Family History
Instructor: Jennifer Daugherty  Code: LLPGENEF23  Register By: 9/30/23

Are you curious about your roots? Join us for an engaging and informative beginning genealogy class focused on North Carolina resources. In this interactive workshop, we will guide you through the fascinating journey of discovering your family’s history. Whether you’re a beginner or have some experience in genealogical research, this class is designed to provide you with the necessary tools, resources, and strategies to delve into your ancestry with confidence. Don’t have any North Carolina ancestors? This class is still for you! It covers basic concepts and methods that can be used by anyone.

Member: $20 for 2 sessions / Non-Member: $35 for 2 sessions

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<td>2:00-3:30PM</td>
<td>Willis Auditorium</td>
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Prophets Through Time: Exploring the Stories and Legacies of Divine Messengers
Instructor: Maliha Farhadi  Code: LLPISLAF23  Register By: 9/3/23

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 twenty-five 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.

Member: $10 for 4 sessions / Non-Member: $20 for 4 sessions

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<td>Tues</td>
<td>10/10; 10/17; 10/24; 10/31</td>
<td>10:00am-12:00PM</td>
<td>Willis Conference Room</td>
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Laughter Yoga

Instructor: Tamyra Jovel  
Code: LLPYOGAF23  
Register By: 10/18/23

Everyone want to be healthy and happy instead of being stressed out, depressed, and feeling isolated. Would you like to bring more joy and laughter into your life? Laughter Yoga is simple and profound exercise routine that is easy...you can laugh for no reason at all, without relying on humor, jokes or comedy. You will feel the benefits the very first session! No previous yoga experience or yoga mat is required. If you can laugh, you will enjoy the benefits that Laughter Yoga will bring into your life. The concept of Laughter Yoga is based on the scientific fact that the body cannot differentiate between fake and real laughter. You will get the same physiological and psychological benefits. Laughter Yoga lowers the level of stress hormones (epinephrine, cortisol, etc) in the blood and releases endorphins almost immediately- elevating your mood and increasing oxygen in your brain creating an overall sense of happiness and well-being. Join us for a fun exercise and learning experience!

Activity Level: Easy - some standing and gentle body movements. Chairs and resting areas will be provided throughout the session.

Member: $10 / Non-Member: $20

Dates:
10/25 (Fri.) 11/3, (Th.) 11/9, (Th.) 11/30
Time: 9–10:30am
Location: Willis Auditorium

Tai Chi Easy: Gentle Movements for Relaxation and Well-being

Instructor: Jan Kendrick  
Code: LLPTAIF23  
Register By: 10/26/23

Relax and lower stress as you learn simplified movements that can be easily performed and enjoyed by beginners and appreciated by more experienced Tai Chi players. The course will consist of a series of 3 weekly classes that will lead you through meditation, vitality movements, breathing exercises, and five individual Tai Chi moves. The movements help strengthen the body, improve balance, increase energy and vitality, lower stress, and enhance inner peace. Participants are encouraged to bring a mat or blanket for comfort.

Activity Level: Easy - some standing and gentle body movements. Chairs and resting areas will be provided throughout the session.

Member: $20 for 3 sessions / Non-Member: $30 for 3 sessions

Dates:  
Thursdays and Fridays
Member: $10 / Non-Member: $15

Register By: 10/12/23

Register By: 10/26/23

Date: Time: Location:
10/19 10–11:30am Willis Auditorium

Day: Date: Time: Location:
Thursday 10/25 9-10:30am Willis Auditorium
Is Philately a Crime?: An Introduction to Philately and the Art of Stamp Collection

Instructor: Robert Thompson  
Code: LLPSTAMPF23  
Register By: 10/25/23

Participants will see how USN & USMM crew lived, worked, and played. See how cargo was loaded onto vessels and observe military and economic interests of the time. Learn how politics caused marine causalities because of the sinking of the SS Marine Electric and others. Included is a study on ethics in Marine casualty investigations. This is a great class enhanced by eyewitness and documentary photographic accounts from the aforementioned time frame. Anyone with an interest in military, maritime, agricultural, history, and others will find this both informative and intriguing!

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

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<th>Day:</th>
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<tr>
<td>Wednesday</td>
<td>11/01; 11/15</td>
<td>2-3:00pm</td>
<td>Willis Conference Room</td>
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**Virus Alert! Ways to Spot Scams and Keep Your Technology Safe**

**Instructor:** Richard Langley  
**Code:** LLPVIRUSF23  
**Register By:** 8/22/23

Internet scams and viruses are more common and sophisticated than ever, and it can be hard to discern what is real and what may put your computer and accounts at risk.

This course will go over ways to stay protected when browsing the internet, what to look for to spot a scam, and how to handle a scam or virus should you come in contact with one on your device.

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

**Day:** Tuesday  
**Date:** 8/29  
**Time:** 11am-12am  
**Location:** Willis Auditorium
Women's Book Club
Instructor: Gloria Schwartz  
Code: WBKSF23  
Register By: 02/16/23

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 Club and come prepared 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.

The first book for the spring semester will be “Under a Gilded Moon,” by Joy Jordan-Lake. New participants to Book Club will need to purchase the book or check-out from the library.

MEMBERS ONLY: $5 for 3 sessions

Memoir Writing
Instructor: Gloria Schwartz  
Code: MLWF23  
Register By: 10/21/23

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.

MEMBERS ONLY: $40.00 for 6 sessions

Everyone Has a Story to Tell: Memoir Writing
Instructor: Carol Brown  
Code: LLPSTORYF23  
Register By: 10/24/23

As we transition through the milestones of our life, we often think about what we would change. We like to remember our successes and memories most treasured, but failures also need to named and shared with others. Many families tell and re-tell the funny moments as children grow, leave home, and begin walking through their own milestones. Our professional lives also experience humor, disappointment, and important events leading to success or failure. There is something about the human spirit that wants to share stories, document, and preserve the story of our life. In this class, we review basic skills and technique in writing narrative nonfiction. Each week a different era in our lives will be emphasized. As we share our stories, there is gratification in knowing others have lived out their lives in similar ways. We also recognize the importance of diversity in the human story. A variety of tools and resources for self-publication will be presented during the final session(s) of the class.

MEMBERS ONLY: $40

Women's Book Club
Instructor: Gloria Schwartz  
Code: WBKSF23  
Register By: 02/16/23

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 Club and come prepared 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.

The first book for the spring semester will be “Under a Gilded Moon,” by Joy Jordan-Lake. New participants to Book Club will need to purchase the book or check-out from the library.

MEMBERS ONLY: $5 for 3 sessions

Day: Tuesdays  
Dates: 9/5; 10/3; 11/14  
Time: 10am-11:00am  
Location: Willis Conference Room
Duke Lemur Center Tour

Wednesday, September 13, 2023

This Private Tour introduces you to the Duke Lemur Center, its three-fold mission, and its residents—including approximately 17 of the amazing lemurs that call the DLC home, representing at least eight different species! The Private Tour is a personalized tour with one dedicated tour guide just for our group. Got an enthusiastic, lemur-loving person in your family that is sure to keep us busy with fantastic questions? What about a curious, nature-loving group of friends looking for a fun activity? This tour experience is perfect for any age range or familiarity with lemurs. The Duke Lemur Center requires mask be worn throughout the tour of the facility.

*This tour will include a van ride to the research center, moderate amount of walking over terrain to view the exhibits. These are natural habitat locations, please be mindful- the terrain may not be dry, level-ground. Lunch will be provided in Durham.

Bring a camera, mask, and appropriate walking shoes.

Activity Level: Moderate - some steps and navigating paved park and open terrain

Trip Itinerary

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>9:15am</td>
<td>Meet at the ECU Willis Building</td>
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<tr>
<td>9:30am</td>
<td>Depart for Duke Lemur Center, Durham NC</td>
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<tr>
<td>11:30am</td>
<td>Tour Begins</td>
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<tr>
<td>1:00pm</td>
<td>Lunch</td>
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<tr>
<td>2:00pm</td>
<td>Depart for ECU Willis Building</td>
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<tr>
<td>4:00pm</td>
<td>Arrive at the ECU Willis Building</td>
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Regular Registration: Members $70
Non-Members: $85
Limited to 10 Participants

Visit the Park Website:  [https://lemur.duke.edu/](https://lemur.duke.edu/)
Registration Deadline: September 6, 2023
Hidden Treasures Tour: 
Unveiling the Artistic Secrets of Greenville

Thursday, November 2, 2023

Did you know that there are more than 30 works of public art in the Downtown Greenville area alone? Take a sight-seeing tour in provided transportation with Pitt County Arts Council Executive Director Holly Garriott and learn about the art, artists, history and more behind a selection of highly visible (and a few hidden) works. The tour, lasting approximately an hour, will depart from the Lifelong Learning Program's headquarters at the Willis Building. See the Five Points installation, learn about the secret squirrels hiding across the district, see a few DownEast Sculpture Exhibition installations, and get a preview of public art installations that are underway. Afterwards, please join us for a catered luncheon at Emerge Art Gallery, which showcases two galleries with rotating exhibitions and a sales gallery featuring local North Carolina artist!

Location: Meet at the ECU Willis Building for Boarding
Time: 11:00AM-1:00PM
Regular Registration: $40
Non-Members: $55
Instructor: Holly Garriott
Maximum: 10 participants
Registration Deadline: October 26, 2023

What’s Included:
Guided Tour, Provided Lunch, Transportation

Pumpkin Mum Delights: Crafting Beautiful Fall Centerpieces

Friday, November 17, 2023

In this two-hour class, you will learn the basics of preparing, hydrating, and creating a beautiful fresh flower arrangement in a fall pumpkin! This hands-on floral design workshop is fun and informative - no experience necessary! Whether alone, or with a friend, you will explore autumn florals, berries, and foliage to create a lovely centerpiece, which is yours to take home and enjoy. All fresh materials are included. Please feel free to bring your own hand clippers if you have them!

Location: Willis Building Auditorium
Registration Deadline: November 10, 2023
Time: 2:00PM-4:00PM
What’s Included: Instruction, Floral Materials, Mini Pumpkins, Make and Take Home
Members $65
Non-Members $75
Instructor: Mary Elliott
Maximum: 15 participants
Holiday Dinner and Concert with the Greenville Choral Society

Instructors: Andy Roby
Saturday, December 16, 2023

Course Description: We look forward to meeting everyone for a holiday-inspired catered dinner.* After dinner we’ll take the Pirate transportation to The Memorial Baptist Church where the Greenville Choral Society will present their annual holiday concert. Our group will enjoy a special seating section courtesy of the Greenville Choral Society.

*Dietary restrictions will be accommodated upon request.

Event Locations & Itinerary

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<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>5:30pm</td>
<td>Check-in and the holiday dinner starts</td>
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<tr>
<td>6:30pm</td>
<td>Depart the Willis building for the concert</td>
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<tr>
<td>7:00 pm</td>
<td>Holiday Concert starts</td>
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<td>8:30 pm</td>
<td>Estimated end time</td>
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Location: Meet at the ECU Willis Building
Registration: $45
Registration Deadline: December 1, 2023

Activity Level: Moderate - some steps and pew navigation
What’s included: Catered dinner, transportation, holiday concert, meeting new friends and fun!

Please Bring a Donation
The Greenville Choral Society asks participants to bring stuffed animal donations for the Tender Evaluation, Diagnosis and Intervention for a Better Abuse Response (TEDI BEAR) Children’s Advocacy Center.
### AUGUST 2023

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<th>SUNDAY</th>
<th>MONDAY</th>
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<td>Fall 2023 Kickoff Event 1-4PM WBA</td>
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<td>ECU Classes Begin</td>
<td>Virus Alert 11AM-12PM WBA</td>
<td>Feel the Beat: African American Contributions to Music 1-2:30 WBA</td>
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<td>Memoir Writing 9:30AM-12PM WCR</td>
<td>Virus Alert 11AM-12PM WBA</td>
<td>Everyone Has a Story to Tell: Memoir Writing 10:00-11:30AM WCR</td>
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**WCR:** Willis Conference Room  
**WBA:** Willis Building Auditorium  
**GMoA:** Greenville Museum of Art
## SEPTEMBER 2023

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<th>SUNDAY</th>
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<tr>
<td>ECU Closed</td>
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<td>Women’s Book Club 10:00-11AM WCR</td>
<td>Tracing Roots 2-3:30PM WBA</td>
<td>Feel The Beat: African American Contributions to Music 1-2:30 PM WBA</td>
<td>Art Quilting at the (GMoA) 1-3:30 PM GMoA</td>
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<td>Memoir Writing 9:30AM-12PM WCR</td>
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<td>Duke Lemur Center Tour 9:15AM</td>
<td>Everyone Has a Story to Tell: Memoir Writing 10:00-11:30AM WCR</td>
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<td>Art Quilting at the (GMoA) 1-3:30 PM GMoA</td>
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<td>Tracing Roots 2-3:30PM WBA</td>
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<td>Memoir Writing 9:30AM-12PM WCR</td>
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<td>Origami Patterns Beginning &amp; Intermediate 10:30-12:00 WCR</td>
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<td>Everyone Has a Story to Tell: Memoir Writing 10:00-11:30AM WCR</td>
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WCR: Willis Conference Room
WBA: Willis Building Auditorium
GMoA: Greenville Museum of Art
# MONTH AT A GLANCE

## OCTOBER 2023

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<td></td>
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<td>Women's Book Club 10-11 AM WCR</td>
<td></td>
<td>Feel the Beat: African American Contributions to Music 1-2:30 PM WBA</td>
<td>Art Quilting at the (GMoA) 1-3:30 PM GMoA</td>
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<td>Women's Book Club 10-11 AM WCR</td>
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<td>Prophets Through Time 10AM-12PM WCR</td>
<td>Origami Patterns Beginning &amp; Intermediate 10:30-12:00 WCR</td>
<td>Everyone Has a Story to Tell: Memoir Writing 10:00-11:30AM WCR</td>
<td>Art Quilting at the (GMoA) 1-3:30 PM GMoA</td>
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<td>Views from the Foc'sle 10AM-12PM WBA</td>
<td>Prophets Through Time 10AM-12PM WCR</td>
<td>Healthier U @ Ur Library 10-11:30AM WBA</td>
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<td>Art Quilting at the (GMoA) 1-3:30 PM GMoA</td>
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<td>Memoir Writing 9:30AM-12PM WCR</td>
<td>Prophets Through Time 10AM-12PM WCR</td>
<td>Laughter Yoga 9-10:30AM WBA</td>
<td>Everyone Has a Story to Tell: Memoir Writing 10:00-11:30AM</td>
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<td>Art Quilting at the (GMoA) 1-3:30 PM GMoA</td>
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<td>Prophets Through Time 10AM-12PM WCR</td>
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WCR: Willis Conference Room  
WBA: Willis Building Auditorium  
GMoA: Greenville Museum of Art
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tr>
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<td>Is Philately a Crime? Research the Controversy of Stamps 2-3PM WCR</td>
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<td></td>
<td>WBA Tai Chi 11AM-1PM WBA; Hidden Treasures Tour</td>
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<td>Pitt County Election</td>
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<td>Tai Chi 11AM-12PM WBA</td>
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<td>Women's Book Club 10-11AM WCR</td>
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<td>Is Philately a Crime? Research the Controversy of Stamps 2-3PM WCR</td>
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<td>Everyone Has a Story to Tell: Memoir Writing 10:00-11:30AM WCR</td>
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<td>Fall Mum Delights 2-4PM WBA</td>
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<td>Memoir Writing 9:30AM-12PM WCR</td>
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<td>Thanksgiving Break - UNIVERSITY CLOSED</td>
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<td>Thanksgiving Break - UNIVERSITY CLOSED</td>
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<td>Origami Patterns Beginning &amp; Intermediate 10:30-12:00 WCR</td>
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<td>Tai Chi 11AM-12PM WBA</td>
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</tbody>
</table>

WCR: Willis Conference Room  
WBA: Willis Building Auditorium  
GMoA: Greenville Museum of Art
## MONTH AT A GLANCE

### DECEMBER 2023

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>Dash for Cash</td>
<td>End of ECU Classes</td>
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<td>ECU Commencement</td>
<td>Holiday Dinner and Concert 5:30-8:30 pm</td>
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<td>17</td>
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<td></td>
<td>Winter Break ECU Closed</td>
<td>Christmas Eve ECU Closed</td>
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<tr>
<td>Christmas Day ECU Closed</td>
<td>Winter Break ECU Closed</td>
<td>Winter Break ECU Closed</td>
<td>Winter Break ECU Closed</td>
<td>Winter Break ECU Closed</td>
<td>Winter Break ECU Closed</td>
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<td></td>
<td></td>
<td>Winter Break ECU Closed</td>
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</tbody>
</table>

WCR: Willis Conference Room  
WBA: Willis Building Auditorium  
GMoA: Greenville Museum of Art
A SPECIAL THANK YOU!

Program Partners
The Greenville Museum of Art
Laupus Library
Joyner Library
Mid-East Commission Area Agency of Aging
Duke Lemur Center
Greenville Choral Society
Happy Grandma Senior Tech Support
Emerge Gallery

Events Committee
Mary Hall
Alice Keene
Andrea “Cookie” Thompson
Jill Schaller

Curriculum Committee
Phil Bullock
Patricia Dunn
Maliha Farhadi
Barbara Glatthorn
Tamyra Jovel
Vivian Mott
Gloria Schwartz
Patricia Teasdale
Nell Garner

Instructors/Coordinators
Annette Brookes
Carol Brown
Jeffrey Coghill
Jennifer Daugherty
Mary Elliott
Maliha Farhadi
Holly Garriott
Marie Hamra
Richard Homovec
Tamyra Jovel
Jan Kendrick
Richard Langley
Andrea Peters
Andy Roby
Gloria Schwartz
Robert Thompson

CLASS LOCATIONS & PARKING INFORMATION

Willis Building on ECU’s Campus: 300 E 1st St, Greenville, NC 27858
The Willis building is located across from the Greenville Town Commons playground. The Willis parking lot is located just off Reade St. (one way). The Willis Building entrance is located on the parking lot side of the building (not the First Street side of the building).

Greenville Museum of Art (GMOA): 802 Evans St, Greenville, NC 27834
Complimentary parking is available in the GMOA parking lot.

Emerge Gallery on ECU Campus: 404 Evans St, Greenville, NC 27858
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, grow, and improve, and to bring in new ideas. There are so many ways to get involved!

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?

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.

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.

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/

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.

Contact Us!

Lifelong Learning Program
East Carolina University

Office Hours:
Monday - Friday
9:00am – 5:00pm
Telephone: 252-328-9198 (option 2)
Email: LLP@ecu.edu
Website: LLP.ecu.edu
**ECU LIFELONG LEARNING PROGRAM - FALL 2023 REGISTRATION FORM**

<table>
<thead>
<tr>
<th>Healthier Aging &amp; Retirement</th>
<th>SESSION CODE</th>
<th>MEMBER</th>
<th>NON-MEMBER</th>
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<tr>
<td>Healthier U @ Your Library</td>
<td>LLPHEALTHF23</td>
<td>$10</td>
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<td>Laughter Yoga</td>
<td>LLPYOGAF23</td>
<td>$10</td>
<td>$20</td>
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<td>Tai Chi Easy</td>
<td>LLPTAIF23</td>
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<table>
<thead>
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<th>SESSION CODE</th>
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<tbody>
<tr>
<td>Program Music: Feel the Beat- African American Contributions to Music</td>
<td>LLPMUSICF23</td>
<td>$10</td>
<td>$20</td>
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<tr>
<td>Origami and Meditative Patterns</td>
<td>LLPORGPATF23</td>
<td>$35</td>
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<td>Art Quilting at the Greenville Museum of Art (GMoA)</td>
<td>LLPGMOAQUILTF23</td>
<td>$40</td>
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<table>
<thead>
<tr>
<th>History, Science &amp; Government</th>
<th>SESSION CODE</th>
<th>MEMBER</th>
<th>NON-MEMBER</th>
</tr>
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<tbody>
<tr>
<td>Views from the Foc'sle, Spy Ships, Grain Trade and Cold War Economics</td>
<td>LLPNAVYF23</td>
<td>$10</td>
<td>$20</td>
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<tr>
<td>Is Philately a Crime?</td>
<td>LLPSTAMPF23</td>
<td>$10</td>
<td>$20</td>
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<table>
<thead>
<tr>
<th>Culture &amp; Religion</th>
<th>SESSION CODE</th>
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<tr>
<td>Tracing Roots</td>
<td>LLPGENEF23</td>
<td>$20</td>
<td>$35</td>
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<tr>
<td>Prophets Through Time</td>
<td>LLPISLAF23</td>
<td>$10</td>
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<tr>
<th>Technology</th>
<th>SESSION CODE</th>
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<th>NON-MEMBER</th>
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<tbody>
<tr>
<td>Virus Alert! Ways to Spot Scams and Keep Your Technology Safe</td>
<td>LLPVIRUSF23</td>
<td>$10</td>
<td>$20</td>
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<th>Literature</th>
<th>SESSION CODE</th>
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<tbody>
<tr>
<td>Memoir Writing</td>
<td>MLWF23</td>
<td>$40</td>
<td>Members Only</td>
</tr>
<tr>
<td>Everyone Has a Story to Tell: Memoir Writing</td>
<td>LLPSTORYF23</td>
<td>$40</td>
<td>Members Only</td>
</tr>
<tr>
<td>Women's Book Club</td>
<td>WBKSF23</td>
<td>$5</td>
<td>Members Only</td>
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**First & Last Name:**

**Mailing Address:**

**City/State/Zip:**

**Primary Phone:**

**Email:**

**Cell Phone:** (Required for Trips)

[ ] Send Me Email Updates
### Special Events & Trips

<table>
<thead>
<tr>
<th>Event Description</th>
<th>Session Code</th>
<th>Regular Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Duke Lemur Center Tour</td>
<td>LLPLEMURF23</td>
<td>$70</td>
<td>$85</td>
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<tr>
<td>Hidden Treasures Tour: Unveiling the Artistic Secrets</td>
<td>LLPSECRETF23</td>
<td>$40</td>
<td>$55</td>
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<tr>
<td>of Greenville</td>
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<tr>
<td>Pumpkin Mum Delights: Crafting Beautiful Fall Centerpieces</td>
<td>LLPMUMF23</td>
<td>$65</td>
<td>$75</td>
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<tr>
<td>Holiday Dinner and Concert with the Greenville Choral</td>
<td>LLPCHORALF23</td>
<td>$45</td>
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<tr>
<td>Society</td>
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### Totals

<table>
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<tr>
<th>Description</th>
<th>Cost</th>
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<tr>
<td>Membership Fee - $60</td>
<td>$60</td>
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<tr>
<td>Registration Fees Total</td>
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</tr>
<tr>
<td><strong>GRAND TOTAL</strong></td>
<td><strong>$</strong></td>
</tr>
</tbody>
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### How Do I Register?

Membership registration is available throughout the year online.

- **Regular Membership Fee:** $60
- **Regular Membership Rate:** $40

- **Membership Fee:** $60
- **Membership Rate:** $40

### Register at the August Kickoff Event

Registration for membership, classes, special events, and trips starts at the Kickoff event. Event attendees will receive the first opportunity to register for limited availability classes, special events, and trips.

### Register Online for Courses

Online registration starts on **Monday, August 14th**. Visit LLP.ECU.EDU and click, “Register for a Course” Please complete registration by the date listed for each course, event, or trip. Some classes and trips have limited availability. Registration requested after registration deadlines will be accepted based on availability.

### Payment Options

Payment is due at the time of registration.

- Credit Cards are accepted for online and phone registration. (Visa, Mastercard, Discover)
- Check and Money order payments are accepted for mailed registration forms and in person registration.
- Make checks payable to: East Carolina University.
- * Please note, if a class/workshop/trip is no longer available upon receipt of check then we will process a credit on account for future activities. Notification will be sent out on the amount on your account.*

### Contact Information

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

- **Office Hours:**
  - Monday - Friday
  - 9:00am - 5:00pm

- **Telephone:**
  - 252-328-9198 (OPT 2)

- **Website:**
  - LLP.ECU.EDU

- **Email:**
  - LLP@ecu.edu
LLP Program Adjustments & Cancellations

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.

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.

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.

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

Registration Cancellation: Refunds & Credits

To receive a refund, (less any program expenses accrued), notice must be given to the Lifelong Learning Program at least ten (10) business days before the course, event, or trip begins. A $10 administrative fee will be charged for cancellations with refunds.

To receive a credit, (less any program expenses accrued), 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 by the end of the current membership year.

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 notify our office 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.
LIFELONG LEARNING PROGRAM

Fall Registration Kickoff Event
Membership & Course Registration

August 11, 2023
1:00 PM - 4:00 PM

East Carolina University
Willis Building
300 East 1st St, Greenville, NC 27858

Would you like to learn more about the Lifelong Learning Program? All are welcome to attend, registration is free. Please register by August 4th, if you plan to attend!