



Lifelong Learning Program

LLP.ECU.EDU



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!

Platinum Sponsor



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.

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ECU Lifelong Learning



ECULifelongLearning

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

Table of CONTENTS

03	CREATIVE ARTS
04	CULTURE & RELIGION
05	HEALTHY AGING & RETIREMENT
06	HISTORY, SCIENCE & GOVERNMENT
07	TECHNOLOGY
08	LITERATURE
09	SPECIAL EVENTS & TRIPS
12	MONTH-AT-A-GLANCE
17	SPECIAL THANK YOU AND CLASS LOCATIONS PARKING
18	THE LIFELONG LEARNING PROGRAM & YOU
19	REGISTRATION FORM



CREATIVE ARTS

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

Day:

Dates:

Time:

Location:

Thursdays

8/24, 9/7, 9/21, 10/5

1pm-2:30pm

ECU Willis Auditorium

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

Day:

Date:

Time:

Location:

Wednesdays

8/30; 9/27; 10/11; 11/29

10:30am-12:00pm

ECU Willis Conference Room

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

Day:

Dates:

Time:

Location:

Fridays

9/8; 9/15; 10/6; 10/13; 10/20; 10/27

1:00pm-3:30pm

Greenville Museum of Art, Education Building

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

Day:	Date:	Time:	Location:
Wednesday	9/6 and 9/20	2:00-3:30PM	Willis Auditorium

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

Day:	Dates:	Time:	Location:
Tuesdays	10/10; 10/17; 10/24; 10/31	10:00am-12:00PM	Willis Conference Room

HEALTHY AGING & RETIREMENT

Healthier U @ Your Library: A Guide to Researching Reliable Sources

Instructor: Jeffrey Coghill

Code: LLPHEALTHF23

Register By: 10/12/23

Evaluating Websites for Health Information
In-Class Exercise to search for quality health information
Top 10 Free, Trustworthy Health Sites
In-Class Exercise with the trustworthy sites
Free NCLIVE Health Resources, Free online health resources

Participants will learn to search for reliable and trustworthy health information online. Everyone knows how to Google, finding worthwhile information is a challenge, but rewarding. Anyone who has a curious mind and is eager to find more information about their health and the health of their family.

Member: \$10 / Non-Member: \$15

Day:	Date:	Time:	Location:
Thursday	10/19	10-11:30am	Willis Auditorium

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

Day:	Dates:	Time:	Location:
Wednesday	10/25	9-10:30am	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 bod movements. Chairs and resting areas will be provided throughout the session.

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

Day:	Date:	Time:	Location:
Thursdays and Fridays	(Fri.) 11/3, (Th.) 11/9, (Th.) 11/30	11am-12pm	Willis Auditorium

HISTORY, SCIENCE & GOVERNMENT

Views from the Foc'sle, Spy Ships, Grain Trade and Cold War Economics

Instructor: Richard Homovec

Code: LLPNAVYF23

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 casualties 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

Day:	Date:	Time:	Location:
Monday	10/16	10am-12pm	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

Many of us who are retired know someone who collected stamps at some time. We may have even inherited a collection from a relative. We may even have collected them ourselves. Boy Scouts can still earn a merit badge for stamp collecting. This course will cover the history of postal systems, stamps, and stamp collecting as a hobby (philately) focusing heavily on examples from the United States, Britain, New Zealand, China, and Antarctica as well as the rest of the world. Examples from the instructor's personal collection will be used. This course will be of interest to students who are collectors or who are interested in the development of personal and commercial communication. It will also be of interest to people who wonder about the stamps attached to their mail. Attention will be given to philately both as a hobby and as a scholarly pursuit. Hands on activities will be used as much as feasible.

Participants will learn about:

- How and why postal systems developed.
- How and why stamps came into usage.
- The purposes of stamps.
- The various types of commonly used stamps.
- The physical characteristics of stamps that distinguish one stamp from another.
- The process of collecting philatelic materials.
- The tools of collecting.
- What collections are worth.

Member: \$10 for 2 sessions / Non-Member: \$20 for 2 sessions

Day:	Date:	Time:	Location:
Wednesday	11/01; 11/15	2-3:00pm	Willis Conference Room

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:	Date:	Time:	Location:
Tuesday	8/29	11am-12am	Willis Auditorium



LITERATURE

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

Day:
Mondays

Dates: 8/28; 9/11; 9/25; 10/9;
10/23; 11/20

Time:
9:30am-12pm

Location:
Willis Conference Room

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 be 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

Day:
Thursdays

Dates: 8/31; 9/14; 9/28; 10/12;
10/26; 11/16

Time:
10am-11:30am

Location:
Willis Conference Room

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

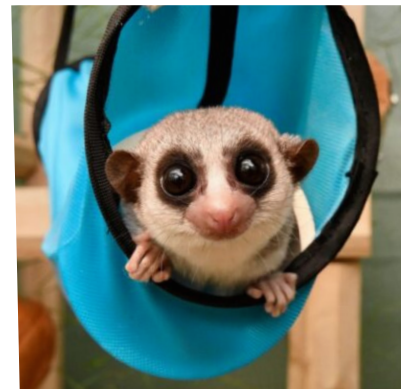
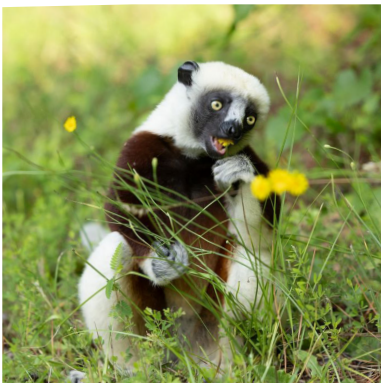
Code: LLPLEMURF23

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

- 9:15am • Meet at the ECU Willis Building
- 9:30am • Depart for Duke Lemur Center, Durham NC
- 11:30am • Tour Begins
- 1:00pm • Lunch
- 2:00pm • Depart for ECU Willis Building
- 4:00pm • Arrive at the ECU Willis Building

Regular Registration: Members \$70

Non-Members: \$85

Limited to 10 Participants

Visit the Park Website: : <https://lemur.duke.edu/>

Registration Deadline: September 6, 2023

SPECIAL EVENTS & TRIPS

Hidden Treasures Tour: Unveiling the Artistic Secrets of Greenville

Thursday, November 2, 2023

Code: LLPSECRET23

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

Code: LLPMUMF23



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

SPECIAL EVENTS & TRIPS

Holiday Dinner and Concert with the Greenville Choral Society

Instructors: Andy Roby
Saturday, December 16, 2023

Code: LLPCHORALF23

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

- 5:30pm • Check-in and the holiday dinner starts
- 6:30pm • Depart the Willis building for the concert
- 7:00 pm • Holiday Concert starts
- 8:30pm • Estimated end time

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.

MONTH AT A GLANCE

AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	01	02	03	04	05
06	07	08	09	10	11 Fall 2023 Kickoff Event 1-4PM WBA	12
13	14	15	16	17	18	19
20	21 ECU Classes Begin	22	23	24 Feel the Beat: African American Contributions to Music 1-2:30 WBA	25	26
27	28 Memoir Writing 9:30AM-12PM WCR	29 Virus Alert 11AM- 12PM WBA	30 Origami Patterns Beginning & Intermediate 10:30-12:00 WCR	31 Everyone Has a Story to Tell: Memoir Writing 10:00-11:30AM WCR		

WCR: Willis Conference Room

WBA: Willis Building Auditorium

GMA: Greenville Museum of Art

SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
03	04 ECU Closed	05 Women's Book Club 10:00-11AM WCR	06 Tracing Roots 2-3:30PM WBA	07 Feel The Beat: African American Contributions to Music 1-2:30 PM WBA	08 Art Quilting at the (GMOA) 1-3:30 PM GMOA	09
10	11 Memoir Writing 9:30AM- 12PM WCR	12	13 Duke Lemur Center Tour 9:15AM	14 Everyone Has a Story to Tell: Memoir Writing 10:00-11:30AM WCR	15 Art Quilting at the (GMOA) 1-3:30 PM GMOA	16
17	18	19	20 Tracing Roots 2-3:30PM WBA	21 Feel The Beat: African American Contributions to Music 1-2:30 PM WBA	22	23
24	25 Memoir Writing 9:30AM-12PM WCR	26	27 Origami Patterns Beginning & Intermediate 10:30-12:00 WCR	28 Everyone Has a Story to Tell: Memoir Writing 10:00-11:30AM WCR	29	30

WCR: Willis Conference Room
WBA: Willis Building Auditorium
GMOA: Greenville Museum of Art

MONTH AT A GLANCE

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03 Women's Book Club 10-11 AM WCR	04	05 Feel the Beat: African American Contributions to Music 1-2:30 WBA	06 Art Quilting at the (GMoA) 1-3:30 PM GMoA	07
08	09 Women's Book Club 10-11 AM WCR	10 Prophets Through Time 10AM- 12PM WCR	11 Origami Patterns Beginning & Intermediate 10:30-12:00 WCR	12 Everyone Has a Story to Tell: Memoir Writing 10:00-11:30AM WCR	13 Art Quilting at the (GMoA) 1-3:30 PM GMoA	14
15	16 Views from the Foc'sle 10AM-12Pm WBA	17 Prophets Through Time 10AM- 12PM WCR	18	19 Healthier U @ Ur Library 10-11:30AM WBA	20 Art Quilting at the (GMoA) 1-3:30 PM GMoA	21
22	23 Memoir Writing 9:30AM-12PM WCR	24 Prophets Through Time 10AM- 12PM WCR	25 Laughter Yoga 9-10:30AM WBA	26 Everyone Has a Story to Tell: Memoir Writing 10:00-11:30AM	27 Art Quilting at the (GMoA) 1-3:30 PM GMoA	28
29	30	31 Prophets Through Time 10AM- 12PM WCR				

WCR: Willis Conference Room

WBA: Willis Building Auditorium

GMoA: Greenville Museum of Art

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 Is Philately a Crime? Research the Controversy of Stamps 2-3PM WCR	02	03 Tai Chi 11AM-1PM WBA; Hidden Treasures Tour	04
05	06 Pitt County Election	07 Pitt County Election	08 Pitt County Election	09 Tai Chi 11AM-12PM WBA	10	11
12	13	14 Women's Book Club 10-11AM WCR	15 Is Philately a Crime? Research the Controversy of Stamps 2-3PM WCR	16 Everyone Has a Story to Tell: Memoir Writing 10:00-11:30AM WCR	17 Fall Mum Delights 2-4PM WBA	18
19	20 Memoir Writing 9:30AM-12PM WCR	21	22	23 Thanksgiving Break - UNIVERSITY CLOSED	24 Thanksgiving Break - UNIVERSITY CLOSED	25
26	27	28	29 Origami Patterns Beginning & Intermediate 10:30-12:00 WCR	30 Tai Chi 11AM-12PM WBA		

WCR: Willis Conference Room
WBA: Willis Building Auditorium
GMOA: Greenville Museum of Art

MONTH AT A GLANCE

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
03 Dash for Cash	04 End of ECU Classes	05	06	07	08	09
10	11	12	13	14	15 ECU Commencement	16 Holiday Dinner and Concert 5:30-8:30 pm
17	18	19	20	21	22 Winter Break ECU Closed	23 Christmas Eve ECU Closed
24 Christmas Day ECU Closed	25 Winter Break ECU Closed	26 Winter Break ECU Closed	27 Winter Break ECU Closed	28 Winter Break ECU Closed	29 Winter Break ECU Closed	30
31	01 Winter Break ECU Closed					

WCR: Willis Conference Room
WBA: Willis Building Auditorium
GMA: 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

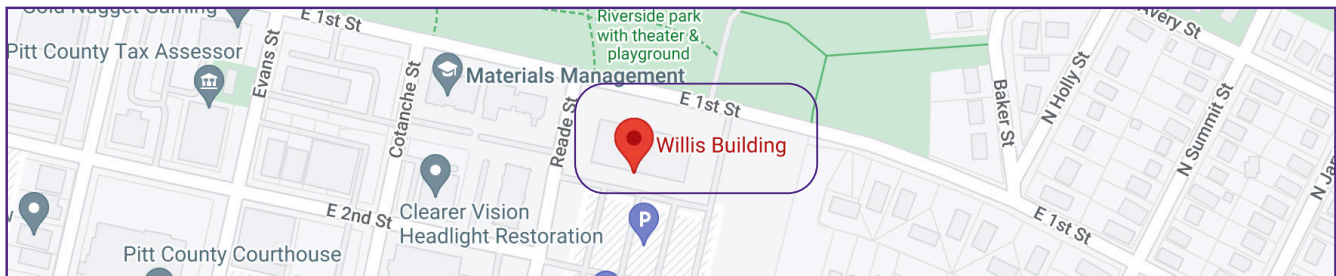
Instructors/Coordinators

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

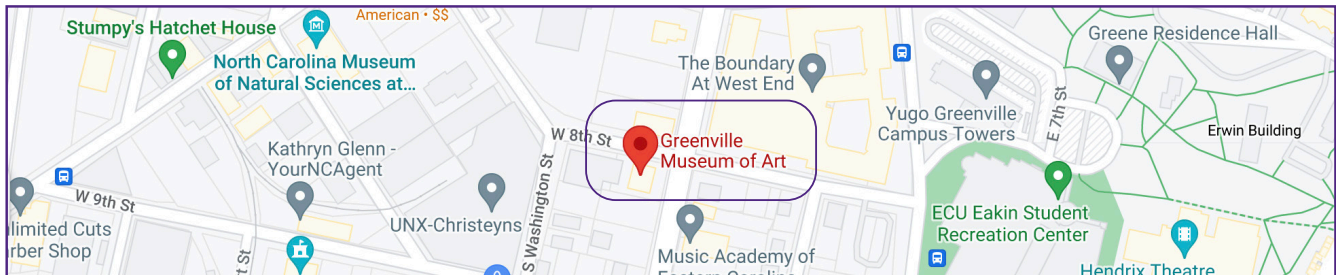
Willis Building on ECU's Campus: 300 E 1st St, Greenville, NC 27858

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

First & Last Name: _____

Mailing Address: _____

City/State/Zip: _____

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

Email: _____ **Send Me Email Updates**

Creative Arts	SESSION CODE	MEMBER	NON-MEMBER
Program Music: Feel the Beat- African American Contributions to Music	LLPMUSICF23	\$10	\$20
Origami and Meditative Patterns	LLPORGPATF23	\$35	\$45
Art Quilting at the Greenville Museum of Art (GMOA)	LLPGMOAQUILTF23	\$40	\$50

Culture & Religion	SESSION CODE	MEMBER	NON-MEMBER
Tracing Roots	LLPGENEF23	\$20	\$35
Prophets Through Time	LLPISLAF23	\$10	\$20

Healty Aging & Retirement	SESSION CODE	MEMBER	NON-MEMBER
Healthier U @ Your Library	LLPHEALTHF23	\$10	\$15
Laughter Yoga	LLPYOGAF23	\$10	\$20
Tai Chi Easy	LLPTAIF23	\$20	\$30

History, Science & Government	SESSION CODE	MEMBER	NON-MEMBER
Views from the Foc'sle, Spy Ships, Grain Trade and Cold War Economics	LLPNAVYF23	\$10	\$20
Is Philately a Crime?	LLPSTAMPF23	\$10	\$20

Technology	SESSION CODE	MEMBER	NON-MEMBER
Virus Alert! Ways to Spot Scams and Keep Your Technology Safe	LLPVIRUSF23	\$10	\$20

Literature	SESSION CODE	MEMBER	NON-MEMBER
Memoir Writing	MLWF23	\$40	Members Only
Everyone Has a Story to Tell: Memoir Writing	LLPSTORYF23	\$40	Members Only
Women's Book Club	WBKSF23	\$5	Members Only

ECU LIFELONG LEARNING PROGRAM - FALL 2023 REGISTRATION FORM

Special Events & Trips	SESSION CODE	REGULAR MEMBER	NON-MEMBER
Duke Lemur Center Tour	LLPLEMURF23	\$70	\$85
Hidden Treasures Tour: Unveiling the Artistic Secrets of Greenville	LLPSECRET23	\$40	\$55
Pumpkin Mum Delights: Crafting Beautiful Fall Centerpieces	LLPMUMF23	\$65	\$75
Holiday Dinner and Concert with the Greenville Choral Society	LLPCHORALF23	\$45	\$30

TOTALS	
Membership Fee - \$60	\$
Registration Fees Total	\$
GRAND TOTAL	\$

How Do I Register?

Membership registration is available throughout the year online.
August 1, 2023 - July 31, 2024: \$60
 Prorated Membership Rate \$40
 January 1, 2024 - July 31, 2024

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.)

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.





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

**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!**

