Welcome to the Lifelong Learning Program at EAST CAROLINA UNIVERSITY!

Greetings!

Welcome to ECU’s Fall 2024 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 22 courses, and 2 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. 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 kick off this fall semester, we will also start planning programming for Spring 2025. 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!

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

Follow Us on Social Media!
ECU Lifelong Learning
ECULifelongLearning

Platinum Sponsor

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Meet the LLP Coordination Team!

Annette Kariko
Director
Continuing & Professional Education

Heather Payne
University Program Specialist

Lauryn Pittman
Admin Support Associate

Follow Us on Social Media!
ECU Lifelong Learning
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01
CREATIVE ARTS

Origami and Meditative Patterns
Instructor: Annette Brooks  
Code: LLPORIGAMI  
Register By: 8/21/2024

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 / Non Member: $45  
Maximum 5 participants

Dates: Wednesday, August 28  
Time: 10:30 am - 12:00 pm  
Location: WCR

The Movie Music Magic of John Williams
Instructor: Andrea Peters  
Code: LLPMUSIC  
Register By: 9/19/24

Music often makes a movie come alive and enhances the storyline. John Williams is a master of this craft. He composed the soundtracks for such adventures as Jaws, Indiana Jones, Superman, Jurassic Park, ET and Schindler’s List. We will watch movie clips and then discuss them. You may want to bring popcorn!

Member: $20 / Non Member: $30  
Maximum 50 participants

Dates: Thursday, September 26  
Time: 1:00 pm-2:30 pm  
Location: WBA

Painting with Greenville Museum of Art
Instructor: Gail Ritzer  
Code: LLPIMOAPAINT  
Register By 9/25/24

Join us this October for an inspiring painting class led by Gail Ritzer, a seasoned instructor from the Greenville Museum of Art. Open to all skill levels, this introductory course will guide you through a collaborative group project and a personal piece, allowing you to explore and develop your artistic talents under expert guidance. Come unleash your creativity and enjoy the process of painting in a supportive and engaging environment.

Member: $45 / Non Member: $50  
Maximum 15 participants

Dates: Wednesday, 10/2, 10/9, 10/16, 10/23, 10/30  
Time: 10:00 am-12:00 pm  
Location: Greenville Museum of Art
CREATIVE ARTS

Creative Card Making: Easy

Instructor: Suzie Shelton  
Code: LLP CARDE  
Register By: 10/7/24

Are you looking for a creative, gentle way to keep yourself connected to others & do something nice for them? You will learn to make cards with quality supplies and fun instruction. Class fills quickly, so sign up early!

Member: $20 / Non-Member: $25  
Maximum 6 participants

Date:  
Location:  
Time:  
Monday 10/14  
1:00-3:00 pm  
WCR

Date:  
Location:  
Time:  
Tuesday 10/15  
1:00-3:00 pm  
WCR

Creative Card Making: Advanced

Instructor: Suzie Shelton  
Code: LLP CARDA  
Register By: 10/7/24

Are you searching for a thoughtful and creative way to stay connected with loved ones? Our advanced card making class offers the perfect opportunity to elevate your card-making skills. You will create beautiful, high-quality cards using premium supplies and engaging, detailed instruction. This advanced course builds on foundational techniques, so prior experience is recommended. This class is highly popular and spaces fill up quickly, so be sure to sign up early to secure your spot!

Member: $20 / Non-Member: $25  
Maximum 6 participants

Date:  
Location:  
Time:  
Monday 10/28  
1:00-3:00 pm  
WCR

Date:  
Location:  
Time:  
Tuesday 10/29  
1:00-3:00 pm  
WCR

Ornament Metal Workshop with Emerge Art Gallery

Instructor: Holly Garriott  
Code: LLP ORNAMENT  
Register By: 10/23/24

Join us for an engaging and creative Ornament Metal Workshop hosted by Emerge Art Gallery. This hands-on class invites participants of all skill levels to explore the art of metalworking, just in time for the Holidays! Guided by experienced artisans, you will learn techniques such as cutting, shaping, and finishing to craft your own unique metal ornaments. Whether you're a novice or an experienced metalworker, this workshop provides a supportive environment to unleash your creativity and produce beautiful, personalized pieces. All materials and tools are provided, ensuring a seamless and enjoyable experience. Don't miss this opportunity to create something extraordinary while connecting with fellow art enthusiasts!

Member: $30 (Members Only)  
Maximum 10 participants

Date:  
Location:  
Time:  
Wednesday 11/6  
10-11:30 am  
Emerge Art Gallery

CULTURE AND RELIGION

Prophets Through Time: Exploring the Stories and Legacies of Divine Messengers

Instructor: Maliha Farhadi  
Code: LLP PROFET  
Register By: 9/18/24

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 / Non-Member: $20  
Maximum 15 participants

Date:  
Location:  
Time:  
Wednesday 9/25  
10 am-12:00 pm  
WCR

Date:  
Location:  
Time:  
10/2, 10/9, 10/16  
10 am-12:00 pm  
WCR

Long Term Care Planning

Instructor: Devin Butler and Trevor Lawson  
Code: LPCARE  
Register By: 8/29/24

Long-term care is one of the most significant challenges impacting today’s populations, presenting both emotional and financial risks for families. This comprehensive course delves into the common causes necessitating long-term care and explores the profound emotional impacts on families. Participants will gain a deeper understanding of the financial burdens associated with long-term care and the various strategies available to manage these costs effectively. Additionally, the course offers valuable insights into proactive planning methods that individuals and families can employ to prepare for long-term care needs.

Member: $10 / Non-Member: $20  
Maximum 25 participants

Date:  
Location:  
Time:  
Thursday 9/5  
10:00am-12:00pm  
WBA

Exploring Grief

Instructor: Carrie Forbes  
Code: LLP GRIEF  
Register By: 9/10/24

This class is for anyone who is interested in better understanding the concept of grief and how we experience it in life. The class will look at grief as a personal and cultural experience and we will journey through several holistic approaches to individually processing grief. Participants should be prepared to thoughtfully explore difficult topics such as death, grief, trauma, and emotions. Participants will learn through lecture, art, music, seated yoga, and personal journaling. This will be two meaningful and empowering sessions, allowing participants to discuss the difficult topic of grief with a trained end-of-life doula.

Member: $15 / Non-Member: $20  
Maximum 25 participants

Date:  
Location:  
Time:  
Tuesdays 9/17, 9/24  
3:00-4:30 pm  
WCR

HEALTHY AGING AND RETIREMENT

Exploring Grief
**HEALTHY AGING AND RETIREMENT**

**Tai Chi Easy**

Instructor: Jan Kendrick  
Code: LLPTAICHI  
Register By: 9/26/24

Relax and stress down 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 5 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.

Member: $20 / Non-Member: $30  
Maximum 20 participants

| Day: Thursdays  | Date: 10/3, 10/10, 10/17, 10/31  | Time: 11-12:00 pm  | Location: WBA |

**Taking Control of Tomorrow: Advance Care Planning**

Instructor: Vicki Daugherty  
Code: LLPECUHEALTH  
Register By: 11/4/24

This class will help you to understand the importance of making your own voice heard, even when you are unable to communicate with others. Learn how you can plan for your own health care future by thinking about what is really important to you, initiating open conversations with your loved ones, and making it possible for your loved ones to legally honor your choices. Many people are unaware of their right to direct their medical care. Learn how you can make sure that your loved ones know how to advocate for your medical wishes and save them the distress of not knowing what to do in a medical crisis.

Everyone over the age of 18 should have a plan in place - we never know when something might happen. Please don’t wait until it is too late. Make your preferences for medical care known now! November 12 will be an educational program on the basics of Advance Care Planning, with an emphasis on what you need to know to make informed choices. On November 19, you will have the opportunity to update, complete, or discuss your own advance directive, with the required notary and witnesses available to document your choices and decisions in a legal document. This service is offered free of cost, compliments of ECU Health.

Member: $0 (Members Only)  
Maximum 20 participants

| Day: Tuesday  | Date: 11/12, 11/19  | Time: 10:00-11:30 am  | Location: WBA |

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**HEALTHY AGING AND RETIREMENT**

**Navigating Financial Planning Through Widowhood**

Instructor: Devin Butler & Trevor Lawson  
Code: LLFINANCE  
Register By: 11/1/24

This comprehensive course is designed to provide essential education and support on the financial implications of widowhood. Participants will gain a deep understanding of how to prepare financially for the loss of a spouse, ensuring they are equipped to handle the associated challenges with confidence and resilience. The course will cover critical steps to take both before and after a loss, including financial planning strategies, managing immediate financial tasks, and long-term financial adjustments. Join us to empower yourself with the knowledge and tools needed to navigate the financial landscape of widowhood effectively. Whether you are planning for the future or adapting to recent changes, this course offers valuable insights and practical advice for every stage of the journey.

Member: $10 / Non-Member: $20  
Maximum 20 participants

| Day: Thursday  | Date: 11/21  | Time: 10:00 am-12:00 pm  | Location: WBA |

**Laughter Yoga**

Instructor: Tamyra Jovel  
Code: LLPYOGA  
Register By: 11/14/24

Everyone wants to be healthy and happy instead being stressed out, depressed, and feeling isolated. Would you like to bring more joy and laughter into your life? Laughter Yoga is a 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!

Member: $10 / Non-Member: $20  
Maximum 20 participants

| Day: Friday  | Date: 11/8  | Time: 10:00 am-12:00 pm  | Location: WBA |

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Visit the LLP Website for Information | LLP.ECU.EDU
**International Politics: War and Alternatives to War**

**Instructor:** Hanna Kassab  
**Code:** LLPPOLITICS  
**Register By:** 9/1/24

French forces are being pushed out of Africa by the Russians. China is threatening to attack Taiwan. Iranian proxies are conducting terrorist attacks, destroying access to the Suez Canal. Ukrainians are fighting for survival while we wait for war between Venezuela and Guyana. The American order is being openly challenged by China. This class will address all the major flashpoints globally. Participants will learn of the various conflicts within the wider goal to replace the liberal international order with another. This class will encourage participants to see consider alternatives to conflict, rather than see conflict as inevitable. Participants with an interest in global politics will enjoy this class.

**Member:** $20 / **Non Member:** $30  
**Maximum 20 participants**

**Dates:**  
**Time:** Monday 9/9  
**Location:** WBA

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**Sustainability in Action: From Campus Innovations to Everyday Green Living**

**Instructor:** Kim Fox & Chad Carwein  
**Code:** LLPSUSTAIN  
**Register By:** 10/15/24

In this interactive workshop, we will explore the fundamental concepts of sustainability, breaking down what it truly entails and why it is essential for our planet’s future. Discover how ECU is integrating sustainable practices across its operations, from energy-efficient buildings to waste reduction programs and sustainable food initiatives. But the journey doesn’t stop there. The heart of this session lies in empowering you to apply these principles in your own life. We’ll provide practical tips and actionable steps that you can implement at home, making sustainability a seamless part of your daily routine. Learn how to reduce your carbon footprint, conserve resources, and make more environmentally friendly choices in areas such as energy use, waste management, and consumption.

**Member:** $15 / **Non Member:** $20  
**Maximum 20 participants**

**Dates:**  
**Time:** Tuesday 10/22  
**Location:** WBA

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**Getting to Know Backyard Birds: Introduction to Identifying and Photographing Our Feathered Visitors**

**Instructor:** Marian Swinker  
**Code:** LLPBIRD  
**Register By:** 10/23/24

This course is perfect for bird enthusiasts and anyone interested in learning more about bird habits, identification, and how to attract them to your yard. While it is not a photography basics class, it will include practical tips for photographing birds. We will also share valuable resources for bird identification. Attendees are encouraged to bring 1-2 bird images for assistance with identification, though we cannot guarantee complete accuracy with unknown species, we aim to narrow down the possibilities. Nature and bird lovers alike will enjoy the captivating images and stories shared in this class.

**Member:** $10 / **Non Member:** $15  
**Maximum 20 participants**

**Dates:**  
**Time:** Wednesday 10/30  
**Location:** WBA

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**Becoming the Lost Colony**

**Instructor:** Charles Ewen  
**Code:** LLPCOLONY  
**Register By:** 10/23/24

Join instructor Charles Ewen for an engaging discussion about his recent book, “Becoming the Lost Colony: The History, Lore, and Popular Culture of the Roanoke Oyster.” This session will delve into the fascinating history and enduring mysteries of the Lost Colony, exploring its lore and cultural impact. Participants will gain comprehensive insights into the topic, covering everything they want to know about the Lost Colony. Don’t miss this opportunity to learn from an expert in the field!

**Member:** $20 / **Non Member:** $35  
**Maximum 20 participants**

**Dates:**  
**Time:** Friday 11/1  
**Location:** WBA
TECHNOLOGY

Leading an Easier Life in the Digital Era: Lunch and Learn
Instructor: Vanessa Reyes & Kathy Lohr  Code: LLPDIGITAL  Register By: 10/16/24
Are you curious and sometimes frustrated by the rapid advancement of technology in our lives? This shift in digital has altered healthcare, communications, banking - just about every aspect of our lives. In this lunch and learn course, we will discuss your online information - how you manage it, archive it, protect it, and learn from it. This is a broad topic, and we want to know your concerns, experiences, and needs, such as what to do with emails, photos, and online resources. And, who helps you? Is there a younger family member who assists you? What are the intergenerational differences in approaching technology? This initial course will be led by Dr. Reyes from ECU's library science program and Dr. Lohr from ECU's adult education program. In collaboration with members from the university's nursing and social work programs along with a specialist in assistive technology, they are studying the challenges related to personal digital archiving, social connectedness, and aging well with technology.
Member: $10 / Non Member: $10  Maximum 20 participants

Boost Brainpower Solving Slitherlinks
Instructor: James Wirth  Code: LLPBRAIN  Register By: 9/27/24
Slitherlink puzzles were invented in 1989 by Nikoli - the famous Japanese logic puzzle publisher that named and popularized Sudoku. A Slitherlink is a rectangular grid of dots that is solved by connecting adjacent dots with lines that form a single loop without breaks or crossings. Some squares in the grid contain a number (0, 1, 2, or 3) that says exactly how many lines must border it. Hundreds of free Slitherlink puzzles are available on the Internet. Although the puzzles were originally done with paper and pencil, the course will teach the logic used to solve these puzzles using an Internet app to draw (and erase) the lines on a screen. Participants should bring their own tablet or laptop.
Member: $15 / Non Member: $20  Maximum 20 participants

LITERATURE

Memoir Writing
Instructor: Gloria Schwartz  Code: LLPMEMOIR  Register By: 8/19/24
How to write your life stories via Memoir Writing. Writing memoirs is all about how to write stories from your past, your history, just writing it in your words about things that have been a part of your life. Writing makes you ask questions of those who can still give you answers about your family, your heritage so you can write those stories for your children, for those to come and for yourself. Writing can be fun, therapeutic, and very rewarding for us. It’s better than reading a book, because you are creating a book, with new pages with every class.
Member: $40 (Members Only)  Maximum 15 participants

Women's Book Club
Instructor: Gloria Schwartz  Code: LLPBOOKCLUB  Register By: 8/27/24
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 gives members the opportunity to make new friends and expand the scope of your reading.
Member: $5 (Members Only)  Maximum 15 participants

The Ted Weil History Book Club
Instructor: Don Clement  Code: LLPHISTORYBOOK  Register By: 9/1/24
The Ted Weil History Book Club—which has met continually since founded by Ted as part of LLP more than a decade ago—welcomes those who actively seek a deeper understanding of the past and its influence today. The group selects nonfiction books that reveal events, people, and/or trends of historical interest and importance. All members are to read selections in depth and to engage in discussing them. Members volunteer to lead discussion on a rotational basis. For the first meeting, members will be notified by email of the book to be read for that meeting. Members are responsible for obtaining books. Members should also bring titles of books they’ve read to recommend. In the past year the club has read such works as Chip War, Heirs of the Founders, Strongmen, One Nation Under Gold, This Kind of War, American Midnight, and Killers of the Flower Moon.
Member: $10 / Non Member $20  Maximum 20 participants
Tour of Coastal Studies Institute and Roanoke Island Maritime Museum

Friday, September 27, 2024

Join us for a trip to the coast and visit the ECU Outer Banks Campus, home of the Coastal Studies Institute (CSI). Learn about the coastal and marine science research and education projects of CSI through a guided tour of the facilities. Interact with CSI faculty and staff and learn about all of the fascinating work happening on ECU’s coastal campus. Experience the beauty of the estuary through an on-the-water boat program highlighting our coastal ecosystems and how CSI scientists are studying them. Join us for a fun-filled, educational experience at the coast!

Event Locations & Itinerary

Maritime Tour on the Water & Cultivars-Coastal Studies Institute
- 7:30 am - 7:50 am: Arrivals & Load the Bus at Willis Building
- 8:00 am: Departure
- 10:15 am: Arrival at CSI
- 10:30 am - 12:30 pm: Orientation - Programming
- 12:30 pm - 1:15 pm: Boxed Lunch - Johanna’s Catering

Afternoon Tour
- 1:45 pm: Museum tour
- 3:00 pm: Ice Cream
- 5:00 pm: Return to Willis Building

Roanoke Island Maritime Museum: https://discovermanteo.com/maritime-museum
Marshes Light House - Ice Cream: https://www.manteonc.gov/visitors/roanoke-marshes-lighthouse

Location: Meet at the ECU Willis Building for Boarding
Member: $60
Non-Members: $100
Registration Deadline: 9/20/2024

What’s Included:
- Transportation from Greenville to Roanoke Island, a boxed lunch, and transportation and entrance to museum.

Activity Level: Standing during the tour and moderate walking.

Holiday Dinner and Choral Concert

Saturday, December 14, 2024

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

ECU Willis building & The Memorial Baptist Church
- 5:00 pm: Check-in and the holiday dinner starts
- 5:00 - 6:00 pm: Dinner
- 6:30 pm: Depart the Willis building for the concert
- 7:00 pm: Holiday Concert starts
- 8:30 pm: Estimated end time

Location: The Memorial Baptist Church
Time: 5:00-8:30 pm
Instructor: Andy Roby, Greenville Choral Society
Member: $45
Non-Members: $45
Maximum: 25 participants
Registration Deadline: 12/7/2024

What’s Included:
- Catered dinner, transportation, holiday concert, meeting new friends and fun!

Activity Level: Moderate - some steps and pew navigation

*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 2024

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*WCR: Willis Conference Room*

*WBA: Willis Building Auditorium*

*GMoA: Greenville Museum of Art*

### SEPTEMBER 2024

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<td>Labor Day ECU CLOSED</td>
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<td>Prophets Through Time WCR 1000am-12pm</td>
<td>Movie Music WBA 1-2:30pm</td>
<td>CSI Tour 7:30am - 5:00pm Meet at Willis Building</td>
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*WCR: Willis Conference Room*

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*GMoA: Greenville Museum of Art*
## MONTH AT A GLANCE

### OCTOBER 2024

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<th>SATURDAY</th>
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<tbody>
<tr>
<td></td>
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<td>01</td>
<td>Women's Book Club 10:00AM-12:00PM WCR</td>
<td>02</td>
<td>Prophets Through Time 10am, 12pm WCR Painting Class GMoA 10am-12pm</td>
<td>03</td>
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<tr>
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<td>06</td>
<td>Memoir Writing 9-30-12PM WCR</td>
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<td>Prophets Through Time 10am, 12pm WCR Painting Class GMoA 10am-12pm</td>
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<td>11</td>
<td>Creative Card Making (Easy) WCR 1-3PM Ted Well History Book Club 1-2:30 WBA</td>
<td>12</td>
<td>Tai Chi Easy 11-12 WBA</td>
<td>13</td>
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<tr>
<td></td>
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<td>16</td>
<td>Creative Card Making (Easy) WCR 1-3PM</td>
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<td>Prophets Through Time 10am, 12pm WCR Painting Class GMoA 10am-12pm</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td></td>
<td>21</td>
<td>Memoir Writing 9-30-12PM WCR</td>
<td>22</td>
<td>Sustainability in Action 10:00-11:00AM WBA</td>
<td>23</td>
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<tr>
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<td>26</td>
<td>Creative Card Making (Advanced) 1-3 pm WCR</td>
<td>27</td>
<td>Creative Card Making (Advanced) 1-3 pm WCR</td>
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WCR: Willis Conference Room  
WBA: Willis Building Auditorium  
GMoA: Greenville Museum of Art

### NOVEMBER 2024

<table>
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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>01</td>
<td>The Lost Colony WBA 10-11AM</td>
<td>02</td>
<td>Memoir Writing 9:30AM-12PM WCR</td>
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<tr>
<td></td>
<td></td>
<td>06</td>
<td>Memoir Writing 9:30AM-12PM WCR</td>
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<td>Prophets Through Time 10am, 12pm WCR Painting Class GMoA 10am-12pm</td>
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<td>Prophets Through Time 10am, 12pm WCR Painting Class GMoA 10am-12pm</td>
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<td>Tai Chi Easy 11-12 WBA</td>
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<td>Creative Card Making (Advanced) 1-3 pm WCR</td>
<td>17</td>
<td>Prophets Through Time 10am, 12pm WCR Painting Class GMoA 10am-12pm</td>
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<td></td>
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<td>21</td>
<td>Memoir Writing 9-30-12PM WCR</td>
<td>22</td>
<td>Sustainability in Action 10:00-11:00AM WBA</td>
<td>23</td>
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<td></td>
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<td>26</td>
<td>Creative Card Making (Advanced) 1-3 pm WCR</td>
<td>27</td>
<td>Creative Card Making (Advanced) 1-3 pm WCR</td>
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WCR: Willis Conference Room  
WBA: Willis Building Auditorium  
GMoA: Greenville Museum of Art
MONTH AT A GLANCE

DECEMBER 2024

<table>
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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tr>
<td></td>
<td>Memoir Writing 9:30-12PM WCR</td>
<td>Women’s Book Club 10:00-12:00 WCR</td>
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<tr>
<td></td>
<td>Ted Weil History Book Club 1:2-3:30 WBA</td>
<td></td>
<td>ECU Commencement</td>
<td></td>
<td>Holiday Dinner and Concert 5:00-8:30pm Meet at Willis Building</td>
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<td>15</td>
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<td>19</td>
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<tr>
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<td>Memoir Writing 9:30-12PM WCR</td>
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<td>Winter Break ECU Closed</td>
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<td>Christmas Day ECU Closed</td>
<td>Winter Break ECU Closed</td>
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<td></td>
<td>Winter Break ECU Closed</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

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

See you in 2025!

January Kickoff dates coming soon...
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
We are seeking Committee Members and Volunteers. 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

A SPECIAL THANK YOU!

Program Partners
The Greenville Museum of Art
Laupus Library
Joyner Library
Mid-East Commission Area Agency of Aging
Greenville Choral Society
Happy Grandma Senior Tech Support
ECU Health
Emerge Gallery and Arts Center
Coastal Studies Institute
Roanoke Island Maritime Museum

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

Instructors/Coordinators
Annette Brooks
Devin Butler
Chad Carwein
Don Clement
Vicki Daugherty
Brianna Earl
Charles Ewen
Malina Farhadi
Carrie Forbes
Holly Garrrott
Tamyra Jovel
Hanna Kassab
Jan Kendrick
Trevor Lawson
Kathy Lohr
John McCord
Andrea Peters
Vanessa Reyes
Gail Ritzer
Andy Roby
Gloria Schwartz
Suzie Shelton
Marian Swinker
James Wirth

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

THE LIFELONG LEARNING PROGRAM & YOU!

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THE LIFELONG LEARNING PROGRAM & YOU!
**ECU LIFELONG LEARNING PROGRAM - FALL 2024 REGISTRATION FORM**

**First & Last Name:**

**Job Title:**

**Mailing Address:**

**City/State/Zip:**

**Primary Phone:**

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

**Email:**

**Send Me Email Updates**

### Creative Arts

<table>
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<tr>
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<tbody>
<tr>
<td>Origami and Meditative Patterns</td>
<td>$35</td>
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<td>The Movie Music Magic of John Williams</td>
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<td>Painting with Greenville Museum of Art</td>
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<td>Creative Card Making: Easy</td>
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<td>Ornament Metal Workshop with Emerge Art Gallery</td>
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### History, Science & Government

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<tr>
<td>International Politics: War and Alternatives to War</td>
<td>$20</td>
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<td>Sustainability in Action: From Campus Innovations to Everyday Green Living</td>
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<td>Getting to Know Backyard Birds: Introduction to Identifying and Photographing Our Feathered Visitors</td>
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<td>Becoming the Lost Colony</td>
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### Culture & Religion

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<td>Prophets Through Time: Exploring the Stories and Legacies of Divine Messengers</td>
<td>$10</td>
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### Technology

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<td>$10</td>
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<td>Boost Brainpower Solving Slitherlinks</td>
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### Literature

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<td>Memoir Writing</td>
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<td>Women’s Book Club</td>
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<td>The Ted Weil History Book Club</td>
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### Healthy Aging & Retirement

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<td>Exploring Grief</td>
<td>$15</td>
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<tr>
<td>Tai Chi Easy</td>
<td>$20</td>
<td>$30</td>
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<td>Taking Control of Tomorrow: Advance Care Planning</td>
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<td>Navigating Financial Planning Through Widowhood</td>
<td>$10</td>
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<td>Laughter Yoga</td>
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### Special Events & Trips

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<td>Tour of Coastal Studies Institute and Roanoke Island Maritime Museum</td>
<td>$60</td>
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<td>Holiday Dinner and Choral Concert</td>
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### TOTALS

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<td>Membership Fee - $60</td>
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<td>Registration Fees Total</td>
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<td>GRAND TOTAL</td>
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**MEMBERSHIP REGISTRATION:**

August 1, 2024 - July 31, 2025: $60

---

**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.

---

**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.
**If you have taken a class or classes in 2024, you do not need to create a new account.

Create an Account Before the Kickoff: [https://continuing-ed-registration.ecu.edu/](https://continuing-ed-registration.ecu.edu/)

- Select the Login drop down and choose “Student Login”
- Create an Individual Account under “I am a new user”.
- Provide your preferred email.
- Select “Create Account”
- Complete the Contact Information and click “Submit”

- An automated email from ECU, Continuing and Professional Education will be sent to your provided email instructing you to click the link and create your own password.
- Once you have created your own password, you can select “Login” on the top right of your screen, and choose Student Login
- Enter in your login information under “I have an account already”
- Your Account Creation is complete

Create a Group or Family Account
If you are looking to register yourself with a family member or friends, you can now use our Group Account feature to register multiple people for a course or event!

Online Registration
Get ready for an easy and seamless online registration process! We’re excited to announce that a comprehensive step-by-step walkthrough video by Richard Langley with Happy Grandma: Senior Tech Support is available on our website. This video tutorial will guide you through the registration process, ensuring a smooth and hassle-free experience. Stay tuned and be sure to check our website for this informative video, designed to make your registration process a breeze!

Have questions? LLP is always available to assist you via email (LLP@ecu.edu) or a direct call (252-328-9169)
LIFELONG LEARNING PROGRAM

Fall Registration Kickoff Event
Membership & Course Registration

Friday, August 16, 2024
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 RSVP via the QR Code or link below by August 9th, if you plan to attend!