



# Lifelong Learning Program

LLP.ECU.EDU



## FALL 2024





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

## 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

## 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 kickoff 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](https://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!

## 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](mailto:llp@ecu.edu) | **Website:** [LLP.ecu.edu](https://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](mailto:252-737-1018/ada-coordinator@ecu.edu).  
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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



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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

Day:	Date:	Time:	Location:
Wednesday	August 28 September 4, 11, 18	10:30 am - 12:00 pm	WCR



NEW

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

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

NEW

Painting with Greenville Museum of Art

Instructor: Gail Ritzer

Code: LLPGMOAPAIN

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

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





CREATIVE ARTS

Creative Card Making: Easy

Instructor: Suzie Shelton                      Code: LLPCARDE                      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

Day:	Date:	Time:	Location:
Monday	10/14	1:00-3:00 pm	WCR
Tuesday	10/15		



Creative Card Making: Advanced

Instructor: Suzie Shelton                      Code: LLPCARDA                      Register By: 10/7/24

Are you searching for a thoughtful and creative way to stay connected with loved ones? Our advanced card marking 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

Day:	Dates:	Time:	Location:
Monday	10/28	1:00-3:00 pm	WCR
Tuesday	10/29		

NEW

Ornament Metal Workshop with Emerge Art Gallery

Instructor: Holly Garriott                      Code: LLPORNAMENT                      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

Day:	Date:	Time:	Location:
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: LLPPROFET                      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

Day:	Date:	Time:	Location:
Wednesday	9/25	10 am-12:00 pm	WCR
	10/2, 10/9, 10/16		

HEALTHY AGING AND RETIREMENT

Long Term Care Planning

Instructor: Devin Butler and Trevor Lawson                      Code: LLPCARE                      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

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

Exploring Grief

Instructor: Carrie Forbes                      Code: LLPGRIEF                      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

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

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:	Date:	Time:	Location:
Thursdays	10/3, 10/10, 10/17, 10/31 11/7	11-12:00 pm	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 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:	Date:	Time:	Location:
Tuesday	11/12, 11/19	10:00-11:30 am	WBA

HEALTHY AGING AND RETIREMENT

Navigating Financial Planning Through Widowhood

Instructor: Devin Butler & Trevor Lawson      Code: LLPFINANCE      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 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:	Date:	Time:	Location:
Friday	11/8	10:00 am-12:00 pm	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:	Date:	Time:	Location:
Thursday	11/21	9:00-10:30 am	WBA

HISTORY, SCIENCE, AND GOVERNMENT

International Politics: War and Alternatives to War

NEW

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

Day:	Dates:	Time:	Location:
Monday	9/9	9:00 am - 12:00 pm	WBA

NEW

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

Day:	Dates:	Time:	Location:
Tuesday	10/22	10-11:00am	WBA

HISTORY, SCIENCE, AND GOVERNMENT

NEW

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

Day:	Dates:	Time:	Location:
Wednesday	10/30	10:00-11:00 am	WBA

NEW

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

Day:	Dates:	Time:	Location:
Friday	11/1	10-11:00am	WBA



TECHNOLOGY

Leading an Easier Life in the Digital Era: Lunch and Learn

NEW

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 to 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

Day:	Dates:	Time:	Location:
Wednesday	10/23	11:00 am - 1:00 pm	WBA

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

Day:	Dates:	Time:	Location:
Fridays	10/4, 10/11, 10/18, 10/25	1:00-2:00 pm	Willis Conference Room

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

Day:	Date:	Time:	Location:
Mondays	8/26, 9/9, 9/23, 10/7, 10/21 11/4, 11/18, 12/2, 12/16	9:30 am - 12:00 pm	WCR

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

Day:	Date:	Time:	Location:
Tuesdays	9/3, 10/1 11/5, 12/3	10:00 am - 12:00 pm	WCR

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

Day:	Date:	Time:	Location:
Mondays	9/9, 10/14, 11/11, 12/9	1-2:30pm	WBA

SPECIAL EVENTS & TRIPS - Register Early, our trips and special events sell out fast!

Tour of Coastal Studies Institute and Roanoke Island Maritime Museum

Friday, September 27, 2024 Code: LLPCSI

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- Programing
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: <a href="https://discovermanteo.com/maritime-museum">https://discovermanteo.com/maritime-museum</a>	
Marshes Light House- Ice Cream: <a href="https://www.manteonc.gov/visitors/roanoke-marshes-lighthouse">https://www.manteonc.gov/visitors/roanoke-marshes-lighthouse</a>	

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.



SPECIAL EVENTS & TRIPS

Holiday Dinner and Choral Concert

Saturday, December 14, 2024 Code: LLPHOLIDAY

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16 Fall 2024 Kickoff Event 1-4 pm WBA	17
18	19 ECU Classes Begin	20	21	22	23	24
25	26 Memoir Writing 9:30am-12pm WCR	27	28 Origami Patterns Beginning & Intermediate 10:30-12:00 WCR	29	30	31

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

SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02 Labor Day ECU CLOSED	03 Women's Book Club 10am-12pm WCR	04 Origami Patterns Beginning & Intermediate 10:30am-12:00pm WCR	05 Long Term Care Planning 10am-12pm WBA	06	07
08	09 Ted Weil History Book Club 1-2:30PM WBA International Politics 9AM-12PM WBA Memoir Writing 9:30AM-12PM WCR	10	11 Origami Patterns Beginning & Intermediate 10:30am-12:00pm WCR	12	13	14
15	16	17 Exploring Grief WCR 3-4:30 PM	18 Origami Patterns Beginning & Intermediate 10:30am-12:00pm WCR	19	20	21
22	23 Memoir Writing 9:30AM-12PM WCR	24 Exploring Grief WCR 3-4:30 PM	25 Prophets Through Time WCR 1000am-12pm	26 Movie Music WBA 1-2:30pm	27 CSI Tour 7:30am - 5:00pm Meet at Willis Building	28
29	30					

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

MONTH AT A GLANCE

OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		01 Women's Book Club 10:00AM-12:00PM WCR	02 Prophets Through Time 10am- 12pm WCR Painting Class GMoA 10am-12pm	03 Tai Chi Easy 11am-12pm WBA	04 Boost Brainpower WCR 1-2pm	05
06	07 Memoir Writing 9:30-12PM WCR	08	09 Prophets Through Time 10am- 12pm WCR Painting Class GMoA 10-12	10 Tai Chi Easy 11-12 WBA	11 Boost Brainpower WCR 1-2pm	12
13	14 Creative Card Making [Easy] WCR 1-3PM Ted Weil History Book Club 1-2:30 WBA	15 Creative Card Making [Easy] WCR 1-3PM	16 Prophets Through Time 10am- 12pm WCR Painting Class GMoA 10-12	17 Tai Chi Easy 11-12 WBA	18 Boost Brainpower WCR 1-2pm	19
20	21 Memoir Writing 9:30-12PM WCR	22 Sustainability in Action 10:00-11:00AM WBA	23 Leading Easier Life in the Digital Era WBA 11am-1pm Painting Class GMoA 10-12	24	25 Boost Brainpower WCR 1-2pm	26
27	28 Creative Card Making (Advanced) 1-3 pm WCR	29 Creative Card Making (Advanced) 1-3 pm WCR	30 Backyard Birds WBA 10-11A Painting Class GMoA 10-12	31 Tai Chi Easy 11-12 WBA		

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

NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01 The Lost Colony WBA 10-11AM	02
03	04 Memoir Writing 9:30AM-12PM WCR	05 Women's Book Club 10:00-12:00PM WCR	06 Ornament Workshop Emerge 10-11:30AM	07 Tai Chi Easy 11-12 WBA	08 Navigating Financial Planning Through Widowhood 10am-12pm WBA	09
10	11 Ted Weil History Book Club 1-2:30 WBA	12 Taking Control Advance Care Plan 10-11:30AM WBA	13	14	15	16
17	18 Memoir Writing 9:30AM-12PM WCR	19 Taking Control Advance Care Plan 10-11:30AM WBA	20	21 Laughter Yoga 9-10:30 AM WBA	22	23
24	25	26	27	28 Thanksgiving Break ECU Closed	29 Thanksgiving Break ECU Closed	30

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



MONTH AT A GLANCE

DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02 Memoir Writing 9:30-12PM WCR	03 Women's Book Club 10:00-12:00 WCR	04	05	06	07
08	09 Ted Weil History Book Club 1-2:30 WBA	10	11	12	13 ECU Commencement	14 Holiday Dinner and Concert 5:00-8:30pm Meet at Willis Building
15	16 Memoir Writing 9:30-12PM WCR	17	18	19	20	21
22	23 Winter Break ECU Closed	24 Christmas Eve ECU Closed	25 Christmas Day ECU Closed	26 Winter Break ECU Closed	27 Winter Break ECU Closed	28
29	30 Winter Break ECU Closed	31 Winter Break ECU Closed				

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

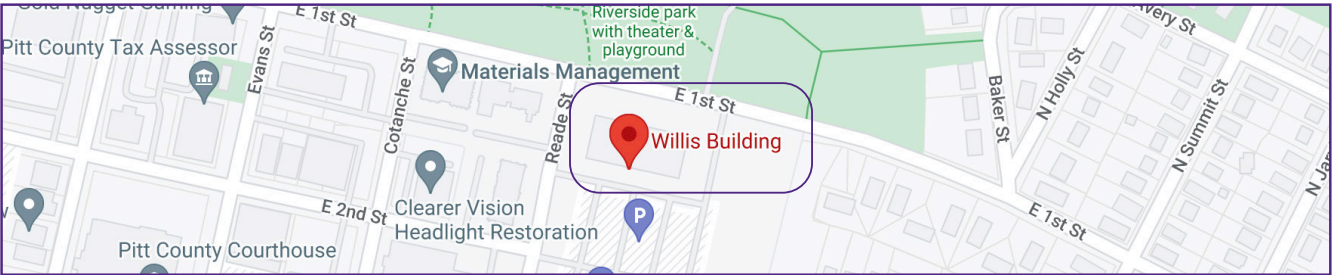
See you in 2025!

January Kickoff dates coming soon...

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).

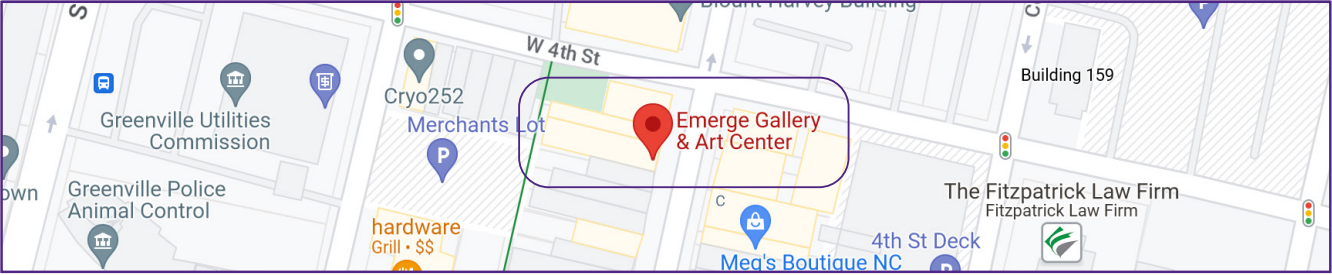


Greenville Museum of Art (GMOA): 802 Evans St, Greenville, NC 27834

Complimentary parking is available in the GMOA parking lot.



Emerge Gallery on ECU Campus: 404 Evans St, Greenville, NC 27858



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	Andrea "Cookie" Thompson
Alice Keene	Jill Schaller

Curriculum Committee

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



Instructors/Coordinators

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



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



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.



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	MEMBER	NON-MEMBER
Origami and Meditative Patterns	\$35	\$45
The Movie Music Magic of John Williams	\$20	\$30
Painting with Greenville Museum of Art	\$45	\$50
Creative Card Making: Easy	\$20	\$25
Creative Card Making: Advanced	\$20	\$25
Ornament Metal Workshop with Emerge Art Gallery	\$30	Members Only

Culture & Religion	MEMBER	NON-MEMBER
Prophets Through Time: Exploring the Stories and Legacies of Divine Messengers	\$10	\$20

Healthy Aging & Retirement	MEMBER	NON-MEMBER
Long Term Care Planning	\$10	\$20
Exploring Grief	\$15	\$20
Tai Chi Easy	\$20	\$30
Taking Control of Tomorrow: Advance Care Planning	\$0	Members Only
Navigating Financial Planning Through Widowhood	\$10	\$20
Laughter Yoga	\$10	\$20

Special Events & Trips	REGULAR MEMBER	NON-MEMBER
Tour of Coastal Studies Institute and Roanoke Island Maritime Museum	\$60	\$100
Holiday Dinner and Choral Concert	\$45	\$45

History, Science & Government	MEMBER	NON-MEMBER
International Politics: War and Alternatives to War	\$20	\$30
Sustainability in Action: From Campus Innovations to Everyday Green Living	\$15	\$20
Getting to Know Backyard Birds: Introduction to Identifying and Photographing Our Feathered Visitors	\$10	\$15
Becoming the Lost Colony	\$20	\$35

Technology	MEMBER	NON-MEMBER
Leading an Easier Life in the Digital Era: Lunch and Learn	\$10	\$10
Boost Brainpower Solving Slitherlinks	\$15	\$20

Literature	MEMBER	NON-MEMBER
Memoir Writing	\$40	Members Only
Women's Book Club	\$5	Members Only
The Ted Weil History Book Club	\$10	\$20

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

MEMBERSHIP REGISTRATION:

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

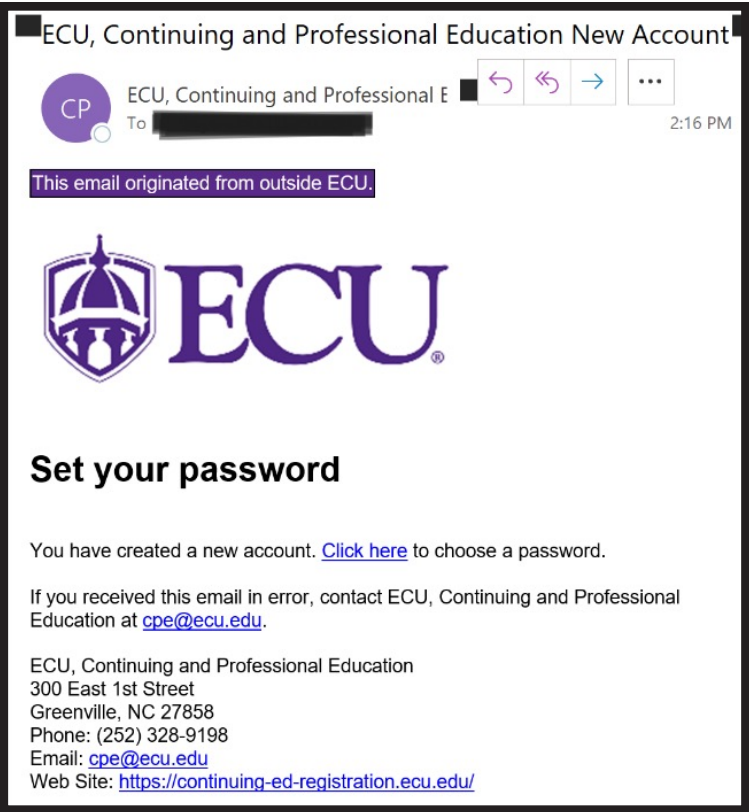
**\*\*If you have taken a class or classes in 2024, you do not need to create a new account.**

**Create an Account Before the Kickoff:** <https://continuing-ed-registration.ecu.edu/>

- Select the Login drop down and choose **“Student Login”**
- Create an Individual Account under **“I am a new user”**.

The screenshot shows the ECU Learner Portal login page. At the top is a purple header with the ECU logo, a shopping cart icon with a '0', and a 'Login' dropdown menu. Below the header are links for 'Courses', 'Programs', 'Request Information', and 'Make a Payment'. The main heading is 'Log-In to Learner Portal'. There are two main sections: 'I have an account already' and 'I am a new user'. The 'I have an account already' section includes a 'Log in using your existing account information.' instruction, a 'Forgot User Name' link, a 'User Name (case sensitive)' input field, a 'Forgot Password' link, a 'Password (case sensitive)' input field, and a 'Log In' button. The 'I am a new user' section includes an instruction: 'A user name and password will be emailed to you on completion of this transaction. Please enter your primary email to continue.', an 'Email' input field, a 'Retype Email Address' input field, and a 'Create Account' button.

- 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](mailto:LLP@ecu.edu)) or a direct call (252-328-9169)





Lifelong Learning Program  
Willis Building, Office 300  
Mail Stop 310  
East Carolina University®  
Greenville, NC 27858

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# 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!**

