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!

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ECU Lifelong Learning

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Greetings!

Welcome to ECU’s Spring 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 spring we offer 26 courses, and 9 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 spring semester, we will also start planning programming for Fall 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

Kelsey Dwyer  
University Program Specialist  
LLP Program Coordinator

Heather Payne  
University Program Specialist

Lauryn Pittman  
Admin Support Associate
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**CREATIVE ARTS**

### Create Ceramic Pottery with Emerge Gallery and Arts Center

**Instructor:** Holly Garriott  
**Code:** LLPEMERGE  
**Register By:** 4/15/24

Discover the world of pottery and ceramic art in this engaging and hands-on workshop at Emerge Gallery and Arts Center with the talented instructor, Holly Garriott. Whether you’re a beginner looking to explore the basics of clay or an experienced potter aiming to refine your skills, this workshop offers a comprehensive experience for artists of all levels. This workshop promises to be an inspiring and educational experience. Reserve your spot today and let your artistic journey take shape at Emerge Art Gallery!

**Cost:** $30 (Members Only)

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<thead>
<tr>
<th>Day:</th>
<th>Date:</th>
<th>Time:</th>
<th>Location:</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>5/1/24</td>
<td>10:00am-11:30am</td>
<td>Emerge</td>
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### Art Quilting with Greenville Museum of Art

**Instructor:** Marie Hamra  
**Code:** LLPGMOAQUILT  
**Register By:** 2/1/24

Discover the joy of creating personalized art quilting. Create a cherished keepsake with instructor Marie Hamra at the Greenville Museum of Art! In this comprehensive course designed for both beginners and intermediates, you will embark on a creative journey to learn the art of quilting while expressing your unique vision and stories through fabric and stitching. By the end of this Art Quilting course, beginners and intermediates will have the skills and knowledge to create beautiful and meaningful art quilts that capture a lifetime of memories. Join us at the Greenville Museum of Art and unlock your potential as an art quilter! Note: A list of recommended materials will be provided upon registration.

**Member:** $25, Non Member: $35

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<tr>
<th>Day:</th>
<th>Dates:</th>
<th>Time:</th>
<th>Location:</th>
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<tr>
<td>Fridays</td>
<td>2/02, 2/09, 2/16, 2/23, 3/01, 3/08</td>
<td>1:00pm-3:30pm</td>
<td>Greenville Museum of Art, Education Building</td>
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### Getting to Know You: The Families of Musical Instruments

<table>
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<tr>
<th>Instructor: Andrea Peters</th>
<th>Code: LLPMUSIC</th>
<th>Register By: 3/7/24</th>
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The Families of Musical Instruments Workshop is an interactive and engaging educational experience designed to provide participants with a comprehensive understanding of the various families of musical instruments. This workshop is facilitated by the students of ECU’s School of Music, who will guide and assist participants in exploring, discussing, and interacting with different types of musical instruments. This workshop provides a unique opportunity for participants to learn about the families of musical instruments through a combination of informative presentations, hands-on activities, and interactive discussions. By the end of the course, participants will have gained a deeper appreciation for the rich world of musical instruments and a better understanding of their role in shaping musical cultures throughout history.

**Member:** $20 / **Non-Member:** $30

**Day:** Thursday  
**Date:** 3/14  
**Time:** 1:00-3:00PM  
**Location:** Willis Auditorium

### Beginner Counted Cross-Stitching

<table>
<thead>
<tr>
<th>Instructor: Vivian Mott</th>
<th>Code: LLPCROSS</th>
<th>Register By: 2/6/24</th>
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</table>

Counted cross-stitch is a delightful and timeless form of needlework that allows you to create intricate and beautiful designs using simple, repetitive stitches. This Counted Cross-Stitch for Beginners course is designed to introduce you to the fundamentals of cross-stitch embroidery, making it accessible and enjoyable for newcomers to the craft. Whether you’re looking to create handmade gifts, decorative pieces, or simply unwind with a creative hobby, this course will provide you with the skills and knowledge needed to get started. This class will focus on an introductory history to this centuries old form of needlework, followed by simple hands-on instruction for a small project. All materials, patterns, and guidance are included for a small cross-stitch project, simple, quick, and beautiful enough for a spring or Easter gift.

**Member:** $25 / **Non-Member:** $35  
**Maximum 10 participants**

**Day:** Tuesdays  
**Dates:** 2/13, 2/27  
**Time:** 1:00-2:30PM  
**Location:** Willis Conference Room
CULTURE AND RELIGION

Living Healthy 500 Years- Or More
Instructor: Calvin Mercer  Code: LLPLIFE  Register By: 2/5/24

Are you ready to embark on a transformative journey into the realm of genetic engineering, where the boundaries of human health and longevity are redefined? Join us in an exploration of cutting-edge science and ethics as we delve into the fascinating world of living a healthy human life through genetic engineering and the pursuit of practical immortality. In this pioneering course, we will embark on an exhilarating intellectual adventure that bridges the gap between science fiction and reality. You will gain a profound understanding of the principles and techniques underlying genetic engineering, personalized medicine, and the extension of the human lifespan. Prepare to be inspired, enlightened, and challenged as we explore the limitless potential of human health and longevity through the lens of genetic engineering.

Member: $15 / Non-Member: $20

Day: Date: Time: Location:
Wednesday 2/7 10-11:30am Virtual -Zoom

What’s Islam All About?
Instructor: Maliha Farhadi  Code: LLPISLAM  Register By 3/26/24

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

Member: $10 / Non-Member: $20

Day: Dates: Time: Location:
Tuesdays 4/02, 4/09, 4/16, 4/23 10:00am-12:00pm Willis Conference Room

Visit the LLP Website for Information | LLP.ECU.EDU
HEALTHY AGING AND RETIREMENT

Elder Law: Wills, Estates, Guardianship and Medicaid Planning
Instructor: Charlotte Anne Alexander  Code: LLPESTATE  Register By: 2/19/24
Join us for an informative and comprehensive workshop on Elder Law, where you will gain valuable insights into the intricacies of legal matters affecting our community members. Hosted by Colombo Kitchin Attorneys, this workshop will cover essential topics related to Elder Law, including Wills, Estates, Guardianship, and Medicaid Planning. Whether you’re a caregiver, planning with a family member, or an individual interested in understanding your own rights and options, this workshop will provide the knowledge and resources you need.
Member: $10 / Non-Member: $20

Tai Chi Easy
Instructor: Jan Kendrick  Code: LLPTAICHI  Register By: 2/19/24
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 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.
Member: $20 / Non-Member: $30

Understanding Alzheimer’s: How to Support a Friend After Diagnosis
Instructor: Tamyra Jovel  Code: LLPALZHEIMER  Register By: 3/27/24
It can be very unsettling when someone you know receives a diagnosis of Alzheimer’s disease or other form of dementia. What can you do to help the person? What should you say, or not say? Is it even possible to comfort someone with a diagnosis of Alzheimer’s disease? The presentation "What to Do When Someone You Know is Diagnosed with Alzheimer’s Disease" will offer insights to the answers to these questions and discuss how can you help in the most meaningful ways possible. We will share information about the importance of visiting and how to make visits meaningful. Learn about ways of helping the person with the diagnosis and his or her family. We will discuss how to “bridge the gap” and have fun conversations with your friend who has Alzheimer’s disease both in person and over the phone. Lastly, we will cover the topic of engaging activities for people with Alzheimer’s disease and other forms of dementia living at home. Receiving a diagnosis of Alzheimer’s disease can be scary for both the person receiving the diagnosis and the people who care about the person. Understanding how you can be an integral part of the person’s life is essential to providing the support he or she needs on their journey with Alzheimer’s disease.
Member: $5 / Non-Member: $5
You Are the Universe
Instructor: Barbara Glatthorn  
Code: LLPUNIVERSE  
Register By: 2/8/24

You are not in the universe, you ARE the universe, becoming conscious of itself. The aim of this course is to awaken and explore the ways that the powers of the Universe are active in your body and life story. Two powers will be explored in each session: allurement and homeostasis, interrelatedness and emergence, diversity and radiance. Each class will consist of two segments, each one centered on one of the above. Each segment will consist of a brief introduction, followed by an activity and discussion. At the end of the class, prompts for further reflection will be provided. It is recommended that you bring a notebook or journal to class.

Member: $15 / Non-Member: $25

Monuments and Memorials
Instructor: Charles Twardy  
Code: LLPMONUMENT  
Register By: 2/13/24

This lecture course delves into the significance, design, and cultural impact of monuments and memorials, with a specific focus on the Vietnam Veterans Memorial. Throughout the course, students will explore the historical context, artistic elements, and the broader social and political implications of memorials, specifically highlighting the Vietnam Veterans Memorial. The course offers an interdisciplinary approach that combines history, art, sociology, and cultural studies to provide a comprehensive understanding of how memorials shape our collective memory and commemorate historical events. Learners will gain a new perspective on the role of memorials in shaping the collective consciousness of society and the power they have to provoke thought, reflection, and dialogue.

Member: $10 / Non-Member: $20

Piracy of Eastern North Carolina
Instructor: Charles Ewen  
Code: LLPPIRACY  
Register By: 4/5/24

Join us for a captivating journey into the history and archaeology of piracy in Eastern North Carolina in this unique and engaging lecture by Dr. Charles Ewen. This course offers a comprehensive overview of piracy in the region, from the Golden Age of Piracy to its lasting impact on the coastal communities. Dr. Ewen, a renowned historian and archaeologist, will also highlight his latest publication, “Dead Man’s Chest: Exploring the Archaeology of Piracy,” shedding light on the fascinating discoveries that have emerged from archaeological investigations of pirate history.

Member: $20 / Non-Member: $35
Exploring Oyster Ecology
Instructor: John McCord
Code: LLPCSIOYSTER
Register By: 3/4/24

The Coastal Studies Institute (CSI) is currently leading a research program which focuses on capturing energy from ocean waves and currents to create usable electricity. Exploring Oyster Ecology is an educational opportunity for Lifelong Learners. John Mccord, Asst. Director of Engagement & Outreach will lead the public in a fun, interactive lesson about oysters and their vital role in our estuaries. Participants will get an up-close look at live oysters, investigate the organisms they interact with, and head home with a craft, too! This program will finish with time to decorate an oyster ornament. This program is open to the public with limited availability on a first-come, first-serve basis. What to Wear- Paint may be used for ornament decoration, so wear clothes you don’t mind getting messy.

Member: $10 / Non Member: $20

Day: Monday
Dates: 3/11
Time: 10:00am–11:00pm
Location: Willis Auditorium

Renewable Ocean Energy
Instructor: John McCord
Code: LLPCSIOCEAN
Register By: 4/8/24

The Coastal Studies Institute (CSI) is currently leading a research program which focuses on capturing energy from ocean waves and currents to create usable electricity. This educational program highlights the work done by the Institute, and provides students with hands-on activities that teach them scientific concepts used in electricity and ocean processes. Students will explore the same concepts used to in power generation from ocean waves and currents. Participants will view technology used in ocean research, participate in a series of activities to understand the process of harnessing power from the ocean and learn the basics of oceanographic processes.

Member: $10 / Non Member: $20

Day: Monday
Dates: 4/15
Time: 10-11:00am
Location: Willis Auditorium

History of Middle East, Exploring Conflict in the Gaza Region
Instructor: Hanna Kassab
Code: LLPMIDDLEEAST
Register By: 2/2/24

In this thought-provoking lecture, Dr. Kassab will delve into the multifaceted dynamics of the Middle East, exploring the region’s political, social, economic, and cultural intricacies. This lecture is a unique opportunity to gain valuable insights into the historical context, current challenges, and future prospects of the Middle East, as well as the role it plays in global politics. Don’t miss this opportunity to expand your knowledge and engage in a dialogue about the Middle East with one of the foremost experts.

Member: $20 / Non Member: $30

Day: Monday
Dates: 2/5
Time: 9am–12:00pm
Location: Willis Auditorium
**HISTORY, SCIENCE, AND GOVERNMENT**

**Tracing Roots: Genealogy and Exploring Online Resources**

**Instructor:** Jennifer Daugherty  
**Code:** LLPGENE  
**Register By:** 4/4/24

Unlock the treasure trove of online genealogy sources in this illuminating session. This hands-on workshop will introduce you to some of the best online sources to use for genealogy research. It will also cover some not so traditional places to look for information on your ancestors. A tour of the North Carolina Collection at Academic Library Services will also be included, though you don’t have to have North Carolina ancestors to take part in the class. Delve into the vast array of digital resources available to uncover your family's history and lineage. Whether you're a beginner or a seasoned genealogist, this course will introduce you to a plethora of online tools, databases, and techniques to trace your roots effectively.

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

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<tr>
<td>Thursdays</td>
<td>4/11; 4/25</td>
<td>2-3:30pm</td>
<td>Joyner Library</td>
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**Technology Series: Scams, Phones, Internet**

**Instructor:** Richard Langley  
**Code:** LLPTECH  
**Register By:** 2/23/24

**Internet Improvement:** The internet has become an essential role in our day-to-day lives. When outages occur, they can be incredibly frustrating. This lesson will go over the differences between the three leading providers of the internet (Centurylink, optimum, metronet), how modems and routers work, and devices that can help improve your internet once and for all.

**PC Threat Protection:** Computer threats are very real and pose a considerable risk to older adults. Computer attacks have evolved from damaging your computer to taking over your computer, scaring you, and demanding money. It is more important than ever to be aware of the signs and have the best protection. In this lesson, we will go over ways to prevent threats from ever setting foot on your computer, how to spot potential threats, and what to do should you come in contact with a threat.

**iUnderstand the iPhone:** The Apple iPhone is one of the most popular smartphones on the market. They have the ability to do so much more than make a phone call. This lesson will review all the neat things the iPhone can do. From emailing, iCloud, surfing the web, exploring the app store, and so much more!

**Member:** $15 / **Non-Member:** $25

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<th>Date</th>
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<tbody>
<tr>
<td>Fridays</td>
<td>3/08, 3/15, 3/22</td>
<td>10-11:00am</td>
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LITERATURE

Memoir Writing
Instructor: Gloria Schwartz  
Code: LLPMEMOIR  
Register By: 2/5/24

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.

Members Only: $40

Day:  
Dates: 2/05, 2/19, 3/04, 3/18, 4/8, 4/22 5/6

Time: 9:30am–12:00pm

Location: Willis Conference Room

Women’s Book Club
Instructor: Gloria Schwartz  
Code: LLPWBOOKCLUB  
Register By: 2/5/24

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.

Members Only: $5

Day: Tuesdays  
Dates: 2/6, 3/5, 3/19, 5/7

Time: 10-11:30am

Location: Willis Conference Room

Review of Southern Literature
Instructor: Richard Imbimo  
Code: LLPSOUTHLIT  
Register By: 2/5/24

This course offers a comprehensive exploration of Southern literature, delving into the rich and complex literary tradition that has emerged from the American South. Through the analysis of influential texts, such as Carson McCullers' "The Member of the Wedding" and a range of other works, students will gain a deeper understanding of the cultural, historical, and sociopolitical factors that have shaped Southern literature.

Member: $10 / Non Member: $20

Day:  
Dates: 2/8, 2/22, 3/7, 3/21, 4/4

Time: 10-11:30am

Location: Willis Conference Room
The Ted Weil History Book Club

Instructor: Don Clement  Code: LLPHISTORYBOOK  Register By: 2/5/24

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

Day:  Date:  Time:  Location:
Mondays  2/12, 3/11, 4/08  1-2:30pm  Immanuel Baptist Church

The Last Time She Skipped: Meet the Author

Instructor: Sue McIntyre  Code: LLPAUTHOR  Register By: 4/23/24

Join us for an engaging workshop where you will have the unique opportunity to meet the renowned author Sue McIntyre and delve into her latest novel, "Last Time She Skipped." This workshop is a must-attend for avid readers, aspiring writers, and anyone interested in the art of storytelling. Sue McIntyre is a celebrated author known for her compelling narratives and thought-provoking stories. In "Last Time She Skipped," she weaves a tale of mystery, suspense, and human connection that has captured the hearts of readers worldwide.

Member: $15 / Non-Member: $25

Day:  Date:  Time:  Location:
Tuesday  4/30  1-2:30pm  Willis Auditorium
Historic Homes Tour and Michaelé Gallery Tour
New Bern, NC

Friday, May 3, 2024

Join the Lifelong Learning Program for a special trip to New Bern. We’ll start the visit with ECU Alumni (Michaele Watson of Studio M). Next we will, join the Historical Society’s 101st annual Heritage Homes Tour. The self-guided tour provides the chance to see the interiors of very special homes in the Downtown and Riverside Historic Districts not normally open to the public, ranging from glorious to tiny, from 19th century to restorations in progress.

These are livable family homes with rich stories and diverse architecture that illustrates New Bern’s amazing history. The homes tour includes floral arrangements, live music, gardens in bloom, artists, and historical churches.

Step back in time and immerse yourself in the rich history of New Bern, North Carolina, through our captivating historic homes tour. Discover the stories, architecture, and unique charm of this picturesque town while exploring well-preserved residences that bear witness to centuries of American history. In addition to the historic homes, our programming includes a delightful visit to Michaele’s Stained Glass Gallery, where you can experience the artistry and craftsmanship of stained glass in a contemporary setting.

Event Locations & Itinerary

<table>
<thead>
<tr>
<th>Time</th>
<th>Location/Activity</th>
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<tbody>
<tr>
<td>9:00 am - 9:45 am</td>
<td>Depart to New Bern</td>
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<tr>
<td>10:00 am - 11:00 am</td>
<td>Stained Glass Studio Tour</td>
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<tr>
<td>11:00 am - 12:00 pm</td>
<td>Lunch on Own with a reserved table at Persimmon’s Restaurant on the water</td>
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<tr>
<td>12:00 pm - 2:00 pm</td>
<td>Annual Heritage Homes Tour to tour stained glass features</td>
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<tr>
<td>2:00 pm - 3:00 pm</td>
<td>Return to ECU</td>
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Location: Meet at the ECU Willis Building for Boarding
Time: 9:00am-3:00pm
Member: $50
Non-Members: $75
Maximum: 11 participants
Registration Deadline: April 26, 2024

What’s Included:
Transportation from Greenville to New Bern and transportation around town.
Admission Tickets for the Heritage Homes Tour

Activity Level: Standing during the stained glass studio visit and moderate walking.
**SPECIAL EVENTS & TRIPS**

## Taste of Love... and Wine

**Tuesday, February 13, 2024**  
Code: LLPWINE

Indulge in an informative and fun experience of wine-tasting at Firefly Wine Shop’s "Taste the Love... and Wine" Lifelong Learning event on February 13th. This Valentine’s Season, let your taste buds be enchanted by the artistry of fine wines in a setting that exudes warmth, wine, and enchantment. Limited tickets are available for this exclusive “Taste the Love... and Wine” experience, so book your spot early to ensure you don’t miss out on this engaging afternoon program. The cost of a ticket includes the wine tasting and food pairings.

**Location:** Firefly Wine Shop  
**Time:** 3:30-5:00PM  
**Member:** $30  
**Non-Members:** $40  
**Maximum:** 20 participants  
**Registration Deadline:** February 7, 2024

## Houses of Worship Tours

**3 sessions: 2/19, 3/15, 4/24**  
Code: LLPWORSHIP

Join the Lifelong Learning Program as we tour three separate houses of worship right here in Greenville. During these trips, we will have the change to encounter elements of culture, religion, history, and sociology. The first tour highlights the Jewish Congregation of Bayt Shalom for a discussion on culture and religion in a modern and history context. Next, we travel to the Hindu Temple for a tour seasonally aligned with the celebration of Holi, a colorful festival celebrating the welcoming of Spring and new beginnings. The final tour will highlight the Islamic Center of Greenville, showcasing the differences as well as similarities in religious backgrounds. We ask that you dress modestly, wear shoes that are easily removed as shoes are not allowed in some prayer halls, and all ladies must cover neck to ankles to include arms while in the Islamic Center.

**February 19 (Jewish Temple) - 2-3:00pm; Registration Deadline February 8**  
**March 15 (Hindu Temple) - 10-11:00am; Registration Deadline March 8**  
**April 24 (Islamic Mosque) - 2-3:00pm; Registration Deadline April 17**

**Each Tour Costs:**  
- $30 for Members  
- $35 Non Members  
**Maximum:** 25 Participants
SPECIAL EVENTS & TRIPS

Queen Anne’s Revenge Tour

Friday, April 19, 2024
Code: LLPQAR

Explore local lore, legends, and shipwrecks with this exclusive tour of the Queen Anne’s Revenge (QAR) research conservation lab. In this immersive tour, you will embark on a journey through history, unraveling the mysteries of the sunken ship, and witnessing the remarkable artifacts recovered from the depths of the ocean. Our conservation center tour offers a unique opportunity to get up close and personal with the treasures of Queen Anne’s Revenge. Whether you are a history enthusiast, an aspiring archaeologist, or simply intrigued by tales of pirates and shipwrecks, this tour offers a captivating experience that will leave you with a deeper appreciation of the past. Join us for an unforgettable journey into the world of Queen Anne’s Revenge at the QAR’s conservation lab and educational center.

Instructor: Kim Kenyon
Location: VOA Site C
Time: 9:00-11:00AM
Members Only: $30
Members may request transportation
Registration Deadline: April 12, 2024

African Art | A Cultural Lunch and Learn with Reggie and Celeste Hodges

Friday, April 5, 2024
Code: LLPAFRICANART

Embark on an enthralling exploration of African art as Reggie and Celeste Hodges take you on an immersive cultural journey through the rich tapestry of African artistic expression. This captivating lunch and learn session invites participants to delve deep into the diverse and vibrant world of African art, exploring its historical significance, cultural context, and artistic evolution across various regions. Join Reggie and Celeste Hodges, passionate advocates and connoisseurs of African art, as they unveil the beauty and complexity woven into the fabric of this diverse continent’s artistic heritage. Through vivid storytelling, stunning visuals, and engaging discussions, participants will gain invaluable insights from their 50 years of experience living abroad through the Peace Corps.

Instructor: Reggie and Celeste Hodges
Location: Willis Auditorium
Time: 11:00AM-1:00PM
Member: $15
Non-Members: $20
Maximum: 30 participants
Registration Deadline: March 29, 2024

What’s Included:
Presentation, Lunch and Learn, Q&A with Speakers
SPECIAL EVENTS & TRIPS

Elaine Herinburg: Concert with VIP Meet and Greet

Sunday, April 29, 2024

Join the Greenville Choral Society and LLP for an engaging concert performance followed by an exclusive post-concert experience with the renowned conductor Elaine Herinburg and the talented members of the Greenville Choral Society. This intimate gathering offers a unique opportunity to connect with the artists, gain insights into their artistic process, and delve deeper into the enchanting world of choral music. Engage in conversations and interact with Elaine Herinburg and the choir members in a relaxed and informal setting. Learn about their experiences, inspirations, and the journey behind the captivating performance.

Instructor: Andy Roby, Greenville Choral Society
Location: Memorial Baptist Church
Time: 3:30-6:00PM
Cost: $25
Members may request transportation from the Willis Building to the event
Registration Deadline: April 22, 2024

Pysanky Ukrainian Egg Workshop

Friday, March 22, 2024

In this workshop we will be making beautiful Ukrainian Easter eggs - pysanky. You will learn the method of batik dying also called wax-resist. You will also become familiarized with the wide range of Ukrainian folk art traditional patterns, designs and symbols, and their history. The designs are made with beeswax which is melted in the flame of a candle and applied to the egg using a tool called a kistka. The eggs are dipped into successively darker dyes. At the end of the process the beeswax is melted off to reveal the beautiful and colorful design. You may use the traditional patterns, or freestyle and make up your own design. Pysanky are fun, relaxing, and meditative to create. We will also talk about the symbols, which are all good wishes for good health, long life, strength and protection, and other good things. Bring a friend and share this special workshop with the Lifelong Learning Program- you can make and take as many eggs as you like.

Instructor: Andrea Kulish
Location: Willis Building Auditorium
Time: 1:00-4:00PM
Member: $85
Non-Member: $100
Registration Deadline: March 14, 2024

Code: LLPPYSANKY
# MONTH AT A GLANCE

## JANUARY 2024

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<td>LLP Spring Kickoff 1-4PM WBA</td>
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<td>Memoir Writing 9:30AM-12PM WCR</td>
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</table>

WCR: Willis Conference Room  
WBA: Willis Building Auditorium  
GMoA: Greenville Museum of Art
<table>
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<tr>
<th>SUNDAY</th>
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</table>

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

- Memoir Writing 9:30-12PM WCR
- Women’s Book Club 10:00-11:30AM WCR
- Living Healthy 500 Years 10-11:30AM Zoom
- Southern Lit 10-11:30AM WCR  
  The Universe IS You 9-10:30AM WBA
- Art Quilting GMoA 1-3:30PM
- Ted Wil History Book Club 1-2:30PM
- Taste of Love Firefly Wine Shop 3:30-5PM
- Tai Chi WBA 11AM-12PM
- The Universe IS You WBA 9-10:30AM
- Houses of Worship Tour Byat Shalom 2-3:00pm
- Art Quilting GMoA 1-3:30PM
- Memoir Writing 9:30AM-12PM WCR
- Beginner Cross-Stitching WCR 1-2:30PM
- Monuments & Memorials 3-4PM WBA
- Tai Chi WBA 11AM-12PM
- Southern Lit 10-11:30AM WCR  
  The Universe IS You 9-10:30AM WBA
- Tech Series 10-11:00 am WBA  
  Art Quilting GMoA 1-3:30PM
- Estate Planning WBA 1-2:30PM
- Beginner Cross-Stitching WCR 1-2:30PM
### MONTH AT A GLANCE

**MARCH 2024**

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<td>Art Quilting</td>
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<td>Memoir Writing</td>
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<td>Tech Series 10-11AM</td>
<td>GMOA 1-3:30PM</td>
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<td>Exploring Oyster Ecology WBA 10-11AM</td>
<td>Ted Wil History Book Club 1-2:30PM</td>
<td>Tai Chi WBA 11AM-12PM</td>
<td>Getting to Know Instruments 1-3PM</td>
<td>Houses of Worship Tour: Hindu Temple 10-11AM</td>
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<td>Memoir Writing 9:30AM-12PM WCR</td>
<td>Women's Book Club 10:00-11:30AM WCR</td>
<td>Tai Chi WBA 11AM-12PM</td>
<td>Southern Lit 10-11:30AM WCR</td>
<td>Tech Series 10-11AM WBA</td>
<td>Pysanky 1-4PM WBA</td>
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<td>What is Islam 10AM-12PM WCR</td>
<td>Understanding Alzheimer’s: How to Support a Friend After Diagnosis WCR 10AM-12PM</td>
<td>Southern Lit 10-11:30AM WCR</td>
<td>African Art 11:00AM-1:00PM Art Quilting GMoA 1-3:30PM</td>
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<td>Ted Weil History Book Club 1-2:30PM Memoir Writing 9:30AM-12PM WCR</td>
<td>What is Islam 10-12 WCR</td>
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<td>Genealogy 2-3:30PM Joyner Library</td>
<td>Piracy of Eastern North Carolina 10-11AM WBA Art Quilting GMoA 1-3:30PM</td>
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<td>Renewable Ocean Energy WBA 10-11AM</td>
<td>What is Islam 10AM-12PM WCR</td>
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<td>Genealogy 2-3:30PM Joyner Library</td>
<td>QAR Tour 9:30 AM</td>
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<td>Memoir Writing 9:30AM-12PM WCR</td>
<td>What is Islam 10-12 WCR</td>
<td>Houses of Worship Tour: Islamic Mosque 2-3pm</td>
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<td>Art Quilting GMoA 1-3:30PM</td>
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<td>Choral Society Elaine Herinburg 3:30-6PM</td>
<td>Meet the Author: Last Time She Skipped WBA 1:00-2:30PM</td>
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## MONTH AT A GLANCE

### MAY 2024

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<td>Pottery</td>
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<td>Michaele Stained</td>
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<td>Emerge</td>
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<td>Glass &amp; Historical</td>
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<td>Homes Tour</td>
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### 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
- Emerge Gallery and Arts Center

#### Instructors/Coordinators
- Charlotte Anne Alexander
- Don Clement
- Charles Ewen
- Maliha Farhadi
- Holly Garriott
- Barbara Glatthorn
- Marie Hamra
- Reggie and Celeste Hodges
- Richard Imbimo
- Tamyra Jovel
- Hanna Kasaab
- Jan Kendrick
- Kim Kenyon
- Andrea Kulish
- Richard Langley
- John McCord
- Sue McIntyre
- Calvin Mercer
- Vivian Mott
- Andrea Peters
- Andy Roby
- Gloria Schwartz
- Charles Twardy

#### 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
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

Firefly Wine Shop: 3110 S, Evans St, Greenville, NC 27834

Joyner Library: 1000 E 5th 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 - SPRING 2024 REGISTRATION FORM

### Creative Arts

<table>
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<tr>
<th>Course Description</th>
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<tbody>
<tr>
<td>Pysanky Eggs</td>
<td>$85</td>
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<tr>
<td>Create Ceramic Pottery with Emerge Art Gallery</td>
<td>$30</td>
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<tr>
<td>Art Quilting at the Greenville Museum of Art (GMoA)</td>
<td>$25</td>
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<tr>
<td>Getting to Know You: The Families of Musical Instruments</td>
<td>$20</td>
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<tr>
<td>Beginner Counted Cross-Stitching</td>
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### Culture & Religion

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<tr>
<td>Living Healthy 500 Years-Or More</td>
<td>$15</td>
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<tr>
<td>What’s Islam All About?</td>
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### Healty Aging & Retirement

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<tr>
<td>Elder Law: Wills, Estates, Guardianship and Medicaid Planning</td>
<td>$10</td>
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<td>Tai Chi Easy</td>
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<tr>
<td>Understanding Alzheimer's: How to Support a Friend After Diagnosis</td>
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### History, Science & Government

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<td>You Are the Universe</td>
<td>$15</td>
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<tr>
<td>Monuments and Memorials</td>
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<td>Piracy of Eastern North Carolina</td>
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<td>Exploring Oyster Ecology</td>
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<tr>
<td>Renewable Ocean Ecology</td>
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<td>History of Middle East, Exploring Conflict in the Gaza Region</td>
<td>$20</td>
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<tr>
<td>Tracing Roots: Genealogy and Exploring Online Resources</td>
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### Technology

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<tr>
<td>Technology Series: Scams, Phones, Internet</td>
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### Literature

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<tr>
<td>Memoir Writing</td>
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<td>Women’s Book Club</td>
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<tr>
<td>Review of Southern Literature</td>
<td>$10</td>
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<td>The Ted Weil History Book Club</td>
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<td>The Last Time She Skipped: Meet the Author</td>
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### Special Events & Trips

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<th>Event Description</th>
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<tr>
<td>Historic Homes Tour and Michelle Gallery Tour (New Bern, NC)</td>
<td>$50</td>
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<td>Taste of Love... and Wine</td>
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<tr>
<td>Houses of Worship Tour</td>
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<tr>
<td>QAR Tour</td>
<td>$30</td>
<td>Members Only</td>
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<tr>
<td>African Art: A Cultural Journey with Reggie and Celeste Hodges</td>
<td>$15</td>
<td>$20</td>
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<tr>
<td>Elaine Herinburg: Concert and VIP Meet and Greet</td>
<td>$25</td>
<td>Members Only</td>
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### Totals

- Prorated Membership Fee - $40
- Registration Fees Total
- GRAND TOTAL

**MEMBERSHIP REGISTRATION:**
- Prorated Membership Rate $40
  - January 1, 2024 - July 31, 2024
  - August 1, 2023 - July 31, 2024: $60

Visit the LLP Website for Information | LLP.ECU.EDU
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”.

- 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.
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!

Your Fall 2023-Fall 2024 LLP Membership
If you purchased an annual LLP Membership in Fall 2023, staff will be transferring your membership information to the new system on your behalf. You will receive an automated email from ECU, Continuing and Professional Education with a link to create your own password. LLP Staff will set up your membership and attach it to your new account.

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 will soon be 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)

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.

Visit the LLP Website for Information | LLP.ECU.EDU
LIFELONG LEARNING PROGRAM

Spring Registration Kickoff Event
Membership & Course Registration

Friday, January 26, 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 January 19th, if you plan to attend!

https://eastcarolinauniversity.formstack.com/forms/llp_spring_kickoff_rsvp