



Lifelong Learning Program

LLP.ECU.EDU



SPRING 2024



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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Membership Benefits

- Member only courses
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- Opportunity to obtain an ECU 1card
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Contact Us

Lifelong Learning Program East Carolina University

Willis Building, Mail Stop 310
Greenville, NC 27858

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

Telephone: 252-328-9198 (option 2)

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

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA coordinator at least 48 hours prior to the event at 252-737-1018/ada-coordinator@ecu.edu.

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ECU Lifelong Learning



ECULifelongLearning

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

Greetings!

Welcome to ECU's 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: lp.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)

Day:	Date:	Time:	Location:
Wednesday	5/1/24	10:00am-11:30am	Emerge

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

Day:	Dates:	Time:	Location:
Fridays	2/02, 2/09, 2/16, 2/23, 3/01, 3/08	1:00pm-3:30pm	Greenville Museum of Art, Education Building



CREATIVE ARTS

Getting to Know You: The Families of Musical Instruments

Instructor: Andrea Peters

Code: LLPMUSIC

Register By: 3/7/24

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

Instructor: Vivian Mott

Code: LLPCROSS

Register By: 2/6/24

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

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

Day:	Date:	Time:	Location:
Monday	2/26	1-2:30pm	Willis Auditorium

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

Day:	Date:	Time:	Location:
Wednesday	2/14, 2/21, 3/13, 3/20	11-12:00pm	Willis Auditorium

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

Day:	Date:	Time:	Location:
Wednesday	4/3	10am-12:00pm	Willis Auditorium

HISTORY, SCIENCE, AND GOVERNMENT

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: allurements 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

Day:	Date:	Time:	Location:
Thursdays	2/8, 2/15, 2/22	9-10:30am	Willis Auditorium

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

Day:	Date:	Time:	Location:
Tuesday	2/20	3-4:00pm	Willis Auditorium

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

Day:	Date:	Time:	Location:
Friday	4/12	10-11:00am	Willis Auditorium

HISTORY, SCIENCE, AND GOVERNMENT

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. Students will learn about CSI's mission to extract energy from ocean waves, currents and tides. 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

Day:	Dates:	Time:	Location:
Thursdays	4/11; 4/25	2-3:30pm	Joyner Library

TECHNOLOGY

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

Date:	Time:	Location:
Fridays 3/08, 3/15, 3/22	10-11:00am	Willis Auditorium

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:
Monday

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:
Monday

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

Code: LLPNEWBERN

Join the Lifelong Learning Program for a special trip to New Bern. We'll start the visit with ECU Alumni (Michaelé 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 Michaelé's Stained Glass Gallery, where you can experience the artistry and craftsmanship of stained glass in a contemporary setting.

Event Locations & Itinerary

9:00 am – 9:45 am	• Depart to New Bern
10:00 am – 11:00 am	• Stained Glass Studio Tour
11:00 am – 12:00 pm	• Lunch on Own with a reserved table at Persimmon's Restaurant on the water
12:00 pm – 2:00 pm	• Annual Heritage Homes Tour to tour stained glass features
2:00 pm – 3:00 pm	• Return to ECU

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 Heringburg 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 Heringburg 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

Code: LLPPYSANKY

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



MONTH AT A GLANCE

JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01 ECU Closed	02	03	04	05	06
07	08 Ted Weil History Book Club 1-2:30PM	09	10	11	12	13
14	15 ECU Closed	16	17	18	19	20
21	22	23	24	25	26 LLP Spring Kickoff 1-4PM WBA	27
28	29 Memoir Writing 9:30AM-12PM WCR	30	31			

WCR: Willis Conference Room

WBA: Willis Building Auditorium

GMA: Greenville Museum of Art

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02 Art Quilting GMOA 1-3:30PM	03
04	05 Memoir Writing 9:30-12PM WCR History of the Middle East WBA 9AM-12PM	06 Women's Book Club 10:00-11:30AM WCR	07 Living Healthy 500 Years 10-11:30AM Zoom	08 Southern Lit 10-11:30AM WCR The Universe IS You 9-10:30AM WBA	09 Art Quilting GMOA 1-3:30PM	10
11	12 Ted Wil History Book Club 1-2:30PM	13 Taste of Love Firefly Wine Shop 3:30-5PM	14 Tai Chi WBA 11AM-12PM	15 The Universe IS You WBA 9-10:30AM	16 Houses of Worship Tour Byat Shalom 2-3:00pm Art Quilting GMOA 1-3:30PM	17
18	19 Memoir Writing 9:30AM-12PM WCR	20 Beginner Cross-Stitching WCR 1-2:30PM Monuments & Memorials 3-4PM WBA	21 Tai Chi WBA 11AM-12PM	22 Southern Lit 10-11:30AM WCR The Universe IS You 9-10:30AM WBA	23 Tech Series 10-11:00am WBA Art Quilting GMOA 1-3:30PM	24
25	26 Estate Planning WBA 1-2:30PM	27 Beginner Cross-Stitching WCR 1-2:30PM	28	29	01	02

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WBA: Willis Building Auditorium

GMOA: Greenville Museum of Art

MONTH AT A GLANCE

MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	01 Art Quilting GMOA 1-3:30 PM	02
03	04 Memoir Writing 9:30-12PM WCR	05 Women's Book Club 10:00-11:30AM WCR	06	07 Southern Lit 10-11:30AM WCR	08 Tech Series 10-11AM WBA Art Quilting GMOA 1-3:30PM	09
10	11 Exploring Oyster Ecology WBA 10-11AM Ted Wil History Book Club 1-2:30PM	12	13 Tai Chi WBA 11AM-12PM	14 Getting to Know Instruments 1-3PM WBA	15 Houses of Worship Tour: Hindu Temple 10-11AM	16
17	18 Memoir Writing 9:30AM-12PM WCR	19 Women's Book Club 10:00-11:30AM WCR	20 Tai Chi WBA 11AM-12PM	21 Southern Lit 10-11:30AM WCR	22 Tech Series 10-11AM WBA Pysanky 1-4PM WBA	23
24	25	26	27	28	29 ECU Closed	30

WCR: Willis Conference Room

WBA: Willis Building Auditorium

GMOA: Greenville Museum of Art

APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01	02 What is Islam 10AM-12PM WCR	03 Understanding Alzheimer's: How to Support a Friend After Diagnosis WCR 10AM-12PM	04 Southern Lit 10-11:30AM WCR	05 African Art 11:00AM-1:00PM Art Quilting GMOA 1-3:30PM	06
07	08 Ted Weil History Book Club 1-2:30PM Memoir Writing 9:30AM-12PM WCR	09 What is Islam 10-12 WCR	10	11 Genealogy 2-3:30PM Joyner Library	12 Piracy of Eastern North Carolina 10-11AM WBA Art Quilting GMOA 1-3:30PM	13
14	15 Renewable Ocean Energy WBA 10-11AM	16 What is Islam 10AM-12PM WCR	17	18 Genealogy 2-3:30PM Joyner Library	19 QAR Tour 9:30 AM	20
21	22 Memoir Writing 9:30AM-12PM WCR	23 What is Islam 10-12 WCR	24 Houses of Worship Tour: Islamic Mosque 2-3pm	25	26 Art Quilting GMOA 1-3:30PM	27
28 Choral Society Elaine Herinburg 3:30-6PM	29	30 Meet the Author: Last Time She Skipped WBA 1:00-2:30PM				

WCR: Willis Conference Room

WBA: Willis Building Auditorium

GMOA: Greenville Museum of Art

MONTH AT A GLANCE

MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01 Pottery 10-11:30AM Emerge	02	03 New Bern: Michael Stained Glass & Historical Homes Tour 9:00AM-3:00PM	04
05	06 Memoir Writing 9:30AM-12PM WCR	07 Women's Book Club 10-11:30AM	08	09	10	11

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

A SPECIAL THANK YOU!

Program Partners

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

Events Committee

Mary Hall
Alice Keene
Andrea "Cookie" Thompson
Jill Schaller

Curriculum Committee

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

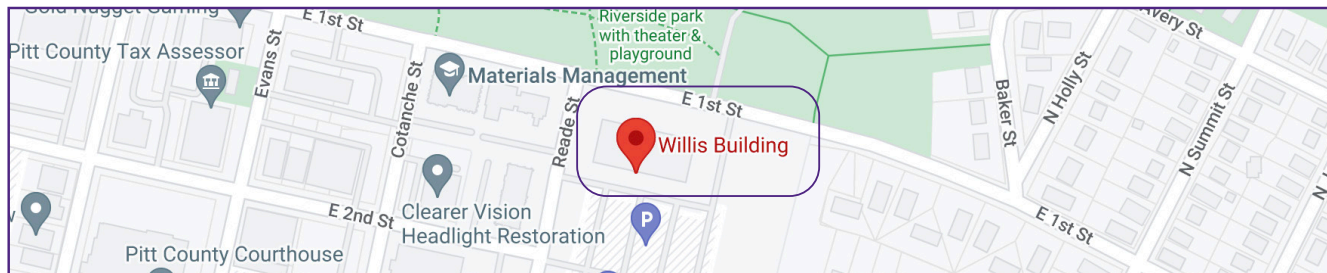
Instructors/Coordinators

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

CLASS LOCATIONS & PARKING INFORMATION

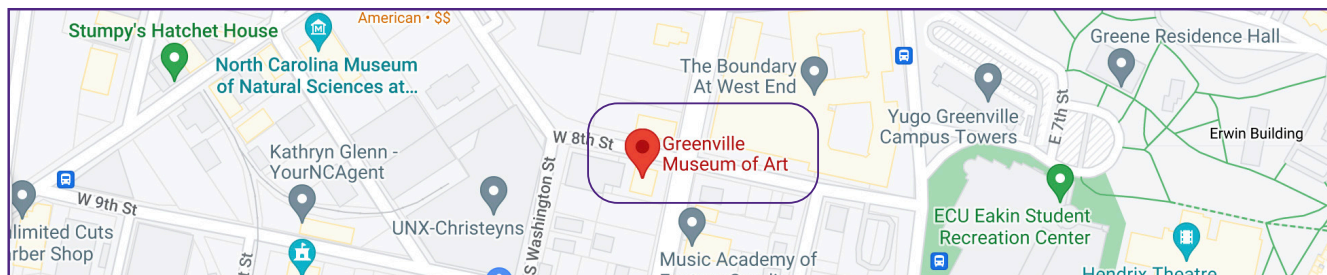
Willis Building on ECU's Campus: 300 E 1st St, Greenville, NC 27858

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).

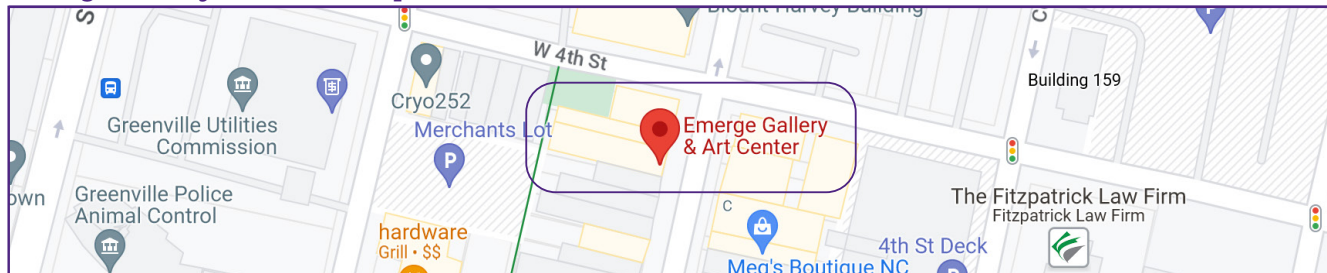


Greenville Museum of Art (GMOA): 802 Evans St, Greenville, NC 27834

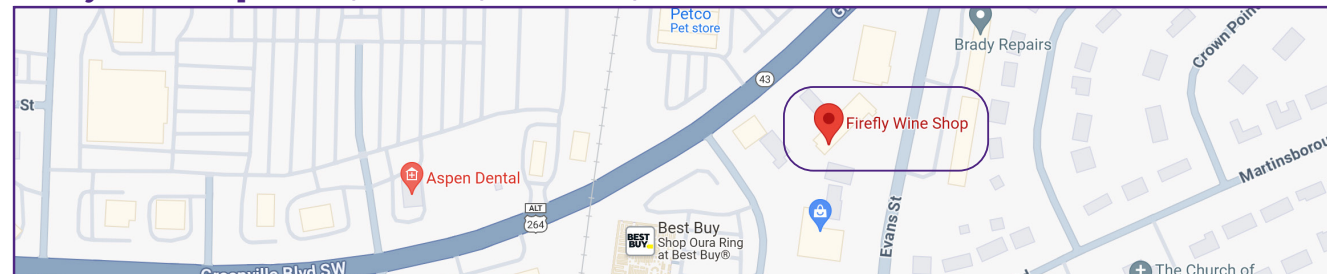
Complimentary parking is available in the GMOA parking lot.



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



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

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
Pysanky Eggs	\$85	\$100
Create Ceramic Pottery with Emerge Art Gallery	\$30	\$45
Art Quilting at the Greenville Museum of Art (GMOA)	\$25	\$35
Getting to Know You: The Families of Musical Instruments	\$20	\$30
Beginner Counted Cross-Stitching	\$25	\$35

Culture & Religion	MEMBER	NON-MEMBER
Living Healthy 500 Years-Or More	\$15	\$20
What's Islam All About?	\$10	\$20

Healty Aging & Retirement	MEMBER	NON-MEMBER
Elder Law: Wills, Estates, Guardianship and Medicaid Planning	\$10	\$20
Tai Chi Easy	\$20	\$30
Understanding Alzheimer's: How to Support a Friend After Diagnosis	\$5	Members Only

Special Events & Trips	REGULAR MEMBER	NON-MEMBER
Historic Homes Tour and Michaelle Gallery Tour (New Bern, NC)	\$50	\$75
Taste of Love... and Wine	\$30	\$40
Houses of Worship Tour	\$20	\$30
QAR Tour	\$30	Members Only
African Art: A Cultural Journey with Reggie and Celeste Hodges	\$15	\$20
Elaine Herinburg: Concert and VIP Meet and Greet	\$25	Members Only

History, Science & Government	MEMBER	NON-MEMBER
You Are the Universe	\$15	\$25
Monuments and Memorials	\$10	\$20
Piracy of Eastern North Carolina	\$20	\$35
Exploring Oyster Ecology	\$10	\$20
Renewable Ocean Energy	\$10	\$20
History of Middle East, Exploring Conflict in the Gaza Region	\$20	\$30
Tracing Roots: Genealogy and Exploring Online Resources	\$20	\$35

Technology	MEMBER	NON-MEMBER
Technology Series: Scams, Phones, Internet	\$15	\$25

Literature	MEMBER	NON-MEMBER
Memoir Writing	\$40	Members Only
Women's Book Club	\$5	Members Only
Review of Southern Literature	\$10	\$20
The Ted Weil History Book Club	\$10	\$20
The Last Time She Skipped: Meet the Author	\$15	\$25

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

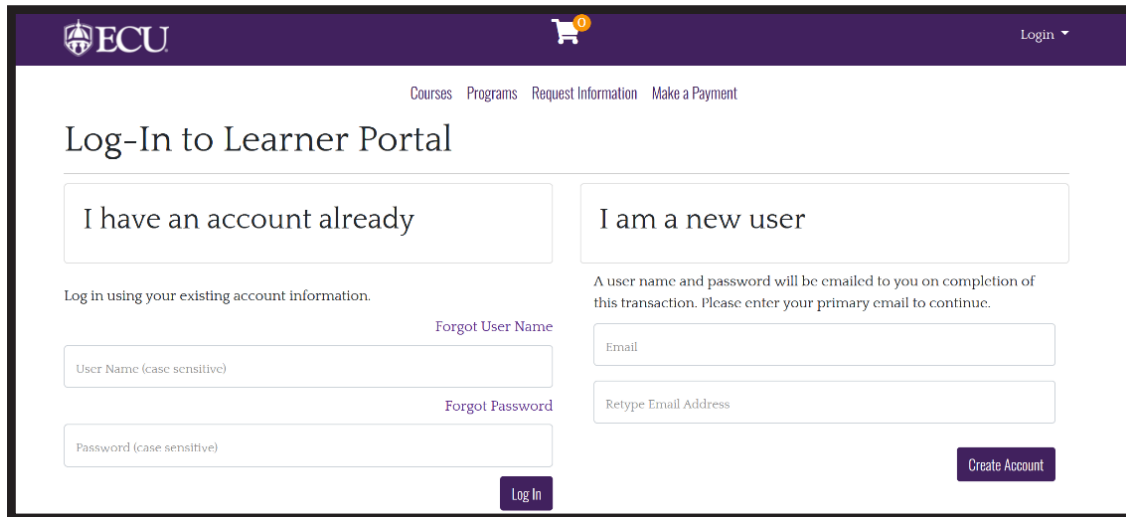
MEMBERSHIP REGISTRATION:

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

We are starting the New Year with a New Registration System!

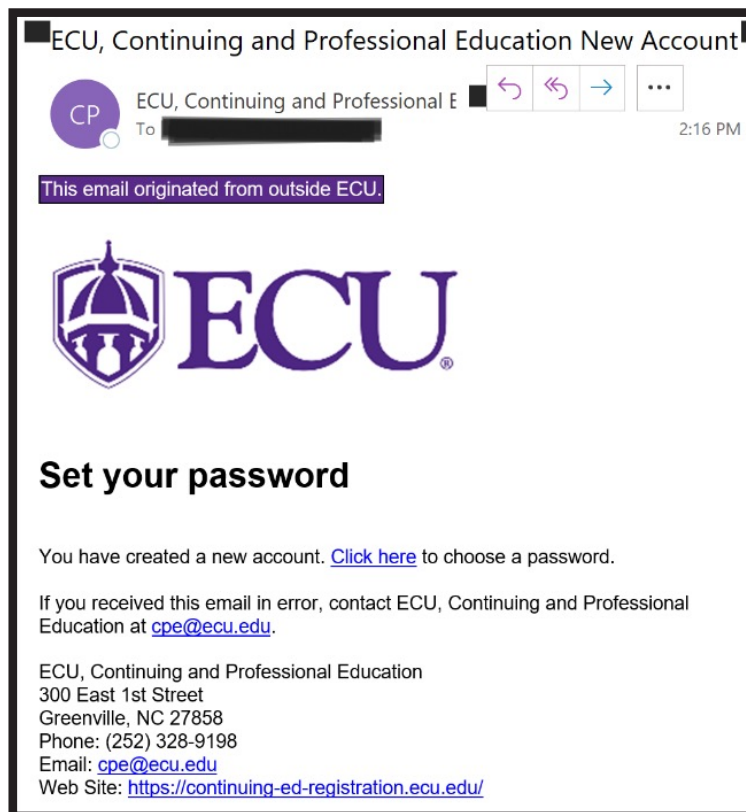
Create an Account Before the Kickoff: <https://continuing-ed-registration.ecu.edu/>

- 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 the ECU logo and a shopping cart icon. 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." It has 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!

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.



ECU[®]

RESEARCH, ECONOMIC
DEVELOPMENT & ENGAGEMENT

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Permit No. 110

Greenville, NC

Lifelong Learning Program
Willis Building, Office 300
Mail Stop 310
Greenville, NC 27858

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

