



**Lifelong
Learning
Program**

**SPRING
2026**



Thank You to Volunteers and Sponsors!

The Lifelong Learning Program at East Carolina University®(ECU) offers adults affordable learning experiences in a relaxed atmosphere, without entrance requirements, exams, or grades. 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!

To become a sponsor, contact Heather Payne at llp@ecu.edu.

Membership Benefits

Member only courses

Discounted Lifelong Learning courses

Opportunity to obtain an ECU 1card

Lifelong Learning Program members with a 1 card receive the same access to library benefits as the North Carolina Resident Access.

Utilization of services at ECU Joyner, Laupus and Fletcher Libraries

Utilization of ECU Transit

Contact Us

Lifelong Learning Program
East Carolina University

Willis Building, Mail Stop 310
Greenville, NC 27858

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

Telephone: 252-328-9198 (option 2)

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

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

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ECU Lifelong Learning



ECULifelongLearning

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

Greetings!

Welcome to ECU's Spring 2026 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 their expertise and valuable insight with you. This gateway to learning will also provide a setting for making new friends and developing new social networks within our community.

This spring we offer 22 courses, and 5 special events and trips. 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 literature, culture, history, science, religion, and an exciting return to creative arts to stimulate your mind and keep you engaged.

As we kick off this spring semester, we will start planning programming for fall 2026. 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 Volunteer and Propose a Course or scan our QR Code to reach the website.

Thank you for your continued support and engagement with this program. We look forward to being a part of your desire to continue Lifelong Learning!



Meet the Team!



Annette Kariko
Director
Continuing &
Professional Education



Heather Payne
University Program
Specialist



Rod Fincannon
University Program
Marketing Specialist



Paul Philippon
University Program
Specialist



Ashley Licari
Administrative Support
Associate

Table of CONTENTS

3	CREATIVE ARTS
5	CULTURE & RELIGION
6	HEALTHY AGING & RETIREMENT
9	HISTORY, SCIENCE & GOVERNMENT
10	TECHNOLOGY
10	LITERATURE
11	SPECIAL EVENTS & TRIPS
16	MONTH-AT-A-GLANCE
19	CLASS LOCATIONS & PARKING
20	A SPECIAL THANK YOU
20	THE LIFELONG LEARNING PROGRAM & YOU
21	REGISTRATION FORM

Memoir Writing

Instructor: Gloria Schwartz, ECU Staff (Retired)

Register By: 1/30/26

Memoir writing can be a gift for both you and your family. This interest group meets every other week and each time we meet, we will read and discuss your story. Come receive feedback from others in the group and be given a lesson and prompts to help with your writing. Some writers may just be beginning, while others may have years of experience. All are welcome to come and share their stories, continue to learn, and be with others who have similar interests in writing their memoirs and sharing their stories.

MEMBERS ONLY: \$40

Day:
Mondays

Dates:
2/02, 2/16, 3/02, 3/16,
3/30, 4/13, 4/27

Time:
9:30 am-12 pm

Location:
Willis Conference Room

NEW

Painting as Storytelling

Instructor: Dennis Sipiorski

Register By: 2/10/26

Step into a world of vibrant color, bold imagery, and Southern storytelling with artist Dennis Sipiorski. In this engaging workshop, participants of all experience levels will explore the expressive possibilities of acrylic paint through playful experimentation and personal narrative. Drawing inspiration from culture that surrounds us, music we love, storytelling and the power of nature, Dennis will guide you in creating a layered, story-filled painting that combines memory, myth, and imagination. Using bright colors, dynamic shapes, and found imagery, you'll discover how to build texture and meaning on your canvas while embracing the joy of creative exploration. No prior experience is needed - just a sense of curiosity and a willingness to dive into color, story, and spontaneity. Whether you're a seasoned painter or picking up a brush for the first time, this workshop promises inspiration, laughter, and a fresh way to see your own stories come to life. Paints and canvas provided.



Member: \$20 / **Non-Member:** \$40

Days: Tuesday	Dates: 2/17	Time: 9:30-12 pm	Location: ECU Willis Auditorium
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NEW

Stories in Clay: Creating Narrative Tiles

Instructor: Dennis Sipiorski

Register By: 2/10/26

Explore the art of storytelling through clay in this immersive ceramic tile-making workshop. In this hands-on experience, you'll create textured, sculptural tiles using traditional ceramic techniques. Throughout the session, you'll learn essential hand-building methods, including slab construction, carving, stamping, slip application, and surface design.

Guided by retired art professor Dennis Sipiorski, you'll explore narrative storytelling, composition, layering, pattern, and relief as you develop your own artistic voice in clay.

This workshop is open to everyone interested in experimenting with clay as a creative medium - no prior experience is needed. Whether you're a seasoned ceramic artist or touching clay for the first time, you can expect inspiration, laughter, and a fresh way to see your own stories come to life. All materials are provided.

Member: \$15 / **Non-Member:** \$30

Days: Wednesday	Dates: 2/18	Time: 9:30-12 pm	Location: ECU Willis Auditorium
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CREATIVE ARTS

Easy Card Making : Spring Cards & Summer Cards

Instructor: Suzie Shelton and Kay Godwin

Are you looking for a creative way to keep yourself connected to others and do something nice for them? In this special Spring or Summer Cards Edition make-and-take workshop, you will learn to make cards with quality supplies and fun instruction. Class fills quickly, so sign up early!

Spring Cards - Members Only: \$30	Register By: 2/26/26	Maximum 7 Participants
Days: Thursday & Friday	Dates: 3/05, 3/06	Time: 1-3 pm
		Location: ECU Willis Conference Room

Summer Cards - Members Only: \$30	Register By: 3/12/26	Maximum 7 Participants
Days: Thursday & Friday	Dates: 3/19, 3/20	Time: 1-3 pm
		Location: ECU Willis Conference Room

Getting to Know World Instruments

NEW

Instructor: Mario Rey, ECU Faculty and Andrea Peters

Register By: 4/24/26

Students from the ECU School of Music will showcase unique and culturally significant instruments rarely seen in traditional orchestral settings. You are encouraged to bring any unusual or meaningful instruments to which you have access. Together, we will explore a wide variety of sound-making tools - winds, strings, and instruments that shake or strike - while learning how different cultures create music through innovative design and technique. Join us for an interactive, hands-on experience that brings the world's musical creativity up close.

Member: \$10 / Non-Member: \$30

Day: Tuesday	Date: 4/28	Time: 10 - 12 pm	Location: Willis Auditorium
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Why The Innocent Suffer - The Problem of Evil and Suffering

Instructor: Calvin Mercer, ECU Faculty

Register By: 2/20/26

Commonly known as the “problem of evil and suffering,” innocent suffering is an intriguing intellectual/theological question. It becomes compellingly, forcefully, and uncomfortably intimate when you’re standing over the hospital bed of an innocent friend or child suffering greatly from a terminal illness. A perennial question in religious traditions, it has its own name - “theodicy” (literally, the justice of God). Books have been written about it. We’ll examine the Judeo-Christian tradition. Most people immediately think of Job, and we’ll certainly take a good look at that incredible book. However, there are other texts and streams of the biblical tradition that are relevant. Dr. Calvin Mercer has long written and lectured about the Bible. His academic training, and for many years, his research were in biblical studies, especially the Greek New Testament. He is professor in the ECU Religious Studies Program.

Member: \$10 / Non-Member: \$20

Day: Wednesday	Date: 2/25	Time: 10 - 11:30 am	Location: Willis Auditorium
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What is Islam All About?

Instructor: Maliha Farhadi, ECU Staff (Retired)

Register By: 3/30/26

This course introduces the religion of Islam in historic and contemporary perspectives. You will learn the basic terms of Islamic jurisprudence, leading you 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, the status of women in Islam, Muslim community in history, Muslim personal and communal life, and diversity in Islam.

Member: \$10 / Non-Member: \$20

Day: Wednesday	Dates: 4/1, 4/8, 4/15, 4/22	Time: 1:30 - 3:30 pm	Location: Willis Conference Room
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HEALTHY AGING & RETIREMENT

NEW

Mental Fitness Group

Instructor: Steve Callender

Register By: 1/28/26

Mental Fitness is your ability to respond to life's challenges with a positive mindset. This course on Mental Fitness teaches a powerfully simple approach that can be life-changing.

If you engage and practice, you can expect these results:

- More resilience
- Emotional self-control
- Stress management
- Ability to respond positively to any situation
- Better relationships
- Greater productivity

The course is based on the book Positive Intelligence, a NY Times best-seller by Shirzad Chamine. We will take this radically simple approach to mental fitness into practice and, hopefully, habit! Adopting the mental fitness practices in the book takes practice, and when practiced, it can be life-changing. With practice, this can change your "baseline" level of happiness and emotional self-management.

The course is structured as three meetings with the expectation that you will support each other's learning and you may even become an autonomous peer coaching group.

You will benefit from this course if:

- your critical self-talk is harshly negative, or
- something that doesn't go right can ruin your morning, or
- you find yourself dreading encounters with certain people in your life, or
- you'd like to be upset, angry, or annoyed less often.

Member: \$20 / Non-Member: \$40

Day:
Thursdays

Dates:
1/29, 2/12,
2/26

Time:
10 - 11 am

Location:
Willis Auditorium

Falls from a Physical Therapist Perspective

NEW

Instructor: Leland (Robin) Pierce

Register By: 1/30/26

Robin Pierce, physical therapist will provide a practical workshop (meets twice) designed for participants interested in learning how to prevent falls. You will learn what body systems help us manage balance, how physical therapists evaluate those systems, and finally how to manage and treat issues. We will highlight the Otago Exercise Program (OEP), developed in New Zealand. This will be an evidence based discussion - not just lecture, but demonstrations of different testing and treatment by Robin.

You will come away with great insight, armed to help stack the balance cards in your favor.

Member: \$15 / Non-Member: \$30

Day:
Fridays

Date:
2/6, 3/27

Time:
10:30 - 11:30 am

Location:
Willis Auditorium

NEW

Music Therapy Sessions

Instructor: Rebekah Spann, ECU Staff

Register By: 2/02/26

The purpose of this four-session class is to explore how you can use music in everyday life for wellness and vibrant living. You will learn how to incorporate music into your daily life. Sessions will include a variety of topics addressing physical exercise, meaningful interaction, cognitive health, and emotional expression among other things.

The sessions will be led by a board-certified music therapist who will guide you in a variety of experiences. These will include moving purposefully to music, songwriting in various formats, therapeutic singing, and a discussion on memories associated with different genres and songs. No previous music experience is necessary. Instruments will be provided for your use during each class.

Member: \$75/ Non-Member: \$95

Maximum 12 Participants

Day: Mondays	Date: 2/9, 2/23, 3/9, 3/23	Time: 10:00 - 11am	Location: Willis Auditorium
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NEW

Medicare: What You Need to Know

Instructor: Lisa Barker

Register By: 2/05/26

Navigating Medicare can feel overwhelming, but a clear understanding of your options can save you time, money, and stress. This course provides a comprehensive, easy-to-follow overview of the Medicare system - ideal for individuals approaching eligibility, current beneficiaries, caregivers, or anyone who wants to make informed healthcare decisions. You will learn how Medicare works, what it covers, and how to evaluate the choices available, including Part A, Part B, Part D prescription coverage, Medicare Advantage plans, and Medigap supplemental policies. The class also addresses enrollment timelines, common pitfalls, costs, and strategies for comparing plans based on your personal healthcare needs. By the end of this session, you'll have the knowledge and confidence to make smart Medicare decisions and avoid costly mistakes.

Member: \$5 / Non-Member: \$10

Day: Tuesday	Dates: 2/10	Time: 10 - 11:30 am	Location: Willis Auditorium
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Brain Health Bonanza!

Instructor: Julie Gaven and Dr. Deb Culbertson, ECU Faculty

Register By: 2/09/26

Did you know? Your amazing brain is growing over 1,000 new connections at this very moment! Brain health research has continued to accelerate in recent years, offering many promising pathways for you to maintain - and IMPROVE - your brain health at ALL ages and stages of life. Join us to explore evidence-based practices that are proven to support lifelong brain health, and learn about the latest breakthroughs in Alzheimer's and dementia prevention research! We will also highlight a variety of NC-based brain health resources and opportunities, with time for questions. Come learn about the best recommendations for hearing loss prevention, audiological management and brain health!

Member: \$10 / Non-Member: \$20

Day: Wednesday	Date: 2/11	Time: 10 - 12 pm	Location: Willis Auditorium
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HEALTHY AGING & RETIREMENT

NEW

How to Use Less Plastic in Your Home

Instructor: Carol Rados

Register By: 3/06/26

Plastic waste is one of today's most pressing environmental challenges - but small, everyday changes can make a big difference. In this practical, solution-focused workshop, you will explore simple strategies significantly to reduce your dependence on plastic at home and while shopping. You will discover how to transition to durable alternatives such as glass or metal bowls, glass food-storage containers, and grocery items packaged in reusable or recyclable materials. The course will introduce a range of innovative low-waste personal-care products, including mouthwash tablets, toothpaste tablets, silk dental floss, and refillable hand-soap tablets. You will also learn easy habits that support a lower-plastic lifestyle, such as keeping reusable shopping bags on hand and choosing products that eliminate unnecessary packaging. Whether you're just beginning your sustainability journey or looking to deepen your impact, this class offers practical tips and inspiration to help you make lasting, eco-friendly changes.

Member: \$5 / Non-Member: \$10

Day:
Tuesday

Date:
3/10

Time:
11 - 12 pm

Location:
Willis Conference Room

Better Together Pickleball 101

NEW

Instructor: ECU Sport and Community Development Lab

Register By: 3/13/26

Learn the basics of pickleball - rules, scoring, and fundamental skills - to get started or simply to understand why it's the fastest-growing sport in the U.S.! This fun, active class offers hands-on play and an introduction to the spirit of the game.

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

Maximum 16 Participants

Day:
Friday

Date:
3/20

Time:
1 - 2:30 pm

Location:
Location confirmed 1 week
prior to event

Better Together Pickleball: Acing the Game

NEW

Instructor: ECU Sport and Community Development Lab

Register By: 3/20/26

Designed for USA Pickleball players rated 3.0 or higher, this four-session program helps you elevate your game through skill development, strategic play, and on-court practice with fellow enthusiasts. Sessions include Defense Wins Championships, Doubles Positioning, Mastering Strategy, and Putting It All Together.

Member: \$40 / Non-Member: \$60

Maximum 16 Participants

Day:
Fridays

Date:
3/27, 4/10,
4/17, 4/24

Time:
1 - 2:30 pm

Location:
Location confirmed 1 week
prior to event

NEW

The Heart of Public Service: Fostering Positive Change

Instructor: Patricia (Pat) Dunn, Greenville Mayor (Retired), 2007 -2011 Register By: 3/20/26

This session invites you to explore the everyday realities and choices behind public service, including aspects of mayoral life that often go unseen. Join a candid discussion with a former mayor about the unseen responsibilities, quiet challenges, and collaborative problem-solving that define a mayor's work. Discover how decisions of one public body can influence communities, for good or bad, for decades. Learn how citizens can help make their leaders better public servants.

Member: \$5 / Non-Member: \$10

Day: Tuesday	Date: 3/24	Time: 10 - 11:30 am	Location: Willis Auditorium
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NEW

Sunken Stories: Underwater Imaging of World War II Wrecks

Instructor: John McCord, Coastal Studies Institute, ECU Staff Register By: 4/7/26

Discover the fascinating underwater maritime heritage of North Carolina's "Graveyard of the Atlantic" through this engaging program. You will explore the art and science of documenting World War II shipwrecks using modern underwater photography techniques. The course introduces imaging methods including photomosaics, 3D photogrammetric modeling, and 3D videography to capture and interpret these important historic sites. During the program, you will gain insight into how divers and researchers preserve these important cultural resources for education, research, and future generations.

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

Day: Tuesday	Date: 4/14	Time: 10-11:30 am	Location: Willis Auditorium
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NEW

Can We Trust the Polls? Lessons from Past to Present

Instructor: Peter Francia, ECU Faculty Register By: 4/17/26

From the Literary Digest poll that incorrectly had Alf Landon defeating Franklin Roosevelt in 1936 to the "Dewey Defeats Truman" headline of 1948 and Donald Trump's surprise win in 2016, election polls have had some big misses. This short course looks at why those mistakes happened, how polling methods evolved over time, and why polls can still be off today. You will also learn what to look for in a good poll - how to tell which polls are trustworthy, which are not, and how to read election polls with a sharper eye as the 26 campaign unfolds.

Member: \$10 / Non-Member: \$20

Day: Wednesday	Date: 4/22	Time: 10:30 - 11:30 am	Location: Willis Auditorium
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TECHNOLOGY

Ask Me Anything, Happy Grandma Senior Tech Support

Instructor: Richard Langley

Register By: 2/23/26

Do you have questions about your technology? Join Richard Langley with Happy Grandma, Senior Tech Support for a relaxed, no-judgment session where you can ask anything and get clear, simple answers! Whether it's sending emails, downloading apps, or just making your gadgets behave, we're here to help! Bring your device (smartphone or tablet), and let's take the mystery out of technology - together! We'll tackle your challenges, one question at a time.

MEMBERS ONLY: \$5

Maximum 15 Participants

Day:
Friday

Dates:
2/27

Time:
9 - 11 am

Location:
Willis Conference Room

Smartphone Photography

NEW

Instructor: Rod Fincannon, ECU Staff

Register By: 3/30/26

Discover how to turn your smartphone into a powerful creative tool. This hands-on class introduces you to the essential techniques of mobile photography, including composition, lighting, focus, and exposure. Learn how to make the most of your phone's camera features and settings, and explore simple editing apps that can elevate your images from snapshots to stunning photographs. Whether you use an iPhone or an Android device, this class will help you develop a sharper eye, improve your technical skills, and gain confidence in your ability to create beautiful photos with the device you carry every day. No prior photography experience is required - just bring your smartphone and your curiosity.

Member: \$10 / Non-Member: \$30

Day:
Wednesday

Date:
4/1

Time:
10 - 11am

Location:
Willis Auditorium

Literature

Women's Book Club

Instructor: Gloria Schwartz, ECU Staff (Retired)

Register By: 1/30/26

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 you the opportunity to make new friends and expand the scope of your reading. *This book club is supported by North Carolina Humanities and is funded in part by the National Endowment for the Humanities*

MEMBERS ONLY \$5

Day:
Tuesdays

Dates:
2/3, 3/3,
4/7, 5/5

Time:
10 am-12 pm

Location:
Willis Conference Room

SPECIAL EVENTS & TRIPS

Tarboro Brewing Tour & Tasting: From Grain to Glass

Friday, March 13th

Register by: March 6th

Instructor: Franklin Winslow

Brewing beer brings together science, art, and agriculture in pursuit of both culinary creativity and commercial craftsmanship. This immersive trip to Tarboro Brewing Company offers you a behind-the-scenes look at how beer is made - from raw ingredients to finished product.

Our visit begins with an introduction to the four traditional ingredients of beer - water, malted barley, hops, and yeast - complete with guided tastings that highlight their distinct characteristics. We'll explore the science and history of brewing, gaining insight into how centuries-old techniques and modern innovations shape the beers enjoyed today.

Participants will tour the production facility to learn about the equipment and processes used in brewing, including malting, mashing, fermentation, and packaging. The experience concludes with a tasting of several beers crafted at the brewery, paired with a discussion of how ingredient selection and brewing methods influence flavor, aroma, and style.

This class offers a rich, flavorful look at the craft of brewing - perfect for beer enthusiasts and curious learners alike.

Transportation and a beer tasting will be provided. A lunch gathering is being organized, and participants will pay for their own orders.



10:00 am	Arrive at Willis
11:00 am	Begin Tour at Tarboro Brewery
1:15 pm	Lunch in Tarboro
3:00pm	Return to Willis
Cost:	\$25 Members / \$45 Non-Member

Neyuherú-kę' Wampum Belt

Wednesday, March 25th

Register by: March 20th

Instructor: Alston Cobourn, Kristen Daniel,
Kirsten Squint, ECU Faculty and Staff

This class will overview the Neyuherú-kę' Wampum Belt, gifted to East Carolina University in 2013 at the Nooherooka 300 Symposium. This event was organized to commemorate the 300th anniversary of the Battle of Fort Neyuherú-kę', which took place outside of present-day Snow Hill, North Carolina. The presentation will focus on the relationship of the wampum belt to the Tuscarora War and to the people of North Carolina, its role as a non-alphabetic text and as a storytelling device, and the ways ECU engages students and communities with the wampum belt.

You will have the opportunity to view the Neyuherú-kę' Wampum Belt, which is usually stored in the Special Collections Division of ECU's Academic Library Services, to better understand its materiality and its historical and contemporary significance.

Date:	March 25 th
Time:	9:30 - 11:00 am
Location:	Willis Building Auditorium
Cost:	\$5 Members / \$20 Non-Members



Aging Smart with AI:

Wednesday, March 4th

Register by: February 25th

Welcome to a Friendly, Hands-On Event

Cruise from Port to Port with the College of Education Department of Interdisciplinary Professions with support from the LLP Planning Team. This event is designed to help you explore how artificial intelligence (AI) can support everyday life from health and travel to personal storytelling and smart home tools. You are encouraged to bring your devices and enjoy a welcoming start at the Conversation Café, where friendly tech support will help everyone connect to WiFi and Apps half an hour before the event begins.

What to Bring

- Your device (phone, tablet, or laptop)
- Your curiosity
- Your sense of adventure!

How it works

You will travel between six themed AI Prompting Pro themed stations like a cruise ship port of call. During each 20-minute session presenters will share practical tips and stamp your pirate ship passport as part of our "Cruising from Port to Port with AI" game, which encourages exploration and offers a chance to win prizes.

Topics include managing personal health information, understanding news and media, preserving life stories, using AI for leisure and travel, exploring smart home devices, and learning about health privacy.

This cruise-style experience offers a fun and accessible way to become a more confident AI prompter- no tech experience is required. Whether you're curious, cautious, or ready to dive in, this event is your chance to learn, to connect, and to grow.

Provided during the event.

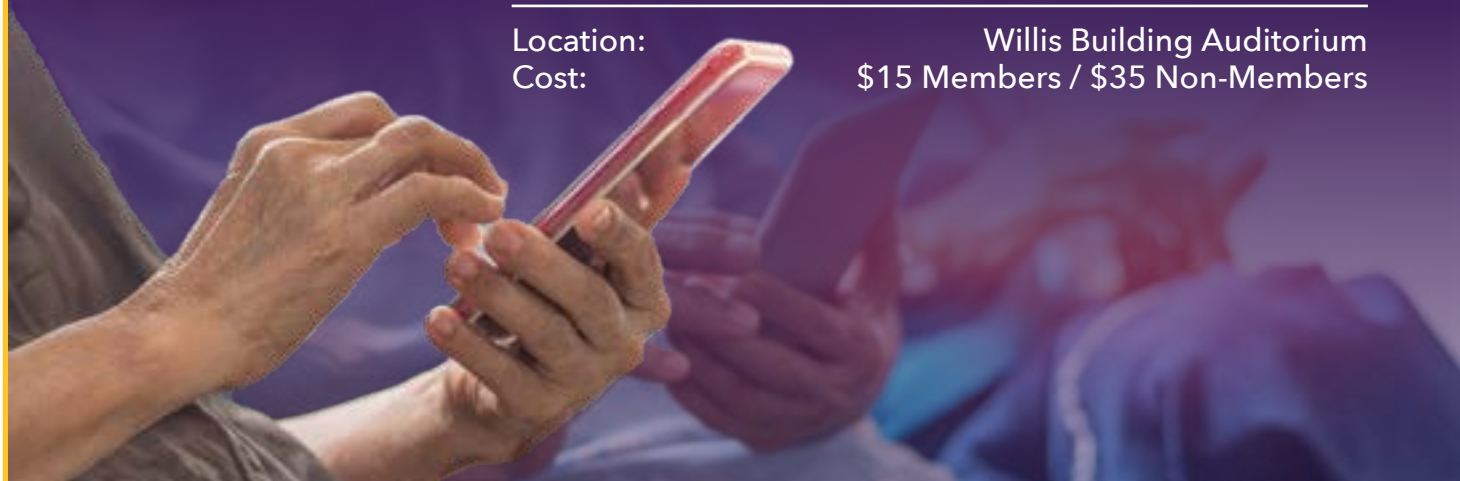
- Snacks
- Support connecting your device (Arrive at 9:00)

9:00 am
9:00 am
9:30 am
12:30 am

Embark on the AI Pirate Cruise
Conversation Cafe & Tech Support
Prompting Pro "Port to Port" Visits
Disembark

Location:
Cost:

Willis Building Auditorium
\$15 Members / \$35 Non-Members



How to Become a Prompting Pro

Dr. Kathy Lohr | Prompting Pro for Travel and Fun



Kathy is a teaching associate professor in ECU's adult education program who teaches graduate-level courses in instructional strategies, adult learners, educational gerontology, and moving courses online. She holds a doctorate from North Carolina State University in Adult and Community College Education. She has been with the adult education program at ECU since 2013. Her research is on adult development, older learners, and resilience through autobiographical narratives.

Dr. Xi Lin | Prompting Pro for Smart Home Technology



Xi is an associate professor who holds a PhD in Adult Education and MA in Communication from Auburn University, Alabama. Her research focuses on seeking best practices, such as meme and emoji, video timeline-anchored comments, games, and artificial intelligence, to enhance student engagement and interaction in online learning environments. She has been with the adult education program at ECU since 2018.

Dr. Steven Schmidt | Prompting Pro for News and Media Literacy



Steve is a professor in the Adult Education program. He holds a doctoral degree in adult education from the University of Wisconsin - Milwaukee and has been at ECU since 2006. Research and teaching interests include workplace training and development, online teaching and learning, and cultural competence. Prior to his appointment at ECU, he worked in marketing, public relations, and employee training and development at Harley-Davidson Motor Company in Milwaukee.

Dr. Phyllis Broughton | Prompting Pro for Health and Wellness



Phyllis is a teaching assistant professor who teaches graduate-level courses in the Community, Technical, and Junior Colleges; Leadership and Communication in Education; and Student Affairs in Higher Education and facilitates internships with students interested in the community college. She holds a doctorate from NC State University in Adult and Community College Education. She has been with the adult education program at ECU since 2012. Her research interests are on generational differences in education, work, and non-profit organizations; leadership; and AI in education.

Dr. Vanessa Reyes | Prompting Pro for Personal Archiving



Vanessa Reyes is an Assistant Professor in the Master of Library Science Program at East Carolina University, where she leads the Archives and Cultural Heritage Informatics concentration. Her research explores how individuals especially older adults manage, organize, and preserve personal and family information across digital and physical formats. She is particularly interested in the emotional and practical dimensions of personal information management and how these practices shape memory, identity, and intergenerational connection. She joined the Library Science Program in 2023.

SPECIAL EVENTS & TRIPS

Shackleford Banks Wild Horse and Shelling Safari

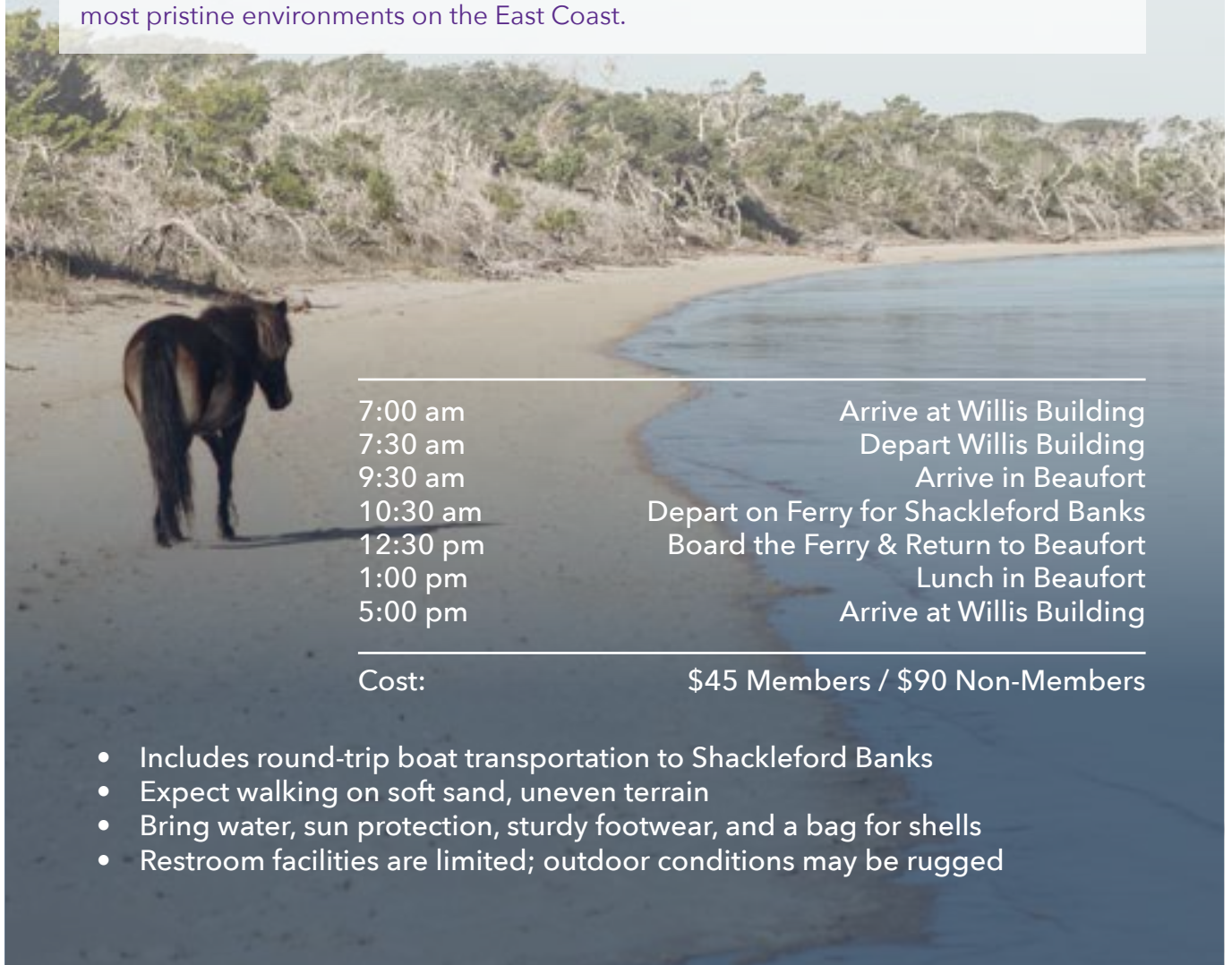
Friday, April 10th

Register by: April 3rd

Experience Shackleford Banks through a guided Wild Horse & Shelling Safari, combining coastal exploration, natural history, and hands-on discovery. Your adventure begins with a scenic boat ride across the sound to one of North Carolina's most untouched barrier islands. Along the way, guides highlight local wildlife, maritime history, and the unique ecology of Cape Lookout National Seashore.

Upon arrival at Shackleford Banks, participants search for the island's iconic wild Banker horses, observing their behavior and learning how these hardy animals have adapted to life on a remote, windswept island. The tour also includes dedicated time for shelling along the shoreline, where currents often deposit an impressive array of whelks, conchs, sand dollars, and other coastal treasures.

With its blend of wildlife viewing, beachcombing, and interpretation of the island's natural features, this safari offers an engaging educational experience in one of the most pristine environments on the East Coast.



7:00 am	Arrive at Willis Building
7:30 am	Depart Willis Building
9:30 am	Arrive in Beaufort
10:30 am	Depart on Ferry for Shackleford Banks
12:30 pm	Board the Ferry & Return to Beaufort
1:00 pm	Lunch in Beaufort
5:00 pm	Arrive at Willis Building

Cost: \$45 Members / \$90 Non-Members

- Includes round-trip boat transportation to Shackleford Banks
- Expect walking on soft sand, uneven terrain
- Bring water, sun protection, sturdy footwear, and a bag for shells
- Restroom facilities are limited; outdoor conditions may be rugged

Your Guide to Confident Care: Navigating Options for Every Stage of Senior Living

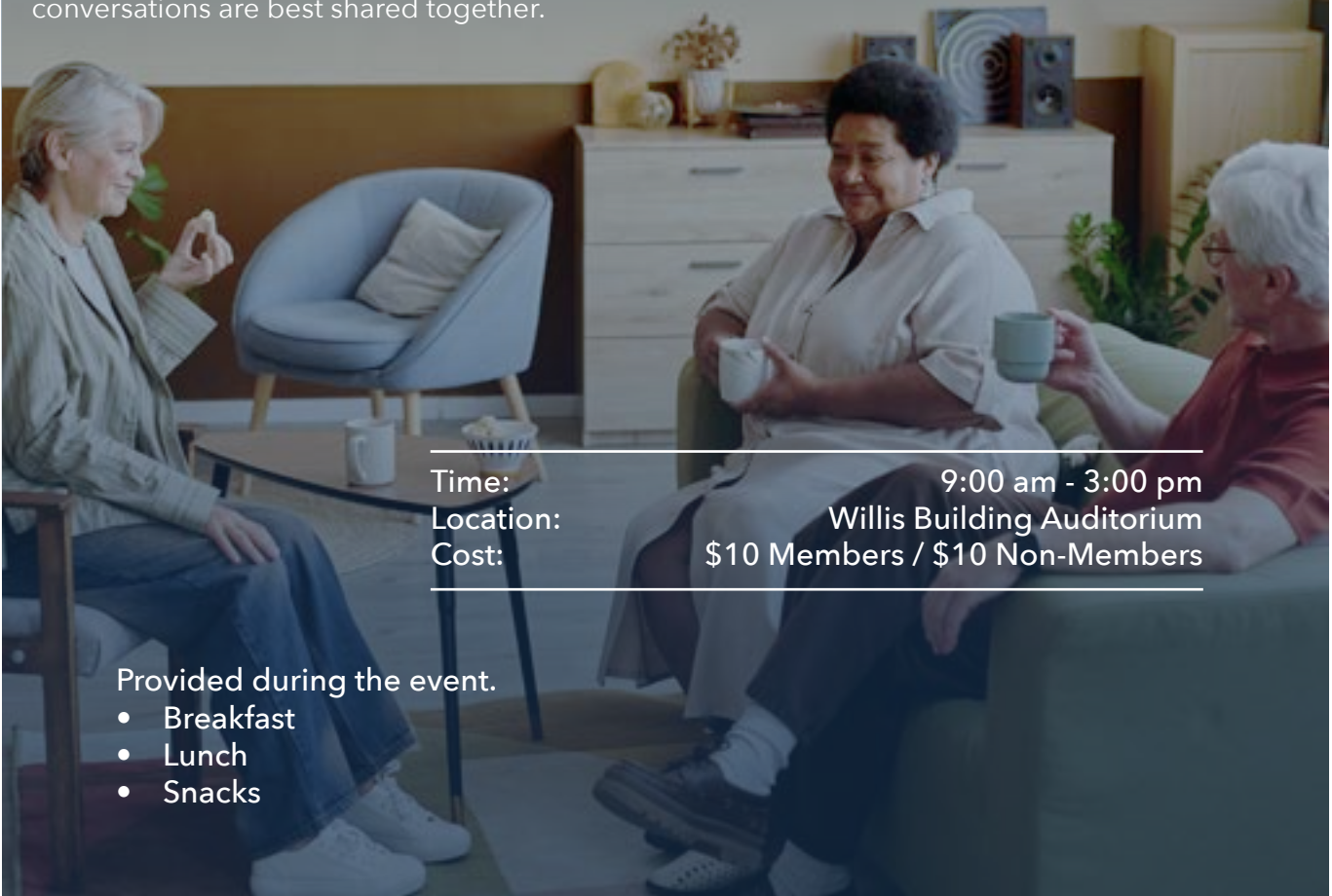
Friday, May 1st

Register by: April 24th

Organizers:

Tamyra Jovel, Mid-East Commission Area Agency on Aging
and Terri Ramsey, Pitt Aging Coalition

Discover the right care, right when you need it. Aging brings new opportunities and challenges - especially when it comes to health, safety, and daily living. Join the Pitt Aging Coalition for a special community event featuring a panel of senior care experts and a comprehensive Senior Resource EXPO. Whether you're an adult-child starting to explore care options with your parents, a senior looking for trusted resources to stay independent, or a professional guiding adults through their journey, this event is perfect for you. Our panel of experts will share insights about the full range of care options available in our community - from in-home support and respite care, home health care, continuing care, assisted living and nursing homes, to palliative care and hospice. They will feature practical guidance about when each option might be the right fit, how needs can change over time, and what steps you can take now to prepare for the future. In addition to our speakers, the Senior Resource EXPO will bring together agencies, organizations, and service providers from your local region. These exhibitors will share valuable resources to help with everything from maintaining independence at home to navigating more complex health needs such as heart disease, diabetes, or memory loss. We hope you'll join us for an opportunity to build a network for yourself, your family, and our community. Caring conversations are best shared together.



Time:	9:00 am - 3:00 pm
Location:	Willis Building Auditorium
Cost:	\$10 Members / \$10 Non-Members

Provided during the event.

- Breakfast
- Lunch
- Snacks

MONTH AT A GLANCE

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 MLK Day	20	21	22	23 Fall Kickoff 10-2:00pm
26	27	28	29 Mental Fitness Group 10-11am	30

February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Memoir Writing 9:30-12pm	03 Women's Book club 10-12pm	04	05	06 Falls from PT Perspective 10:30-11:30am
09 Music Therapy 10-11am	10 Medicare 10-11:30am	11 Brain Health Bonanza! 10-12pm	12 Mental Fitness Group 10-11am	13
16 Memoir Writing 9:30-12pm	17 Painting as Storytelling 9:30-12pm	18 Stories in Clay 9:30-12pm	19	20
23 Music Therapy 10-11am	24	25 Why the Innocent Suffer 10-11:30 am	26 Mental Fitness Group 10-11am	27 Ask Me Anything, Happy Grandma 9-11am



March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Memoir Writing 9:30-12pm	03 Women's Book club 10-12pm	04 Aging Smart with AI 9-12:30pm	05 Easy Card Making SPRING 1-3pm	06 Easy Card Making SPRING 1-3pm
09 Music Therapy 10-11am	10 How to Use Less Plastic 11-12pm	11	12	13 Tarboro Brewing Tour 10-3pm
16 Memoir Writing 9:30-12pm	17	18	19 Easy Card Making SUMMER 1-3pm	20 Pickleball 101 1-2:30pm Easy Card Making SUMMER 1-3pm
23 Music Therapy 10-11am	24 The Heart of Public Service 10-11:30am	25 Wampum Belt 9:30-11am	26	27 Falls from PT Perspective 10:30-11:30am Pickleball: Acing the Game 1-2:30pm
30 Memoir Writing 9:30-12pm	31			

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 Smartphone Photography 10-11am What is Islam All About? 1:30-3:30pm	02	03 Good Friday
06	07 Women's Book club 10-12pm	08 What is Islam All About? 1:30-3:30pm	09	10 Shackelford Banks 7-5pm Pickleball: Acing the Game 1-2:30pm
13 Memoir Writing 9:30-12pm	14 Sunken Stories 10-11:30am	15 What is Islam All About? 1:30-3:30pm	16	17 Pickleball: Acing the Game 1-2:30pm
20	21	22 Can We Trust the Polls? 10:30-11:30am What is Islam All About? 1:30-3:30pm	23	24 Pickleball: Acing the Game 1-2:30pm
27 Memoir Writing 9:30-12pm	28 World Instruments 10-12pm	29	30	

MONTH AT A GLANCE

May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01 Guide to Confident Care: EXPO 9-3pm
04	05 Women's Book club 10-12pm	06	07	08 ECU Graduation
11	12	13	14	15

LLP Membership

Registration for membership is open throughout the year; An annual membership (August- July) is \$60. Prorated membership (January - July) is \$40.

Are you interested in becoming a member? If you would like to become a member of the Lifelong Learning Program or would like to renew your membership, you may register online at LLP.ECU.EDU or by calling (252) 328-9198.

LLP Program Adjustments & Cancellations

The Lifelong Learning Program reserves the right to cancel any course, event, or trip due to low enrollment and to substitute faculty or make other changes as needed.

In the event the Lifelong Learning Program cancels a course, event, or trip, attendees will be notified and given the choice of a refund or credit toward another course, event, or trip.

Inclement Weather

If ECU is closed due to inclement weather, all Lifelong Learning Program courses, events, or trips will be cancelled. Registered participants will be notified by email or phone.

Accommodations

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

Registration Cancellation: Refunds & Credits

To receive a refund, (less any program expenses accrued), notice must be given to the Lifelong Learning Program at least ten (10) business days before the course, event, or trip begins. A \$10 administrative fee will be charged for cancellations with refunds.

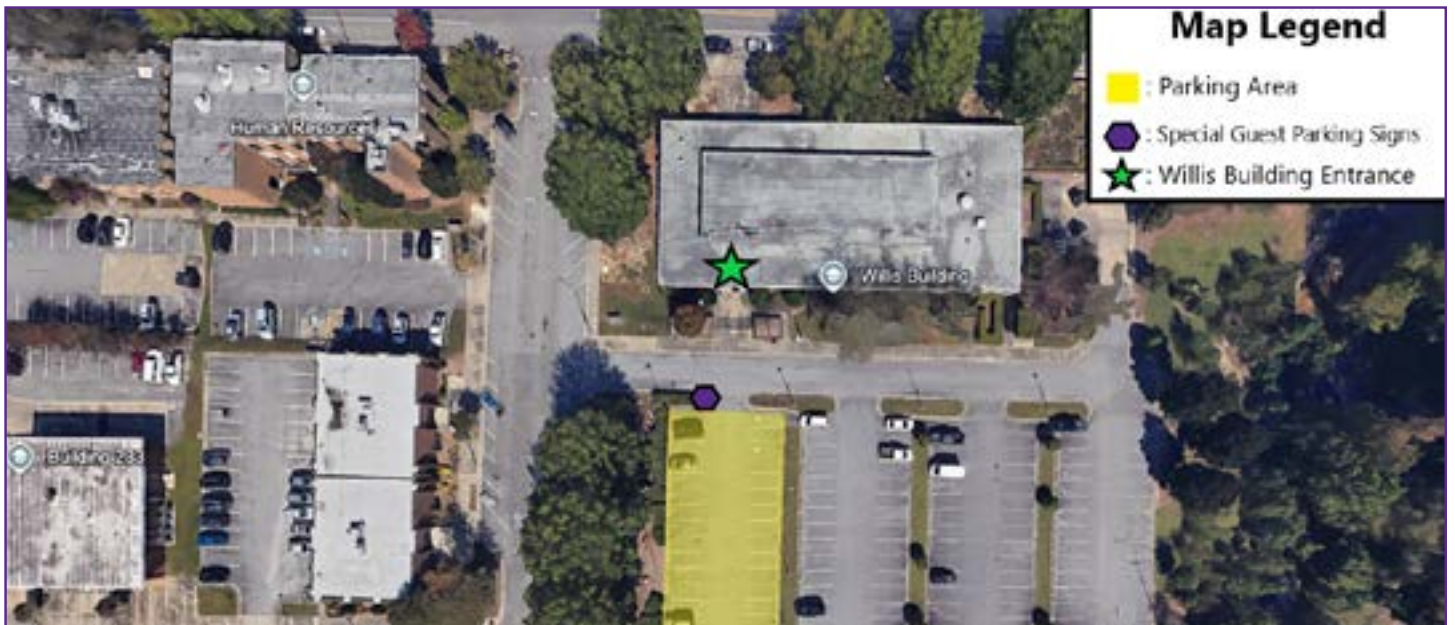
To receive a credit, (less any program expenses accrued), notice must be given to the Lifelong Learning Program at least ten (10) business days before the course, event, or trip begins. Credit may be applied toward another course, event, or trip. Members must use this credit by the end of the current membership year.

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).



A SPECIAL THANK YOU!

Program Partners

Brody School of Medicine	Happy Grandma	NC Humanities
ECU Music Therapy	Islamic Center of Greenville	Shackleford Wild Horse and Shelling Safari
ECU School of Music	Joyner Library	Tarboro Brewing Company
ECU Sport and Community Development Lab Staff	Mid-East Commission Area Agency on Aging	The Coastal Studies Institute

Curriculum & Events Committee

Phil Bullock	Nell Garner	Alice Keene
Patricia Dunn	Mary Hall	Jack Robertson
Maliha Farhadi	Tamyra Jovel	Gloria Schwartz

Instructors/Coordinators

Lisa Barker	Julie Gaven	Carol Rados
Steve Callender	Kay Godwin	Terri Ramsey
Alston Cobourn	Tamyra Jovel	Mario Rey
Kristen Daniel	Richard Langley	Vanessa Reyes
Pat Dunn	Xi Lin	Gloria Schwartz
ECU Sport & Community Development Lab Staff	Kathy Lohr	Suzie Shelton
Maliha Farhadi	John McCord	Dennis Sipiorski
Rod Fincannon	Calvin Mercer	Rebekah Spann
Peter Francia	Andrea Peters	Kirstin Squint
	Leland Pierce	Franklin Winslow

THE LIFELONG LEARNING PROGRAM & YOU!

The Lifelong Learning Program thrives due to the support of volunteers and members. Our program relies heavily on the volunteer efforts of members to keep functioning, grow, and improve, and to bring in new ideas. There are so many ways to get involved!

Join a Committee

We are seeking Committee Members and Volunteers. Would you like to join a committee? Tell us about yourself; why would you like to be involved and how would you like to contribute to the program?

Curriculum Committee

The Curriculum Committee members advise and help the Lifelong Learning Program recruit new and talented instructors, evaluate new and on-going courses, and provides instructor support.

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/>

ECU LIFELONG LEARNING PROGRAM - Spring 2026 REGISTRATION FORM

First & Last Name: _____

Mailing Address: _____

City/State/Zip: _____

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

Email: _____ **Send Me Email Updates**

Creative Arts	Member	Non-Member
Memoir Writing	\$40	MEMBERS ONLY
Painting as Story Telling	\$20	\$40
Stories in Clay	\$15	\$30
Easy Card Making - Spring	\$30	MEMBERS ONLY
Easy Card Making - Summer	\$30	MEMBERS ONLY
Getting to Know World Instruments	\$10	\$30

History	Member	Non-Member
Heart of Public Service	\$5	\$10
Sunken Stories	\$15	\$25
Can We Trust the Polls	\$10	\$20

Culture & Religion	Member	Non-Member
Why The Innocent Suffer	\$10	\$20
What is Islam all About	\$10	\$20

Technology	Member	Non-Member
Ask Me Anything, Happy Grandma	\$5	MEMBERS ONLY
Smartphone Photography	\$10	\$30

Healthy Aging & Retirement	Member	Non-Member
Mental Fitness Group	\$20	\$40
Falls from PT Perspective	\$15	\$30
Music Therapy Sessions	\$75	\$95
Medicare: What You Need to Know	\$5	\$10
Brain Health Bonanza!	\$10	\$20
How to Use Less Plastic	\$5	\$10
Better Together Pickleball 101	\$20	\$30
Better Together Pickleball Acing the Game	\$40	\$60

Literature	Member	Non-Member
Women's Book Club	\$5	MEMBERS ONLY

Special Events & Trips	Member	Non-Member
Tarboro Brewing	\$25	\$45
Wampum Belt	\$5	\$20
Aging Smart with AI	\$15	\$35
Shackleford Banks	\$45	\$90
Your Guide to Confident Care Expo	\$10	\$10

Totals	
Prorated Membership Fee \$40	\$
Registration Fees Total	\$
Grand Total	\$



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

LIFELONG LEARNING PROGRAM

Spring Registration Kickoff Event
Membership & Course Registration

Friday, January 23, 2026
10:00 AM - 2:00 PM

East Carolina University
Willis Building
300 East 1st St, Greenville, NC 27858

Would you like to learn more about the
Lifelong Learning Program?

All are welcome to attend, registration is
free. Please register by January 15th, if
you plan to attend!

RSVP at https://go.ecu.edu/spring_kickoff

