SpringShire is a Retirement Living Associates (RLA) Community run by the Ammons family. RLA operates a number of other continuing care communities including Springmoor in Raleigh and SearStone in Cary, NC.

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Guaranteed access to healthcare and assisted living within the community

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Thank you to our sponsors for their generous support!
Welcome to the Lifelong Learning Program at East Carolina University.

Our Fall 2018 semester flew by, but with record setting numbers. We started with another successful kickoff, where we saw more course registrations than any previous kickoff. Kickoff is always an exciting event as we get to socialize with so many members, instructors, volunteers and program staff. Starting in Fall 2018, Lifelong Learning Members became eligible to obtain an ECU 1 Card, which allows them borrowing privileges for ECU’s Joyner, Laupus and Fletcher Libraries, and access to ECU Transit. If you would like to learn more information about this opportunity, please contact our office. We look forward to seeing everyone for the Spring kickoff on January 19th at 1:00pm at East Carolina Heart Institute.

Our Spring 2019 semester is shaping up to be our busiest yet! With over 55 offerings, 28 are new. We welcome 10 new instructors to the program, with 28 familiar faces returning to the instructor lineup. As you browse the new offerings and see new names, I encourage you to visit our website llp.ecu.edu to learn more about our instructors under the instructor tab.

As always, if you have a talent or interest that lends itself to one of our committees or perhaps a course, please reach out to me so we can explore options! Thank you for your continued engagement and participation in our program and I look forward to seeing you this semester.

Andrew Ross
Coordinator, Lifelong Learning Program

Membership Benefits
Annual membership includes the following benefits:
- Member exclusive courses and events
- Discounted Lifelong Learning courses
- Opportunity to obtain an ECU® 1 card
  - Utilization of services at ECU® Joyner, Laupus and Fletcher Libraries.
  - Utilization of ECU® Transit

Who We Are
The Lifelong Learning Program at East Carolina University® (ECU®) serves the learning interests of individuals 50 and above in an affordable, relaxed atmosphere. Our purpose is to connect, engage, and inspire the eastern North Carolina community by providing educational opportunities that are stimulating and enriching.

Contact us!
Academic Outreach, Continuing and Distance Education
Self-Help Center, Suite 401
Mail Stop 514
East Carolina University®
Greenville, NC 27858
252-328-9198
llp@ecu.edu
www.llp.ecu.edu
ECU® Lifelong Learning Program
Spring 2019 Kickoff

East Carolina Heart Institute

1:00pm – 3:00pm

January 19, 2019

Visit with program sponsors, partners, course instructors, and staff to learn more about the exciting courses, events, and trips offered this semester.

Register by calling 252-328-9198. Refreshments provided.
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<th>Page</th>
</tr>
</thead>
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<td>Creative Arts</td>
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<td>History &amp; Religion</td>
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<td>Interest Groups</td>
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<td>The Lifelong Learning Program &amp; You</td>
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<td>Special Guest Speaker</td>
<td>27</td>
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<tr>
<td>Special Event</td>
<td>Back Cover</td>
</tr>
</tbody>
</table>
Cardiovascular Health & Longevity  
**Instructor:** Dr. J. Virag  
**Code:** LLPCARDIOS19  
**Register By:** 4/30

The heart and circulatory system both have complex functions. This course will start with the basic; the parts of the heart and how they work including structure and function; and the circulatory system. Once we better understand the heart, we will discuss the importance of heart health, unique features of the heart, and heart diseases and their effects. We will dive into current research efforts, including the known and unknowns of translational science and clinical cardiology. The instructor will share some of her own research, which recently won a statewide competition. Finally we will discuss age related changes to the heart and aging influences on metabolism and cardiovascular well-being.

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<tr>
<th>Day</th>
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<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays</td>
<td>5/7–5/28</td>
<td>2:30pm–4:30pm</td>
<td>E.C. Heart Institute</td>
<td>$25</td>
<td>$40</td>
</tr>
</tbody>
</table>

Dementia 101  
**Instructor:** R. Merino  
**Code:** LLPDEMMS19  
**Register By:** 2/13

Normal aging or dementia? In this course we will explore the natural brain changes that occur in older adults and compare them for changes that occur with types of dementia. Early detection screening, treatment, and management options for improved quality of life and functionality will also be discussed.

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<th>Day</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>2/20</td>
<td>10:00am–12:00pm</td>
<td>Self Help 100 H</td>
<td>$15</td>
<td>$30</td>
</tr>
</tbody>
</table>

Keeping Your Brain Healthy  
**Instructor:** J. Matthews  
**Code:** LLPBRHLTHS19  
**Register By:** 2/6

Everyone wants a healthy brain! Cognitive decline is one of the most feared consequences of aging, but it is not necessarily inevitable. There are many things you can do to keep your brain healthy and maintain your cognitive function. Come learn about the latest ways to prevent or slow cognitive decline.

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<th>Day</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>2/13</td>
<td>10:00am–12:00pm</td>
<td>Self Help 100 H</td>
<td>$15</td>
<td>$30</td>
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</tbody>
</table>

Meaningful Conversations Begin With Hello  
**Instructor:** V. Dougherty  
**Code:** LLPMCONS19  
**Register By:** TBD

Conversations about personal values and goals of care are the best way to ensure your family and loved ones know what’s most important to you should they ever have to represent your preferences for you. These conversations can be challenging to start. Now there’s a tool that helps makes this more comfortable and can even be fun, a game called “Hello.” The game of “Hello” has been developed by a team using their skills in community organizing, strategic non-violence, human factors, engineering, and design. The game is designed to help facilitate conversations that heal, connect, and make people whole. Participants will be led through the game by facilitators, with the goal of uncovering the deeper meaning behind our words in order to gain insights into who we are and what matters most to each of us.

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<th>Day</th>
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<tbody>
<tr>
<td>Tuesdays</td>
<td>4/16 &amp; 4/23</td>
<td>10:00am–12:00pm</td>
<td>Self Help 100 H</td>
<td>$0</td>
<td>$0</td>
</tr>
</tbody>
</table>
Medication Safety

Instructor: S. Sawyer  
Code: LLPMEDS19  
Register By: 2/20

Take control of your medication, starting with this class. As we continue to increase the number of prescription medications on the market and the number we consume, there can be increases in medication errors, and side effects can potentially be life-threatening. This course will focus on ways to decrease medication errors and which side effects to report to your doctor, as well as addressing side effects should they occur.

Day  Date  Time  Location  Member  Non-Member
Wednesday  2/27  10:00am–11:30am  Self Help 100 H  $15  $30

Navigating the New US Healthcare System

Instructor: Dr. R Kulesher  
Code: LLPNAVS19  
Register By: TBD

One of the most talked about and controversial topics in the United States today is healthcare. Dr. Kulesher has extensive experience in healthcare administration and will discuss the organizational structure of the U.S. Healthcare system, as well as some of the present challenges in the delivery of services. We will explore and discuss why we do not have national health insurance, the future of health care delivery and reimbursement for services rendered.

Day  Date  Time  Location  Member  Non-Member
TBD  TBD  TBD  Self Help 100 H  $15  $30

North Carolina’s New Durable Power of Attorney Statute

Instructor: C. Alexander  
Code: LLPPOAS19  
Register By: 3/22

In 2018, the NC Durable Power of Attorney statute was significantly modified and updated. The course will detail why a Durable Power of Attorney is such an important legal document and discuss the 2018 changes to the law and how/whether they affect those with an existing Durable Power of Attorney. The course is designed to be both informational and interactive, with opportunity for topic discussion.

Day  Date  Time  Location  Member  Non-Member
Friday  3/29  10:00am–12:00pm  Self Help 100 H  $15  $30

Prepare to Care

Instructor: M. Hall  
Code: LLPP2CARES19  
Register By: 3/12

Caring for a family member or close friend is one of the most important roles you’ll play. It may be as simple as driving your loved one to doctors’ appointments or to get groceries, leading to more complex tasks, such as preparing meals or handling finances. Prepare to Care, which was developed by AARP, includes a 5-step process to help caregivers and families establish a caregiving plan. This course will be led by a trained facilitator.

Day  Date  Time  Location  Member  Non-Member
Tuesday  3/19  1:00pm–3:00pm  Self Help 100 H  $0  $15
Road to Medicare

Instructor: C. Curran  Code: LLPROADS19  Register By: 3/8

It is important for everyone nearing Medicare eligibility to obtain accurate information for coverage and delivery options, supplemental health insurance, Medicare health plans, and prescription drug coverage. Attention to these issues will help you avoid serious or costly problems. This workshop will help you map your journey to Medicare, highlighting roadblocks and warning signs along the way.

*If you are currently covered by the NC State Health Plan, please contact the Council on Aging at 252-752-1717 ext. 6 to meet with the Medicare Benefits Specialist individually, as opposed to signing up for this course.

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<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Friday</td>
<td>3/15</td>
<td>2:00pm–4:00pm</td>
<td>Pitt Co. Council on Aging</td>
<td>$0</td>
<td>$0</td>
</tr>
</tbody>
</table>

Understanding Behaviors of People With Dementia

Instructors: M. Bunn & T. Jovel  Code: LLPNEXTS19  Register By: 4/3

Lifelong Learning Program members, caregivers, family members and friends of those with dementia are invited to participate in this interactive presentation. Attend to become a more empowered caregiver to help both the person with dementia and yourself.

The presentation will include information about the latest in dementia care, types and progression of dementia, and will answer the question, "What is Alzheimer's and what is dementia?" Also included will be approaches and strategies for care, overcoming caregiver challenges, and effective communication techniques.

*There will be plenty of question and answer time with our presenter Melanie Bunn. See inside back cover for more information.

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<tr>
<th>Day</th>
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<th>Time</th>
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<th>Member</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>4/10</td>
<td>1:00pm–3:00pm</td>
<td>E.C. Heart Institute</td>
<td>$0</td>
<td>$0</td>
</tr>
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</table>

Virtual Dementia Tour

Instructor: A. Biggs  Code: LLPVDTS19  Register By: 5/3

The Virtual Dementia Tour is a hands-on exercise that allows participants to experience what it would be like to live with dementia. The Virtual Dementia Tour helps caregivers and loved ones understand both physical and mental challenges, and offers suggestions on ways to navigate communication barriers and difficulties with someone with dementia. A trained facilitator will lead participants through the Virtual Dementia Tour.

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<th>Day</th>
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<tbody>
<tr>
<td>Friday</td>
<td>5/10</td>
<td>1:00pm–4:00pm</td>
<td>Immanuel Baptist Church</td>
<td>$0</td>
<td>$0</td>
</tr>
</tbody>
</table>
Beginning & Intermediate Memoir Writing

Instructor: G. Schwartz | Code: LLPBMLWS19 | Register By: 1/31

Have you always wanted to write your memoirs but are not sure where to begin? This is the course for you! We will provide ideas and tips to get you started writing stories. Each class will begin with a lesson on writing and using elements of a story. Participants will write one story for each session and read it to the class for feedback. It’s better than reading a book, because you are creating one with pages of your life stories for generations to come.

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<tr>
<th>Day</th>
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<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
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<tbody>
<tr>
<td>Every other Thursday</td>
<td>2/7–5/16</td>
<td>9:30am–12:00pm</td>
<td>Immanuel Baptist Church</td>
<td>$35</td>
<td>$50</td>
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</tbody>
</table>

Belly Dancing

Instructor: A. Brooks | Code: LLPBDANS19 | Register By: 1/16

Belly dancing is an activity and exercise course. The course will begin with basic stretching exercises, including simple yoga movements. The main portion of the class will focus on developing isolated body movements necessary to perform the dance correctly; followed by the development of traveling steps, turns, and shimmies. Veils will be incorporated. Traditional and modern Middle Eastern music will be used; basic Middle Eastern rhythms will be identified and explained. Participants will need to wear stretchy clothes, allowing freedom of movement. The dance will be performed in bare feet or socks. Flexible dance or gymnastic shoes may be worn, if needed. Students will need a scarf that is long enough to be tied around the hips.

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<tr>
<td>Wednesdays</td>
<td>1/23–3/27</td>
<td>1:30pm–3:00pm</td>
<td>Cypress Glen Aerobics Room</td>
<td>$35</td>
<td>$50</td>
</tr>
</tbody>
</table>

Intermediate Origami

Instructor: A. Brooks | Code: LLPIORGMS19 | Register By: 2/12

Intermediate Origami (the art of Japanese paper folding) is ideal for students that have taken a beginning origami course, or have some experience with paper folding. The first class will briefly review folding techniques and reading diagrams and starting the first project. Each consecutive week will involve learning more challenging skills needed to make more complex products. Students will make a minimum of two origami objects per class, and more if time allows. Solid color origami paper (7”x7”) will be provided. If you have taken beginning origami with Annette, the projects offered in this class will be more advanced.

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<tr>
<td>Tuesdays</td>
<td>2/19–3/5</td>
<td>2:00pm–3:30pm</td>
<td>Self Help 100 H</td>
<td>$35</td>
<td>$50</td>
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</tbody>
</table>
Scrappy "Letter" Quilt Top

Instructor: G. Lee-Tyson  
Code: LLPSCRAPQS19  
Register By: 4/17

In this workshop we will explore how to use the scraps left over from other sewing projects. Bring your sewing machine, iron, scissors, rotary cutter, mat, and of course, your scraps. We will sort, share, and sew together scraps to make new cloth. We will also use scraps to put our initial in the center of the quilt top. Our goal is to finish the quilt top, but full instructions on completing the quilt will be provided. Please join us in this very colorful recycling project.

*Gwen has a limited number of sewing machines and mats to loan during class time. Please contact the Lifelong Learning Office if you need to borrow one.

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<th>Day</th>
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<th>Time</th>
<th>Location</th>
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<th>Non-Member</th>
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<tbody>
<tr>
<td>Wednesdays</td>
<td>4/24–5/8</td>
<td>9:00am–12:00pm</td>
<td>Self Help 100 H</td>
<td>$25</td>
<td>$40</td>
</tr>
</tbody>
</table>

Holiday Decoration Spectacular

Instructor: L. Spain  
Code: LLPHDEC519  
Register By: 3/16

Decorating for the holidays can be fun and exciting, and having handmade decorations adds to the enjoyment. This course will help you make no-sew bunnies for Easter; no–sew spiders, and ghost and pumpkin garland for Halloween, felt Christmas trees for Christmas. These projects also make great gifts.

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<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
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<tbody>
<tr>
<td>Saturday</td>
<td>3/23</td>
<td>10:00am–1:00pm</td>
<td>Self Help 100 H</td>
<td>$20</td>
<td>$35</td>
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</table>

Upcycling: As Seen on Pinterest

Instructors: L. Spain  
Code: LLPUPCYS19  
Register By: 2/16

Upcycling, or the method of recycling something into an object of higher value, is becoming quite the trend. The website Pinterest is a great resource for such projects. The first project we will make in this course will be making sewing and first aid kits from pill bottles, which are great for keeping in the car, travel bag or hotel room. Next we will upcycle t-shirts and create one of a kind reusable tote bags which will help eliminate the need for plastic bags at the grocery store! The last project will be creating tile drink coasters out of your favorite sheet music, comics, wrapping paper, or any other kind of paper you can think of.

*For this course, you will need to bring a few t-shirts, that you no longer wear, as well as a few sheets of your favorite paper.

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<th>Member</th>
<th>Non-Member</th>
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</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>2/23</td>
<td>10:00am–1:00pm</td>
<td>Self Help 100 H</td>
<td>$20</td>
<td>$35</td>
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</table>
Acadian to Cajun: Great Deportation, Nova Scotia to Louisiana  
**Instructor:** Dr. E. Angelini  
**Code:** LLPCAJUNS19  
**Register By:** 3/28

The name Cajun is a corruption of the word Acadian. Cajuns are the descendants of French-speaking Acadians. Several thousand French-speaking refugees from the region of Acadie (now Nova Scotia, Canada) made their way to Louisiana after being expelled in 1755 by the newly ascendant British, and sent penniless from their home territory.

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<th>Member</th>
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</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>4/4</td>
<td>5:30pm–7:30pm</td>
<td>Self Help 100 H</td>
<td>$15</td>
<td>$30</td>
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</table>

History For Lunch: New South Indians - Eastern Band of Cherokees  
**Instructors:** Dr. C. Oakley & Pitt Co. Historical Society  
**Code:** LLPHILUS19  
**Register By:** TBD

The Eastern Band of Cherokee Indians, were formally incorporated under North Carolina law in the 1880s. Their economic policies evolved as the country experienced many historical events including Jim Crow segregation, the Great Depression, World War II, and the civil rights movement. Throughout the twentieth century, members of the Eastern Band embraced an economic strategy partially based on tourism. New South Indians also situate the story within the history of the American South.

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<tbody>
<tr>
<td>Wednesday</td>
<td>3/13</td>
<td>11:30am–1:30pm</td>
<td>Seahorse Restaurant</td>
<td>$0</td>
<td>$0</td>
</tr>
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</table>

How We Survive as Humans - A Mini Course in Anthropology  
**Instructor:** B. Glatthorn  
**Code:** LLPSHUMS19  
**Register By:** 3/29

This four-session course will be a mini course in cultural anthropology. Through this course, we will broaden participants’ awareness of other cultures and the structures that underlay diversity; gain objectivity regarding participants identified culture in contrast with other cultures, and develop cultural competence in dealing with friends and neighbors of differing cultural backgrounds. The presentations will include: culture, enculturation, and human variation; language and world view; play, art, myth and ritual, and relationships: relatives, marriage, and family.

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<tbody>
<tr>
<td>Fridays</td>
<td>4/5–5/3 (skips 4/19)</td>
<td>10:00am–12:00pm</td>
<td>Self Help 100 H</td>
<td>$25</td>
<td>$40</td>
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Jews: A History of Resilience  
**Instructor:** Rabbi Karz-Wagman  
**Code:** LLPJEWHRS19  
**Register By:** 2/6

For over 3,000 years, since Abraham, Isaac, and Jacob, Jews have often called themselves the “ever dying people.” Philosopher Simon Rawidowicz wrote, just after the Holocaust, that an “ever-dying people” means an “ever resilient people.” We will explore moments of threatened annihilation, survival, revival, and develop answers to “why the Jews?” and learn how to effectively combat bigots, bullies, and abusers. Lastly, we will search for the secrets of Jewish survival and eternal (so far) vitality.

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</tr>
</thead>
<tbody>
<tr>
<td>Wednesdays</td>
<td>2/13–2/27</td>
<td>1:00pm–3:00pm</td>
<td>Congregation Bayt Shalom</td>
<td>$20</td>
<td>$35</td>
</tr>
</tbody>
</table>
### The “Lost” Books of the Bible

**Instructor:** Dr. C. Mercer  
**Code:** LLPLOSTS19  
**Register By:** 3/21

Well, they’re not really lost. Dr. Mercer has many of them on his bookshelf. They are, however, not very well known. There are very interesting stories here in the Apocrypha, Pseudepigrapha, noncanonical gospels, and other collections; Daniel outsmarting the corrupt priests of Bel, Jesus’ first day at school, and wise counsel from ancient proverbs. We’ll enjoy looking at these texts and as many other stories as we have time, and we’ll give a critical assessment of the historicity of some of these old texts.

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<tbody>
<tr>
<td>Thursday</td>
<td>3/28</td>
<td>4:00pm–5:30pm</td>
<td>Cypress Glen Auditorium</td>
<td>$15</td>
<td>$30</td>
</tr>
</tbody>
</table>

### The Many Faces of Marie Antoinette

**Instructor:** Dr. E. Angelini  
**Code:** LLPMANTS19  
**Register By:** 2/12

Through commissioned portraits, famous works of art, political cartoons, and feature-length films, learn how Marie Antoinette is a very misunderstood historical figure. This presentation will discuss how these misconceptions have come to be ingrained in the public’s perception of her.

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</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>2/19</td>
<td>5:30pm–7:30pm</td>
<td>Self Help 100 H</td>
<td>$15</td>
<td>$30</td>
</tr>
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</table>

### The Occupation of France in WWII

**Instructor:** Dr. E. Angelini*  
**Code:** LLPFRWW2519  
**Register By:** 3/12

The “divided” years after the German invasion of France in 1940 will be explored with excerpts from the documentary *La France Divisée*. Both collaborators and resisters are seen through the eyes of seven French people: four Holocaust survivors (one deportee who returned from a concentration camp and three survivors hidden as children in Vichy, France), two historians and a leader of the French Resistance.

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<th>Time</th>
<th>Location</th>
<th>Member</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>3/19</td>
<td>5:30pm–7:30pm</td>
<td>Self Help 100 H</td>
<td>$15</td>
<td>$30</td>
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</tbody>
</table>

### The Rupture of American Politics, 2012–2019

**Instructor:** Dr. T. Eamon  
**Code:** LLPAPOLS19  
**Register By:** 3/13

Is this one of the most turbulent and divisive periods in American history? The media and social scientists are inclined to say “yes”. However, the intellectually keen observer of American politics Jon Meacham has offered a more cautionary view. In earlier times the country came close to collapsing from within, and at times its very survival has been threatened by foreign enemies. Few, however, would dispute that the last decade has been one of political upheaval. The swings in voting are a big story in and of themselves. We will explore the recent swings and speculate on their meaning. We will discuss where US politics may go in 2020 and beyond.

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</tr>
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<tbody>
<tr>
<td>Wednesdays</td>
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<td>1:00pm–3:00pm</td>
<td>Self Help 100 H</td>
<td>$20</td>
<td>$35</td>
</tr>
</tbody>
</table>
Story of the Prophets

Instructor: M. Farhadi  
Code: LLPPROPS19  
Register By: 3/13

This course is designed to discuss the prophets of God and why God sent many prophets and messengers. In the Holy Book Qur’an, God mentioned twenty-five messengers, five of strong will. These five are Abraham, Noah, Moses, Jesus, and Muhammad (PBUH). In this class, we will review the life and mission of these five Prophets based on the Qur’anic stories.

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</thead>
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<td>Wednesdays</td>
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<td>10:00am–12:00pm</td>
<td>Self Help 100 H</td>
<td>$25</td>
<td>$40</td>
</tr>
</tbody>
</table>

Victor Hugo: The Man Behind Les Misérables

Instructor: Dr. E. Angelini  
Code: LLPVHUGOS19  
Register By: 4/18

French poet, novelist, and dramatist Victor Hugo’s life story, with spectacular shifts in status and fortune, is in some ways not so different from that of his Les Misérables hero, Jean Valjean. At the age of 29, the publication of the Hunchback of Notre Dame made him famous around Europe, but his personal life was beset with tragedy and drama. After Napoleon’s fall in 1870 and the huge success of Les Misérables, Hugo returned to Paris as a people’s hero. When he died in 1885, two million people joined his funeral procession.

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<tr>
<td>Thursday</td>
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<td>5:30pm–7:30pm</td>
<td>Self Help 100 H</td>
<td>$15</td>
<td>$30</td>
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</table>

Who’s Most Important, Plato, Aristotle, or Is It Socrates?

Instructor: Dr. E. Marshall  
Code: LLPPLATOS19  
Register By: 4/22

The twentieth century American philosopher Alfred North Whitehead described all philosophy as footnotes to Plato. Why was Plato so important, even now? And where do Socrates and Aristotle fit in? Why are these three famous philosophers important and how are they related? By the end of our inquiry, you’ll be asked to decide: Are you a Socratic, Platonist, or Aristotelian?

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<tr>
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<td>1:00pm–2:00pm</td>
<td>Self Help 100 H</td>
<td>$10</td>
<td>$25</td>
</tr>
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</table>
Current Events

**Moderator: R. Tyer**  
**Code: LLPCURRS19**  
**Register By: 1/22**

The moderator will introduce various topics, then the floor will be open for discussion by all participants. Everyone is encouraged to seek supporting data in order to remain as objective as possible. Reading multiple sources on each subject will give everyone a broader view of the issues. Some topics may carry over from month to month. Share your ideas and learn from the opinions of others taking the course.

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<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
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</thead>
<tbody>
<tr>
<td>2nd &amp; 4th</td>
<td>1/22–5/28</td>
<td>10:00am–12:00pm</td>
<td>Sheppard Memorial Library - Room B</td>
<td>$0</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Meet, Greet, & Eat

**Coordinator: G. Manning**  
**Code: LLPMEETS19**  
**Register By: 1/31**

This group meets once per month for lunch or dinner at a local establishment. It is a great way to try new restaurants and meet new people. By registering, you will be put on the interest mailing list for the group. You will be contacted by the coordinator for the group.

* The cost of the meal is the member’s responsibility. Coordinator will email date, time and location of monthly meeting at the beginning of the month.

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<tr>
<th>Day</th>
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<th>Time</th>
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<th>Member</th>
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<td>Varies</td>
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</table>

Memoir & Life Writing

**Instructor: G. Schwartz**  
**Code: LLPMLWGS19**  
**Register By: 1/28**

This is an interest group for those who enjoy writing memoirs in a group setting with the opportunity to receive feedback from fellow classmates. Writing your memoirs can be a great legacy for family and friends and can also be very stimulating and reflective for the writer. Participants will be provided with a spiral bound copy of stories compiled by the class at the end of the semester.

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<tbody>
<tr>
<td>Every other</td>
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<td>Immanuel Baptist Church</td>
<td>$35</td>
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</table>
Men's History Book Club

Moderator: T. Weil  
Code: LLPMBKSS19  
Register By: 2/4

Book group members are often women, but here’s a group for men, although women are welcome. The focus is on non-fiction books of history and historical figures. Members will choose and discuss a different book every month. You will get the chance to make new friends and discuss interesting and stimulating topics.

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<tbody>
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<td>2/11–6/10</td>
<td>1:00pm–3:30pm</td>
<td>Immanuel Baptist Church</td>
<td>$0</td>
<td>N/A</td>
</tr>
</tbody>
</table>

TED (Talks) & Me

Moderator: A. Ross  
Code: LLPTEDTS19  
Register By: 1/21

TED Talks (Technology, Entertainment, and Design) passionately believe in the power of ideas to change attitudes, lives, and the world. This course offers attendees the opportunity to explore different topics each meeting, followed by enthusiastic discussion. As expressed by their slogan, TED Talks are “Riveting talks by remarkable people, free to the world.” This course is a great opportunity to explore varying points of view by peers with varying interests.

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</table>

Women’s Book Group

Moderator: M. Nottingham  
Code: LLPWBKSS19  
Register By: 2/5

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 the Women’s Book Group, choose what you want to read, 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 their reading.

February reading: A Southern coming-of-age novel that sets three very different young people against the tumultuous years of the American Civil Rights movement. The lives of one young woman and two young men collide in a small neighborhood in Winston-Salem, North Carolina.

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<tbody>
<tr>
<td>2nd Tuesday of each month</td>
<td>2/12–6/11</td>
<td>9:30am–11:00am</td>
<td>Immanuel Baptist Church</td>
<td>$0</td>
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</table>
Afghan & Bosnian Cooking

Instructor: M. Farhadi  Code: LLPABCOOKS19  Register By: 4/9

Do you have an interest in learning to cook recipes from other cultures? In this course, we will make both an Afghan and Bosnian dish. Bolani is a flat-bread finger food often served as an appetizer at many Afghan meals. This appetizer is filled with vegetables and can be baked or fried and served with oils, yogurts or main dishes. Our second dish will be Bosnian Baklava, a dessert typically reserved for holidays and special occasions. Our instructors, both native from the respective areas, will also share how they use these dishes in their everyday lives.

Day  Date  Time  Location  Member  Non-Member
Tuesday  4/16  10:00am–1:00pm  St. James UMC  $20  $35

Basics of Bird Watching

Instructor: Dr. E. Marshall  Code: LLPBIRDS19  Register By: 2/18

Do you often see or hear a bird and wish you knew what it is or could identify it by name? This course will help you learn more about our feathered friends. It will cover some basics of bird identification and bird watching, which the instructor will simplify to four main considerations. This course will utilize visuals and allow ample time for a question and answer session.

Day  Date  Time  Location  Member  Non-Member
Monday  2/25  1:00pm–2:00pm  Self Help 100 H  $10  $25

Biking In Your 50s, 60s, & Beyond

Instructor: G. Miller  Code: LLPBIKES19  Register By: 3/28

Biking is a great hobby and physical activity. Join our seasoned cyclist, as we discover important pieces of information every bicyclist should know. Some of the key pieces of information we will discuss are: selecting the right bicycle and equipment; understanding the anatomy of a bicycle, including basic maintenance; bicycle safety including signaling, turning and first aid; bicycling throughout the year; how to plan trips; and explore the wonderful bicycling opportunities in and around Greenville, including the Greenways.

Day  Date  Time  Location  Member  Non-Member
Thursday  4/4  1:00pm–3:00pm  Self Help 100 H  $15  $30

Born In The Appalachians - The Mountain Dulcimer

Instructor: N. Galambush  Code: LLPDULCS19  Register By: 2/15

Many people have seen a mountain dulcimer during a vacation to the Appalachian Mountains. They may even have one displayed on a wall or discretely stored under a bed, but many are unaware of the ancestry of this uniquely American folk instrument. In addition to exploring the dulcimer’s history and how it moved from being a regional to a national instrument, the course will discuss the people involved in its development and demonstrate the music traditionally played on the mountain dulcimer. Nancy has taught the dulcimer and its history for many years.

Day  Date  Time  Location  Member  Non-Member
Friday  2/22  10:00am–12:00pm  Self Help 100 H  $15  $30
Complementary & Alternative Health: The What and the Why

Instructor: B. Lehman  
Code: LLCAHLTHS19  
Register By: 2/25

Holistic, Complementary, Alternative, & Integrative Health: The What and Why. Perhaps you’ve heard of some of these practices or know someone who has experienced them and have questions but didn’t know who to ask.

Discover what these practices are and how they can improve your life from illness recovery to enhancing well-being and happiness in a safe, easy, and inexpensive way. Curiosity and questions welcome.

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<tr>
<td>Monday</td>
<td>3/4</td>
<td>10:00am–11:30am</td>
<td>Self Help 100 H</td>
<td>$10</td>
<td>$25</td>
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Have You Ever Heard of Energy Medicine?

Instructor: B. Lehman  
Code: LLCPEGYMEDS19  
Register By: 3/28

According to Mehmet Oz, M.D., “Energy Medicine is the next big frontier of Medicine.” So join us if you’d like to learn proven ways to increase vitality, enhance health, boost joy and send healing to areas of your body using easy practices everyone can do in a few minutes a day. It’s fun, it’s easy, and there’s nothing to buy.

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<tbody>
<tr>
<td>Thursdays</td>
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<td>10:00am–12:00pm</td>
<td>Self Help 100 H</td>
<td>$25</td>
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Intro to Italy & Conversational Italian

Instructor: Dr. S. Dellana  
Code: LLPITALYS19  
Register By: 2/7

This is a short course for those who want a quick, easy and fun introduction to the Italian language and culture. If you are traveling to Italy soon or just want to find out if Italian is for you, then this is the course. Join Scott in exploring the language and culture of Italy in seven sessions aimed at basic conversational Italian and all things Italy.

*A beginners' text is included in your course fee.

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<tr>
<td>Thursdays</td>
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<td>1:00pm–2:30pm</td>
<td>Self Help 100 H</td>
<td>$40</td>
<td>$55</td>
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</table>
### Matter of Balance

**Instructor:** J. Marcoux & L. Knott  
**Code:** LLPMATBS19  
**Register By:** 3/25

A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors and exercise to increase strength and balance (https://www.ncoa.org/resources/program-summary-a-matter-of-balance/)

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<td>Pitt Co. Council on Aging</td>
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### Practical Communication Skills

**Instructor:** Dr. P. Hopkins  
**Code:** LLPCOMMS19  
**Register By:** 2/14

Are you an assertive person? Can you ask for what you need successfully? Are you afraid to speak up when you are not satisfied with the service you receive? Do you feel comfortable addressing the neighbor who just won’t stop his dog from barking? Can you stand up at a City Council meeting and state your ideas and thoughts without feeling anxious about speaking in front of a crowd? If you want to be sure that you can communicate successfully in situations like these, then this is the course for you! Interpersonal communication skills involve speaking, listening, and non-verbal cues. This course can help you with clear speech, organizing your message effectively, being assertive instead of aggressive, listening effectively, and feeling comfortable speaking to a group. Practical communication skills are those skills you need in everyday situations.

Come join us for information, interaction, and practical skills that will help you navigate the everyday communication situations in your life.

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<tr>
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<td>Self Help 100 H</td>
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<td>$30</td>
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### Readers' Theater

**Moderator:** Dr. T. Savitt  
**Code:** LLPTHEAS19  
**Register By:** 4/4

In Readers’ Theater, the performers read from scripts and do only a small amount of moving about the stage. As the readers get into character, let their voices help you visualize the setting as you listen to the story unfold. Like the radio dramas of the past, much is left to the listener’s imagination. The program is part of an on-going Readers’ Theater program sponsored by the Department of Bioethics and Interdisciplinary Studies at ECU’s Brody School of Medicine. The theater allows students and the general public (future physicians and nurses and their potential future patients) to discuss social and ethical medical issues of common concern. The reading is followed by a discussion of the stories, moderated by a Bioethics faculty member.

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<tr>
<td>Thursday</td>
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<td>College of Nursing</td>
<td>$0</td>
<td>$0</td>
</tr>
</tbody>
</table>
Swimming Between Worlds - Book Talk

Instructor: Dr. M. Bauer  
Code: LLP5WIMS19  
Register By: TBD

Join Dr. Margaret D. Bauer, ECU Professor and Rives Chair of Southern Literature and recipient of the 2017 North Carolina Award for Literature, as she discusses Elaine Neil Orr’s Swimming Between Worlds.

Focused in a small neighborhood in Winston-Salem, North Carolina, Kate, a recent college graduate, is still reeling from the deaths of her beloved parents when the discovery of hidden letters forces her to re-examine everything she knew about her family. Tacker, a young engineering student and all-around boy-hero, has returned from a West African odyssey where he fell in love with the local culture but was sent home in shame. Kate’s and Tacker’s stories come together when, on the same day and in different moments, they encounter a young African American man named Gaines. The relationship that develops between the three is complicated, as each one searches for love, freedom, and new beginnings.

Attendees are invited to attend the reading by Elaine Neil Orr the week following the book discussion. Additional details will be provided during the course.

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<td>Thursday</td>
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<td>3:30pm–5:30pm</td>
<td>Self Help 100 H</td>
<td>$10</td>
<td>$25</td>
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Vermiculture

Instructor: G. Lee-Tyson  
Code: LLPVERMS19  
Register By: 4/5

Vermiculture or worm farming has many benefits. It is very inexpensive, uses recycled ingredients and helps you grow healthy plants and vegetables. Worm castings or waste is a nutrient-rich, natural fertilizer and soil conditioner. Worms can eat and break down many times their weight in organic materials, like apple and banana peels, kitchen waste, and egg shells. Worm bins take up little space and can be kept in or outdoors year round. When properly maintained, they do not smell. In this course, you will learn how to create your own worm farm.

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<tr>
<td>Friday</td>
<td>4/12</td>
<td>1:00pm–4:00pm</td>
<td>Self Help 100 H</td>
<td>$15</td>
<td>$30</td>
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Who Gets Grandma’s Yellow Pie Plate?

Instructor: L. Guth  
Code: LLPPIES19  
Register By: 2/15

Have you and your family talked about the transfer of your non-titled property after you die? Estate planning discussions often focus on land, houses, cars and money. Too often, non-titled property, such as family heirlooms and keepsakes, don’t get discussed. For many people, these items have more meaning and are more important than titled property.

This course will discuss strategies for making these important decisions and sharing the significance of important items with your loved ones. This course includes a workbook and light refreshments. Participants must be registered by February 15th.

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<tbody>
<tr>
<td>Tuesday</td>
<td>3/5</td>
<td>9:30am–12:30pm</td>
<td>Pitt Co. Agricultural Center</td>
<td>$25</td>
<td>$40</td>
</tr>
</tbody>
</table>
Basic Computers: PC & Windows 10

**Instructor:** D. Parke  
**Code:** LLPCOMPS19  
**Register By:** 2/6

Do you get stumped with your computer? This beginners’ course is intended to acquaint you with taking care of your Windows 10 operating system and learning to use all its features. We will not be digging deep into the workings of the operating system, just offering the information you really need to get the most from your system. Bring your laptop and your questions, as making sure you get the answers you really need will be a priority!

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<tr>
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<td>2/13–2/27</td>
<td>1:00pm–3:00pm</td>
<td>Self Help 100 H</td>
<td>$30</td>
<td>$45</td>
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iPad for Beginners

**Instructor:** L. Spain  
**Code:** LLPIPADS19  
**Register By:** 2/28

In this course, we will explore the basic features of the iPad: the home screen, dock, applications, opening and closing apps, rearranging and deleting apps, the multi-tasking bar, settings and a few other features. We’ll even cover a few tips and tricks: hidden special characters, adding PDFs to your iPad, controlling notifications, and more.

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<tr>
<td>Thursdays</td>
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<td>5:30pm–7:30pm</td>
<td>Self Help 100 H</td>
<td>$20</td>
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Technology for Seniors

**Instructor:** D. Parke  
**Code:** LLPTECHSS19  
**Register By:** 2/27

Technology companies have finally discovered that senior citizens are an under served market. Too many seniors are hesitant to try technology assisting devices; fearful they will not understand how the device functions and what it does. Many technology devices in the past were aimed at a younger market and featured controls that were small and difficult for seniors to operate. Many seniors know about a few devices marketed to assist us in our daily lives; there are a lot more now. In this course we will discuss some of the devices available and some of what is going to hit the market in the near future.

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<tr>
<td>Wednesday</td>
<td>3/6</td>
<td>1:00pm–3:00pm</td>
<td>Self Help 100 H</td>
<td>$15</td>
<td>$30</td>
</tr>
</tbody>
</table>
Fossil Explorations

Coordinator: G. Powell  
Code: LLPFOSSS19  
Register By: 4/7

While it is only an hour drive from Greenville to the Aurora Fossil Museum, you will travel 28 million years back in time. George W. Powell Jr. is a local amateur paleontologist, and will be leading this trip. On this trip, you will see the fossil remains of creatures that lived in Eastern North Carolina including: whales, walruses, seals, sharks, stingrays, and fish. You can view Indian artifacts, learn the history of the phosphate mines, and browse the two exhibit buildings and gift shops. Later that day, the group will go to Powell’s museum. George has over 15,000 fossils on exhibit for your viewing pleasure. Some of the exhibits include whale skeletons and sharks teeth (varying up to 6.5 inches long).

*The cost of lunch will be on your own. Weather permitting, we will take the ferry to Washington for lunch. If you wish to bring home some of the dirt from the Fossil Museum, bring a container with a lid. This dirt does contain micro-fossils. A five gallon bucket contains thousands of micro-fossils.

Our 12-passenger van will be utilized for transportation.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>4/17</td>
<td>8:30am–4:00pm</td>
<td>Meet at Immanuel Baptist Church</td>
<td>$20</td>
<td>$35</td>
</tr>
</tbody>
</table>

Lake Mattamuskeet

Coordinator: A. Ross  
Code: LLPMATTAS19  
Register By: 5/3

Lake Mattamuskeet National Wildlife Refuge is one of the most beautiful resources in North Carolina. The lake is located near the center of Hyde County, just west of the Outer Banks. This 180-acre refuge boasts the largest natural lake in North Carolina, which encompasses over 40,000 acres. Springtime at the Refuge offers brilliant wildflowers, such as Virginia Iris, Black-Eyed Susan, and the ever popular Red Maple trees. Shorebirds and songbirds return from the West Indies and Central and South America to nest in the wetlands. We will spend the morning at the refuge and enjoy lunch at one of the local restaurants before traveling back to Greenville.

*We will travel in our 12-passenger van and the cost of lunch will be on your own.

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<tr>
<th>Day</th>
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<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>5/17</td>
<td>7:30am–5:00pm</td>
<td>Meet at Immanuel Baptist Church</td>
<td>$40</td>
<td>$55</td>
</tr>
</tbody>
</table>

Queen Anne’s Revenge Conservation Lab

Coordinator: QAR Lab Staff  
Code: LLPQARLS19  
Register By: 4/17

Be among the first eyes to see pieces of the ship and objects touched by pirates that have been hidden under the ocean for almost 300 years, and experience all that is involved in preserving these priceless treasures! Enter our warehouse, which contains one of the largest collections of cannons excavated from a single wreck. View pieces of a real pirate ship, including a 12-foot anchor and parts of the hull structure itself, and explore how we reveal mysteries of the sea through x-ray technology.

*We will meet at the QAR Conservation lab at 1157 VOA Site C Road, Greenville, NC 27834.

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Member</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>4/24</td>
<td>1:00pm–3:00pm</td>
<td>QAR Cons. Lab</td>
<td>$10</td>
<td>$25</td>
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</table>
### Spice Bouquet

**Coordinator:** A. Ross  
**Code:** LLPSPICES19  
**Register By:** 2/15

This demonstration style cooking class offers techniques on how to prepare quick, easy, inexpensive and healthy meals using Spice Bouquet rubs and seasonings.

After the cooking demonstration, participants will enjoy the following selections:
- Salad: Greek Salad
- Samples: Broiled Pita Bread with Greek Seasoning and Pizza Spice with Garlic Powder
- Chicken Cutlet Samples with Roasted Chicken Dry Rub Seasoning and Carolina Bay Seasoning
- Blackened Salmon Entree: Italian Sausage with Onion and Bell Pepper, Pasta Primavera and Pasta Bolognaise
- Dessert: Cannoli Cake
- Sweet Tea or Bottled Water

Attendees will go home with a copy of the menu and recipes.

*Please let our office know when registering if you have any food allergies.

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<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>Friday</td>
<td>3/1</td>
<td>11:00am–3:30pm</td>
<td>Meet at Immanuel Baptist Church</td>
<td>$40</td>
<td>$55</td>
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</table>

### Tryon Palace Gardens & New Bern Trolley Tour

**Coordinator:** A. Ross  
**Code:** LLPTPTTS19  
**Register By:** 4/16

With over 16 acres of gardens, the Tryon Palace gardens are some of most known gardens in state of North Carolina. Designed by Morley Williams, who assisted with restorations of gardens at both Mount Vernon and Stratford Hall, the gardens are designed in the Colonial Revival style that was widely popular in the mid-20th century. Stroll through the gardens at your own pace and admire the spring blooms. After spending time in the gardens, visit the New Bern Firemen’s Museum, and learn about the Atlantic Hook & Ladder Company and the New Bern Steam Fire Engine Company, dating as far back as 1845, and the devastating fire of 1922. Next, hop on the red trolley and discover three centuries of this former capital of North Carolina with a guided Trolley Tour.

* Our 12–passenger van will be utilized for this trip, and the cost of lunch will be on your own. Please note that this trip will require a moderate amount of walking.

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<th>Day</th>
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<th>Non-Member</th>
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<tr>
<td>Tuesday</td>
<td>4/30</td>
<td>8:00am–5:00pm</td>
<td>Meet at Immanuel Baptist Church</td>
<td>$50</td>
<td>$65</td>
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<tr>
<td>Name</td>
<td>Address</td>
<td>City/State/Zip</td>
<td>Primary Phone</td>
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<tr>
<th><strong>ECU LIFELONG LEARNING PROGRAM SPRING 2019 REGISTRATION</strong></th>
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<tr>
<td><strong>Aging &amp; Retirement</strong></td>
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<tr>
<td><strong>Cardiovascular Health &amp; Longevity</strong></td>
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<tr>
<td>LLPCARDIOS19</td>
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<tr>
<td><strong>Dementia 101</strong></td>
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<tr>
<td>LLPDEMS19</td>
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<tr>
<td><strong>Keeping Your Brain Healthy</strong></td>
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<td>LLPBRHLTHS19</td>
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<tr>
<td><strong>Meaningful Conversations</strong></td>
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<td>LPMCONS19</td>
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<tr>
<td><strong>Medication Safety</strong></td>
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<tr>
<td>LLMEDS19</td>
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<tr>
<td><strong>Navigating New US Health System</strong></td>
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<tr>
<td>LLPNAVS19</td>
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<tr>
<td><strong>NC's New Durable POA Statute</strong></td>
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<td>LLPPOAS19</td>
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<tr>
<td><strong>Prepare to Care</strong></td>
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<tr>
<td>LLP2CARES19</td>
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<tr>
<td><strong>Road to Medicare</strong></td>
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<tr>
<td>LLPROADS19</td>
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<tr>
<td><strong>Understanding Behaviors...</strong></td>
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<tr>
<td>LPMEXTS19</td>
</tr>
<tr>
<td><strong>Virtual Dementia Tour</strong></td>
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<tr>
<td>LLPVDTS19</td>
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</table>

| **Creative Arts**                                         |
| **Beg. & Int. Memoir Writing**                            |
| LLPBMLWS19                                                | Member | $35 | Non-Mem | $50 |
| **Belly Dancing**                                         |
| LLPBDANS19                                                | Member | $35 | Non-Mem | $50 |
| **Intermediate Origami**                                  |
| LPIORGMS19                                                | Member | $35 | Non-Mem | $50 |
| **Scrapy "Letter" Quilt Top**                            |
| LLPSCRAPQS19                                              | Member | $25 | Non-Mem | $40 |
| **Holiday Decor Spectacular**                             |
| LLPDDEC19                                                 | Member | $20 | Non-Mem | $35 |
| **Upcycling**                                             |
| LUPCYS19                                                  | Member | $20 | Non-Mem | $35 |

| **History & Religion**                                    |
| **Acadian to Cajun**                                      |
| LLPCAJUNS19                                               | Member | $15 | Non-Mem | $30 |
| **History for Lunch**                                     |
| LLPHILUS19                                                | Member | $0  | Non-Mem | $0  |
| **How We Survive As Humans**                             |
| LLPSHUMS19                                                | Member | $25 | Non-Mem | $40 |
| **Jews: Hist. of Resilience**                             |
| LPJEWHRS19                                                | Member | $20 | Non-Mem | $35 |
| **The "Lost" Books of the Bible**                         |
| LLPLOSTS19                                                | Member | $15 | Non-Mem | $30 |

| **Interest Groups – Members Only**                        |
| **Current Events**                                        |
| LLPCURRS19                                                | Member | $0  | Non-Mem | N/A |
| **Meet, Greet, & Eat**                                    |
| LLPMEETS19                                                | Member | $0  | Non-Mem | N/A |
| **Memoir & Life Writing**                                 |
| LLPMLWGS19                                                | Member | $35 | Non-Mem | N/A |
| **Men's History Book Club**                               |
| LLPMBKSS19                                                | Member | $0  | Non-Mem | N/A |
| **Ted (Talks) and Me**                                    |
| LLPTEDTS19                                                | Member | $5  | Non-Mem | N/A |
| **Women's Book Group**                                    |
| LLPWBKSS19                                                | Member | $0  | Non-Mem | N/A |

| **Lifestyle Enrichment**                                  |
| **Afghan & Bosnian Cooking**                              |
| LLPABCOOKS19                                              | Member | $20 | Non-Mem | $35 |
| **Basics of Bird Watching**                               |
| LLPBIRDS19                                                | Member | $10 | Non-Mem | $25 |
| **Biking**                                                |
| LLPBIKES19                                                | Member | $15 | Non-Mem | $30 |
| **Born In The App.**                                     |
| LLPDULCS19                                                | Member | $15 | Non-Mem | $30 |
| **Comp. & Alt. Health**                                   |
| LLPCHLTHS19                                               | Member | $10 | Non-Mem | $25 |
| **Have You Ever Heard of Energy Medicine?**               |
| LLPQGYMEDS19                                              | Member | $25 | Non-Mem | $40 |
| **Intro. to Italy & Conv. Italian**                       |
| LLPITALYS19                                               | Member | $40 | Non-Mem | $55 |
| **Matter of Balance**                                     |
| LLPMATBS19                                                | Member | $0  | Non-Mem | $0  |
| **Practical Com. Skills**                                 |
| LLPCOMMS19                                                | Member | $15 | Non-Mem | $30 |
| **Readers' Theater**                                      |
| LLPTHEAS19                                                | Member | $0  | Non-Mem | $0  |
### PAYMENT OPTIONS

Check payable to: East Carolina University
Please call to pay with credit card.

<table>
<thead>
<tr>
<th>Walk In:</th>
<th>Mail:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-Help Center</td>
<td>Lifelong Learning</td>
</tr>
<tr>
<td>Fourth floor, Suite 401</td>
<td>East Carolina University</td>
</tr>
<tr>
<td>301 Evans Street</td>
<td>Self-Help Center, Suite 301</td>
</tr>
<tr>
<td>Greenville, NC 27858</td>
<td>Mail Stop 514</td>
</tr>
<tr>
<td></td>
<td>Greenville, NC 27858-4353</td>
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</tbody>
</table>

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<tr>
<th>Web:</th>
<th>Telephone:</th>
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<tbody>
<tr>
<td>llp.ecu.edu</td>
<td>252-328-9198</td>
</tr>
</tbody>
</table>

### How Do I Register?

Please enroll by the registration date listed for each course in order to ensure a seat and help us avoid course cancellations. Enrollments after registration dates will be accepted by availability.

Registration for membership is open throughout the year to any adult 50 and above.

Semester membership (January 1 - August 31): $30

### Registration Cancellation

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

### Refund

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, trip or event.

### Program Cancellation

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

### Inclement Weather

If ECU is closed due to inclement weather, all Lifelong Learning Program courses or events 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 Department for Disability Support Services at least 48 hours prior to the event at 252-737-1016 (voice/TTY).

### Helpful Classroom Tips

Out of respect for the instructor and your peers, please arrive to class on time.

If you will not be able to make your class, please let our office know so someone else may register in your place.

Due to fluctuating temperatures of the classroom, light jackets may sometimes be needed.
A Week at a Glance

*Please note that some courses may overlap. Refer to course description for further information.

**Monday**
Memoir Writing
9:30am–12:00pm
Ted Talks
10:00am–12:00pm
Comp. & Alt. Health
10:00am–11:30am
Basics of Bird Watching
1:00pm–2:00pm
Who’s Most Important?
1:00pm–2:00pm
Matter of Balance
1:00pm–3:00pm
Men’s Hist. Book Club
1:00pm–3:30pm

**Tuesday**
Tryon Palace Gardens & Trolley
8:00am–5:00pm
Women’s Book Group
9:30am–11:00am
Who Gets Grandma’s Pie?
9:30am–12:00pm
Afghan & Bosnian Cooking
10:00am–1:00pm
Current Events
10:00am–12:00pm
Meaningful Conversations
10:00am–12:00pm
Prepare to Care
1:00pm–3:00pm
Intermediate Origami
2:00pm–3:30pm
Cardiovascular Health & Longevity
2:30pm–4:30pm
Many Faces of Marie Antoinette
5:30pm–7:30pm
The Occupation of WWII
5:30pm–7:30pm

**Wednesday**
Fossil Explorations
8:30am–4:00pm
Scrappy “Letter” Quilt Top
9:00am–12:00pm
Keeping Your Brain Healthy
10:00am–12:00pm
Medication Safety
10:00am–11:30am
Dementia 101
10:00am–12:00pm
Story of the Prophets
10:00am–12:00pm
History for Lunch
11:30am–1:30pm
The Rupture of American Politics
1:00pm–3:00pm
Basic Computers
1:00pm–3:00pm
Matter of Balance
1:00pm–3:00pm
Understanding Behaviors
1:00pm–3:00pm
QAR Conservation Lab
1:00pm–3:00pm
Technology for Seniors
1:00pm–3:00pm
Jews: History of Resilience
1:00pm–3:00pm
Belly Dancing
1:30pm–3:00pm

**Thursday**
Beginning & Int. Memoir Writing
9:30am–12:00pm
Practical Communication Skills
10:00am–12:00pm
Energy Medicine
10:00am–12:00pm
Intro to Italy & Conv. Italian
1:00pm–2:30pm
Biking in the 50s, 60s, & Beyond
1:00pm–3:00pm
Swimming Between Worlds
3:30pm–5:30pm
The "Lost" Books of the Bible
4:00pm–5:30pm
iPad for Beginners
5:30pm–7:30pm

**Friday**
Lake Mattamuskeet
7:30am–5:00pm
NC New Durable POA
10:00am–12:00pm
How We Survive as Humans
10:00am–12:00pm
Born in the Appalachians
10:00am–12:00pm
Spice Bouquet
11:00am–3:30pm
Virtual Dementia Tour
1:00pm–4:00pm
Vermiculture
1:00pm–4:00pm
Road to Medicare
2:00pm–4:00pm
Sip & Savor
7:00pm–9:00pm

**Saturday**
Upcycling
10:00am–1:00pm
Holiday Decoration Spectacular
10:00am–1:00pm
Victor Hugo: Les Miserables
5:30pm–7:30pm
Acadian to Cajun: Great Deportation
5:30pm–7:30pm
Readers’ Theater
6:00pm–7:30pm
Meet, Greet, & Eat
(varies)
A Special Thank You

Advisory Council
Gloria Schwartz, Chair
Linda McGehee, Secretary
Anthony Britt
Phil Bullock
Pat Chadwick
Jack Cherry
Maliha Farhadi
Mary Hall
Karen Hillman
Tammya Jovel
Alice Keene
Donna Moore
Dr. Vivian Mott
Andrea “Cookie” Thompson

Program Committee
Dr. Patricia Dunn
Maliha Farhadi
Nell Garner
Barbara Glatthorn
Gloria Schwartz
Nanci Weil
Ted Weil

Special Events Committee
Alicia Franco
Karen Hillman
Mary McGowan
Andrea “Cookie” Thompson

Program Partners
Congregation Bayt Shalom
Cypress Glen
Immanuel Baptist Church
Fletcher, Joyner and Laupus Libraries
Mid-East Commission Area Agency on Aging
Pitt County Agricultural Center
Pitt County Council on Aging-Greenville Senior Center
QAR Conservation Lab
Sheppard Memorial Library
St. James United Methodist Church
Vidant Health

Instructors
Charlotte-Anne Alexander
Dr. Eileen Angelini
*Whichard Distinguished Visiting Professor
Dr. Margaret Bauer
Amanda Biggs
Annette Brooks
Melanie Bunn
Christal Curran
Dr. Scott Dellana
Vicki Dougherty
Dr. Tom Eamon
Maliha Farhadi
Nancy Galambush
Barbara Glatthorn
Leigh Guth
Mary Hall
Dr. Pamela Hopkins
Tammya Jovel
Rabbi Harley Karz-Wagman
Libby Knott
Dr. Robert Kulesher
Gwen Lee-Tyson
Betsy Lehman
Gloria Manning
Jean Marcoux
Dr. Ernest Marshall
Jean Matthews
Dr. Calvin Mercer
Rubi Merino
Greg Miller
Margaret Nottingham
Dr. Christopher Oakley
David Parke
George Powell
Andrew Ross
Dr. Todd Savitt
Sallie Sawyer
Gloria Schwartz
Leslie Spain
Ruel Tyer
Dr. Jitka Virag
Ted Weil
Pitt County Historical Society

Volunteer Liaison
Jean Farmer

Catalog Designer
Kelsey Lineberger
The Lifelong Learning Program and You

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

Advisory Council
Assists with developing plans and setting policies for the effective operation of the Lifelong Learning Program, in coordination with the Continuing and Professional Education staff, as well as providing guidance to the different operating committees and reviewing their work, as needed.

Program Committee
Helps the Lifelong Learning Program recruit new and talented instructors. This committee helps develop and evaluate new and on-going classes and supports our instructors.

Special Events Committee
Develops a variety of events to 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.

Class Host
Serves as a class liaison throughout the semester. The hosts get the class started by introducing the instructor and making announcements. They assist the instructor by taking attendance, handing out materials, and setting up AV or other equipment, as needed. Training is provided.

Teach or Lead a Class
Would you like to share a skill or special interest with our Lifelong Learning Program members and other adults? Teaching or leading a class is an exciting opportunity and a valuable contribution to our program. If you know someone who would make a good instructor for our program, please contact us. To print the class proposal form visit llp.ecu.edu.

To find out how you can become more involved, please call 252-328-9198 or email us at llp@ecu.edu.

Donations

Lifelong Learning Program events and classes are made possible through memberships, program fees, and donations. Donations to our program allow us to keep fees as low as possible.

Make Check Payable To:

ECU Foundation - Lifelong Learning Program
Mail to: University Advancement
2200 S. Charles Blvd.
Greenville, NC 27858

Credit Card:
Please call University Advancement – 252-328-9550
Or visit our website llp.ecu.edu and click on “Support/Give”
Parking Directions: Please utilize the parking lot at the corner of 3rd Street and Cotanche Street. You will not need a parking pass during the assigned class time. Parking in this lot any other time may result in a ticket. Once you park in the lot, walk down 3rd Street towards the Pitt County Courthouse. The entrance to Self Help 100H will be on your left and can only be entered on the first floor.
Great Decisions, 2019

The Department of Political Science and Thomas Harriot College of Arts and Sciences are pleased to announce the plans for the 2019 Great Decisions Lecture Series

Although the dates, times, location and topics are set, we are still in the process of establishing the final schedule. Once the schedule has been finalized, the online registration will open.

**Time:** 7:00-8:30

**Location:** ECU Campus, Rivers 102

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**The Rise of Populism in Europe**
Dr. William Downs, Dean, Thomas Harriot College of Arts and Sciences

**Nuclear Negotiations: Back to the Future**
Speaker from the U.S. Department of State

**The Middle East: Regional Disorder**
Dr. Hanna Kassab, Political Science

**Cyber Conflicts and Geopolitics**
Dr. Armin Krishnan, Political Science

**The United States and Mexico: Partnership Tested**
Member of the Consul of Mexico in Raleigh

**Refugees and Global Migration**
Dr. David Smith, Foreign Languages and Literatures

**State of the State Department and Diplomacy**
Dr. Alethia Cook, Political Science

**Decoding US-China Trade**
Dr. Vera Tabakova, Economics

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For additional information or if you would like to support the series or sponsor a speaker, contact:

Alethia Cook
cooka@ecu.edu
252-328-5869

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*The Lifelong Learning Program supports the Department of Political Science and Thomas Harriet College of Arts and Sciences, but is not responsible for the Great Decisions Program.*
What Happens Next? Understanding Behaviors of People with Dementia

Melanie Bunn, RN, MS, GNP

Melanie Bunn is Dementia Training Specialist for Dementia Alliance of North Carolina, Consulting Associate at the Duke University School of Nursing, and Trainer, Positive Approach to Care. Ms. Bunn also leads her consulting company, Bunn Consulting. Ms. Bunn received her undergraduate degree in nursing from the University of North Carolina-Chapel Hill, her Master’s degree in Family Health Nursing from Clemson University and a Post-Master’s Gerontological Nurse Practitioner Certificate from Duke University.

She is a skilled and experienced advanced practice nurse and nurse educator, conducting over 200 presentations and trainings annually to health professionals, community organizations, first responders, families and other groups focused on the care and needs of people living with dementia and their families. She was part of the award winning Accepting the Challenge DVD with Teepa Snow. Her research efforts have focused on improving care of older people, especially those with cognitive impairment, through improving the education of inter-professional teams and families. She has volunteered as an Alzheimer’s Support Group Facilitator for over 25 years.

April 10, 2019
1:00pm–3:00pm

This interactive presentation will include information about the latest in dementia care, types and progression of dementia, and answer your question, “What is Alzheimer’s and what is dementia?” Also included will be approaches and strategies for care, overcoming caregiver challenges, and effective communication techniques. Attend to become a more empowered caregiver to help both the person with dementia and yourself. There will be plenty of question and answer time with our presenter Melanie Bunn.

Reserve your seat today by visiting llp.ecu.edu or calling 328-9198

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should call 252-737-1016 (voice/TTY) at least 48 hours prior to the event.
See you at the Kickoff on January 19!

Sip & Savor

Join us for a private wine tasting where we will learn proper tasting techniques as well as what makes a great wine.

$25 per person
Tasting and light hors d’oeuvres included.

Friday, March 22
7:00pm–9:00pm

Register by:
March 8

Firefly Wine Shop
3110 S. Evans Street
Greenville, NC 27834