

LLI

Lifelong Learning Institute
Manassas

"Learn as if you were to live forever"

FALL 2024 PROGRAM GUIDE

Fall Semester 2024

September 9 to December 17

ANNOUNCEMENTS



JOIN LLI-MANASSAS TWO WAYS:

1. Online at www.lli-manassas.org



2. By mail: Complete the membership form on page 8. Make check payable to LLI-Manassas and mail to LLI Manassas, PO Box 284, Haymarket, VA 20168

REGISTER FOR CLASSES TWO WAYS:

1. On-line registration opens **September 9**
www.lli-manassas.org



2. In-person registration **September 11**
1:30 to 3:00pm - Kickoff Social at Hylton Performing Arts Center,
10960 George Mason Circle, Manassas

For a detailed description of all classes, including bios of the instructors, refer to the Fall 2024 Program Guide on the website at www.lli-manassas.org/fall2024

FREQUENTLY ASKED QUESTIONS

WHAT IS LLI?

The Lifelong Learning Institute-Manassas (LLI-Manassas) is a vibrant educational and social organization serving hundreds of enthusiastic seniors in Prince William County, Virginia. We are a non-profit, member-run organization that provides affordable educational and social opportunities in a friendly atmosphere for adults aged 50 and over.

HOW MUCH DOES IT COST?

'24-'25 Annual Membership Fee is \$125 and enrolls one person as an active member of LLI-Manassas with effective dates July 1, 2024 – June 30, 2025, for all Fall 2024 and 2025 class programs.

CAN I ATTEND JUST ONE CLASS...OR ALL OF THEM?

Attend one or all! Your membership pays for all classes, with the exception of those few that have a special fee as noted in the class description.

DOES LLI MEET IN PERSON?

Generally speaking, yes. See individual class descriptions for specific in-person venues conveniently located throughout the Manassas area. Fall 2024 will also feature F24-106P, Post-Retirement Essentials, via Zoom.

STILL HAVE QUESTIONS?

Come to in-person registration & Kickoff Social, September 11, 1:30 to 3:00 pm, at Hylton Performing Arts Center, 10960 George Mason Circle, Manassas. Or send us an email: llimanassas@gmail.com.

SEPTEMBER

September 11, 1:30 to 3:00 pm

F24-0911P, Fall Kick-off Social

Loc: Hylton Performing Arts Center, 10960 George Mason Circle, Manassas.

The Fall Kick-off Social is an opportunity for previous and new members to learn about LLI's offerings, socialize with fellow members, obtain class registration help, and enjoy light refreshments.

Coordinator: Karla Anzzolin

September 16, 10:30 am to 12:00 pm

F24-0916A, Native Americans in Early Prince William County

Loc: Brentsville Courthouse Historic Centre, 12305 Bristow Rd., Bristow.

In the early 1600s, Prince William County was home to two major indigenous tribes, the Doeg and the Manahoac, and a vital and often violently contested hunting ground and travel corridor. PW County staff will describe the cultures and differences between these two tribes and their impacts on the history of early modern Virginia.

Speaker/Host: PW County historical staff

September 19, 9:30 to 11:00 am

F24-0919A, The Forty Parables of Jesus

Loc: Trinity Episcopal Church, 9325 West St., Manassas.

Rev. James Hughes will present a series of three classes on the parables of Jesus. Using The Forty Parables of Jesus by author Gerhard Lohfink, he will speak to the content of unique sayings that were preserved by the early Christian community.

Speaker/Host: The Rev. James Hughes

Additional dates: 10/24 and 12/ 5

September 19, 1:30 to 3:00 pm

F24-0919P, The American Revolution: What You Did NOT Learn in School

Loc: Bethel Lutheran Church, 8712 Plantation Ln, Manassas.

Most Americans have a basic familiarity with key events from the American Revolution: the Boston Massacre, the Declaration of Independence, and Washington's crossing of the Delaware River. This class will explore many fascinating details, personalities, and misconceptions of these events.

Speaker/Host: Blane Amphor

September 23, 10:30 am to 12:00 pm

F24-0923A, Preparing Your Lawn for the Fall/Winter Months

Loc: Sudley North Government Center, 7987 Ashton Ave, Manassas.

For most properties in Northern Virginia, fall is the ideal time to prepare your lawn for a healthy green spring! Learn about the importance of soil testing, proper lawn care/fertilization, weed management, and dealing with common lawn problems.

Speaker/Host: Virginia Cooperative Extension Agents

September 23, 1:30 to 3:00 pm

F24-0923P, A Conversation with Jim Carroll about Jazz Great John Coltrane

Loc: Hylton Performing Arts Center, 10960 George Mason Circle, Manassas.

LLI favorite and GMU Professor of Jazz Studies Jim Carroll will discuss American jazz saxophonist, band leader, and

composer John Coltrane, and his iconic piece "Giant Steps."

This class is in conjunction with the Hylton Presents Metropolitan Jazz Orchestra performance on October 5th. LLI members receive a 20% discount on tickets for this performance.

Speaker/Host: Professor Jim Carroll, GMU Jazz faculty

September 24, 10:30 am to 12:00 pm

F24-0924A, Hunger in Prince Wm County: Problems and Solutions

Loc: Northern Virginia Food Rescue Warehouse, 10535 Battleview Parkway, Manassas.

The Northern Virginia Food Rescue organization was created to help coordinate resources to help those faced with food insecurity. The program will include a tour of the warehouse facility and give us the opportunity to go behind the scenes of this critical organization.

Speaker/Host: Dr. Megan Franco, Executive Director

September 26, 10:30 am to 12:30 pm

F24-0926A, Occoquan Bay National Wildlife Refuge: History of the Land and a Nature Walk

Loc: Occoquan Bay National Wildlife Refuge, 14050 Dawson Beach Rd, Woodbridge.

OBNWR provides habitat for migratory birds and endangered species in Northern Virginia. At the new Visitor Center, staff will discuss the history of the land, followed by a one-mile guided walk to see and hear migrating songbirds, wild turkeys, and the beautiful view of Occoquan Bay. Bring your binoculars.

Speaker/Host: Gabriela Youngken and Bill Willis

September 27, 10:30 am to 12:30 pm

F24-0927A, Oh the Things You Can Do! Surprises at Central Library Makerspace!

Loc: Central Library, 8601 Mathis Ave, Manassas.

Come experience Central Library's makerspace! Free resources include sewing, embroidery and Cricut machines, jewelry making supplies, weaving looms, A/V recording equipment and sound booth, 3D printers, sublimation printers and more. We will have a tour of the space, and attendees will create a tote bag with the LLI logo to take home.

Speaker/Host: Library staff Jennifer Hendrix & Luci Ferraro

OCTOBER

October 2, 1:00 pm to 2:30 pm

F24-1002P, LLI-101 – Meet, Greet and Get Involved

Loc: Trinity Episcopal Church, 9325 West St., Manassas.

“LLI-101” is for both new and continuing members to meet each other and learn more about our organization: our history, how we’re organized, our general policies, our class offerings. We’ll discuss our volunteer needs and opportunities for you to become involved using YOUR skills and talents on your LLI journey. And if you still need help registering, we’ll have a quick refresher on how to do it.

October 3, 10:30 am to 12:00 pm

F24-1003A, Geography of Operation Market Garden

Loc: Hylton Performing Arts Center, 10960 George Mason Circle, Manassas.

Retired Army Col. Paul Severance will present the military geographic aspects of the combat water crossings in Operation Market Garden (A Bridge Too Far) in September 1944. He will consider a wide array of geographic factors, principles, and influences that played a role in the planning and execution of this extremely complex WW II campaign.

Speaker/Host: Dr. Paul Severance

October 3, 1:30 to 3:00 pm

F24-1003P, Eastern Stars: The Enchanting Cities of Eastern Europe

Loc: Hylton Performing Arts Center, 10960 George Mason Circle, Manassas.

The enchanting cities of Eastern Europe once marked the farthest boundary of western civilization. Protected by the Danube, they anchored the outer reaches of the Roman Empire, and later were a bulwark protecting Europe against repeated incursions by the Ottoman Empire and Communist Russia. Joyce Johnston will explain how each has survived to flourish in the 21st century.

Speaker/Host: Joyce Johnston

October 7, 10:30 am to 12:00 pm

F24-1007A, History of the Universe, Part 2: Modern Cosmology

Loc: Bethel Lutheran Church, 8712 Plantation Ln, Manassas.

This class will explore how the current Big Bang Theory of the universe developed from Edwin Hubble’s early observations of galaxies and their motion, leading to the idea of an expanding universe. It will explore the age and size of the universe, the life cycle of stars, and the mysterious “dark matter” and “dark energy” which form the basis of modern theory.

Speaker/Host: Mark Dodge

Additional dates: 10/14, 10/21 and 10/28

October 7, 1:30 pm to 3:30 pm

F24-1007P, Writing Workshop

Loc: Bethel Lutheran Church, 8712 Plantation Ln, Manassas.

A rotation of seasoned writers will lead weekly sessions. Participants will receive inspiration, ideas, examples, and prompts from various sources and will have in-class time to write and share their writing.

Coordinator: Elizabeth Crawford

Additional dates: 10/14, 10/21, 10/28, 11/04, 11/11, 11/18 & 11/25

October 10, 1:30 pm to 3:00 pm

F24-1010P, The Souls Close to Edgar Allan Poe

Loc: Bethel Lutheran Church, 8712 Plantation Ln, Manassas.

“No! Even in the grave all is not lost.” Leading to a fuller understanding of Poe’s life and his influence on literature, Dr. Pajka will take us on an oral journey to the burial places of people who lived in Poe’s world, hearing the stories of those who supported, inspired, and challenged him, and even a few who attempted to foil his plans.

Speaker/Host: Dr. Sharon Pajka

October 15, 10:30 am to 12:00 pm

F24-1015A, Diabetes – New Research and New Resources

Loc: Bethel Lutheran Church, 8712 Plantation Ln, Manassas.

Many of us have some familiarity with diabetes, but much more information is now available thanks to new research and new resources. Lisa Case will explain the diagnosis, treatment, and lifestyle changes needed to treat and manage diabetes successfully and achieve a healthy lifestyle.

Speaker/Host: Lisa Case, DNP, RN

October 16, 2:00 to 3:30 pm

F24-1016P, Post-Retirement Essentials: What to Consider in a Modern World

Loc: Both via Zoom & at Dar al-Noor Islamic Community Ctr, 5404 Hoadly Rd, Manassas.

Tim McCleerey will examine strategies to help make our savings last. We will look at components of smart investing that can be applied during volatile periods as well as when markets are stable, and we will discuss common risks that can throw our retirement plans off track. Highlights will include the importance of enjoying retirement from a financial perspective and learning to feel greater comfort and confidence in our choices.

Speaker/Host: Timothy McCleerey

October 17, 10:30 am to 12:00 pm

F24-1017A, Artists Depict the American West

Loc: Manassas Park Community Center, 99 Adams St, Manassas Park.

Historical works of art depicting the American West have often been based on romanticized myths and have failed to depict accurately the events that occurred. Docent Sara Shoob will lead us through a recent exhibition at the Smithsonian American Art Museum. Entitled “Many Wests: Artists Shape an American Idea”, this exhibit featured modern and contemporary artists who portray a broader and more inclusive view of the region.

Speaker/Host: Sara Shoob

October 17, 1:30 to 3:00 pm

F24-1017P, Dignity at the End of Life

Loc: Bethel Lutheran Church, 8712 Plantation Ln, Manassas.

Dr. Ondrush will address the goals of care, explain what to expect during an Intensive Care Unit (ICU) stay, and using the format of the “Five Wishes”, lead a discussion about end-of-life decisions that should be considered by patients and their loved ones before the patient is admitted to an Intensive Care Unit.

Speaker/Host: Dr. Joanne Ondrush M.D.

October 22, 1:30 to 3:00 pm

F24-1022P, Women's Airforce Service Pilots (WASPs) of World War II

Loc: Bethel Lutheran Church, 8712 Plantation Ln, Manassas. The WASPs were a small organization of women that flew military aircraft for the US Army Air Forces during WWII. In this presentation, retired USAF LTC Mike Devine will discuss the creation of the WASPs, and the specific missions performed by the WASPs and their post-war legacy.

Speaker/Host: Mike Devine, LTC USAF (Ret)

October 23, 1:30 to 3:00 pm

F24-1023P, A Discussion with the Villalobos Brothers

Loc: Hylton Performing Arts Center, 10960 George Mason Circle, Manassas.

The GRAMMY Award-winning Villalobos Brothers are redefining contemporary Mexican music while delivering positive messages of brotherhood, equity, and love. This class will include moments of performance as well as a discussion of their music, background, and culture. LLI members receive a 20% discount on tickets for the Villalobos Brothers performance on Saturday, Oct. 26.

Speaker/Host: Villalobos Brothers

October 24, 1:30 to 3:00 pm

F24-1024P, The Great Atlantic Speed Race of the Grand Ocean Liners

Loc: Bethel Lutheran Church, 8712 Plantation Ln, Manassas. Ocean liners were the vital link between Europe and North America during two world wars and enabled the largest migration in human history. Several competed to be the fastest across the world's most dangerous ocean, garnering business, prestige, and fame. In this class, you will hear the story of these magnificent machines and some of the people who made them what they were.

Speaker/Host: Blane Amphor

October 29, 10:30 am to 12:00 pm

F24-1029A, Money in Politics: A Citizens' Advocacy Opportunity

Loc: Bethel Lutheran Church, 8712 Plantation Ln, Manassas. Do you believe that large donors have too much influence on our elections? Join this class to review the role of money in our political system and explore with expert guests not only the issue, the implications for public policy, but also how citizen advocates can raise their voices for change. Nancy Morgan, the coordinator of a non-partisan advocacy group called BigMoneyOutVA will lead the discussion.

Speaker/Host: Nancy Morgan

NOVEMBER

November 5, 10:30 am to 12:00 pm

F24-1105A, Crossing the Isthmus—the Panama Railway

Loc: Bethel Lutheran Church, 8712 Plantation Ln, Manassas. Prior to the Panama Canal, crossing the isthmus entailed a dangerous 50-mile trek with swamps, mountains, debilitating heat and insect-borne diseases. The solution was the Panama Railroad, built in 1855 at the peak of the California Gold Rush. Alan McKie will tell the story of this railroad, including some personal anecdotes about his great-grandfather's quest for his golden fortune.

Speaker/Host: Alan McKie

November 7, 1:30 to 3:00 pm

F24-1107P, Yes, Nutrition Can Improve Your Quality of Life

Loc: Bethel Lutheran Church, 8712 Plantation Ln, Manassas. Debbie Schlueter will return to LLI to discuss how our nutritional and hydration needs as older adults are different from what we experienced when we were younger. Recognizing the differences and developing strategies for meeting these requirements can improve our quality of life, help us to lose weight, lead to more energy, and become a better version of ourselves.

Speaker/Host: Debbie Schlüter

November 13, 1:30 to 3:00 pm

F24-1113P, Novemberfest—a Non-alcoholic Beer Tasting

Loc: Manassas Park Comm Ctr., 99 Adams St., Manassas Park. Non-alcoholic beer sales have been increasing rapidly in the US as more people consider the health benefits of avoiding alcohol. But does non-alcoholic beer even TASTE like beer? The Novemberfest will offer an opportunity to sample multiple non-alcoholic beers to help members find (or confirm) their new favorites.

Registration for this class opens on Nov. 4, with Nov. 10 the last day to sign up. Fee of \$14 is due at the time of registration.

Speaker/Host: Mike Ahern and David Pace

November 14, 10:30 am to 12:00 pm

F24-1114A, Tour the Potomac Environmental Research and Education Center (Belmont Bay)

Loc: Potomac Science Center of GMU, 650 Mason Ferry Ave, Woodbridge

GMU's Cynthia Smith will lead a tour of the Potomac Environmental Research and Education Center (PEREC), a key component of GMU's new Potomac Science Center on Belmont Bay. PEREC includes an interdisciplinary group of scientists with expertise in chemistry, ecology, geology, environmental science and education. Learn how their research into restoration and sustainability practices will improve the health of this ecosystem.

Speaker/Host: Cynthia B. Smith

November 22, 1:30 to 3:30 pm

F24-1122P, Judge Jarvis Returns: Continued Discussion of Current Issues in the Law and the Judicial System

Loc: PWC Courthouse, Circuit Courtroom #4, 3rd floor, 9311 Lee Avenue, Manassas

Judge William Jarvis returns to continue his popular discussions of current topics affecting the judicial system. High profile trials, policing practices, and recent court decisions are always in the news. How should we look at these headlines? What do we need to know to understand them? How do these issues impact our local community? Judge Jarvis will lead us in exploring these topics.

Speaker/Host: Judge William Jarvis

DECEMBER

December 4, 11:15 am to 2:30 pm

F24-1204 (A and G), Annual Holiday Luncheon

Loc: Regency Clubhouse, 15351 Championship Dr. Haymarket
Fee payable at registration: \$25 for LLI member; \$35 for guests. The last date to register or cancel is Friday, Nov. 15.
Coordinator: Karla Anzzolin

December 9, 10:30 am to 12:00 pm

F24-1209A, Steamboating on Old Man River: Mark Twain's Mississippi

Loc: Hylton Performing Arts Center, 10960 George Mason Circle, Manassas

With the Louisiana Purchase of 1803, the United States gained control of the Mississippi River, one of nature's most beautiful and economically bountiful features. Soon steamboats by the hundreds were transporting goods and people up and down that 2,000-mile waterway. Gene Schmiel's talk will cover that history of "Old Man River," as well as how the course of the river and modern boats and transports continue to make the "Father of Waters" a key element of American life today.

Speaker/Host: Gene Schmiel

December 9, 1:30 to 3:00 pm

F24-1209P, The Constitution in Virginia Courts

Loc: Hylton Performing Arts Center, 10960 George Mason Circle, Manassas

Judge Craig Johnston, a retired judge of our Circuit Court and LLI member, will discuss when and how the Constitution is applied in cases in Virginia Courts, from the lowest to the highest. You will then get the facts of a real case with Constitutional issues, and follow it as it proceeded through the judicial system. At each step, you will try your hand at judging how the Constitutional issues should be decided, then see how they were decided - and see whether you agree with the Courts' actual decisions.

Speaker/Host: Judge Craig Johnston

December 12, 2:00 to 3:30 pm

F24-1212P, Winetasting at Nokesville Winery

Loc: Nokesville Winery, 12593 Foremost Court, Nokesville
The wine tasting at Nokesville Winery is a delightful experience with a selection of 8 wines, each with its unique characteristics. The vines are within walking distance from the tasting room, so you can stroll out to the vineyards before or after the tasting.

Fee: \$20 due at registration. Last day to cancel for refund: Dec. 2

Speaker/Host: Dustin Miner

December 16, 10:00 am to 12:00 pm

F24-1216A, Holiday Flower Arranging Class

Loc: Flower Gallery of Manassas, 10816 Sudley Manor Dr., Manassas

Doug will demonstrate how to choose flowers, greenery and other materials for a holiday floral arrangement. He will supply each student with the necessary flowers and materials to make an arrangement to take home and enjoy.

Fee: \$45 paid at the door – cash, check or credit card.

Last date to register: Monday, Dec 2.

Speaker/Host: Doug Borroughs

LLI-MANASSAS CLUBS

F24-BOOKS, Book Club

Wednesdays, Sep 25, Oct. 30, Nov. 27

1:30 to 3:00 pm

Loc: Bethel Lutheran Church, 8712 Plantation Ln, Manassas

F24-GAMES, Game Day Club

Every Friday, 1:30 to 3:30 pm

Loc: Bethel Lutheran Church, 8712 Plantation Ln, Manassas

F24-LUNCH, Lunch Club

Fridays, Oct. 4, Nov. 1, Dec. 6 Meet at noon.

Loc: Juke Box Diner, 8637 Sudley Road, Manassas

F24-MHJNG, Mah Jongg Club

Every Tuesday, 1:30 pm to 3:30 pm

Loc: Juke Box Diner, 8637 Sudley Rd, Manassas

For a detailed description of classes and club activities, including names of the coordinators, refer to the Fall 2024 Program Guide on the website at www.lli-manassas.org/fall2024

Have a friend who may be interested in joining LLI but is not yet ready to commit? All classes held at Hylton Performing Arts Center, including those on September 23, October 3, October 23 and December 9, are open to the public.

Invite a friend, invite a neighbor, introduce them to LLI and the fun that can be had when learning something new with a group of fun people.