



Fall I Session

Monday

Line Dancing for Fun

New Students

10:00 am - 11:30 am

Returning Students

11:30 am - 1:00 pm

9/20, 9/27, 10/4, 10/11, 10/18 & 10/25

If you know little or nothing about line dancing, this course is for you! Come learn some basic steps and a few simple dances that will get you started on the path to great fun and fitness. Sign up to make new friends, stimulate your mind, build your confidence and move your body!

Instructor: Mrs. Wanda Gardner

Location: Student Center Ballroom

Tuesday

Quilt making

9:00 am – 11:30 am

9/21, 9/28, 10/5, 10/12, 10/19 & 10/26

The participants in this class will make a “Stacked Squares Quilt”. The beauty of this quilt is the three-dimensional effect of making the blocks look like some are stacked on top of some of the others. The blocks are simple but the final project is very pretty, and unique. This class is for intermediate and advanced quilt makers. Supplies will be needed.

Instructor: Mrs. Vivian Walker

Location: W.O. Lawton Building, Room 205

Master Life: Disciple’s Mission

10:00 am - 12:00 pm

9/21, 9/28, 10/5, 10/12, 10/19 & 10/26

A transformative bible study that helps you experience life in Christ by the daily practice of six identified biblical disciplines: spending time with the Master, living in the Word, praying in faith, fellowshiping with believers, witnessing to the world and ministering to others. Requires a workbook \$12.00

Instructor: Ms. Shirley Smith

Location: W.O. Lawton Building, Room 205

Do it yourself (*Crafting with style*)

10:00 am - 11:00 am

9/21, 9/28, 10/5, 10/12, 10/19 & 10/26

If you have always wanted to make decorations for your table, door, home or special occasions, this is the class for you. You will learn to make every day special occasion centerpieces, door wreaths, decorative tissue boxes, and how to decorate with balloons and more. Class members will determine which or how many of these projects will be done in

this class. No prior knowledge or skills required, just lots of creativity. Supplies are required.

Instructor: Ms. Marilyn Foster

Location: W.O. Lawton Building, Room 206

"Introduction to Computers Part I"

11:30 am - 12:30 pm

9/21, 9/28, 10/5, 10/12, 10/19 & 10/26

An introduction to personal computers emphasizing basic computer concepts and terminology about the computer hardware (monitor, mouse, and keyboard). Further demonstrations and activities informs the student how each hardware component functions separately and together, The student also is introduced to computer software (operating systems software, application program software and utility software) they'll learn and demonstrate how to use and navigate the Windows operating system software. A basic discussion of the World Wide Web, Email,, and the Boolean search techniques that enables the user to browse, conduct effective on line searches. This course assumes that the student has very limited exposure to technology in general and the personal computer (PC) specifically

Instructor: Mr. Melvin Hill

Location: W.O. Lawton Building, Room 207

Quilt making - COMPLETE MY PROJECT

1:00 pm - 2:30 pm

9/21, 9/28, 10/5, 10/12, 10/19 & 10/26

This meeting is for all of the students who were in my classes in 2018 when I had to stop teaching. I want to provide assistance to anyone who needs it to complete the project you were working on in the fall of 2018. Gather your supplies and incomplete project and plan to meet with me so that we can bring closure to this project.

Instructor: Mrs. Vivian Walker

Location: W.O. Lawton Building, Room 205

Wednesday

Osher Silver Walkers

8:00 am - 9:00 am

9/22, 9/29, 10/6, 10/13, 10/20 & 10/27

Walking can offer numerous health benefits to people of all ages and fitness levels. It may also help prevent certain diseases and even prolong your life. It's free and easy to fit into your routine. All you need is a sturdy pair of sneakers.

Guide: Ms. Mary Alice Johnson

Location: Student Center indoor track, 3rd floor

Tech Tips and Tricks

10:00 am - 11:30 am

9/22, 9/29, 10/6, 10/13, 10/20 & 10/25

Are you interested in learning about social media or how to use your smartphone? Do you want to be able to video call your family and friends during pandemic season via Zoom or FaceTime? Then look no further because this technology course will help you become tech-savvy with your smart device, social media accounts, and answer your various questions about technology. We will work together to navigate the wonders of Facebook, Instagram, YouTube, Zoom video conferencing, and smart devices.

Instructor: Ms. Kelsey Callahan

Location: W.O. Lawton Building, Room 207

God's Will: Health, Healing and Wholeness

A Biblical Approach to Healing

10:00 am - 12:00 pm

9/21, 9/28, 10/5, 10/12, 10/19 & 10/26

Do you ever wonder if God wants you healed or even if God is still healing his people? God has not changed his mind about the way he feels about you; "By whose stripes ye were healed." 1 Peter 2:24 is still just as powerful today as it was the first time God breathed it in his thoughts or spirit.

Instructor: Pastor Janet R. Stanfield

Location: W.O. Lawton Building, Room 208

Yoga for Everyone

11:00 am - 12:00 pm

9/22, 9/29, 10/6, 10/13, 10/20 & 10/27

Yoga means to "yoke" or "unite" body, breath and mind. Yoga is a great way to keep yourself vibrant and healthy as you age. Yoga has no age limit. In fact, adults 50 and up have the most to gain by engaging in safe and mindful movement practices, relaxation, and meditation. You will need a yoga mat for this class.

Instructor: Ms. Khalilah Davis

Location: Student Center Aerobics Room

Yoga for Everyone

1:00 pm - 2:00 pm

9/22, 9/29, 10/6, 10/13, 10/20 & 10/27

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Instructor: Ms. Khalilah Davis

Location: Student Center Aerobics Room

Thursday

Underground Railroad Continued

9:00 - 11:00 a.m.

9/30 (in person), virtual - 10/7, 14, 21, 28 and 11/4

This class is designed for the intermediate quilter with unfinished quilts from the Underground Railroad project. Students will complete squares designed from this historical period, assemble quilt tops, sandwich and quilt their projects. We will delve into the history and techniques used to make these squares and cover exhibit preparation.

Usual cutting mat, rulers and rotary cutters will be needed. You will use your basic quilting skills to cut and piece this creation.

Skill Level: Intermediate

Instructor: Deloris Jones Thomas

Location: W.O. Lawton Building, Room 206

Beginning Spanish (Face to Face &Virtual)

1:00 pm - 2:00 pm

9/23, 9/30, 10/7, 10/14, 10/21 & 10/28

This course is designed for beginning students, who want to continue learning the basics of speaking Spanish.

Instructor: Mrs. Julia Hughey

Location: W.O Lawton Building, Room 205

Intermediate Spanish (Face to Face &Virtual)

11:30 am - 12:30 pm

9/23, 9/30, 10/7, 10/14, 10/21 & 10/28

This class is designed for those who have a basic background in Spanish pronunciation, grammar and vocabulary.

Instructor: Mrs. Julia Hughey

Location: W.O. Lawton Building, Room 205

Friday

Economics, War, Politics & Mass Media

10:00 am - 12:00 pm

9/24, 10/01, 10/8, 10/15, 10/22 & 10/29

In these sessions, we will continue to explore the historical barriers the blacks face to full participation in American society through the nine areas identified by Neely Fuller, Jr.: economics, education, entertainment, labor, law, politics, religion, sex, and war. We will review the varied solutions posed by noted experts and discuss the feasibility and implications of becoming engaged in systemic change. We will continue to reference the texts used in the prior sessions and other selected texts, articles, and videos.

Instructor: Mr. Kenneth Elazier

Location: W.O. Lawton Building, Room 206

Salsa Dancing

12:00 pm - 1:00 pm

9/24, 10/01, 10/8, 10/15, 10/22 & 10/29

Salsa is a Latin dance associated with the music genre of the same name, which was first popularized in the United States in the 1960s in New York City.

Instructor: Deborah Anderson

Location: Student Center Student Lounge

You may also register for classes online:

<http://universitycollege.hamptonu.edu/page/Osher-Lifelong-Learning-Institute>

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