Summer 2018
Short session: June 4-29
Long session: July 9-August 24

course guide

Rediscover the joy of learning!
Come for the classes. Stay for the friendships.

Classes for Adults Ages 50+

Emory University | Emory Continuing Education
Welcome to OLLI at Emory

The Organization
The Osher Lifelong Learning Institute at Emory University (OLLI at Emory) is a community of seasoned adults who wish to stay mentally alert and physically active through classes and social programs that nourish the mind, body, and soul. OLLI provides educational, cultural, volunteer, and social opportunities designed for individuals 50 years and older, through courses, lectures, seminars, special interest groups, special events, and trips. The educational programming is centered on courses developed and taught by volunteers who share their time, passion, and knowledge. OLLI at Emory is a member driven, community-based program, housed within Emory Continuing Education.

No tests, no homework, no grades...just the joy of learning from one another!

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ANNUAL MEMBERSHIP
You may join OLLI for the entire year for $50. Your membership begins on the date you pay. Annual membership includes all terms.

Benefits include:
• Discounts on OLLI course and event fees
• Free admission to the Michael C. Carlos Museum of Emory University
• Discount at Schwartz Center for Performing Arts
• Discounts at local restaurants
• Discount at Fresh Market
• Participation in Special Interest Groups (i.e., book clubs, discussion groups, lunch groups)
• Free access to select exhibits and lectures on the Emory campus
• Free 2 Week VIP Trial Membership with a Free Personal Training Fitness Assessment at Family Life Center at Second-Ponce de Leon Baptist Church
• Free coffee on class days

FEES
Unless indicated otherwise in the course description, the flat fee for every course is as follows:
• Short session $25 (members) and $45 (non-members)
• Long session $45 (members) and $65 (non-members)

REGISTRATION
No payments will be processed before the start of registration. Online registration is preferred. We cannot guarantee seats for checks sent in the mail. See back cover for online registration instructions and dates for online registration assistance.

COURSE CANCELLATION POLICY
Classes that do not meet minimum student registration numbers are subject to cancellation.

REFUND/TRANSFER POLICY
No refunds for tuition, supply fees and/or instructor fees will be given after start of class sessions. OLLI students may transfer to another course within a session, but not between sessions. Limit one class transfer per session.

PARKING
FREE parking is available to OLLI members in the surface lot next to Building 6 as well as in the covered parking deck. Do not park in Pediatric Orthopedic Associates reserved spots or accessible parking without a permit.

UPCOMING TERMS
Fall 2018 Term (Registration begins August 20)
Long Session:  September 5 – October 23
Short Session:  October 29 – November 16

Winter 2019 Term (Registration begins November 12)
One Session:  January 7 – February 22

Spring 2019 Term (Registration begins February 18)
Short Session:  March 4 - March 29
Long Session:  April 8 - May 24

OFFICE HOURS
9:00am-4:00pm Tuesday-Thursday

CONDUCT GUIDELINES
OLLI members are expected to respect the sanctity of the learning environment and embrace the concept of a civil community. For all OLLI classes, your responsibilities include:
• Be on time and do not leave classes early unless arrangements have been made with the instructor.
• Mute or turn off your cell phone.
• Attend only courses/discussion groups for which you registered.
• If you registered for a course/discussion group and then find you won’t be able to attend, please formally withdraw from the course.
• Classes are open to registered students only, so do not bring a guest to class without making arrangements with the OLLI Office. (An instructor is not in a position to approve bringing a guest to class.)
• Be courteous and listen when the instructor, another student, or a staff member is speaking.
• Please attempt to do class assignments (if any) so that you can participate fully in the class.
• When you leave the classroom, throw away your trash and push your chair under the table.
• When class is over, exit the room as quickly as possible so that the next class may come in and start on time. You may take your conversation to the OLLI lounge.
OLLI Classes at a Glance
JUNE 4 - AUGUST 24
(REGISTRATION OPENS MONDAY, MAY 21)

Short Session (June 4-29)

MONDAYS
10:00-11:00AM
Aging in Place (Bird)
Gifting Assets (Gelinas)

11:30AM-1:00PM
Life Ascending (Page)

TUESDAYS
10:00-11:00AM
Basics of Email (Wills)
Total Financial Fitness in Retirement (Dozier)
Write It Down (Soper)

11:30AM-1:00PM
A Little Bit of Logic (Martin)
Ali’s Comeback (Jones)
Be Safe (DeKalb County Police)
Creative Writing (Appelrouth)
Ikebana (Ahuja)

TUESDAYS
1:30-3:00PM
Islam: The Basics (Budak)
Power and Importance of Emotional Intelligence (Starr and Drue)
Retirement Income Distribution Strategies (Simmons)

WEDNESDAYS
10:00-11:00AM
Chair Yoga (Ahuja)
Race and Health (Whyte)

11:30AM-1:00PM
Cultural Jewelry Making (Milner)
Biggest Risks to Losing Your Money (Baker)

1:30-3:00PM
Cultural Jewelry Making (Milner)

THURSDAYS
10:00-11:00AM
Rise and Fall of Ancient Rome (Parrish)
Second Layer-Repurposing for Art (Hartsfield)

11:30AM-1:00PM
Intermediate Italian Grammar (Parrish)
Reverse Mortgages (McGee)

1:30-3:00PM
Anti-Inflammatory Diet (Clark)

Long Session (July 9-August 24)

MONDAYS
11:30AM-1:00PM
Introduction to Enneagram (Wingfield)

1:15-2:15PM
White Privilege (Slavin)

TUESDAYS
10:00-11:00AM
American Expressionism (deMan and Parks)
Biblical Reflections (Sollish)
Chair Yoga (Ahuja)
Wealthy and Wise (Zecevic and Mashhoon)
Controversies in Medicine (Steinberg)

11:30AM-12:30PM
Reverse Mortgages (McGee)
Semiotics in Politics (Drake)
Great Russian Masterworks, Pt 2 (Kann)

12:30-1:30PM
Lunch and Learn Speaker Series

1:30-3:00PM
Retirement Income Distribution Strategies (Simmons)
Seven Laws of Noah, Pt 2 (Aviner) (ends at 3:30pm)

WEDNESDAYS
10:00-11:00AM
Summertime and the Living Is Easy (Friedman)
Vedic Astrology (NeuCollins)
World War I: A Needless Tragedy (Libbey)

11:30AM-1:00PM
Art Documentaries (Cohen)
Ikebana (Ahuja)
MS Windows 10 Basics (Oblinger)
Today’s Elder Orphans Aging (Hemphill)

1:15-3:15PM
It’s Your Story, Stick To It (Lee)

THURSDAYS
11:30AM-1:00PM
Improv I (Drake)
Cultural Jewelry Making (Milner)
History of American Popular Music (Cohen)
Retirement Success 102 (Gelinas)

1:30-3:00PM
Cultural Jewelry Making (Milner)
Improv Master Class (Drake)
Short Session (June 4-29)

MONDAYS
10:00-11:00AM

Aging in Place and the Senior Care Continuum
Instructor: Jeff Bird
Join us for an overview and in-depth analysis of how to age in place, navigate senior care continuum to receive the best quality of care. According to the Administration on Aging (AOA), the U.S. 65+ population in 2014 was 46,000,000. By 2060, it’s expected to reach 97,000,000. The number of centenarians has more than doubled from 72,000 in 1970 to 145,000 in 2014. With these statistics, more families are caring for aging loved ones at home -- or they’re overwhelmed by the complexity of the senior care continuum. In a 2014 New York Post article, ‘10 Things Retirement Communities Won’t Tell You,’ author Elizabeth O’Brien concludes her analysis of the senior care matrix: “You’ll need a Ph.D. to tell them apart.” This course will equip families for the senior care matrix with the right information and resources for the best care at the right time.

Gifting Assets: Creative and Efficient Ways to Create Legacy Now and Later
Instructor: Timothy Gelinas, CAS, CFS, CSA
(Three weeks only: June 4, 11, and 18)
Are you interested in leaving a legacy to your children, grandchildren, charity or church? In this class, we will discuss some unique strategies to create a living legacy, as well as how to prevent unintended consequences from not being prepared.

TUESDAYS
10:00-11:00AM

The Basics of Email
Instructor: Malcolm Wills, MFA
This four-week course will review the basics and answer elementary questions related to the effective use of email. This class is not related to any specific email platform but will address how to use email on laptops, cell phones and tablets. Topics that will be covered: a brief history on the evolution of email how to send, receive, delete and file emails. Additionally, the class will explore how to add attachments such as documents and photos to emails and how to extract attachments from emails that people receive. Course fee: $65 member/$85 non-member.

Total Financial Fitness in Retirement
Instructor: Brenda Dozier, PhD, CDFA
Like physical fitness, financial fitness is the product of a continual process. You won’t achieve it overnight or by happenstance, but you will accomplish total fitness in retirement by making responsible decisions on a daily basis, working hard and adhering to a well-crafted plan. This class is geared to get you in the best financial shape possible by giving you the tools needed to design a retirement plan that is customized just for you. Financial workouts will help you understand your current fitness level, your “money personality type”, and your risk tolerance. We will employ exercises that remove the roadblocks preventing you from improving your financial fitness. An instant “x-ray” will display your current investment holdings and determine if they are the right investment mix for your retirement plan. In addition, phased retirement solutions and tax-efficient strategies will be included to insure your plan offers the flexibility to meet life’s challenges. Leave this class knowing you have a retirement plan that will allow you to stay on track and live the life you choose to live!
TUESDAYS
10:00-11:00AM

Write It Down: Your Life is a Good Story!
Instructor: Susan Soper, Author
Memoirs don’t have to be chronological or linear...i.e. “I
was born in…and then I…and then I...” etc. Try a creative
way to capture the essence of your unique existence and
experiences through a series of provocative questions
and writing assignments that will tell your family things
they might not know — or think to ask. Your life story
is worth saving, savoring and sharing. This class will get
you started and provide you with the motivation and
map to keep you going.

TUESDAYS
11:30AM-1:00PM

A Little Bit of Logic
Instructor: Dennis Martin, PhD
Are you surrounded by illogical people? Are you sure
it’s them, and not you? In this class, we will review
basic logic -- especially the most common errors that
you might hear every day. Errors can occur when words
form statements, statements form arguments and
explanations, and when all of these form theories and
worldviews. Many of these mistakes go unnoticed...but
with some simple distinctions and techniques, you can
become a better critical listener and consequently be
surrounded by even more illogical people!

Ali's Comeback
Instructor: Art Jones, MA
(Two weeks only: June 5 and 12)
The year is 1970: it’s been three and a half years since
Muhammad Ali was stripped of his title...convicted
of draft evasion...and threatened with imprisonment.
Banned in all 50 states, he is unable to work in the
field for which he had no equal. The wide door on his
illustrious career seems to be closing. But here in Atlanta,
Georgia, everything changed. Ali's Comeback explores
the political and racial climate of America in 1970, and
how Muhammad Ali, the most polarizing figure in
America, was able to return to the least likely location:
Atlanta.

Be Safe!
Instructor: DeKalb County Police
Every day we read, see, or hear of a new scam. They call
on the phone or come to the door to mention a few
ploys. Representatives from the Dekalb County Police
will speak about the many dangers of which to be aware.
Also, they will cover the many ways to prevent falling
prey to those who would take advantage of us. With
knowledge, we can be safe in our cars, in our homes
and in several other places. Even the grocery store is
no longer a safe place...and we’ll also discuss computer
safety. The speakers can help us to BE SAFE!

Creative Writing: Fun and Personal
Instructor: Arlene Appelrouth, BA News, Editorial
Journalism
You don’t have to aspire to write a blockbuster to enjoy
putting your stories on paper. This course is a workshop.
Each class will consist of timed writing exercises and the
opportunity to share what you’ve written. Your writing
will not be judged. Writing is good for you--body and
soul, emotionally and physically. Bring your favorite pen
and a spiral notebook, or your laptop.

Ikebana Introduction
Instructor: Nutan Ahuja
Discover the ancient Japanese art of flower arranging.
“Ikebana” is made up of two words: the first, “ike,”
meaning “alive” or “arrange,” and the second, “bana,”
meaning “flower.” More than merely ‘decoration,’ the
Ikebana way of flower arranging encourages to fully
express by infusing each arrangement with a sense of
space, motion, time past and future season, rhythm, and
emotion. Ikebana is seen as a spiritual process that helps
one develop a closeness with nature and merge the
indoors and outdoors. In addition to the incomparable
satisfaction of creating beauty in your home, the
contemplative art of Ikebana will prove a perfect escape
from the everyday stressful life. Students must also bring
a vase and shears to class each week to take home your
arrangement. Limited to 15 students. Class Fee: $90
members/$110 non-members (fee includes flowers and
other supplies).
TUESDAYS
1:30-3:00PM

Islam: The Basics
Instructor: Kendal Budak, PhD Student, Emory University
With almost 1.8 billion followers, Islam is the second-largest -- but at the same time, the most-debated -- religion. This course provides an introductory information to the main tenets and characters of Islam, such as Allah, Qur’an, Muhammad (pbuh), etc., as well as its main pillars including daily prayers, fasting, and charity. Key concepts such as jihad and sharia will also be explained in detail.

The Power and Importance of Emotional Intelligence
Instructors: Irma Starr, PhD and Abby Drue, MFA
High IQ levels alone can get you into MENSA, true… however, recent research suggests that IQ alone is not the end all and be all guarantee of success, happiness, or virtue! Neuroscience has offered startling new insight that our quality of life is determined not only by our IQ points, but also by the level of Emotional Intelligence (EI) we possess! In our time together, we will explore the meaning of EI and how it determines and shapes our success in relationships, everyday interactions, and even our physical wellbeing. Learn how to assess your own emotional intelligence quotient and continually strengthen it during your lifetime. Join us in this spirited, compelling new way to talk about being smart!

Retirement Income Distribution Strategies: Social Security and Tax Free Investments
Instructor: Franklyn C. Simmons, MBA
Students will learn the elements of Social Security strategies, Medicare overview and the impact of 401k/Traditional IRA have on your income taxes. Participants will learn the importance of creating different asset classes and how to use them to mitigate risk for downside market protection of investments -- tax-free investments are important for creating a legacy for others.

WEDNESDAYS
10:00-11:00AM

Chair Yoga – Basic Level
Instructor: Nutan Ahuja
Chair yoga is a way to ‘sit your way to better health.’ Chair yoga’s therapeutic adaptive exercises work your body from head to toe. The simple and easy movements are great for people in any condition, to do anytime and anywhere. Chair Yoga promotes well-being through breathing correctly and stretching in ways that will open up your body on the path to peace. According to the Mayo clinic, Chair Yoga poses can help seniors and people with chronic pain improve their quality of life, lower their blood pressure, improve their sleep patterns and manage depression. These classes are intended to increase joint mobility and muscular strength, as well as breath/movement synergy. Time for meditation will also be integrated. Course fee: $50 member/$70 non-member.

Race and Health
Instructor: Alonzo Whyte, PhD
This course will serve as an introduction to principles mediating health differences and disparities between racial groups around the globe. Topics covered include:
1. What is race? What is health?
2. Genetic diversity and race;
3. Nature vs Nurture: the role of genetics in health disparities;
4. Psychological and systemic biases in healthcare practices;
5. Selected peer-reviewed scientific articles and media coverage of relevant articles.
WEDNESDAYS
11:30AM-1:00PM

Cultural Jewelry Making Series
Instructor: Virginia Milner
These classes not only teach the basics of jewelry making, but also give students a glimpse of different cultures as they journey -- from the comfort of their chairs – all over the world from the North American Southwest to parts of Asia, Africa, South America, and more to reimagine and create new pieces by transforming beads and components into something that is uniquely theirs. Each piece will include authentic beads and/or designs indicative of the featured continent or country. By the end of each class, the students will have learned how to make a culturally-inspired necklace, bracelet, and earring. Come learn useful techniques for other classes and/or continue to use on your own. This class is designed for both absolute beginners and students with limited knowledge and skills. Class limited to 10 students. Course fee: $75 member/$95 non-member (includes all supplies)

The Biggest Risks to Losing Your Money (Besides the Stock Market...)
Instructor: Christopher Baker, CPA
(Two weeks only: June 5 and 12)
This class will cover vital statistics provided by the Federal Government shedding light on the issue of financial fraud and elder abuse. We will discuss the severity of the problem, who it affects and what profiles the victims tend to fall into. We will learn about some of the common scams, where you can report financial fraud, and what proactive steps you can take to protect your financial resources.

1:30-3:00PM
Cultural Jewelry Making Series
Instructor: Virginia Milner
(See description above)

THURSDAYS
10:00-11:00AM

Rise and Fall of Ancient Rome
Instructor: Laura Parrish
This course will examine the Monarchial System and the 7 Kings; the Republic; the Empire; the fall of Rome and the fall of Constantinople (Roman Empire east).

Second Layer-Repurposing for Art Evolution
Instructor: Joy Hartsfield
Join us for brush drawing over discarded or undecided pieces of artwork or mixed paper to be recycled, using ink, acrylic or watercolor. Doodlers or advanced creative types welcome. We’ll then increase focus by “wet” drawing on paper that already has an image or different purpose than personal art. We can use almost anything to practice on letters, cards, some junk mail! Therefore, practice cannot be limited by lack of paper. At first class, we’ll showcase a variety of ink pens, brushes or items to show and share. Results: sharper eyes for compositions, compositional balance, drawing skills, confidence using permanent materials to draw. All participants will need to wear “play clothes” or bring smock, water container, Q-tips or any round watercolor brushes (instructor has plenty to borrow), paper towels or a clean sponge. Course fee: $35 member/$55 non-member (includes liquids, brushes and some paper).

11:30-1:00PM

Intermediate Italian Grammar
Instructor: Laura Parrish
This course is for Italian speakers who have some basic knowledge of Italian grammar. This course includes: direct and indirect pronouns, imperative, past tenses, future tenses, and the verb “piacere” review. Course fee: $45 member/$65 non-member (includes all instructional materials).
THURSDAYS
11:30-1:00PM

Reverse Mortgages: Understanding the Pros and Cons
Instructor: Genie McGee, Credentialed Master Trainer, Georgia Realtors: Partners in Education Instructor
(Two weeks only: June 5 and 12)
The reverse mortgage is so misunderstood; older adults, their adult children and trusted advisors should learn the details of how they can effectively use their housing wealth in a proactive and informed manner. This class will cover the history of the reverse mortgage, uses, strategies, case studies, facts, as well as pros and cons. We will also review information about the use of a reverse mortgage to purchase a new home, along with the latest research and program upgrades. This course will include a lot of content, games and fun and will include time for questions and answers.

1:30-3:00PM

The Anti-Inflammatory Diet
Instructor: Catharine Clark, MS, CNS, LDN
Attack the root cause of many inflammatory chronic conditions with explicit, straightforward changes to what you eat. Learn about common -- and not-so-common -- chronic inflammatory conditions; how common foods can increase or decrease inflammation; the cost of chronic inflammatory conditions in the US; on-line tools and apps to help you balance your food choices; which dietary changes impact your HRA (Health Risk Assessment); and how to make explicit, straightforward changes in what you eat as well as how to measure your improvement.

Long Session
(July 9-August 24)

MONDAYS
11:30AM-1:00PM

Introduction to Enneagram
Instructor: Emily Wingfield
The Enneagram is a personality typing system that helps you to discover why you do the things you do. Learning the way you view the world and the way people you love view the world differently is guaranteed to improve your relationships with family, friends and co-workers. We'll discover various personality styles through stories, personal examples, handouts and The Road Back To You book and study guide. Each class includes a detailed follow up email with further links and articles to help you learn how your core motivations affect your behavior. Course fee: $125 member/$145 non-members.

1:15-2:45PM

What is White Privilege?
Instructor: David Slavin, PhD History
Is “whiteness” an identity? Is privilege a benefit? To most progressives, the answers are obvious: yes and yes. But to W.E.B DuBois, Theodore W. Allen, et al, privilege is a part of the ruling elite’s system of social control that undermines the capacity of working people to act in solidarity against concentrated wealth and power. Institutional inequality and segregation, hallmarks of U.S. capitalism’s way of mobilizing ‘white’ workers to defend their status, inflict invisible damage on all working people, including ‘whites.’ Which paradigm --benefit or social control--best explains historical evidence and arms present-day resistance movements?
American Expressionism
Instructor: George deMan and Jill Parks
American Impressionism is the better known and documented style and movement; but borrowing from the German, Belgian, Dutch and Scandinavian beginnings, American artists including Burchfield, Marin, Hartley, O’Keeffe, and more created a uniquely American idiom in color/field, Abstract Expressionist, minimalist and other highly personal styles. Flamboyant, rash and controversial artists like Jackson Pollock and, quite recently, Jean-Michel Basquiat gave the movement drama as well as lasting work of a classic order. The distinction between impressionism and expressionism will be explored, and individual artists will be given art criticisms as well as cultural-relevance treatments.

Biblical Reflections:
Find Yourself in the Stories of the Bible
Instructor: Rabbi Ari Sollish
Everybody loves a good story. The stories of the Bible deal with the most powerful of human motives: the quests for love, purpose, identity, and redemption. They also explore the inner obstacles that threaten these goals: lust, greed, hatred, and jealousy. In this thrilling new series, you’ll explore the most dramatic biblical stories, identify with the characters, and see how their stories are also the stories of your life. Course fee: $70 member/$90 non-member (includes book)

Chair Yoga – Basic Level
Instructor: Nutan Ahuja
See page 6 for description. Course fee: $80 member/$100 non-member.

Wealthy and Wise - Financial Conversations
Instructors: A.K. Mashhoon and Milich Zecevic
Over the course of seven weeks, the following financial topics will be examined:
2. Retirement Withdrawal Strategies
3. Social Security Planning for Women
4. All About Annuities: The Good, the Bad and the Ugly
5. Benefits and Drawbacks of Long Term Care Insurance
6. Introduction to Socially Responsible Investing
7. Legacy and Estate Planning

Controversies in Medicine: Why We Get Mixed Messages
Instructor: Karen K. Steinberg, PhD
We’ll start with an explanation of the types of studies that give doctors the information they need to prevent disease. We’ll take three examples of those studies that led to important information for preventing the biggest killers: infectious diseases, heart disease, and cancer. Next, we’ll look at several examples of recommendations that changed and why; examples include PSA screening, hormone replacement therapy, and mammogram screening. We’ll also see how the way we study disease changed after the human genome was sequenced and how these changes diminished one-size-fits-all medicine. We’ll discuss personalized medicine and separate realistic expectations from hype.

Reverse Mortgages: Understanding the Pros and Cons
Instructor: Genie McGee, Credentialied Master Trainer, Georgia Realtors: Partners in Education Instructor
(Two weeks only: July 10 and 17)
See description on page 8. Course fee: $25 member/$45 non-members.

Semiotics in Politics
Instructor: Robert Drake
With election season upon us, how can we dissect the messages politicians are sending? How do they encourage and amp up supporters to vote? How do their commercials and tactics dissuade others from voting? It’s the sign of the times and there’s a name for it...semiotics! In this seven week course, we’ll look at the basics of semiotics and then examine how political operatives, issue-oriented advocates, and candidates use coded language, symbols, and icons to not only send direct messages, but coded messages in plain site. Learn to read the signs to know more of who you’re really going to get! The instructor will draw on his experience from working as a staffer on more than a dozen political campaigns, which included being a member of Governor Zell Miller’s transition team. WARNING: There will be frank political discussions in this class, as well as potentially offensive material and viewpoints presented with which you may disagree! Course fee: $65 member/$85 non-member.
Great Russian Masterworks, Part 2: Post-Romantic to the Soviet Era
Instructor: Sally Kann
This course explores Russian classical music and composers: the post-Romantics, music of The Great Revolution, the two world wars, and the Soviet Era. We will focus on the influence of the emerging modernists, how their growing creative rebellion is reflected in the dual nature of their compositions: music sanctioned and commissioned by the state, versus music that was an expression of personal vision and imagination.

TUESDAYS 12:30-1:30PM
Lunch and Learn Lecture Series
Free. No registration required. Bring lunch. Schedule will be posted at olli.emory.edu prior to session start date.

1:30-3:00PM
Retirement Income Distribution Strategies: Social Security and Tax Free Investments
Instructor: Franklyn C. Simmons, MBA
(Four weeks only: July 10-31)
Students will learn the elements of Social Security strategies with a Medicare overview, as well as the impact of 401k/Traditional IRA on your income taxes. the class will review the importance of creating different asset classes and how to utilize diversification to mitigate risk for downside market protection of investments. We’ll also discuss the benefits of tax-free investments in terms of their importance in creating a legacy for others. Course fee: $45 member/$65 non-member.

1:30-3:30PM
Genesis and the Seven Laws of Noah, Part 2
Instructor: Rabbi Zvi Aviner
(4 sessions: July 10, July 17, August 7, and August 14)
This Part 2 course is designed for those who have taken Part 1. The students will walk through the story of the Garden of Eden, learn its meaning while emphasizing the concepts of love, marriage, adultery and sexual perversions. Where exactly was Eden? When was it formed, and by whom? What was the serpent? What is sin? Why did they become ashamed of their nakedness? How is repentance possible? Where are the “Cherubs,” the “Path to the Tree of Life” and the “Hot, Revolving Sword?”

WEDNESDAYS 10:00-11:00AM
Summertime and the Living Is Easy
Instructor: Ross Friedman
In a shift from studying Shakespeare’s tragedies and Conrad’s stories, we’re going to lighten up for summer. The two-major works the class will read are Thornton Wilder’s play Our Town (to be read in class) and the Ray Bradbury novel of childhood Dandelion Wine, both delightful works set in the simpler times of the early 20th century. We’ll sprinkle in some stories, poems, and songs to add to the grooviness. Students can purchase copies of these works on the first day of class from the instructor or use their own.

Vedic Astrology
Instructor: Reverend Ryan NeuCollins
Vedic astrology is based on the ancient spiritual scriptures of India known as the Vedas. In recent decades, its reputation among western astrologers has risen dramatically due to its accurate predictive systems; however, just as important are its lessons on how to spiritually evolve. Interest in Vedic astrology has been a mainstay in Indian culture for centuries, which often arranges marriages and heads off potential diseases through its advice. Increasingly, however, it is gaining prestige among westerners who recognize that it and its sister disciplines of yoga and Ayurveda can help them reclaim the wisdom and harmony they have lost. Students should obtain and bring to class their birth date, birth time, and the city in which they were born. This data will be on their birth certificates. If they don’t know their birth time, they should approximate as best they can.

World War I: A Needless Tragedy
Instructor: Kenneth Libbey, PhD
We’ll discuss the events up to, during and after World War I: Europe in 1914; Stumbling into War; German Invasion Through Belgium; Miracle of the Marne; Major Battles on Western and Eastern Fronts; Other Theaters; American Entry; Final Battles and Armistice; Europe of the Versailles Treaty; Seeds of Another War.
WEDNESDAYS
11:30AM-1:00PM

Art Documentaries
Instructor: Howard Cohen
Each week, we will view an informative documentary on a great artist or artistic movement. A short introduction will be provided. Emphasis will be on intellectual content, visual quality, and creative production. Bring a snack and we will provide large screens and AIR CONDITIONING.

Ikebana Introduction
Instructor: Nutan Ahuja
See page 5 for description.
Course fee: $125 member/$145 non-member.

Microsoft Windows 10 Basics
Instructor: David Oblinger
A review of Windows 10. Topics include: logging in; setups; files on computer and in the cloud; Cortana; sharing documents and photos; other Microsoft applications. Course fee: $115 member/$135 non-member.

The Reckoning: Today's Elder Orphans Aging Alone, Part 1
Instructor: John Hemphill
Who will care for you in your time of need? Participants will engage in discussions to identify key lifestyle issues for elder orphans aging alone to age in place. As a targeted focus group, participants will outline key resources, cultural and social barriers for maintaining a lifestyle of senior independence. The course will also conclude by outlining key action steps for making smart plans for aging in place. Course fee: $65 member/$85 non-member (includes book).

WEDNESDAYS
1:15-3:15PM

It’s Your Story, Stick To It -- How to Write and Finish Your Memoir
Instructor: Georgia Lee, Journalist and Author
Writing your story (memoir) doesn't need be overwhelming -- but now’s the time to start! We’ll demystify writing through simple techniques -- including prompts and lists -- that make story, action, characters, settings and themes resonate with readers and make them feel your pain or celebrate your joy. Whether you want to publish, or simply leave a treasured legacy for yourself, friends and family, you’ll never regret writing (and finishing) the story only you can tell. No prior writing experience required, but reading is a must! Limited to 10 students. Course fee: $55 member/$75 non-member (includes workbook).

THURSDAYS
11:30AM-1:00PM

Improvisation, Part I
Instructor: Robert Drake, Artistic Director at the Academy Theater
Want to learn how to think more quickly on your feet while conquering your fear of public speaking? Improvisation is the key! We have a great time and also build key skills to interact with people both on stage and in real life. Limited to 15 students. Course fee: $65 member/$85 non-member.

Cultural Jewelry Making Series
Instructor: Virginia Milner
See page 7 for description. Course fee: $125 member/$145 non-member (includes all supplies)

A Brief History of American Popular Music
Instructor: Howard Cohen
With its roots in West Africa and Europe, American popular music would be nurtured by regions and ethnicities. Using our audio-visual system, we will follow its development from the 18th century to the present. Work songs, hymns, dance and drinking songs, ballads, theater music, minstrelsy, gospel, blues, jazz, R&B, rock and roll. Stephen Foster, Fisk Jubilee Singers, Sousa, Louis Armstrong, Bessie Smith, Cole Porter, George Gershwin, Judy Garland, Bob Dylan. What a sample... WHAT A STORY!
THURSDAYS
11:30AM-1:00PM

Retirement Success 102:
Mutual Funds and Annuities
Instructor: Timothy Gelinas, CAS, CFS, CSA
Mutual funds and annuities are integral parts of a sound retirement plan – how you use them will determine your stability and peace of mind. Increase your knowledge of these two investment vehicles so that you can make more informed decisions concerning your retirement investments.

1:30-3:00PM

Cultural Jewelry Making Series
Instructor: Virginia Milner
See page 7 for description. Course fee: $125 member/$145 non-member (includes all supplies)

Improv Master Class
Instructor: Robert Drake, Artistic Director at the Academy Theater
Learn to perfect your stories and scenes to find the funny by taking the techniques you’ve learned, breaking them down, and learning to perfect them. We will create long form scenes that tell stories, make people laugh, and develop your skills! Prerequisite: Improv 1 and 2 or permission of the instructor. Limited to 15 students. Course fee: $65 member/$85 non-member.

Book Clubs
There are two OLLI book clubs that meet from 12:30-1:30PM on the first Tuesday/Thursday of the month. Members vote on book selections. To learn more and to obtain a list of books, please contact:

Tuesday: Barb Sorenson
bsorenson50@gmail.com
Jill Parks
atlparks@yahoo.com

Thursday: Elizabeth Deschenes
elizabeth.deschenes@yahoo.com
Phyllis Irby-Downing
sfrsid@yahoo.com

Off-Site Courses

DANCE 101
2480 BRIARCLIFF RD NE #11
ATLANTA, GA 30329
404-542-3887

T'ai Chi
Instructor: Harvey Meisner, Certified Tai Chi / Qi Gong
T’ai Chi is a series of movements designed to open the body while creating strength, balance, and flexibility and improving cardiovascular health. These are gentle, easy yet effective movements that anyone can do, and all special needs are taken into consideration by the instructor. All body types are welcome. Come share the joy! Minimum 12 students. Limited to 20 students.

Tue, May 29 - July 3/ 12:45-1:45PM
Course fee: $99 member/$119 non-member

Tue, July 10 - August 28/ 12:45-1:45PM
Course fee: $99 member/$119 non-member

DANCE: From Country to Disco
Instructor: Ricardo Aponte, Musical Theater Choreographer, Veteran Broadway Performer
Scientific studies have shown us that dancing is great exercise, keeps our minds sharp, and builds confidence. In this course, you will explore a variety of dance styles. We’ll be featuring country, salsa, the twist, musical theatre, disco, jazz, and more. All classes are introductory level. Take a leap and add some pizazz to your step! Course fee: $99 member/$109 non-member. Minimum 8 students.

Thu, June 7-28/ 1:30-2:30PM
Course fee: $55 member/$75 non-member.

Thu, July 12-August 23/ 1:30-2:30PM
Course fee: $99 member/$109 non-member.
One-Day Workshops

6 EXECUTIVE PARK DR NE
ATLANTA, GA 30329

National Safety Council Defensive Driving
Mon, June 18 / 9:30AM – 3:30PM
Mon, August 6 / 9:30AM – 3:30PM
Instructor: James Spano
By recognizing that safe driving is a matter of personal choices, participants will develop the mental skills and knowledge to become a defensive driver. The class focus will be on the seven most common driving mistakes and how to overcome them, along with the five conditions that affect your driving skills and response time. Completion of this course may result in a discount on auto insurance. Course fee: $30 member/$50 non-member. Limited to 40 students.

AARP Driver Safety: Smart Driver
Fri, July 13 / 9:30AM – 4:00PM
Instructor: Jerry Lee
Smart Driver is a 6-hour course. Students must be present the full 6 hours to receive credit for completing the course. Driver Safety class helps participants identify individual problem areas, which helps to improve their own driving behavior. Completing this course and submitting your certificate to your insurance company may result in a reduction of up to 10% in your insurance premiums! Course fee: $20. (Note: AARP members receive a $5 discount; please use promo code AARP2018 when registering online or by phone).

First Aid/CPR/AED
Mon, July 16 / 9:30AM – 3:30PM
Instructor: James Spano
This hands-on practical basic life support course provides each participant the practical skills and knowledge using the 3 “C’s” method of CHECK – CALL – CARE! Main emphasis is on acquiring skills to keep an injured victim alive until they can be transported/evaluated by medically-qualified staff members. Each participant will receive a student book, pocket guide, and a course DVD. Course fee: $45 member/$65 non-member (guide and DVD). Limited to 15 students.

Personal Defense by Strike First Fitness
Mon, July 23 / 10:00AM – 12:00PM
Instructor: Troy Logan, Martial Arts and Fitness Professional, Certified Health Educator
Did you know that one violent crime occurs every five seconds in the U.S....and that Atlanta leads the nation in many crime statistics. Many criminals see older adults as easy targets. The sole purpose of this workshop is to teach safety and how to avoid being a target. The main areas of focus will be:
- Awareness Prevention Strategies
- Physical Self-Defense Distraction and Escape Techniques
- Everyday Assertiveness and Boundary-Setting
- Physical, Psychological and Verbal Defense Skills
Course fee: $35 member/$55 non-member

Trips and Events

Divine Felines: Cats of Ancient Egypt at the Carlos Museum
Fri, August 10 / 1:00 – 3:00PM
OLLI members will visit The Carlos Museum to see Divine Felines: Cats of Ancient Egypt, an exhibition featuring cats and lions (and even dogs and jackals) in ancient Egyptian mythology, kingship, and everyday life. Drawn from collections of the Brooklyn Museum and the Carlos Museum, the exhibition showcases more than 90 objects exploring wild and domestic cats and dogs, feline and canine deities, animal burial practices, and luxury items decorated with feline and canine features. Cost: free to members.

Booth Western Museum in Cartersville, GA
Fri, August 17/ 8:30AM – 4:00PM
OLLI is planning a day trip to visit the Booth Western Art Museum. Located in Cartersville, Georgia, Booth is the largest permanent exhibition space for Western art in the US. Cost: $60 per person (transportation and admission included; lunch extra.)

Nashville, Tennessee
Mon-Thu, October 22-25
Mark your calendars! OLLI will visit historic sites and enjoy the music of Nashville, Tennessee. This four-day, three-night trip promises to be both fun and educational. Additional details may be found at olli.emory.edu or on the bulletin boards outside the OLLI classrooms. Cost: $675 double occupancy/$875 single occupancy.
OLLI at Emory strives to offer the best possible learning experience at the lowest possible cost, with excellent instructors, a variety of course offerings, and enthusiastic students – please help us continue that mission today by joining Friends of OLLI with a tax-deductible donation!

Annual membership dues cover just a fraction of OLLI’s day-to-day operating expenses; with only one full-time program manager and a part-time coordinator, OLLI relies heavily on the generosity of volunteers who teach, participate on committees, and work on behalf of all members. Your donations are designated solely for OLLI’s use.

Examples include:
- assistive listening systems for hearing-impaired members;
- appreciation luncheons for our hard-working instructors and volunteers;
- special guest speakers; and
- scholarships to help extend the OLLI at Emory experience to more students.

Does OLLI enrich your life? Show your appreciation by becoming a Friend of OLLI.

Three ways to donate:
1. Donate online at olli.emory.edu/donate
2. Please make a donation to OLLI now by cutting out the donation form and sending it with your check to:
   Office of Gift Records
   Emory University
   1762 Clifton Road, Suite 1400
   Atlanta, GA 30322-4001
3. Donate securities - please email olli@emory.edu or call (404) 727-5328 to discuss options that may include significant tax advantages.

Four levels of support:*  
Investor: $500+  
Supporter: $250-$499  
Stakeholder: $100-$249  
Contributor: up to $99

Your contribution truly makes a difference – donate today!

Help us reach our goal: $10,000!

OLLI is a 501(c)(3) organization; all contributions are tax deductible to the extent allowed by law. Contributions to OLLI can also be made in memory of deceased family members or friends, or to honor someone and/or mark a special occasion. All donors will be recognized in the OLLI catalog and on the OLLI website unless the donor wishes to remain anonymous.

*Levels reflect aggregate donations during the calendar year
REGISTRATION
Registration opens Mon, May 21 at olli.emory.edu or by calling 404-727-6000 (select option 2). Walk-In registrations permitted after Wed, May 23.

1. Go to olli.emory.edu and click on Courses to see all of our classes, dates and times.
2. Click on the class name (i.e. Gentle Yoga) and then click register.
3. Click add to cart. To add more classes from the list, click the back button (←) at the top left of the screen.
4. After adding courses, click check out.
5. Log in using previously created account or create a new account (if necessary, click forgot my password)
6. To receive a membership discount on course fees, click on BECOME AN OLLI MEMBER.
7. Click make payment, follow prompts to pay.
8. Click success to display the confirmation page.
9. Click continue to receive a confirmation receipt via email.

Note: Membership discounts will not appear until you click check out!