



1979



2019



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
- 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 1 Week Trial Membership at Athletic Club Northeast
- 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

You may withdraw from a class up to the start of the class to receive a refund; **however, a \$10 administrative fee (per class) will be charged. No refunds for tuition, supply fees and/ or instructor fees will be given once the classes have started.** OLLI students may transfer to another course within a session during the first two weeks of class, but not between sessions. **Limit one class transfer per session.**

PARKING

FREE parking is available to OLLI members in the surface lot next to classroom building located at 2635 Century Pkwy NE, Atlanta, GA 30345. Do not park in reserved spots or handicap accessible parking without a permit.

UPCOMING TERMS

Winter 2020 Term (Registration begins November 18)
One Session: January 6 – February 21

Spring 2020 Term (Registration begins February 17)
Short Session: March 2 - March 27
Long Session: April 6 - May 23

Summer 2020 Term (Registration begins May 18)
Short Session: June 1 - June 27
Long Session: July 6 - August 29

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.
- Classes are open to registered students only, so do not bring a guest to class without making arrangements with the OLLI Office.
- 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

SHORT SESSION: September 3-30

MONDAYS	TUESDAYS	WEDNESDAYS
<p>10:00-11:00AM Chair Yoga & Meditation (Ahuja)</p> <p>10:00AM-12:00PM Retirement Planning (Dozier)</p> <p>11:15AM-12:15PM Ethical Food Choices (Bradberry) It's Time for the Weather (Becker & Elliott)</p> <p>1:15-2:45PM Grant & Sherman (Shaffer)</p>	<p>11:15AM-12:45PM Art of Knowing Yourself/Peace Education Program (Rush) The Blues: From the Beginning to Chicago (Dell) The History of HBCUs in Atlanta (Elliott)</p> <p>1:15-2:45PM Ikebana (Ahuja) Memory & Complicity (Hoffman)</p>	<p>10:00-11:00AM Chair Yoga & Resistance Bands (Ahuja)</p> <p>11:15AM-12:45PM 11-Week Anti-Inflammatory Dietary Program (Clark) Exploring the Many Implications of & the Evidence for Reincarnation (Schenk) Shakespeare: Two Roman Plays (Mengert) Italian Conversation (Giannasaca) The Unseen Israel (Gelinias)</p> <p>1:15-2:45PM Social Evolution, As Seen Through Works of Fiction (Riden)</p>
THURSDAYS	FRIDAYS	
<p>10:00-11:00AM Advanced Topics@33° 50' 57" N - 84° 18' 24" W (Deschenes) The Fatal Allure of the Extreme (deMan)</p> <p>11:15AM-12:45PM Did All These Things Really Happen (Zins) Magical Music Mystery Potpourri (Allen) Yes, You Can Be an OLLI Instructor! (Deschenes & Shackelford)</p>	<p>1:15-3:15PM Beginning Jewish Genealogy (Slater, Hershon & Freedman)</p>	<p>10:00-11:30AM The Mueller Report (Huber & Shackelford)</p> <p>10:00AM-12:00PM Today's Retirement: How is It Different? (Dozier)</p>

Other Courses

OFF-SITE	WORKSHOPS
<p>DANCE 101 T'ai Chi (Meisner) Tue 12:45 - 1:45pm Sep 3 - Sep 24 Tue 12:45 - 1:45pm Oct 8 - Nov 19</p> <p>Dance (Aponte) Thu 12:30-1:30pm Sep 5 - Sep 26 Thu 12:30-1:30pm Oct 10 - Nov 21</p> <p>PARK SPRINGS Art in America and Its imagined Music (Cohen) Fri 2:00-3:0pm Oct 11 - Nov 22</p>	<p>Wire Wrapping with a Cultural Twist (Milner) Mon 10:00am - 1:00pm Sep 9 & 16 Mon 10:00am - 1:00pm Oct 14 & 21</p> <p>Adventures in Jewelry Making (Milner) Mon 10:00am - 1:00pm Sep 23 & 30 Mon 10:00am - 1:00pm Oct 28 & Nov 4</p> <p>Defensive Driving (Spano) Fri 9:30am - 3:30pm Sep 27 Mon 9:30am - 3:30pm Oct 21</p> <p>Self Defense (Logan) Fri 10:00am - 12:00pm Oct 11</p> <p>First Aid/CPR/AED (Spano) Fri 9:30am - 3:30pm Oct 18</p>

OLLI Classes at a Glance

LONG SESSION: October 7 - November 22

MONDAYS		TUESDAYS		WEDNESDAYS	
<p>10:00-11:00AM Agnosticism to Atheism (Martin) Chair Yoga & Meditation (Ahuja) Funny Bone (Levine) Successful Retirement Strategies 101 (Gelinas)</p> <p>11:15AM-12:45PM Basic Spanish (Herrera) Ethics Without Religion (Martin) French for Fun (Salam) Jazz History 4 (Rozzi) One Hit Wonders (Flinchum) Storytelling (Levine) Successful Retirement Strategies 102 (Gelinas)</p> <p>1:00-2:00PM All About Your Brain, Body, Neuroscience, & Music (Bramlett)</p> <p>1:15-2:45PM Basic Spanish 2 (Herrera)</p> <p>1:15-3:15PM Watercolor Art– Part 2 (Samoluk)</p>		<p>10:00-11:00AM Books that Make History & Change Lives (Valand) Fall of Eagles (Barnard) Iconic Photographs of the 20th Century (Milsteen) The Mueller Report (Richards) The Play's the Thing (Raynor) Roman History of the Monarchy, Republic, Empire (Miklosovic)</p> <p>11:15AM-12:45PM Art in America and Its imagined Music (Cohen) Buy Green Bananas! There's Time Enough! (Starr & Drue) The Chrysanthemum and the Sword (McDavid) Epic Trials in Jewish History (Parks) Murder of Martin Luther King Jr. (DePasquale & Webb) Psych 101 and Its Application (Bordan) Sociology of Religion (Budak)</p> <p>1:15-2:45PM Adventure into Wine (Spasser) Be the Best You Can Be! (Zeldin) The Group Experience (Bordan) The Memoir Kit (Soper) Selected Writings of George Orwell (Bernstein) Singalong (Goodman & Carpenter) U.S. Socialism (Slavin)</p>		<p>9:45-11:00AM Yes Uke Can/Uke Can Jam (T. Friedman)</p> <p>10:00-11:00AM Chair Yoga & Resistance Bands (Ahuja) Grassroots Genealogy (Harrell) Many Facets of Law (Solomon) Water Appreciation (May) Faulkner's The Sound & The Fury (Balsler)</p> <p>11:15AM-12:45PM Exploring the French Soundworld (Kann) Five by Shakespeare (Friedman) How to Be Well (Bodnar) Let's Go Travel! (Eidson) Traveling to Italy (Giannasca) Viewpoint Diversity in Political Discussions (Byrd & Bennett)</p> <p>1:15-2:45PM The Climate Crisis (McDonald) Estate Planning and Probate Issues (Morris) Italian 2 (Giannasca) iPhone Basics (Lilly) Special Topics in Spanish (Herrera)</p>	
THURSDAYS					
<p>10:00-11:00AM Atlanta Beltline (Bigham) Beginning Mindfulness Meditation (Weisman) Don't Hate. Collaborate! (Glassman) Great Chiefs of the American West Post Civil War (Valand) That's Life (Garcia)</p>		<p>11:15AM-12:45PM Appreciating Gilbert and Sullivan (Campos) Art of the Documentary Part 6 (Cohen) Improv I (Drake) Joyce Carol Oates (Zins) Let's Talk About Race (Raynor) Meet the Authors (Crane & Lee)</p>		<p>1:15-2:45PM Basic Russian (D'Angelo) Ikebana (Ahuja) Improv II (Drake)</p> <p>1:15-3:15PM Watercolor Art– Part 1 (Samoluk)</p>	
FRIDAYS					
<p>10:00-11:00AM World War I: A Needless Tragedy (Libbey)</p>			<p>11:15AM-12:45PM Introduction to Italian (Brisotto) Spanish 3 (Herrera)</p>		

Short Session (September 3-30)

MONDAYS 10:00-11:00AM

Chair Yoga & Meditation

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, anywhere. This class is great for all levels. These classes are intended to increase joint mobility and muscular strength, as well as breath/movement synergy. Meditation is an approach to training the mind, similar to the way that fitness is an approach to training the body. Time for meditation will also be integrated. The result is a wonderfully blended teaching style and a unique, challenging class that balances body, mind, and soul to help 'enlighten up.' Course fee: \$50 member/\$70 non-member. Max 25 students (You can also sign-up for the Wednesday class and participate twice per week).

10:00AM-12:00PM

Retirement Planning: Strategies and Solutions for Today's Retirees

Instructor: Brenda Dozier, PhD, CDFA, RICP

Retirement planning isn't just about having enough money to live for 20-30 years. To be effective, retirement plans must consider healthcare costs, long-term care needs, and housing decisions. Understanding your unique situation is critical in the development of a plan designed just for you. This course will help you understand more about what you want your golden years to look like.

11:15AM-12:45PM

Ethical Food Choices

Instructor: Judy Bradberry, PhD, RN

This course examines the impact food choices have on health, environment and animals. The four areas of focus are:

- Healthful Eating
- The Environment and Modern Agriculture
- Modern Animal Agriculture
- Cell-Based/Plant-Based Technologies: The Future of Meat and Dairy

It's Time For The Weather!

Facilitators: Martin Becker and Jim Elliott, JD

This course will be presented by the Atlanta Chapter of the American Meteorological Society. Each of the four sessions will be presented by a different individual to take advantage of the expertise of the society members. The topics will include: general weather basics/Georgia weather, numerical weather models/prediction, severe weather/emergency preparedness and climate change/sustainability.

1:15-2:45PM

Grant & Sherman: Together in Victory

Instructor: Michael K. Shaffer, Civil War Historian, Author

During the American Civil War, the early bond developed between U.S. Grant and William T. Sherman - officers with different personalities, strengths, and weaknesses - ultimately led the Federals to victory. This course will compare and contrast the leadership styles of both men, compare personalities, and drill into their respective battlefield performances.

TUESDAYS 11:15AM-12:45PM

Art of Knowing Yourself/Peace Education Program (10-Weeks)

Facilitator: Steve Rush

The Peace Education Program consists of 10 sessions that explore the meaning of personal peace, each helping participants discover their own inner resources to live more fulfilling lives. The sessions focus on 10 different themes: peace, appreciation, inner strength, self-awareness, clarity, understanding, dignity, choice, hope, and contentment. Course fee: \$75 member/\$95 non-member (includes book).

The Blues: From the Beginning to Chicago

Instructor: Tom Dell

This will be a look at the development of Blues music in the United States from the early 1900s on into the 1940s. This is basically the first half of part 1 of the "Origins of Rock and Roll". This course examines at how the Blues developed from field hollers from the slavery days, medicine show and minstrel show influences, Women in the 1920s Blues scene, The Mississippi Delta Blues players, and the migration of the music and the African-American population from the South to the North.

TUESDAYS 11:15AM-12:45PM

The History of HBCUs in Atlanta

Facilitator: Jim Elliott, JD

An in-depth look at the history and impact of Historically Black Colleges and Universities in Atlanta with an emphasis on the 1960s. For each of the first three weeks, we will focus on one of these important institutions: Spelman, Morehouse and Clark-Atlanta. The final week, we will look at Morehouse School of Medicine and the Interdenominational Theological Center. Each week will have a panel of distinguished graduates of that school along with a present member of the school's administration.

1:15-2:45PM

Ikebana

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 one to fully express themselves 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: \$95 member/\$115 non-member (fee includes flowers and supplies).

Memory & Complicity

Instructor: Eve Hoffman, Author

Using Eve Hoffman's *Memory & Complicity* as a starting point, participants will share memories (week 1) including awareness of race (week 2), religion (week 3) and complicity (week 4) and the freight these words carry. Time reserved for writing during the class using prompts related to the subject of the week. Participants will complete the class with a journal of their stories and thoughts. Course fee: \$95 member/\$115 non-member (includes book).

WEDNESDAYS 10:00-11:00AM

Chair Yoga & Resistance Bands

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. Resistance bands help to do any type of strength training without the need for heavy weights. These bands engage multiple muscles simultaneously, so your entire body gets a workout in a short period of time. These classes are a GREAT entry point for students of all ages and levels. Course fee: \$50 member/\$70 non-member. Max 25 students (You can also sign-up for the Monday class and participate twice per week).

11:15AM-12:45PM

11-Week Anti-Inflammatory Diet Program

Instructor: Catharine Clark

When is inflammation (your immune response) too much of a good thing? Answer: When it becomes overzealous and pathophysiological. Are genes more important than diet? Answer: No. Foods eaten can ultimately turn genes on and off. Interested in reducing pain and inflammation; cancer cell proliferation; symptoms of autoimmune disorders? This fun, hands-on 11-week program may be right for you! Participants will be accountable and must be willing to spend 5 minutes on homework each day throughout this course. Participants in previous OLLI programs reduced an inflammatory biomarker by 33%. In this interactive program, we will:

- Attack the root cause of many chronic inflammatory conditions (Alzheimer's, arthritis, atherosclerosis, chronic pain, Crohn's, diabetes, depression, etc).
- Measure our changed status as we make explicit, straightforward changes in the foods we eat, buy, and order in restaurants.
- Learn the history, science, and healthcare costs of foods that increase or decrease inflammation.
- Use online tools to help guide our dietary choices and changes.

We will learn how to order in restaurants, decipher "nutrition facts," and repair recipes (if you cook). Course fee: \$325 member/\$345 non-member (includes all supplies and instructional materials). Scholarships are available.

WEDNESDAYS 11:15AM-12:45PM

Exploring the Many Implications Of and the Evidence For Reincarnation

Instructor: Paul Schenk, PsyD

Starting with the notion that humans have souls, reincarnation builds on the concept that we have many, many lifetimes. Either we do or we don't. We'll explore some of the extensive research that has been done over the last 40 years and delve into the arguments for and against reincarnation. We'll also explore the implications of reincarnation, both from the research and especially from the perspective of what is often termed "past life therapy."

Italian Conversation

Instructor: Antonella Giannasaca

Let's practice speaking Italian! This course is for students who have already been exposed to the language or who have taken Italian classes before. The course will focus on listening and speaking about everyday life. No book required.... just lots of desire to have fun! Course fee: \$50 members/\$70 non-members.

Shakespeare: Two Roman Plays

Instructor: Jim Mengert

Julius Caesar and *Coriolanus* are not among Shakespeare's best plays, but they reward a careful reading for many reasons. One in particular is the fact that they are his only plays in which "the people" play a prominent, indeed, decisive role. In our current environment of resurgent "populism," variously defined, we may find that even here Shakespeare is still our contemporary.

The Unseen Israel: Take a Journey Through the Promised Land

Instructor: Tim Gelinas

We will journey through rarely visited and recently discovered sites in what many say is God's Promised Land. This class is certain to spark your interest and ignite your passion for one of the most amazing and storied places on Earth. We will explore the three regions of Israel - Northern, Southern and Central, each having their own significance and treasures.

1:15-2:45PM

Social Evolution, As Seen Through Works of Fiction

Instructor: Shelley Riden

Discussion of fictional works, as seen through the lens of social evolution. How are the themes of race, gender, social status, etc., treated? How did these books change our minds? This term, we'll read *Uncle Tom's Cabin* and *Go Tell It On the Mountain*. Course fee: \$45 member/\$65 non-member (includes books).

THURSDAYS 10:00-11:00AM

Advanced Topics@33° 50' 57" N - 84° 18' 24" W

Instructors: Elizabeth Deschenes, MS

Pakistan's ISI. Russia's GRU. USA's FBI. China's MSS. How did Mexico's Special Forces become a major drug cartel? Student warning: this class is only for the most curious of minds. If you enjoyed *Espionage Escapades* and want to kick it up a notch, this class might just be what you are looking for. Please come to the first class having read *Case of the Exploding Mangoes* by Mohammid Hanif. Be prepared to discuss who killed President Zia. There will be a guest speaker if schedules permit.

The Fatal Allure of the Extreme

Instructors: George deMan

"Extremism in defense of liberty is no vice. Moderation in pursuit of justice is no virtue." – Barry Goldwater, 1964. Political extremes such as Trumpism or Trickle Down Economics on the Right vs. Socialist ideas as in Sanders and Warren on the Left, may be socially "dangerous" alternatives to Middle of the Road tweaking and moderation. The ancient Greeks and Romans formalized and promoted Golden Means and Moderation in All Things. The course will also explore extremes in Art: Dadaism, Surrealism, Theatre of the Absurd, sports as in cage fighting, demolition derbies, free-solo ascents, or weirdness in lifestyles: Andy Warhol, Michael Jackson, Glenn Gould, Howard Finster and other bizarre or outlier personalities. "Fatal" not always in the literal sense, but often so to the individuals: Houdini, Shackleton, Earhart, Mallory -- or to the world at large: Hitler, Stalin, WikiLeaks? And most recently fatal: the White Nationalist extremist shooting in Texas as well as the tragedy in Ohio. The course will explore the extremes, argue for moderation, and let you decide.

THURSDAYS 11:15AM-12:45PM

“Did All These Things Really Happen?": E.L. Doctorow's *Ragtime* Revisited

Instructors: Dan Zins, PhD

Emma Goldman. Henry Ford. Freud and Jung. Admiral Perry. Houdini. J.P. Morgan. Evelyn Nesbit. Booker T. Washington. Zapata. In his best-selling and prophetic 1975 novel, Doctorow boldly--and unapologetically--re-imagines the lives of these and other historical figures who share the stage with his novel's main (fictional) characters, including Coalhouse Walker, whose quest for justice for racist humiliation and the killing of his fiance provides a powerful narrative thrust to the novel's second half. Doctorow challenges, complicates, and problematizes our rarely questioned binaries: fiction-nonfiction, fact-fiction, fiction-history, fiction-truth.

Magical Music Mystery Potpourri

Instructors: Bill & Michiyo Allen

Come join us as we present and answer some fun questions involving several areas of twentieth century theatrical and popular music that should produce either fond memories or interesting new discoveries. What is the most important (and misunderstood) song in Broadway musical history? Who is the composer responsible for some of the most effective mid-century main title film music and also wrote the brilliant score for one of the most unique musicals ever produced on Broadway? Who is the young composer who penned one of the most imaginative and original cross-genre popular love songs of the late 1960s and other interesting original songs after that? Who is the famous crooner whose early versions of the songs of an important Broadway duo helped put these songs on the popular hit parade? The answers should provide an instructive and enjoyable time!

Yes, YOU Can Be an OLLI Instructor! (Free Class)

Instructors: Elizabeth Deschenes, MS & Elizabeth (Betsy) Shackelford, MEd

Everyone has an OLLI course in them! Learn how to discover a class topic, manage a class, learn the mysteries of PowerPoint (although not required), and practice doing a mini-presentation – and have fun along the way! And, this class is FREE! One of OLLI's greatest assets is its instructors.

1:15-3:15PM

Beginning Jewish Genealogy (Free Class)

Instructors: David Slater, Hariette Gershon & Peggy Mosinger Freedman

This course focuses on means and techniques of researching Jewish genealogy in particular, though many aspects of the presentations include general information such as organization, research techniques & websites, topics of research [such as naturalization records, military records, immigration records vital records (birth, marriage death), cemetery records, etc.] The classes are 3 two-hour sessions:

- Genealogy 101- an overview of the key aspects of Jewish Genealogical Research, which is a slide presentation
- Navigation of key genealogical websites such as Ancestry.com, FamilySearch.org, JewishGen.org, etc
- DNA as it relates to genealogical research, non-online genealogical research, and Holocaust Research

This course is sponsored and presented by the Jewish Genealogy Society of Georgia at The Breman Holocaust & Heritage Museum.

FRIDAYS 10:00-11:30AM

The Mueller Report: A Guided Reading and Discussion

Instructors: Mary J. Huber, JD & Betsy Shackelford, MEd

Ordinary people can and should read the Mueller Report. We have done it and are ready to help others read it. As a group, we will read the complete report (volumes 1 & 2). We will also have extra reading to provide context. As we read the different segments, we will discuss what it means. Our goal is to provide information to make the report accessible to non-lawyers.

10:00AM-12:00PM

Today's Retirement: How Is It Different?

Instructor: Brenda Dozier, PhD, CDFP, RICP

Today's retirement is radically different than it was a few years ago. Longevity is the biggest risk factor facing retirees today. This makes planning both a challenge and an opportunity! Dr. Brenda uses a family office approach to retirement planning for individuals and couples. This class will focus on key topics to constructing a retirement plan for today's current retirees and those getting ready to retire: housing decisions, health care costs, long term care needs, fixed vs. lifestyle expenses, sources of retirement income and distribution strategies for the three stages in retirement.

Long Session (Oct 7 - Nov 22)

MONDAYS
10:00-11:00AM

Agnosticism to Atheism: A Leap or Small Step?

Instructor: Dennis Martin, PhD

Many people claim to be agnostic about religion, but fail to ever commit to atheism. In this class, we will discuss what theists believe, what agnostics doubt, and what atheists maintain. Class members can share their own stories about being agnostic or skeptical. When critical thinking skills are applied to theist beliefs and agnostic doubts, atheism is not that far away. Recent objections to both theism and atheism will also be discussed, including considerations from modern science.

Chair Yoga & Meditation

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, anywhere. This class is great for all levels. These classes are intended to increase joint mobility and muscular strength, as well as breath/movement synergy. Meditation is an approach to training the mind, similar to the way that fitness is an approach to training the body. Time for meditation will also be integrated. The result is a wonderfully blended teaching style and a unique challenging class that balances body, mind, and soul to help 'enlighten up.' Course fee: \$95 member/\$115 non-member. Max 25 students (You can also sign-up for the Wednesday class and participate twice per week).

Examining Our "Funny" Bone - "More Please" I'm a Glutton for Punishment

Instructor: Mark Levine, PhD

As the newest "Funny" Bone course, you are cordially invited to examine humorous and "crazy" stuff we encounter in our senior life. Dare to take part: in the games we played, the politically incorrect jokes we told, trying to understand our partners, creating our humorous legacy and family trees, appreciating art (as never before), finding morals to our stories, figuring out life's signs and of course much MORE! Whether we laugh because it's funny, laugh instead of crying or just laugh at anything even when we do not know why we're laughing, join us because: laughter is our best anti-aging remedy, if we don't die laughing!!

Successful Retirement Strategies 101: Understanding Your Financial Options

Instructor: Timothy Gelinas, CAS®, CFS®, CSA

Unlock the doors to understanding & take control of your retirement. With proper tools, you can be confident in your decisions on key matters including: investments, estate planning & taxes, making your money last, long term care, asset management and inflation.

11:15AM-12:45PM

Basic Spanish

Instructor: Judith Herrera

Class includes in-depth Spanish instruction, including mastery of basic concepts including grammar, reading, writing and conversation in five tenses. Course dates: October 14-November 25. Course fee: \$95 member/\$115 non-member.

Ethics Without Religion

Instructor: Dennis Martin, PhD

Many believe that without God and religion, there would be no ethics. However, there are at least ten views of ethics and morality that don't involve any reference to the supernatural. This course will investigate those views and show that most -- if not all -- ethical decisions are not based on religion. In addition to traditional ethical views, recent studies in neuroethics and evolutionary ethics will be discussed. Class members will be encouraged to critically examine their own ethical decision-making on various issues.

French for Fun

Instructor: Nayera Salam

Five amusing dialogues, songs, and videos will entertain you as you learn French basics the fun way! Students will have access to handouts and audio of each dialogue.

Jazz History: A Listener's Guide - Part 4

Instructor: James Rozzi, Professional Jazz Musician

Please Note: Jazz History Parts 1, 2, & 3 are prerequisites for this class. In Part 1, we explored jazz's beginnings up through the early big band era. Part 2 dealt with big band jazz and small group swing. Part 3 detailed the complex musical and social developments of 1940s bebop. Part 4 continues with Hard Bop and Soul Jazz of the 1950s and '60s. Jazz is the most substantial of American art forms, our gift to the world. The aim of this course is to entertain while increasing understanding and accessibility. Please join us as we listen and discuss the evolution of this multi-faceted musical genre.

MONDAYS 11:15AM-12:45PM

One Hit Wonders: Vintage Songs & Bands From 1960-1969

Instructor: Gerald Flinchum

Revisit many of the bands and songs that made the 1960's a period of fast-paced revolving music. AM radio and 45 RPM records were kings. Bands and artists seem to pop out of nowhere and then disappear into music obscurity. The song titles and music were sometimes as weird as the band names, but many well-known artists would come from this era. This 8-part course follows the years 1960 to 1969 with videos and a brief history of each song and band. Leave your penny loafers, tie-dyes and paisley at home -- but bring your moves and memories (also your notebook).

Storytelling

Instructor: Mark Levine, PhD

Join us as we learn the art of storytelling. Learn how to be a storyteller, enjoy the stories told by international storytellers, and learn some techniques. Together we will "tell the tale" and "spin the yarns" of yesterday and today including – our stories, limericks, fables, and shaggy dog stories. Since seniors are society's consummate storytellers, we will also learn how to create compelling stories about ourselves and family members in order to pass on our "living legacy."

Successful Retirement Strategies 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 financial stability and peace of mind. Increase your understanding of these two investment vehicles so that you can make more informed decisions concerning your retirement investments.

1:00-2:00PM

All About Your Brain, Body, Neuroscience, and Music

Instructor: Sandy Bramlett, M.Ed., Certified Ageless Grace® Brain Health Trainer/ Educator

Be prepared to 'play' your way to a fitter brain and body. Based on brain plasticity, with a backdrop of music and creative focused movement, you'll stimulate cognitive and physical strength, agility, flexibility, and create new neural connections designed to slow the cognitive and physical decline typically associated with aging! You'll get the 'what', 'why' and 'how to' maintain and restore youthful functionality, as you learn a fun and easy 10-minute daily 'practice' based on neuroscience and the cutting-edge Brain Health Fitness program - Ageless Grace®. Appropriate for all fitness and cognitive levels as well as those with neurodegenerative challenges. Brain health is the single most important issue in our culture, be proactive! Learn how changing your brain can be as simple as 'child's play.' Wear comfortable clothing - you'll be moving. Course fee: \$95 member/\$115 non-member.

1:15-2:45PM

Basic Spanish 2

Instructor: Judith Herrera

This program consists of seven sessions which target students who have already taken our beginner level or students who may have some basic knowledge of the language. A great amount of vocabulary will be introduced plus six tenses that will allow the students to start communicating about everyday life situations, traveling, basic medical matters, basic business and banking terminology, and shopping. Additionally, the successful student will be able to write short paragraphs and read articles from newspapers and magazines. Course dates: October 14-November 25. Course fee: \$95 member/\$115 non-member.

1:15-3:15PM

Watercolor – Part 2

Instructor: Elizabeth Samoluk, Professional Artist

We'll take watercolor further, learning better drawing and color application skills. In this class, we will work with the elements of good composition. During this course, we will also work with all fine art subject areas: landscape, still life, animal, figure and portrait. This class is offered for students that previously attended the *Watercolor Part I* class. Course fee: \$150 member/\$170 non-member (includes all supplies).

TUESDAYS **10:00-11:00AM**

Books That Make History & Change Lives: Mankind's Destiny

Instructor: Manharlal Valand

Our class rests upon the conviction that these great works are written by great individuals. We'll discuss some of the most seminal writings that shaped many minds and many lives, including books from 3rd millennium B.C. to the 20th century and geographical in scope from India, Mesopotamia, China, Europe to America. These works are also of historic magnitude, with great theme, noble language, and universality that endures. Course thematically is organized around eternal questions! Every thoughtful person seeks by conscious choice answers to four questions: Does God exist? What is fate? What is good and evil? How should we live? Answers in these books revolve around truth, meaning of life, duty or responsibility, law, love, hate, courage, beauty, nature, education, etc.

Fall of Eagles

Instructor: Susan Barnard, BA

Three imperial dynasties dominated Europe in the early part of the 20th century: the Romanovs of Russia, the Habsburgs of Austria-Hungary and the Hohenzollerns of Germany. This class will take a look at these glamorous people with their family and sexual intrigues and their murders. The course will track these empires and discover what led to their downfalls and to the causes that culminated in the "War to End All Wars"/the First World War. The class will watch part of the BBC's historical drama, *Fall of Eagles*, that was shown on TV in 1974. This was followed by a book of the same name by C.L. Sulzberger in 1977 which was followed by the DVD.

Iconic Photographs of the 20th Century

Instructor: Jeff Milsteen, JD

Every generation has a number of iconic photographs indelibly etched in their collective memory. In this course, we'll examine a number of those photographs and discuss why they are so powerful and unforgettable. We will also discover the story behind the photographs and the photographers who took them — some may surprise you! Each week we'll look at different genres of images, from politics to culture, from sports to entertainment, from war to protest, and from the environment to the natural world. And just for fun, we'll also talk about some famous photos that turned out to be hoaxes.

The Mueller Report – What's In It? What Does It Mean?

Instructor: Charlie Richards, JD

This class will be an examination of the background, contents, and meaning of the Mueller Report. We will consider how a Special Counsel is appointed, the powers of a special counsel and the limitations upon them. We will discuss the background of Mueller's investigation, and the purposes for which he was appointed. We will spend most of our time discussing the actual contents of the Mueller Report, and what he apparently intended for how his report should be used. Lastly, we will spend some time considering what the U.S. Constitution provides about impeachment.

The Play's the Thing

Instructor: Denise Raynor, MD, MPH

The theater scene is thriving in Atlanta. This class will discuss current theatrical productions. Participants are asked to see and come prepared to discuss the designated play of the week. We'll look at the themes as well as structural components, staging and production. The works discussed will depend on theatrical schedules during the term.

Roman History of the Monarchy, Republic, Empire

Instructor: Caroline Miklosovic

This course will use original writers of Roman history and Latin literature to provide insights into the Roman world, including politics, culture, and historical events. The course will include the transition from the early Monarchy to the fall of the Monarchy and Rise of the Roman Republic and the further transition to the Roman Empire. Comparisons between ancient Rome and America today will be made. Limited to 25 students.

11:15AM-12:45PM

Art in America and Its Imagined Music

Instructor: Howard Cohen, BA, MA

Using colorful videos we will visit American museums, art galleries, auction houses, architecture, sculpture gardens, private homes and various institutions that display and sponsor art. Individual works of art will be discussed. Theater, cinema, dance and other cultural activities will be studied. Examining works from the colonial period to the present will provide a glimpse into our rich heritage. Music appropriate to a work of art or a historical era will enhance our aesthetic journey.

TUESDAYS 11:15AM-12:45PM

Buy Green Bananas! There's Time Enough!

Instructors: Irma Starr, PhD and Abby Drue, MFA

In our time together, through lively discussion, humor, and helpful resources, we will have the opportunity to explore the messages we have absorbed about aging. We'll take a good, hard look at the past societal history that made these messages ones that we all accepted without question. Let's turn these messages on their head and challenge the erroneous and damaging belief of a culture that does not expect much from us once we are aging, other than predictable decline and medical needs! Instead, through thoughtful class sessions together, let's discover who we each are as an aging adult, and take the opportunity to identify what parts of our style of living no longer fit the person each of us is now. It's a proven fact that we never stop reinventing ourselves as we age- it doesn't end when we become older! It's never too late to experience ourselves in new ways. Yes- buy green bananas! Indeed, there is time enough! Limited to 15 students.

The Chrysanthemum and the Sword: A Short History of Japan and its Culture

Instructor: Michael McDavid, MA

Japan is an island nation with a complex history and culture stretching back several thousand years. In this course, we will survey the development of Japanese civilization from its hunter-gatherer roots to its emergence as a powerful state that nonetheless borrowed heavily from its Chinese and Korean neighbors. Topics to be covered include placing Japan into the larger context of East Asian history, tracing the evolution of its unique political systems, and understanding the development of its dual religions and their impact on the arts. We will pay particular attention to the creation of Japan's own "feudal system" and the culture it spawned -- a culture that did not change until forced to by Western intervention in the 19th century. Lastly, we will examine the process through which Japan evolved rapidly to become the first "modern" state in Asia by the beginning of the 20th century.

Epic Trials in Jewish History

Instructor: Bert and Jill Parks

Jews have always been on trial or heavily involved in them. The Jewish trials of the last 125 years are barometers of the climate in which Jews found themselves. From blood libel to Holocaust denial and the Rosenberg trial, the class will discuss how hatred, anti-Semitism and false accusations are used to obfuscate justice. Using a combination of lectures and documentaries, we will

discuss trials that changed history including the Dreyfus Affair, The Trial of Mendel Beilis, The Trial of Leo Frank, The Soviet Doctors' Show Trial, The Julius and Ethel Rosenberg Trial, The Leopold and Loeb trial, and others.

Murder of Martin Luther King Jr.

Instructors: Sal DePasquale, MS and Rodney Webb

Exactly one year before he was assassinated in Memphis, Martin Luther King Jr. addressed the Riverside Church in New York about the moral depravity of the Vietnam War. Did this play a part in his assassination? Researchers have documented nine attempts upon the life of Dr. King between 1958 and 1968 by white supremacists. Was this at the heart of Dr. King's murder? Perhaps the Christian Identity movement, a white supremacist cause operating under the cloak of religion played a part? This class will examine these questions along with the FBI's smear campaign against Dr. King.

Psych 101 and Its Application to Everyday Living

Instructor: Terry Bordan, EdD, LPC, LMHC, NCC

The student will receive an introduction to the world of psychology and how its concepts help us to better understand ourselves and others. The course will survey topics including: history of psychology; the influence of multiculturalism, gender, sexual orientation; conscious and unconscious processes; sleep/dreams; anger, stress, and health; personality; grief and loss; specific disorders and treatments; and an overview of psychotherapy, including solution-focused brief therapy. In addition, there will be experiential activities that facilitate the development of effective life skills.

Sociology of Religion

Instructor: Kemal Budak, MA

Faith helps give people their individual and social identity, inspires social action, and motivates political participation. Designed as an introduction to the broad field of sociology of religion, this course intends to explore the importance of religion in social life. We will look at the global and American religious landscapes, the relationship between religion and politics, and finally delve into Muslim-Americans and their views during the Trump Administration. We will also strive to answer questions such as "Why women are more religious?" "What does spiritual but not religious mean?" "Why do immigrants become more religious in their new settings?" "Is religion a barrier to integration?" Through such questions, we will examine the sociological and cross-cultural issues surrounding religious ideas, beliefs, and practices with an extra emphasis on Islam.

TUESDAYS 1:15-2:45PM

An Adventure into Wine

Instructor: Herbert Spasser DDS, CWE

(Class dates: October 8, 15, 22, 29, and November 5)

The wonderful world of wine becomes alive, exciting, and familiar via lecture, PowerPoint slides, and tastings. Topics include: the Wonderful Wines of South Africa, Riesling, California's Exciting Central Coast, California-Non Napa-Sonoma. and the Fabulous Fortified Wines of Iberia. Please bring two suitable wine glasses to each session. Limit 15 students. Course fee: \$95 member/\$115 non-member (includes all supplies).

Be the Best You Can Be!

Instructor: Cindy Zeldin, MS

This course will focus on living in the present, letting go of the past, effective communication, self-esteem, letting go of guilt and shame, how to deal with anxiety, having a positive attitude, listening skills, stress, and hypnosis techniques.

The Group Experience: Insights and Application

Instructor: Terry Bordan, EdD, LPC, LMHC, NCC

Sometimes individuals believe that they are alone in coping with and facing life's demands. The group experience provides an opportunity to meet others while learning and growing with one another. The class provides a safe and supportive environment to discuss issues and to work jointly in managing life's ups and downs more resourcefully. This class allows participants to observe others, receive valuable feedback, and benefit from social interactions. There will be experiential activities that facilitate the development of effective life skills as well as the ability to assist in self-awareness and discovery. In addition, the instructor/facilitator will demonstrate the use of cognitive behavior therapy techniques. This class is limited to 12 students so that a true group experience may be achieved.

The Memoir Kit: Your Life, One Story at a Time

Instructor: Susan Soper, Author

Here's a fun and focused way to get started on your good life story. Try a creative way to capture the essence of your unique existence and experiences through a weekly series of provocative questions and writing assignments that will tell your family things they might not know — or think to ask. Your life story — from childhood to now — is worth saving, savoring and sharing. This class will get you started and provide you with the motivation and map to keep you going. Course fee: \$70 members/\$90 non-members (includes book).

Selected Writings of George Orwell

Instructor: Stan Bernstein, PhD, JD

This class seeks to serve as a timely reminder of the need for honest political reportage to stop fascism in its malevolent tracks. Selected essays: *Politics and the English Language*, *On Shooting an Elephant*, *Animal Farm*, and *1984*. Course fee: \$75 member/\$95 non-member (includes readings).

Singalong

Instructors: Bob Goodman and Terry Carpenter

Add some singing to your day to raise your spirits, release some endorphins, and make the rest of the day go better. We welcome experienced singers, shower singers and people who think they can't sing at all. Our songbooks, *Rise Up Singing* and *Rise Again*, include folk songs, traditional ballads, spirituals, gospel, show tunes, pop, peace and freedom songs, sea shanties, Appalachian music and more. We'll sing your favorites and teach you some new ones. Both books are available from www.riseupandsing.org or can be ordered from local book stores. We will have loaner books for those who don't have their own.

US Socialism: The '60s to Sanders

Instructor: David Slavin, PhD

What is socialism? American socialism? Socialists have been active in labor, civil rights, women, LGBTQ+, and environmental movements for 175 years. They make the case that human liberation goals are intertwined and can be achieved fully only by overthrowing capitalism's market-based, profit-driven political economy. We'll focus on the lineage of and debates among the last two generations of socialists, and how present day advocates have connected with the 2020 campaign. And we'll examine the case for and against the capacity of the present system to address the crises of climate, health care, racial and income inequality, gender and other equality.

WEDNESDAYS 9:45-11:00AM

Yes Uke Can! Beginner Uke Followed by a Uke Can Jam

Instructor: Teresa Friedman

Something for everyone! Would you like to learn to play the ukulele? Let's get started! You will need to purchase an inexpensive ukulele and join the fun. We will spend time getting acquainted with this user-friendly stringed instrument. This is Part I of the class and will run for 30 minutes. Stay and play with more experienced players for the Uke Jam. Uke Can JAM: Already playing the uke? Come early and review the basics, meet up with another player or two to work on a song, or join us a bit later, immediately following the beginner session, for a 45-minute jam with anyone having some experience playing the ukulele. We will play songs and enjoy the connection that playing music together creates. Music is for sharing!

10:00-11:00AM

Chair Yoga & Resistance Bands

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 wellbeing through breathing correctly and stretching in ways that will open up your body on the path to peace. Resistance bands, help to do any type of strength training without the need for heavy weights. These bands engage multiple muscles simultaneously, so your entire body gets a workout in a short period of time. These classes are a GREAT entry point for students of all ages and levels. Course fee: \$95 member/\$115 non-member. Max 25 students (You can also sign-up for the Monday class and participate twice per week).

Grassroots Genealogy

Instructor: Chip Harrell

This course is designed for persons new to genealogy, those who desire to learn the differences in services provided by the many genealogy companies, those who wish to improve their searching techniques in Ancestry and those who wish to learn which DNA tests are most useful for genealogy purposes.

Many Facets of Law

Instructor: Fran Soloman

Most people know Perry Mason and personal injury lawyers on TV. There are many fields of law that exist. This course will enlighten you and be very interesting, with weekly guest speakers, representing seven different fields of the law: environmental, mass tort, divorce, trust and estates, elder law, criminal, and adoption.

Water Appreciation

Instructor: Dan May, PhD

We'll discuss the many remarkable talents of water and how it makes life possible as we know it. Inventive ways humans and other organisms have developed to obtain, distribute, use, and conserve water.

William Faulkner's *The Sound and The Fury*

Instructor: Jack Balser

Best appreciated if read for the first time with guidance and discussion in a classroom setting, *The Sound and The Fury* is the quintessential Faulkner novel in its complexity, its exploration of human nature, its unconventionality and its setting in rural Mississippi. In its depiction of the Compson family and their black servants along with the use of multiple narrative points of view, Faulkner has created a vivid world of unforgettable characters. We will decipher, discuss and learn together as we explore one of the greatest American novels.

11:15AM-12:45PM

Exploring the French Soundworld

Instructor: Sally Kann, BA

We tend to think that German composers -- notably Austrian ones -- completely dominated classical music from J.S. Bach to Mahler. In fact, from the 17th century to the 20th, most of the really bold musical ideas came from the French: complex experiments in harmony, radical departures in form and structure, strange obsessions with color and texture, and deeply emotional melodic character. We will explore the Baroque Period to Les Impressionistes and beyond, listening to choral and symphonic masterworks by Lully, Berlioz, Saint-Saens, Faure, Debussy, Ravel, Poulenc. Mr. Ken Meltzer will give a special lecture on French Grand Opera.

WEDNESDAYS **11:15AM-12:45PM**

Five by Shakespeare

Instructor: Ross Friedman, MA

The first five sessions will consist of a close reading of much of *Macbeth* and *Henry IV Part One*. The instructor will use the Folger's editions, which scholars can purchase the first day of class for \$6 each, or they may use any other text. We will look in summary at the three other history plays covering the years 1377-1422—*Richard II*, *Henry IV Part Two*, and *Henry V*—delving in depth into several of the most delightfully-representative speeches which display Shakespeare's artistry and for which handouts will be provided. It doesn't matter what you've thought of Shakespeare and English classes before: this class will be both well worth one's time and highly entertaining. Come grab some culture.

How to Be Well – Achieving Health & Happiness in the Age of Acceleration

Instructor: Mark S. Bodnar, MS, ACSM Certified Exercise Physiologist and Iyengar Certified Yoga Instructor

Based on the book *How to Be Well* by Frank Lipman, MD, the course will look at the current state of health in the U.S. and the psychological stress of living in an age of rapid change. There will be discussions on the diverse parameters that contribute to a happy and healthy life, such as diet and nutrition, sleep, physical activity, stress reduction, and lifelong learning. We will examine how we can connect with nature, others, and our deeper selves. Due to in-class activities, participants should wear comfortable clothing that will allow for some gentle movement. Course fee: \$99 members/\$119 non-members (includes book and other materials).

Let's Go Travel!

Instructor: Kathleen Eidson

Love to Travel? Each week we'll explore a different country together: Ireland, Norway, Western Canada (Vancouver, Victoria, Whistler, Calgary, Banff, Lake Louise), England, The Baltics: Latvia & Estonia, and Switzerland.

Traveling to Italy

Instructor: Antonella Giannasca

Are you planning a trip to Italy? Do you want to learn the expressions and the words that will help you interact with locals? Do you want to learn how to order food, ask for directions etc.? This is the class for you! Let's travel together to this beautiful country and discover the traditions and the culture of Italy. Buon Viaggio. Course fee: \$95 member/\$115 non-member.

Viewpoint Diversity in Political Discussions

Instructor: Judy Byrd and Marty Bennett

This class presents a practical, interactive approach to increase skill in discussing different views on politics and issues -- civilly and respectfully. Our goal is not to change other's opinions but to listen, learn and understand their points of view. Over the seven sessions, the instructors and guest lecturers will facilitate open inquiry, viewpoint diversity and constructive disagreement. Class discussions will include: causes of contemporary divisiveness and intolerance; Jonathan Haidt's research on liberal and conservative values; broad sources for factual research on issues; best practices for friendly, informative conversations; in-depth practice with the power of words and constructive approaches to discussions of issues.

1:15-2:45PM

The Climate Crisis: Causes, Consequences, & Solutions

Instructor: Mariana McDonald

The course will examine how the global economic system has promoted, encouraged, and rewarded practices that have caused climate change and widespread environmental degradation. These practices have damaged the atmosphere, reduced biodiversity, degraded the land and oceans, polluted the water and air, compelled massive migrations, provoked conflict, and heightened worldwide inequality. The course will examine fighting climate change as a matter of social, racial, environmental, and economic justice. The course will look at solutions, policies, and actions to address global climate change and environmental degradation.

Estate Planning and Probate Issues

Instructor: Everett Morris, CFP®, MBA, JD

This basic level course will survey the current legal issues and techniques for controlling property while you are alive, if you become disabled, and when you pass away, while minimizing the impact of taxes, professional fees, and court costs. You will be provided a framework for handling the probate of a loved one's estate. Concepts perceived as complex are explained in terms everyone can understand and apply to their own situation.

WEDNESDAYS 1:15-2:45PM

Introduction to Italian - Part 2

Instructor: Antonella Giannasca

This class will continue to give you an overview of the Italian language and teach you sentences, including how to ask questions, describe things and participate in conversations. The classes are informal and fun with lots of opportunity for practicing listening and verbal skills using everyday phrases. If you have taken the previous class of basic Italian, this is the next step for you. If you have not taken Italian before and you like challenges, or you have been exposed to the language before, this is a good class for you!

iPhone Basics

Instructor: John Lilly, MS

This is a 7-week course that teaches basic operation of the iPhone, as well as how to work the Apple-included apps and other third-party apps. The class is hands-on. Due to the small class size, BH Tech Group offers individual assistance to students who are having difficulties. Course fee: \$115 member/\$135 non-member.

Special Topics in Spanish

Instructor: Judith Herrera

This course is designed with advanced senior Spanish speakers in mind. Throughout the course we will discuss "special topics" and related current events around the world, politics, history, religion, culture, traveling, gastronomy, music, medical terminology and psychology. Course dates: October 16-November 20. Course fee: \$95 member/\$115 non-member.

THURSDAYS 10:00-11:00AM

Atlanta Beltline

Instructor: Lucy Bigham

The course will build on previous BeltLine classes, but those are not prerequisites. The Atlanta BeltLine is the most comprehensive transportation, economic development and urban redevelopment effort undertaken in Atlanta. It is a sustainable project that will provide a network of parks, trails and transit along a historic 22-mile railroad corridor circling downtown. An overview of the BeltLine Project will be included as well as an update on accomplishments and disappointments. The course will emphasize the key elements of affordable housing and transit. Time for discussion will be included. A 3-hour bus tour of the BeltLine is included. Course fee: \$70 member/\$90 non-member (includes bus tour).

Begining Mindfulness Meditation

Instructor: Nancy C. Weisman, PhD

The instructor teaches mindfulness as a lifestyle as well as a form of meditation. In addition to mindfulness of breath, we will practice mindfulness of emotions and thoughts, mindful movement, mindful eating, loving kindness, and mindful dialogue. Students will learn the transformative nature of a mindfulness practice. The class is 90% experiential and thrives on class participation both in doing meditation and in discussion. Students from previous classes are welcome.

Don't Hate. Collaborate!

Instructor: Fred Glassman, JD

This course will open your eyes to a new, less stressful, state of the art method for settling disputes you, or your relatives and friends, have encountered. Have you ever argued over the common fence with a neighbor? Or disagreed with the terms for buying or selling a house? Think of the breakup of a marriage or even having trouble planning a marriage. How about a business transaction running into snags? Or the breakup of a medical or business partnership? Or the children of a deceased parent fighting over the will? We will explore how collaborative law differs from litigation, arbitration and mediation, the more commonly known process options. The course will demonstrate the redefined roles of attorneys, financial advisors, mental health professionals, and other experts as needed, who form interdisciplinary teams to guide people through controlling their own destiny while at the same time respecting the competing interests of the other party. The instructor was a pioneer in developing collaborative law throughout the United States and brings his expertise from Los Angeles to Atlanta. Actual cases from his law practice will be discussed, including those that involved well known musicians, athletes, authors, actors and public figures.

Great Chiefs of the American West, Post-Civil War

Instructor: Manharlal Valand

Who are the Great American Chiefs of the Southwest? Why did they resist white settlers in the 1850 - 1950s? What happens to Joseph Nez Perce, Cochise - Apache Chief Garfield Jicarilla, Geronimo, Quanah Parker Comanche, Sitting Bull Sioux, Black Hawk. Native American peoples fought colonists, and strife between Americans, Mexicans, and others (aliens) continued into the 20th Century. The Federal Government of the United States set aside lands as Native (Tribal) American Reservations. In California, about half are called Rancherías. In New Mexico, most are called Pueblos. Notably in Nevada, Native American areas called Indian Colonies.

THURSDAYS 10:00-11:00AM

That's Life

Instructor: Ed Garcia, MA, CSW, Former Training Director, Rational Emotive Therapy Institute

Courage, pride, love, anger, expectations, faith, uncertainty, wisdom. These are just but a few of the life experiences we've encountered throughout life. How well do we understand them? How do we feel about them, and to what extent do they affect our lives? This interactive class will discuss and explore a different "life experience" each week and discover what they mean to each of us. The instructor will introduce and moderate the exploratory discussions. Class size limited to 20 participants.

THURSDAYS 11:15AM-12:45PM

Appreciating Gilbert and Sullivan

Instructor: Peter E. Campos, PhD

We will explore the wonderful world of Gilbert and Sullivan! Why were their operettas so popular in the 19th Century and why do they remain so today? Were these just playful early musicals, or profound social statements of the time? Who were Gilbert and Sullivan anyway? We will examine these questions, and more, as we look at this unlikely librettist and composer pair and their most enduring shows. Although we will look at the plots of all 14 plays, we will focus on *Pinafore*, *Pirates*, and *Mikado*. We'll have fun trying out some of the more famous songs in class!

The Art of the Documentary, Part 6

Instructor: Howard Cohen, MA

Viewing seven award-winning documentaries will be a visual and intellectual treat. Subjects will vary greatly. In the past, we have screened videos on art, music, history, societal and personal issues. A brief introduction will be provided and class discussion will follow each presentation. These documentaries will leave an imprint.

Improvisation - Part 1

Instructor: Robert Drake, Artistic Director, 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.

Joyce Carol Oates: An Introduction

Instructor: Dan Zins, PhD

In addition to Oates' fiction, this course will also give attention to Greg Johnson's authorized biography, and the literary criticism, cultural criticism, interviews, teaching, and journals of this incredibly prolific artist. A course for both JCO fans and newcomers. Recommended text: *High Lonesome* (short-story collection). Also discussed will be Oates' novel *Expensive People* and a number of others.

Let's Talk About So You Want To Talk About Race: An Overview

Instructor: Denise Raynor, MD, MPH

Welcome! *So You Want To Talk About Race* by Ijeoma Oluo is the best book I've ever read for whites to better understand the perspectives of the African-American community. The course is meant to be a safe space for open discussion about race with African-Americans. We will touch on social and political relationships. We will cover some of the chapters in the book, which may vary depending on the knowledge base of participants and current events.

Meet the Authors

Facilitators: Milton Crane and Georgia Lee

Back by popular demand! Writing is one of our most creative endeavors. Each week, we will feature one of many creative, talented authors who have successfully published books. You will have the opportunity to learn firsthand all about their journeys, including their secrets for success as well as the challenges they faced and conquered.

1:15-2:45PM

Basic Russian

Instructor: Natalia D'Angelo

This course is designed to acquire basic skills in speaking, listening, reading, and writing the Russian language. Students learn pronunciation, vocabulary, and grammar for conversational proficiency. They also learn about the people who speak Russian, their traditions, values, and lifestyles. No matter one's goals, be it travel to Russia and communicating with locals, or interest in Russian literature, history, music, film, politics, or cuisine, this basic course will give the student access to a new culture and new ways of seeing the world using a different linguistic lens.

THURSDAYS 1:15-2:45PM

Ikebana

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 one to fully express themselves 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: \$125 member/\$145 non-member (fee includes flowers and supplies).

Improvisation - Part 2

Instructor: Robert Drake, Artistic Director, Academy Theater

Obtain more advanced techniques of improvisation and learn to better craft scenes, stories, and monologues in this highly interactive, performance-driven class that concludes with a performance in front your peers! The focus will now be on working more effectively with scene partners to heighten and develop what happens on stage. Limited to 15 students. Prerequisite: Improv 1. Course fee: \$65 member/\$85 non-member.

1:15-3:15PM

Watercolor – Part 1

Instructor: Elizabeth Samoluk, Professional Artist

This is an introduction to watercolor art. During this 7-week course, students will learn to create drawings and watercolor from setup; draw with graphite and pen; and how to correctly apply watercolor. Students will practice good drawing to provide a foundation for watercolor painting. All levels are welcome. Course fee: \$150 member/\$170 non-member (includes all supplies).

FRIDAYS 10:00-11:00AM

World War I: A Needless Tragedy

Instructor: Kenneth R. Libbey, PhD

Course topics will include: 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.

11:15AM-12:45PM

Introduction to Italian

Instructor: Alessandra Brisotto

This course will give you an overview of the Italian language and teach you conversational basics such as introducing yourself, asking for information and answering simple questions. The classes are informal and fun with lots of opportunity for practicing listening and verbal skills. No previous knowledge of the language is required. Course fee: \$115 member/\$135 non-member (includes book).

Spanish 3

Instructor: Judith Herrera

This class is for those students who have already taken Levels 1 and 2 or have some previous background with the Spanish language. The class will focus on 7 verb tenses including grammar, vocabulary, reading, writing and conversation. Topics include:

- Present tense- Regular and Irregular verbs.
- Past Tense
- Future Tense
- Gerund
- Perfect Indicative Tense
- Conditional Tense
- Reflexive Verbs

If possible, the class may try to start the subjunctive as well. Course dates: October 18-December 6. Course fee: \$95 member/\$115 non-member.

One-Day Workshops

Wire Wrapping with a Cultural Twist

Mondays, September 9 & 16 / 10:00AM – 1:00PM

Mondays, October 14 & 21 / 10:00AM – 1:00PM

Instructor: Virginia Milner

The art of creating wire jewelry began in ancient Mesopotamia. Some of the most recognizable designs we have today have been found in Egyptian tombs. This 2-part workshop will introduce the participants to wire wrapping basics and techniques that will be used to construct pieces that reflect designs from featured countries around the world. By the end of the workshop, the participants will have completed several pieces of jewelry and learned techniques that they can use on their own. This workshop is designed for both absolute beginners and students with limited knowledge and skills. This is a progressive interactive workshop and will begin by teaching the many important basic skills required to complete a variety of pieces. Participants will learn how to make pendants by wrapping stones; how to shape wire into elegant designs and how to wrap beads with wire in order to create beautiful, textured pieces of jewelry. Limited to 10 students. Course fee: \$100 member/\$120 non-member (includes all supplies).

Adventures in Jewelry Making from Around the World Workshop

Mondays, September 23 & 30 / 10:00AM – 1:00PM

Mondays, October 28 & November 4 / 10:00AM – 1:00PM

Instructor: Virginia Milner

This 2-part workshop is a fun and creative way to think outside the standard box of beads. It will introduce the participants to the essential tools of bead stringing and wire work— clasps, crimps, artisan wire, headpins, and other finishing techniques that will be used to construct pieces that reflect designs from featured countries around the world. By the end of the workshop, the participants will have completed several pieces of jewelry and learned techniques that they can use on their own. The workshop will begin by teaching the many important basic skills required to complete a variety of pieces using various types of stringing and artisan wire. Participants will be provided with techniques required to learn the basic skills and beads and findings to make their own special creations. This workshop is designed for both absolute beginners and students with limited knowledge and skills. Limited to 10 students. Course fee: \$100 member/\$120 non-member (includes all supplies).

National Safety Council Defensive Driving

Fri, September 27 / 9:30AM – 3:30PM

Mon, October 21 / 9:30AM – 3:30PM

Instructor: James Spano, MS, CSHM

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: \$15 member/\$35 non-member. Limited to 40 students.

Personal Defense by Strike First Fitness

Fri, October 11 / 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

First Aid/CPR/AED

Fri, October 18 / 9:30AM – 3:30PM

Instructor: James Spano, MS, CSHM

This hands-on practical basic life support course provides each participant with 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 personnel. Each participant will receive a student book and pocket guide. Course fee: \$45 member/\$65 non-member. Limited to 15 students.

Off-Site Courses

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

T'ai Chi (Beginner and Intermediate)

Instructor: Harvey Meisner, Certified Tai Chi / Qi Gong

T'ai Chi and Qi Gong are systems of exercises developed long ago. T'ai Chi first developed as a martial art and is now often practiced to improve health. Continued practice helps to increase strength, balance and flexibility as well as mental focus and to reduce stress and lower blood pressure. Tai Chi also helps reduce symptoms of arthritis and improve general health. The traditional Yang Style short form (24 forms) is taught to both beginners and returning students in a manner that all can follow. Repeated practice of these movements will ensure that student will remember how to correctly do them. An enjoyable atmosphere is created by the instructor. Students should wear comfortable clothing and shoes that give them the best support and comfort to be on their feet for one hour. The work is gentle but powerful. Minimum 12 students. Limited to 20 students.

Tue, Sep 3 - 24 / 12:45-1:45PM

Course fee: \$79 member/\$99 non-member.

Tue, Oct 8 - Nov 19 / 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 pizzazz to your step! Minimum 8 students.

Thu, Sep 5 - 26 / 12:30-1:30PM

Course fee: \$79 member/\$99 non-member. r.

Thu, Oct 10 - Nov 21 / 12:30-1:30PM

Course fee: \$99 member/\$119 non-member.

PARK SPRINGS
500 SPRINGHOUSE CIRCLE
STONE MOUNTAIN, GA 30087
678-684-3300

Art in America and Its Imagined Music

Fri, October 11 - November 22 / 2:00-3:00PM

Instructor: Howard Cohen, BA, MA

Using colorful videos, we will visit American museums, art galleries, auction houses, architecture, sculpture gardens, private homes and various institutions that display and sponsor art. Individual works of art will be discussed. Theater, cinema, dance and other cultural activities will be studied. Examining works from the colonial period to the present will provide a glimpse into our rich heritage. Music appropriate to a work of art or a historical era will enhance our aesthetic journey.

Guest Lecture Series

Registration not required. Admission is free.

WEDNESDAY, OCT 9

Elizabeth Wilson

First Black Mayor of Decatur, GA

Wilson played a key role in the desegregation of the Decatur public schools and libraries during the 1960s. Driven by principle, Wilson was relentless in her non-violent protest against injustice and inequity in her community. Her actions changed the course of history and served to ensure that every child in Decatur has an equal opportunity to receive a quality education.

MONDAY, OCT 14

Lauren Elliott

Individual Gifts Officer, Atlanta Ballet Company

Each time you watch an Atlanta Ballet performance, you are watching the culmination of hours of work by a team of artists: costumers, stage managers, dancers, and more. Elliott will walk you through the creative work currently taking place to prepare for Atlanta Ballet's upcoming season. How are pointe shoes made? What does a stage manager do? Learn the answer to these questions and see a glimpse of what Atlanta Ballet will perform over the 2019-2020 season.

MONDAY, OCT 21

Nancy Watkins

Representative of Fair Districts Georgia

The majority of the Supreme Court agreed that "yes, there's a problem with extreme partisan gerrymandering, but we don't have the authority to do anything about it." That decision puts the solution right back here in Georgia. Georgia has a solution: pass the Democracy Act (SR 52) and have that resolution added to the Georgia Constitution. This presentation addresses redistricting and how it affects our elections, gerrymandering and why it is a problem, and what we can do to ensuring a fair, impartial, transparent, and nonpartisan redistricting process in Georgia.

MONDAY, OCT 28

Jerry Cooper

Atlanta Architect

Cooper is chairman of Cooper Carry, Inc., a 59 year-old, nationally recognized architectural firm with offices in Atlanta, Georgia, Washington, D.C., and New York. As a Fulbright Scholar in 1956, he moved to Rome, Italy and studied at the Universita' di Roma, under the mentorship of Bruno Zevi, a prominent Italian Architect and Professor. In 1997, he was invited to return to Rome as a Visiting Artist at the American Academy in Rome. Cooper will present on why Atlanta became a big city and its historical development as revealed through its architecture.

WEDNESDAY, NOV 6

Tim Matthews

Program Manager, GDOT's Major Mobility Investment Programs

Matthews has worked in a variety of engineering and project management roles for GDOT over the past 15 years. He has managed hundreds of projects varying in size and scope with budgets ranging from \$1 million to \$4 billion in construction costs. Matthews was most recently named the program manager for the Major Mobility Investment Program and is responsible for scope, schedule, budget, and contract management for the \$11 billion program. He will discuss future highway and transportation projects that planned to manage Atlanta's growing transportation needs.

WEDNESDAY, NOV 13

Andrew Heath

Engineer, GDOT

Heath joined the Georgia Department of Transportation in 2008. He has held numerous positions within the Department including within the Office of Planning, Executive Assistant to the Chief Engineer, and, most recently, as State Traffic Engineer within the Division of Operations. This discussion will present an overview of what connected and automated vehicles are; what the potential benefits of these technologies may be; and how the GDOT is taking a national leading role in deploying these technologies.

WEDNESDAY, NOV 20

Kim Cobb, PhD

Director, Global Change Program at Georgia Institute of Technology; Professor, School of Earth and Atmospheric Sciences

Cobb's research uses corals and cave stalagmites to probe the mechanisms of past, present, and future climate change. She has sailed on multiple oceanographic cruises to the deep tropics and led caving expeditions to the rainforests of Borneo in support of her research. Kim has received numerous awards for her research, most notably a NSF Career Award in 2007, and a Presidential Early Career Award for Scientists and Engineers in 2008. She is honored to be a Lead Author for the IPCC Sixth Assessment Report. As a mother to four, Kim is a strong advocate for women in science, and champions diversity and inclusion in all that she does. She is also devoted to the clear and frequent communication of climate change to the public through speaking engagements and social media. Her presentation will focus on the current state of global, national, and state climate change and our preparedness to address its potential impact.

Special Interest Groups

One of the benefits of OLLI is the opportunity to interact with members who share common interests and like to meet outside the classroom environment. To assist with this, OLLI members have formed Special Interest Groups (SIGs). Each group is different depending on its focus, and all provide interesting lifelong learning opportunities as well as fun social experiences. Here are the current SIGs:

Book Clubs: Two different book clubs. One meets the first Tuesday of each month and the other the first Thursday of each month

Brunch Bunch: A group of individuals who like to meet once a month at a preplanned location for brunch.

Hiking Group: A group of individuals who like to meet for hiking opportunities locally.

JOY (Just Older Youth) Social Group: A group of individuals who like to meet-up, make new friends, meet for lunch or dinner, see a movie or other items of interest.

Nordic Walking Group: Nordic Walking is fun, especially in a group! It is not a “balance” walking program. We do NOT use trekking, hiking or stability poles. It is an outdoor fitness regimen--using specialized poles with attached gloves-- that builds upper body strength as you walk, increases aerobic capacity and allows wellness walkers to turn their daily walk into a full body workout. The benefits are innumerable, and the activity can be enjoyed, regardless of age or fitness level, for a lifetime.

Photography Group: Members meet to learn from each other and share their love of photography. If desired, the group will plan future photo outings. The goal is to have fun while expanding the knowledge, skills, and interest in photography of each individual member.

Social Bridge Players: For those individuals that know how to play and are wanting to meet as a group to play.

For more information about how to join one of the SIGs, visit olli.emory.edu and select the “Special Interest Group” link or call (404) 727-5489.



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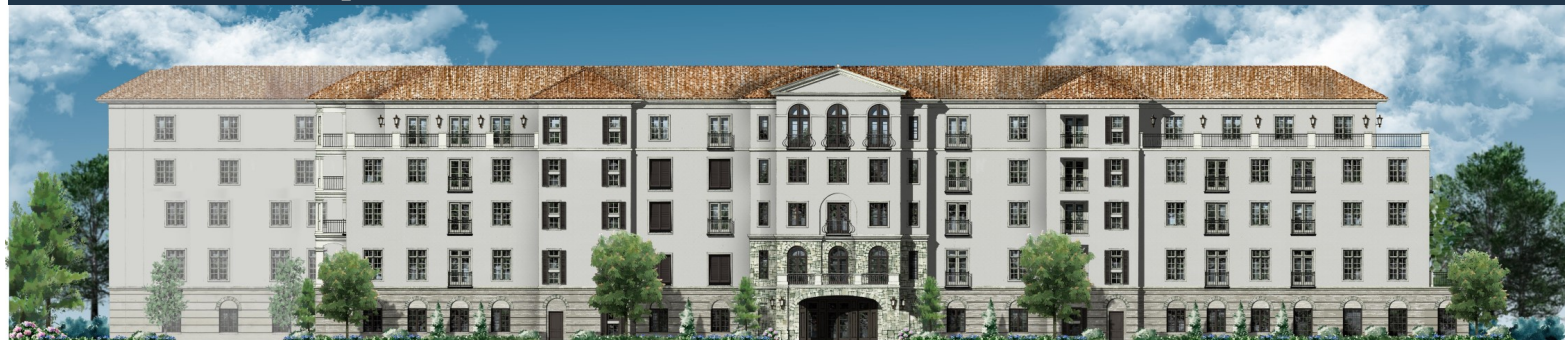
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1979 - Established as Emory Senior University

2001 - Becomes the Academy for Retired Professionals

2007 - Becomes Osher Lifelong Learning Institute at Emory



The Atlanta Opera presents

Frida

City Springs Theatre

1 Galambos Way

Sandy Springs, GA 30328

Sunday, October 13

3:00PM

\$28 per person



WINE TASTING TOUR

Dahlonega, Georgia

Friday, September 27

9:30am - 4:00pm

\$125 per person

(Transportation, lunch, and tastings included)

Cavender Creek
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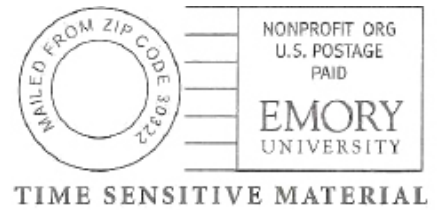
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REGISTRATION

Online and phone registration opens at **9:00am** on **Mon, Aug 19** at olli.emory.edu or by calling 404-727-6000 (select option 2). Walk-In registrations permitted after **Tue, Aug 20**.

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!**