



EMORY UNIVERSITY

A large, stylized yellow sun with many wavy rays is centered on the page, partially overlapping the text and background images.

Summer 2019 Course Guide

Short Session: June 3 - June 28
Long Session: July 8 - August 23

Classes for Adults
50+



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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OLLI Office General Information

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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 buildings; as well as in the covered parking deck beside Building 6. Do not park in reserved spots or handicap accessible parking without a permit.

UPCOMING TERMS

Fall 2019 Term (Registration begins August 19)

Short Session: September 3 - September 30

Long Session: October 7 - November 22

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

June 3 - August 23

(REGISTRATION OPENS MONDAY, MAY 20)

Short Session (June 3-28)

TUESDAYS

10:00-11:00AM

Notre Dame - 4/15/19 (deMan)
Today's Retirement (Dozier)
Travel Photography (Milsteen)

11:15AM-12:45PM

Perfect Color (deMan)
Viewpoint Diversity
(Byrd and Bennett)

1:15-2:15PM

Old Baggage and Forgiveness
(Sylvester)

WEDNESDAYS

10:00-11:00AM

Ethics of Lying (Bernstein)

11:15AM-12:45PM

American Sign Language Review
(Jones)
Android Smart Phones 2
(Oblinger)
Exploring Near-Death/End of
Life Encounters (Schenk)
For Thinkers (Thomas)
Italian 2 Review (Giannasca)
Knitting Workshop (Paul)

THURSDAYS

10:00-11:00AM

Understanding and Appreciating
Greek Tragedy (Pincus)

11:15AM-12:45PM

Looking Back at 9/11 (Zins)

SATURDAYS

10:00-11:00AM

Overwhelmed No More! (Page)

Long Session (July 8-August 23)

MONDAYS

10:00-11:00AM

Chair Yoga & Meditation (Ahuja)

1:15-2:45PM

Comedy Counts (Oakley)
Creation vs Evolution (Aviner)

1:15-3:15PM

Social Bridge for Beginners (Chang)
Watercolor – Part 2 (Samoluk)

TUESDAYS

10:00-11:00AM

Communication: Its Art and Soul
(Sollish)
Storytelling (Levine)
Survey of the Animal Industry
(Mattison)
Successful Retirement Strategies
101 (Gelinas)

11:15AM-12:45PM

Controversies in Medicine
(Steinberg)
Funny Bone - More Please
(Levine)
Introduction to the Enneagram
(Wingfield)
Successful Retirement Strategies
102 (Gelinas)

TUESDAYS

1:15-2:45PM

The Atlanta Campaign (Shaffer)
Ikebana (Ahuja)
The Memoir Kit (Soper)
Microaggressions (Slavin)

1:30-3:30PM

Southeast Asia (Noud)

WEDNESDAYS

10:00-11:00AM

Chair Yoga & Resistance Bands
(Ahuja)
History of American Political
Parties (Libbey)
Uke at OLLI Jam (T. Friedman)

11:15AM-12:45PM

American Sign Language Part 1
(Jones)
Basic Spanish (Herrera Serje)
How to Be Well (Bodnar)
King Lear and The Tempest
(R. Friedman)

1:15-2:45PM

American Sign Language Part 2
(Jones)

WEDNESDAYS

1:15-2:45PM

Climate Change Crisis
(McDonald)
Improvisation - Part 1 (Drake)

THURSDAYS

10:00-11:00AM

Rock and Roll - Part 5 (Dell)

11:15AM-12:15PM

Reckoning: Who Will Care For
You (Hemphill)

11:15AM-1:15PM

Watercolor – Part 1 (Samoluk)

11:45AM-1:15PM

Prophet Muhammad (Budak)

1:15-2:45PM

Improvisation - Part 2 (Drake)

FRIDAYS

10:00AM-12:00PM

Deconstructing the Novel (Converse)

OLLI Donors

The Osher Lifelong Learning Institute is financed primarily through membership and program fees. Please consider making a gift of any size to help enhance programming and support financial aid. In addition to The Bernard Osher Foundation and our corporate sponsors, we thank the following generous donors who have made contributions to OLLI at Emory over the past year.

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Short Session (June 3-28)

TUESDAYS 10:00-11:00AM

Notre Dame on April 15, 2019: A Day the World Held Its Breath

Instructor: George deMan

When we saw the flames leaping from this venerable cathedral, many wept and all held their breath. Some degree of tragedy was averted, but severe damage was done. We are crossing our fingers. The course will cover the building of this 12th/13th century monument, its many modifications and additions (notably those of Viollet-le-Duc in the 19th century: gargoyles and fleche), comparisons and contrasts to several other Gothic cathedrals, and of course the events of 4/15/2019. Techniques of 12th century architecture, the making of stained glass and the famous Rose Windows, liturgical and secular purposes, and the magnetism of great works of art will be discussed. The future reconstruction and its challenges will be key. What 21st century innovations might be brought to bear (digital archives already being a useful one)? Important books to read in preparation or as the course proceeds: Allan Temko's *Notre Dame of Paris*, Henry Adams' *Mont St. Michel & Chartres*, Gault and Millau's *A Parisian's Guide to Paris*, and any good book on Gothic Cathedrals.

Today's Retirement: How is It Different?

Instructor: Brenda Dozier, PhD, CDFA, 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.

Travel Photography: Getting Beyond the Snapshot!

Instructor: Jeff Milsteen, JD

Whether you use your phone, a point & shoot camera or a digital SLR, the goal of this course is to help you improve your travel and vacation photos. Knowledge of some very basic concepts can vastly improve your efforts to capture priceless memories of your once-in-a-lifetime journeys. Course topics will include an introduction to travel photography, basic composition, storytelling through photography, and sharing your work with others when the trip is over.

11:15AM-12:45PM

Perfect Color: Techniques of Acrylic Pouring for Artwork

Instructor: George deMan

Course includes YouTube videos and hands-on instruction of the procedures for this relatively new painting technique. No prior painting experience required. The instructor's artwork in this medium was on display in the recent OLLI Art Exhibition. Class is limited to 8 students. Course fee: \$65 member/\$85 non-member (includes supplies).

Viewpoint Diversity in Political Discussions

Instructors: Judy Byrd and Marty Bennett

This class presents a practical, interactive approach which will increase skill in discussing different views on politics and issues -- civilly, with respect and understanding. Our goal is not to change other's opinions but to listen, learn and understand their points of view. During the four-week session, instructors and guest speakers will promote open inquiry, viewpoint diversity and constructive disagreement. Practice exercises and anonymous surveys will be included. A sample of the topics to be discussed: Why have citizens become so divisive and intolerant? How can we discuss politics in a friendly setting? Understanding the Left and Right using Jonathan Haidt's research. What do the left and right agree on?

1:15-2:15PM

Old Baggage and Forgiveness

Instructor: Gloria Lawson Sylvester, BFA

This course is created to study a poem titled *Old Baggage* and to glean the lessons it offers us on a cultural and personal level. Through the lens of this poem, we will attempt to dismantle old baggage and expose its underlying assumptions. Class dates: June 11, 18, and 25.

WEDNESDAYS 10:00-11:00AM

Ethics of Lying

Instructor: Stan Bernstein, PhD, JD

This course will be a rigorous analysis and application of Immanuel Kant's "Groundwork" principle and absolute duty to tell the truth. The course will examine the neo-utilitarian approach of weighing costs vs. benefits and the defense of paternalism in justifying not telling the truth, especially by oncologists to Stage 4 cancer patients under the questionable rationale of 'Do no harm.' The course blends philosophy, morality, and law in a critical effort to develop a consistent analytical approach to gut-wrenching decisions. The primary textbook for the course is Sissela Bok's *Lying: Moral Choice in Public and Private Life*. Course fee: \$40 member/\$60 non-member (includes book).

11:15AM-12:45PM

American Sign Language Review

Instructor: Lampra Jones

If you already completed American Sign Language I and/or taken an ASL class in the past, this is a great course to review the material previously learned. This class is designed to review the material of introductory course of ASL through the use of games and role-playing. Course fee: \$50 member/\$70 non-member.

Android Smart Phones: Apps, Email, Internet, Calendars, and Beyond

Instructor: David Oblinger, BSEE

This course is the second 4 weeks of an 8-week course. The first part was about the Android basics, contacts, texting, phone, and camera. This course extends that knowledge to downloading and managing applications, using email to communicate, exploring the internet with browsers and search engines, and organizing your life on your smart phone with calendars and beyond. Course fee: \$65 member/\$85 non-member.

Exploring the Life-Changing Potential of Near-Death Experiences and End of Life Encounters

Instructor: Paul Schenk, PsyD

No one wants to volunteer for a near-death experience. The "near" part is tricky! But most who survive one describe wonderful, enduring, life-changing after effects. This course is an introduction to NDEs and a parallel kind of phenomenon: end-of-life experiences that many people have in their final months. We will explore the research of authors like Raymond Moody, Kenneth Ring, Bruce Greyson, P.M.H. Atwater and several others, as well as anecdotes from my 40 years as a clinical psychologist. Come experience how just learning about such events can have its own enduring benefits.

For Thinkers: How To Form and Enjoy a Dinner-Discussion Group

Instructor: Jim Thomas, JD

For those seeking connections, companionship, and the pleasures of mind and thought--this course offers a proven blueprint. The course includes ways and means of creating an enduring forum for the presentation of ideas, opinions, and convictions, while receiving those of others, in a civil atmosphere of pleasure and social contact. If you relish meaningful dialogue with thoughtful persons, this course will open doors. As you shall learn, the formation of your group will require little time and no money. Course fee: \$35 member/\$55 non-members (includes book).

Italian 2 Review

Instructor: Antonella Giannasca

A review of *Introduction to Italian 2* – let's practice some of the things you have learned previously so that you will be more comfortable in your journey towards next session. Course fee: \$50 member/\$70 non-member.

Knitting Workshop

Instructor: Melanie Paul

This workshop is for all beginner knitters who know the basics and wish to practice and improve their skills as well as work on a current project or start a new one. Easy projects from which to choose include a fashion accessory or an item for home use. The fundamental stitches will be reviewed, and several popular stitches will be introduced including a cable stitch. A small class allows for individual assistance tailored to your skill level and everyone knits at their own pace and interest. Class is limited to 8 students. Course fee: \$95 member/\$115 non-member (includes knitting supplies).

THURSDAYS **10:00-11:00AM**

Understanding and Appreciating Greek Tragedy

Instructor: Judy Pincus, MLS

After reviewing Aristotle's "Theory of Tragedy" and the tragic hero, we will read and explore the ideas and themes of Aeschylus, Sophocles and Euripides as portrayed in "Agamemnon," "Oedipus the King," and "Medea." The desire for revenge, role of fate and hubris in man's experience and the influence of emotions are aspects of life the plays dramatize. At the conclusion of the course, we will have experienced both the pity and fear Aristotle defines as essential to tragedy and have new compassion for the human condition. Required text *Greek Tragedy* includes the three plays students will read. Course fee: \$40 member/\$60 non-member (includes book).

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

Looking Back at 9/11: Thinking Intelligently and Honestly About Terrorism

Instructor: Dan Zins, PhD

This course will examine the problems of definition and hypocrisy/double standards related to terrorism; state vs. nonstate terrorism; terrorists' motivations; is terrorism ever justified; blowback; preventing terrorism/nuclear terrorism; root causes; freedom, civil liberties, dissent, and terrorism; terrorism and empire; terrorism and corporate media; white nationalism/supremacy/racial profiling; homegrown terrorism; underestimating/exaggerating the threat; and the (perpetual) war on terrorism.

SATURDAYS **9:30-10:30AM**

Overwhelmed No More! Saving and Sharing Family Photos and Stories

Instructor: Jiffy Page

Overwhelmed by all the family photos in boxes, in albums, in the attic or basement? Feeling stuck or guilty? Have a personal or family story to tell? This 4-week course is for you! Learn why saving and sharing family photos and stories is important, how to effectively save and share your photos and be inspired by doable ways to share your family's unique story through your photos and the stories they tell.

Long Session (July 8 - Aug 23)

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: \$95 member/\$115 non-member. Max 25 students (You can also sign-up for the Wednesday class too and participate twice per week).

1:15-2:45PM

Comedy Counts: The Artform and Application of Stand-Up Comedy

Instructor: De'Mun Oakley, Professional Comedian

This course will cover the anatomy of a joke, the relief theory of comedy, the "Rule of Three", tension and release, the law of comic opposites, the wildly inappropriate response, and the myth of the last great idea and how each of these attributes can be incorporated professionally and in our personal lives. Course Fee: \$75 member/\$95 non-member (includes book *The Comic Toolbox*)

Creation vs Evolution: How Could Moses Know All That?

Instructor: Zvi Aviner, PhD

In this 4-week course, we will compare Moses's story of creation to the ancient myths told in his time, especially the one told in the Pharaoh's home where Moses grew up. Should Moses's story be counted as another bronze-age myth? Then we will compare Moses's story of creation to the latest scientific narrative of the history of our planet. Can the stories be matched? If so, who told the story to Moses? Class dates: July 8, July 15, Aug 5, and Aug 12.

MONDAYS 1:15-3:15PM

Social Bridge for Beginners

Instructors: Serina and Howard Chang

This course will introduce social bridge vocabulary, mechanics, scoring and table manners. With basic understanding, lessons will then focus on opening bid, responding to opening bid and overcalls. Table practice will be arranged to improve play skill. Theory of defense is unique and included in the system as well. In general, bridge is a combination of bidding, play and defense. Course fee: \$55 member/\$75 non-member (includes book).

Watercolor – Part 2

Instructor: Elizabeth Samoluk, Professional Artist

Taking 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 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

Communication: Its Art and Soul

Instructor: Rabbi Ari Sollish

In Jewish philosophy, communication is understood to be much more than just a tool: it is who we are. Humans are defined as communicative beings with a communicative soul, and aligning ourselves with this soul touches on our purpose of being. In this course, we contrast ancient Jewish thought with modern scientific discovery to unearth the essence of communication and how to utilize its powers to better ourselves, our relationships, and all of society. Course fee: \$70 members/\$90 non-members (includes book).

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.”

Survey of the Animal Industry

Instructor: Kari Mattison, PhD student

Learn the basics of major domestic animal production systems. We will cover how different species serve the basic needs of humans for food, emotional well-being and protection. Topics for each species may include relevant terminology, basic production industry structure, care of animals, breed identification and marketing of domestic animal products in the United States. Class schedule may be modified to fit the interests of the participants. No prior animal science or biology knowledge required.

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

Controversies in Medicine: Why We Get Mixed Messages

Instructor: Karen K. Steinberg, PhD

What are we to make of constantly changing healthcare messages? We will start with an explanation of the types of studies that give doctors the information they need to prevent disease. We will take three examples of those studies that led to important advances for preventing the biggest killers: infectious diseases, heart disease, and cancer. Next, we will examine examples of recommendations that continue to change, such as including prostate-specific antigen (PSA) testing and mammography. We will discuss changing messages for prescribing medications to healthy people for disease prevention, including hormone replacement therapy and statin therapy. Finally, we’ll discuss personalized medicine and separate realistic expectations from hype.

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

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!!

11:15AM-12:45PM

Introduction to the Enneagram

Instructor: Emily Wingfield

Have you ever wondered why some people rub you the wrong way? Learning the Enneagram will give you the answer! There are nine different ways people view the world. Learning the way you view the world and the way the people you love view the world differently is guaranteed to improve your relationships with family, friends and co-workers. Emily’s teaching style is rich with personal stories of how Enneagram patterns show up in everyday experiences. The class uses *The Road Back to You* book as well as handouts and follow up emails with further links and articles to help you learn how your core motivations affect your behavior. Course fee: \$125 member/\$145 non-members (includes instructional materials).

Successful Retirement Strategies 102: Mutual Funds and Annuities

Instructor: Timothy Gelin, 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.

1:15-2:45PM

The Atlanta Campaign

Instructor: Michael Shaffer, MA

From the opening action at Tunnel Hill to the fall of Atlanta, the armies moving through Georgia maneuvered, fought, and left destruction in their wake. This course will discuss the various military engagements during this 1864 campaign. The final class will be a tour of Kennesaw Mountain National Battlefield Park.

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).

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).

TUESDAYS 1:15-2:45PM

Microaggressions

Instructor: David Slavin, PhD

How do we identify microaggressions and subtle, ubiquitous put-downs directed towards African Americans and other targeted groups? What do we do about them? Is this a “white problem”? Are dominant groups--those who think and act ‘white’ or ‘male’--obliged to take responsibility for progressing from well-intentioned allies to “accomplices” in solidarity with the oppressed? If so, we must look beyond psychology and “intentionality” and ask: *cui bono*? Whose interests are served by inequalities of wealth and power? If exploitation underlies racial and gender oppression, then white privilege is less about benefits and more about social control. This interplay will be examined in historical context and also use autobiography to create a tool kit of microsolidarities to counteract microaggressions.

1:15-2:45PM

Southeast Asia: A Virtual Tour

Instructor: Pam Noud

Come explore these 5 nations of Southeast Asia: Thailand, Myanmar, Laos, Cambodia, and Vietnam. This course is a geography-based slide show. You will “tour” these 5 countries by viewing maps and photographs. Learn geographical, historic, and cultural facts about these countries. A set of optional home-study handouts will be available for purchase of \$30. Class Dates: July 9, July 16, July 23, July 30, Aug 6.

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 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 all 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).

History of American Political Parties

Instructor: Ken Libbey, PhD

As American political parties have evolved over the years, has there been an underlying continuity? Beginning with the rivalry between Thomas Jefferson and Alexander Hamilton, this course will trace the progression of the Democratic and Republican parties to the present day.

Uke at OLLI Jam

Instructor: Teresa Friedman

Pack up all your cares and woes! Join our ukulele jam for beginner ukulele players. Bring your uke and we will sing and play songs together using *The Daily Ukulele* songbook. Books will be provided by OLLI. We will spend some time working on strumming patterns, chords and embellishments. Music is for sharing! Let’s jam!

11:15AM-12:45PM

Basics of American Sign Language

Instructor: Lampra Jones

This course prepares students to understand and use American Sign Language grammar, signs, finger spelling and non-manual markers at the elementary level. Course fee: \$95 member/\$115 non-member.

Basic Spanish

Instructor: Judith Herrera Serje

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

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).

WEDNESDAYS 11:15AM-12:45PM

Shakespeare's "King Lear" and "The Tempest"

Instructor: Ross Friedman, MA

Two plays about old men caught in storms as worlds collide around them and who come to insight as to what it is to be human through love, power and the loss of it, family, aging, forgiveness, and reconciliation. Shakespeare's greatest tragedy is "King Lear," and "The Tempest," primarily a comedy-romance, is in many ways his farewell to the theater. We will read much of both plays in class and class participation is encouraged though not mandatory. I look forward to reprising my roles as a bellowing old man, roles for which I am particularly well-suited.

1:15-2:45PM

Basics of American Sign Language - Part 2

Instructor: Lampra Jones

This course is designed to continue your skill development in American Sign Language. We will build on previous knowledge of the ASL alphabet, facial expressions, syntax, and vocabulary. The focus of this course will be to prepare you for interactions with the Deaf community. Course fee: \$95 member/\$115 non-member.

The Climate Change Crisis: Causes, Consequences, & Solutions

Instructor: Mariana McDonald, DrPH, MPH, MA

The course will examine how the global economic system has contributed to practices that have given rise to global changes in climate and widespread environmental degradation. These practices have affected 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. We will look at solutions, policies, and actions to address global climate change and environmental degradation. This class will be interactive, with a combination of presentations, guest lecturers, and discussion. Course prerequisite: acknowledgement of climate change as an immediate global crisis.

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.

THURSDAYS 10:00-11:00AM

The Origins of Rock and Roll - Part 5 (1967-1968)

Instructor: Tom Dell, Musician

Part 5 will look at how the music is changing thanks to artists like Curtis Mayfield, The Moody Blues, Jefferson Airplane, Jimi Hendrix, Spencer Davis, The Beatles, The Doors, Otis, Elvis, The Monkees, Procol Harum, Buffalo Springfield, and Psychedelia. We will look at both sides of the Atlantic Ocean and consider the impact of Funk and Soul, and the myriad forms of Rock and Roll that have evolved (or devolved) from the early 1960s.

11:15AM-12:15PM

The Reckoning: Who Will Care For You!

Instructor: John Hemphill, CAPS, CAASH

What will you do - when health, memories and independence erode you? Will you have a plan and support systems to help manage your care or living situation? Will you have chronic health conditions or disabilities that will jeopardize your independence? Will you be responsible for the care of an aging parent, family relative or friend.... Course participants will be informed about the nine core principles presented within *Who Will Care for You! Components for Formulating Smart Family Plans to Age-in-Place*. In addition, participants will identify key resources/services, cultural and social obstacles that impact quality of life and senior independence. Course fee: \$65 member/\$85 non-member (includes book).

11:15AM-1:15PM

Watercolor - Part 1

Instructor: Elizabeth Samoluk, Professional Artist

This is an introduction to watercolor art. During this 8-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).

THURSDAYS 11:45AM-1:15PM

The Life of Prophet Muhammad

Instructor: Kemal Budak, PhD Student, Emory University
Prophet Muhammad (pbuh) is relatively a contemporary figure compared to the Biblical prophets; therefore, plenty of historical details exist about his life which spans into the seventh century. In this course, we will shed a multifaceted light on Prophet Muhammad's life including, but not limited to, his youth, the period before and after his prophethood, his family life, character traits, leadership, etc. Additionally we will take a look at the social life in the Arabian Peninsula in that era as well as Prophet Muhammad's sayings, habits, practices, and their importance for Muslims.

1:15-2:45PM

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 of 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.

FRIDAYS 10:00AM-12:00PM

Deconstructing the Novel

Instructor: June Converse, Author
What makes a bestseller a bestseller? Is it the plot, the characters, or some mystical combination? Is there some subliminal expectation readers have that bestsellers exploit? Does it have to do with progressive escalation or our desire to escape from reality. Maybe it's schadenfreude? In this class, we read one bestselling novel and try to find that mystical power. We look at plot, arcs, and marketing. We put on the hat of author, character, reader and publisher. It's a book club on steroids. And, like magic, what you learn applies to all stories (TV, movies, books) and makes every experience that much deeper. Readers, writers and any story lovers will enjoy this class. This session, we will be reading *Water for Elephants* by Sara Gruen. Course fee: \$65 member/\$85 non-member (includes book).

Offsite 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 was a martial art, 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. It 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 students remember how to correctly do them. 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, June 4-25 / 12:45-1:45PM

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

Tue, July 9-Aug 20 / 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, June 6-27 / 12:30-1:30PM

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

Thu, July 11-Aug 22 / 12:30-1:30PM

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

One-Day Workshops

Adventures in Wire Wrapping

Wed, June 5 / 1:00 – 4:00PM

Instructor: Virginia Milner

This will be a progressive introduction to wire wrapping. This workshop will provide hands on step-by-step instructions to make wire jewelry designs. Participants will learn solderless wire linking techniques used to make unique, one of a kind pieces of jewelry. The students will learn how to use wire to create beautiful freeform spiral wire accents. Participants will learn techniques in one workshop that they can use in future workshops and/or continue to use on their own.

Men's Jewelry

Wed, June 12 / 1:00 – 4:00PM

Instructor: Virginia Milner

In this workshop we will design and make powerful statement pieces to accentuate a man's style. A few simple pieces can be natural complements. From casual and laidback to more formal occasions, we will explore designs to suit all personalities. The workshop is both for men who want to learn how to make pieces that will enhance their wardrobes without a lot of "bling" and for women who would like to learn how to make unisex pieces or items for a male significant other. Participants will learn techniques in one workshop that they can use in future workshops and/or continue to use on their own.

The objective of the workshops will be to:

- accommodate both absolute beginners and students with limited knowledge and skills
- instruct in the usage of basic jewelry making tools and materials (pliers, cutters, bead boards, etc.) and findings (Artisan wire, jump rings, eye pins, head pins, etc.)
- learn wire wrapping basics
- complete at least one piece to take home

Students will be provided with an assortment of beads and findings for their projects as well handouts with step by step directions and a description of the significance of materials they will be using as they relate to the corresponding workshop.

Workshop fee: \$45 member/\$65 non-member per workshop.
Limited to 10 students.

National Safety Council Defensive Driving

Fri, June 14 / 9:30AM – 3:30PM

Mon, July 22 / 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.

First Aid/CPR/AED

Fri, July 19 / 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, pocket guide, and a course DVD. Course fee: \$45 member/\$65 non-member (guide and DVD). Limited to 15 students.

EVENTS AND TRIPS

HINDU TEMPLE

Fri, Jun 7 - 9:30 AM - 2:00 PM

Fee: \$40 (includes lunch and transportation)

TELLUS MUSEUM AND BENTLEY PLANETARIUM

Fri, Aug 9 - 8:30 AM - 4:00 PM

Fee: \$75 (includes lunch and transportation)

ATLANTA HISTORY CENTER TOUR (CYCLORAMA AND 19TH AMENDMENT)

Fri, Aug 23 - 10:30 AM - 1:00 PM

Fee: \$15 (includes admission only)

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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REGISTRATION

Registration opens **Mon, May 20** at olli.emory.edu or by calling 404-727-6000 (select option 2). Walk-In registrations permitted after **Tue, May 21**.

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!**