



Spring 2018

MARCH 5 - MAY 25

course guide

Come for the classes.
Stay for the *friendships*.



EMORY
UNIVERSITY

Emory Continuing
Education

Welcome to OLLI at Emory

The Organization

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

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

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Visit olli.emory.edu/DonateToOLLI

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ANNUAL MEMBERSHIP

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

Benefits include:

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

FEES

Unless indicated otherwise in the course description, the flat fee for every course is as follows:

- Short session \$25 (members) and \$45 (non-members)
- Long session \$45 (members) and \$65 (non-members)

REGISTRATION

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

REFUND/TRANSFER POLICY

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

COURSE CANCELLATION POLICY

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

PARKING

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

UPCOMING TERMS

Summer Term

Short Session: June 4 – June 29

Long Session: July 9 – August 25

Fall Term

Long Session: September 5 – October 23

Short Session: October 29 – November 16

Winter Term

One Session: January 7 – February 22

CONDUCT GUIDELINES

OLLI members are expected to respect the sanctity of the learning environment and embrace the concept of a civil community. For all OLLI classes, your responsibilities include:

- Be on time and do not leave classes early unless arrangements have been made with the instructor.
- Mute or turn off your cell phone.
- Attend only courses/discussion groups for which you registered.
- If you registered for a course/discussion group and then find you won't be able to attend, please formally withdraw from the course.
- Classes are open to registered students only, so do not bring a guest to class without making arrangements with the OLLI Office. (An instructor is not in a position to approve bringing a guest to class.)
- Be courteous and listen when the instructor, another student, or a staff member is speaking.
- Please attempt to do class assignments (if any) so that you can participate fully in the class.
- When you leave the classroom, throw away your trash and push your chair under the table.
- When class is over, exit the room as quickly as possible so that the next class may come in and start on time. You may take your conversation to the OLLI lounge.

OLLI Classes at a Glance

MAR 5 - MAY 25 (REGISTRATION OPENS MON, FEB 26)

Short Session (Mar 5-30)

MONDAYS

10:00-11:00AM

Design Icons (Hing)
Life Ascending (Page)

11:30AM-1:00PM

Self-Improvement (deMan)

TUESDAYS

10:00-11:00AM

Live To Be 100 Years (Horton)
Planned Giving 101 (Zecevic)
New Tax Bill (Mashhoon and Zecevic)
Where Do You Want To Be (Baker)

TUESDAYS

11:30AM-1:00PM

In Your Own Words (Lee)
Resistance/Grassroots (Shackelford)
Reverse Mortgages (McGee)

WEDNESDAYS

10:00-11:00AM

Women's Rights/Human Rights (Girdap)

11:30AM-1:00PM

Cultural Jewelry Making (Milner)
Financial Success (Ringwala)
Live. Love. Laugh. Write It Down. (Soper)

WEDNESDAYS

1:30-3:00PM

Cultural Jewelry Making (Milner)

THURSDAYS:

10:00-11:00AM

Six Stellar Short Stories (Deschenes)

11:00AM-1:00PM

Some Awesome Food (Singh)

1:30-3:00PM

Anti-Inflammatory Diet (Clark)
It Can't Happen Here? (Zins)

Long Session (Apr 9-May 25)

MONDAYS

10:00-11:00AM

A View into Societies (Cooper)
From Rumi to Gulen (Temiz)
Aging in Place (Bird)
Civil Wrongs, Civil Rights (Stanhope)

11:30AM-1:00PM

Being Ethical Without Religion (Martin)
Musical Transformations (Allen)

1:30-2:30PM

The Alliance Theatre (Booth)

MONDAYS AND WEDNESDAYS

1:30-3:30PM

Buying a Mobile Device (Gasparrini)
Wireless Networks (Gasparrini)
E-Mail: The Essentials (Gasparrini)
The Browser (Gasparrini)

TUESDAYS

10:00-11:00AM

ABCs of Law, Part 2 (Castellani)
Atlanta: A City Too Busy to Hate (King)
Controversies in Medicine (Steinberg)
Conversion or Proselytize
(Valand and Komerath)
The Kabbalah of You (Sollish)
Russian History (Barnard)

11:30AM-12:30PM

Creative Writing (Appelrouth)
Jazz History (Rozzi)
Game Changers (Ross)

TUESDAYS

11:30AM-12:30PM (CONT.)

November 22, 1963 (Depasquale)
Russian Masterworks (Kann)
Untangling Tolstoy's *War and Peace*
(Carrillo)

12:30-1:30PM

The Survival of Journalism in the Era of
Fake News (Lunch and Learn Speakers)

1:30-3:00PM

Adventures into Wine (Spasser)
African-American Perspectives
(Bennett)
Basic Italian Grammar (Parrish)
History of Photography (Goldsmith)
Singalong (Goodman and Carpenter)

WEDNESDAYS

10:00-11:00AM

Dynamic Art (Fletchers and Poling)
Change of Heart (Brodie)
Collection of Joseph Conrad (Friedman)
American Short Stories (Balser)
Mindful Relationships (Gosterisli)
Churchill and the Decline (Martin)

11:30AM-1:00PM

Art of the Documentary 2 (Cohen)
Funny Bone 2 (Levine)
Facing the Challenges of Life (Zeldin)
Introduction to Sufism (TalebAgha)
Live. Love. Laugh. Write It Down. (Soper)
Milton's *Paradise Lost* (Mengert)

WEDNESDAYS

1:30-3:00PM (CONT.)

Ageless Grace (Bramlett)
Cultural Jewelry Making (Milner)
Improvisation, Pt 1 (Drake)
(ends 2:30pm)
IPhone Basics (Lilly)

THURSDAYS

10:00-11:00AM

Basic Meditation (Rubin)
British Prime Ministers (Thirkettle)
Estate Planning (Morris)
Great Divergence (Bertera)
Industrial Revolution 2 (McIntyre)
Religion: A Sociological Perspective
(Budak)

11:30AM-1:00PM

Financial Planning (Morris)
Sight And Sound (Cohen)
Cultural Jewelry Making (Milner)
Behavioral Economics 1 (Robkin)

1:30-3:00PM

Agnosticism to Atheism (Martin)
Most Popular TED Talks
(Cohen and Bennett)
French for Fun (Salam)
Improvisation, Part 2 (Drake)
Behavioral Economics 2 (Robkin)
Boomers and iGeners (Zins)

Short Session (Mar 5-30)

MONDAYS 10:00-11:00AM

Design Icons of the 20th Century

Instructor: Allan Hing

Design is the creation of objects and presented many opportunities for innovation in the 20th Century. For the designer, it was a search for an aesthetic that reflected its time and exciting because of the new materials - - aluminum, plastic, and plywood. Many of these icons are now part of our everyday lives as they addressed the needs of the user: function and beauty. The goal of the course is to present a broad overview of design from concept to production to market.

Life Ascending: The Ten Great Inventions of Evolution

Instructor: Howard Page

Based on Nick Lane's book, we'll explore the evolutionary process and discuss the limitations of this process.

We'll discuss the emergent process that supplements evolution and forms the basis of what we humans call creativity. Optional purchase: Life Ascending (Lane)

11:30AM-1:00PM

Self-Improvement, Self-Realization, and Self-Help...Do They?

Instructor: George deMan

Many courses offered by OLLI (and senior centers of all sorts) purport to guide us into fuller senior lives, lifestyles, second careers, re-births, etc. This interactive course will mainly examine the philosophies and options so far developed, some of the key literature on the subject, and take a critical look at real-world experiences: your own and those sharing the class with you. Class participation with informed leadership will be the keynote. Recommended reading: Lean In (Sandberg); SuperBetter (McGonigal); Stand Firm: Resisting the Self-Improvement Craze (Brinkmann); any of Tim Ferriss' work

TUESDAYS 10:00-11:00AM

Are You Ready to Live to be 100 years Young!?

Instructor: Gayle Horton (Mar 20)

The best years of our life are yet to come -- so long as we are educated and prepared to grow older. This course is a conversation about aging, alternative living and care options and how to fund care. Gayle Horton brings with her both years of geriatric nursing experience as well as twenty years of experience consulting in care management and has helped more than 1,300 families on a range of issues related to aging. This program will include plenty of time for a question and answer session. Course fee: \$10

Planned Giving 101

Instructor: Milich Zecevic (Mar 6)

Our session offers actionable planned giving techniques that explain why they are imperative to every estate plan. We cover the issues donors and their advisors face when implementing their strategies. We walk the audience through answering the three fundamental questions when considering any planned gift; "Why, When, and Where Am I giving?" The session concludes with discussing real-life situations donors experience in the form of case studies where the audience participates. Course fee: \$10

Retirement Income Planning Under the New Tax Bill

Instructor: A.K. Mashhoon and Milich Zecevic (Mar 27)

Curious how the new tax law may affect your retirement withdrawal strategy? Join us as we dive into retirement income planning, tax efficient withdrawal strategies from social security, IRAs, 401k plans, Roth IRAs, pensions etc. and how your Medicare premium and social security taxes may be affected. This seminar will be part lecture and part group discussion. Course fee: \$10

TUESDAYS 10:00-11:00AM

Where Do You Want To Be When You're 103?

Instructor: Chris Baker

You have choices about how you live your future years. Learn how to create a plan now that supports the lifestyle you're accustomed to living. Topics include: Home, Healthcare, Personal Finance, Transportation, Community Activity, and many more topics related to long term planning. The Greater Atlanta Chapter of the National Aging in Place Council will empower you with education and resources so you can successfully remain at home where you feel safe and most comfortable.

TUESDAYS 11:30AM-1:00PM

In Your Own Words – Writing Your Personal Story

Instructor: Georgia Lee, VP Programming, Atlanta Writers Club

Writing your memoir doesn't need to be overwhelming... but now is the time to start! We'll demystify writing your story through manageable time periods, evocative settings, and techniques to make action and characters resonate with readers. Whether you want to publish, or simply leave a treasured journal for your friends and family, you'll never regret presenting your story in your own words. No prior writing experience required. We will draw from outside materials, but no required texts. Limited to 8 students. 2 hour class. Course fee: \$50 member/\$70 non-member

What is All This Resistance/Grassroots Activism Stuff?

Instructor: Elizabeth (Betsy) Shackelford

An exploration of the nascent progressive grassroots movement: what is it, who is it, where'd it come from, what its purpose is. Historical examples, some contemporary readings and examples, plus a survey of what's going on in the ATL metro area, any personal histories, and how to get involved, if interested.

Reverse Mortgages: Understanding the Pros and Cons

Instructor: Genie McGee, Georgia Licensed Loan Officer and Credentialed Master Trainer, Georgia Association of Realtors Partners in Education Instructor

(Two sessions: Mar 6-13)

The Reverse Mortgage is so misunderstood; older adults, their adult children and trusted advisors should learn the details of how they can effectively use their housing wealth in a proactive and informed manner. This class will cover the history of the Reverse Mortgage, uses, strategies, case studies, facts, pros and cons. I will also share information about the use of a reverse mortgage to purchase a new home, along with the latest research and program upgrades. This course will include a lot of content, games and fun and will include time for questions and answers. Course fee: \$35 member/\$55 non-member.

WEDNESDAYS 10:00-11:00AM

Women's Rights Are Human Rights

Instructor: Hafza Girdap

Gender equality has become a generally accepted refrain and gained secure positioning within international approaches to, and discourse on, development and human rights. However, it took decades of advocacy for gendered diversities to become effectively acknowledged as relevant to the international human rights system. In this process, the recognition that "women's rights are human rights" played a central role. It is very unfortunate that, some groups of women face compounded forms of discrimination, due to factors such as their age, ethnicity, disability, or socio-economic status, in addition to their gender. Effectively ensuring women's human rights requires, firstly, a comprehensive understanding of the social structures and power relations that frame not only laws and politics but also the economy, social dynamics and family and community life. This course examines the integration of human rights and gender mainstreaming in respect to the different perspectives of civil life. We will also examine competing definitions of women leadership; class, race, and gender dynamics; and the cultural dynamics of political organizing and social change.

WEDNESDAYS 11:30AM-1:00PM

Cultural Jewelry Making Series

Instructor: Virginia Milner

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

Financial Success in Retirement

Instructor: Sulay Ringwala, Certified Financial Planner

Students will earn the crucial elements of creating a comprehensive retirement plan. This will include topics such as: life planning during retirement, calculating retirement income needs, utilizing tax strategies, creating income efficiently from retirement savings vehicles, social security, investments, mitigating risk through insurance, long term care, and proper estate planning mistakes that can plague retirees.

Live. Love. Laugh. Cry. Write It Down.

Instructor: Susan Soper

Whether writing a bio, memoir or obituary the highs and lows of your life are worth writing down - and passing down. Using the instructor's obituary workbook, you will be prompted to document all the important facts as well as tackle unpredictable questions (Road not taken? Particular passions? Notable turning points? Quirks?) that will help you think more creatively about yourself and your life and legacies. For whatever purpose, don't let your good - and unique! - story get lost!

Course fee: \$50 member/\$70 non-member (ObitKit Workbook included).

1:30-3:00PM

Cultural Jewelry Making Series

Instructor: Virginia Milner

THURSDAYS 10:00-11:00AM

Six Stellar Short Stories: Hidden Gems

Instructor: Elizabeth Deschenes

(begins Mar 15)

We'll explore six international short stories that are truly hidden gems by literary masters. Our readings will be sure to spark some interesting discussions and expand perspectives of how we see the world. We'll be looking at works from Albert Camus, Edith Wharton, Franz Kafka, Margaret Atwood and one other. Please come to class having read *The Open Window* by Saki (Munro).

11:00AM-1:00PM

The VERY BASICS of Some Awesome Food

Instructor: Chef Arjun Singh, Executive Chef, BBQ Nation Indian Restaurants (India); Manager, Masti Indian Street Eats (Atlanta)

During this eight-hour interaction with Chef Singh, you will be presented with a demonstration and taste of four delightful simple, one-pan dishes to tease and delight your taste buds.

1. Aloo Paratha with yoghurt sauce (Raita)
2. Traditional Chicken Curry
3. Aloo Gobi
4. Butter Chicken (Makhani) with a special Kachaparatha (Bread)

Each session will have a spice list, ingredient list, and demonstration of cooking technique. The pan being used to cook will be projected onto a screen for easy viewing of the chef at work. Induction cooking will be used. Class is limited to 12 participants. Course fee: \$45 member/\$65 non-member.

THURSDAYS 1:30-2:30PM

The Anti-Inflammatory Diet

Instructor: Catharine Clark, MS, CNS, LDN

Attack the root cause of many inflammatory chronic conditions with explicit, straightforward changes to what you eat. Learn about common, and not-so-common, chronic inflammatory conditions.

- Learn how common foods can increase or decrease inflammation;
- Learn about the cost of chronic inflammatory conditions in the US;
- Learn about on-line tools and apps to help you balance your food choices;
- Learn which dietary changes impact your HRA (Health Risk Assessment);
- Learn how to make explicit, straightforward changes in what you eat and how to measure your improvement.

1:30-3:00PM

It Can't Happen Here? Timothy Snyder's 'On Tyranny: Twenty Lessons from the Twentieth Century'

Instructor: Dan Zins (ends 3:00PM)

Snyder's "essay" might be one of the shortest books you have read since you were three or four, but it could also turn out to be one of the most important ones. As we discuss the relevance of his warnings for life in America in 2018 and beyond, we will also consider possible additional lessons Snyder might have overlooked, and why more Americans do not appear to share his concerns. May we now use the "F" word in polite company?

Long Session (Apr 9-May 25)

MONDAYS 10:00-11:00AM

A View into Societies of Western Civilization Through Their Architecture

Instructor: Jerome M. Cooper

Based upon the theory that the profiles societies leave down through history is based upon their structure; their values (i.e., the laws they lived under and the Gods they worshipped) and the technology that was available to them...then the buildings which were built to serve them reflected these three qualities. This course will relate these qualities to the architecture of each society beginning with Ancient Egypt; Ancient Greece; Ancient Rome; Early Christian; Romanesque; Gothic; Renaissance; and continuing up to modern times. The suggestion is that buildings do talk...but while most of us see them we do not listen to them.

From Rumi to Gulen: The Sufi Tradition of Love in Islam

Instructor: Elif Nesibe Temiz

This course aims to explore the Sufi Tradition of Love in Islam through two exemplary personas, namely Jalaluddin Rumi (d.1273) and Fethullah Gulen (b.1938-). The course will start by investigating the historical and philosophical origins of Sufism in Islam, its essential tenets and practices. Then we will move on to Rumi, a paramount historical figure of love, to explore the reflections of Sufi tradition in his life, his Mawlawi order, and his pivotal work Mathnawi through poetic translations of Coleman Barks. Finally, a special emphasis will be given to the contemporary reflections of love in the works of Fethullah Gulen and his legacy will be explored by surveying Hizmet Movement, which is a transnational network of people that aims to serve humanity through education, social work, and dialog. Participants of the course may expect to obtain a firm understanding of Sufism and be conversant with both historical and contemporary examples of Sufi personas and their influence on our humanity.

MONDAYS 10:00-11:00AM

Aging in Place and the Senior Care Continuum

Instructor: Jeff Bird

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

Civil Wrongs, Civil Rights (1865-present)

Instructor: Bill Stanhope, MS,PA

This course will explore the post Civil War struggle for Civil Rights. The course will cover the first and second periods of reconstruction including the "Black Codes" and the 1875 Civil Rights Act. The Redemption movement, the introduction of peonage and the subsequent tolerance of 60+ years of state supported domestic terrorism know as the Jim Crow period will be discussed to the degree allowed by time constraints. The pivotal role of WWII will be presented and the course will close with a review of the successes of the period from 1954-1968 and a candid discussion of "where we are today." There will be You Tube assignments.

11:30AM-1:00PM

Being Ethical Without Religion

Instructor: Dennis Martin

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.

Musical Transformations: Three Classic Musicals in their Stage and Screen Versions

Instructor: William Allen MA, MPhil, MLn

Technical Assistance: Michiyo Allen, BS

We will study the differences in these stage musicals and their depiction on film - Rodgers & Hart's 1940 Pal Joey with dancer Gene Kelly and the 1957 film with singer Frank Sinatra; Rodgers & Hammerstein's 1943 musical OKLAHOMA! on film in 1955 and its acclaimed 1998 RSC stage version; and Lerner & Loewe's 1951 PAINT YOUR WAGON California Gold Rush musical with its bi-ethnic love story and its complete revision into a 1969 "buddy" film with "non-singers" Clint Eastwood & Lee Marvin. We will study the transitional how's and why's of all these through their classic songs and scenes.

1:30-2:30PM

The Alliance Theatre: A Play's Journey

Instructor: Susan Booth, Artistic Director, Alliance Theatre

Meet different staff members each week to learn what it takes to choose, design, cast, produce, rehearse, perform, and market a play at the Alliance Theatre -- soon celebrating its 50th anniversary as a cultural hub in Atlanta. Each week has a different practical focus, all shot through the prism of a single text: Leonard Bernstein's *Candide*; class will finish with a trip to that performance. Admission to the performance is free to students.

Class One: Selecting Your Play (Donya Washington, Off-Site Season Producer)

Class Two: Directing Your Play (Susan Booth, Jennings Hertz, Artistic Director)

Class Three: Designing Your Play (Victor W. Smith, Director of Production)

Class Four: Rehearsing & Running Your Play (Christopher Moses, Dan Reardon, Director of Education/Associate Artistic Director)

Class Five: Budgeting Your Play (Mike Schleifer, Managing Director)

Class Six: Producing & Casting Your Play (Jody Feldman, Producer & Casting Director)

Class Seven: Marketing Your Play (Jessica Boatright, Director of Marketing)

MONDAYS AND WEDNESDAYS 1:30-3:30PM

These four (4) courses seek to help older adults learn how to use their own personal device, rather than be taught in a computer lab. The courses progress from considerations in acquiring a mobile device, connecting to the internet/cloud, using e-mail effectively, and how to use Google to find the vast lifelong learning opportunities. Learners are asked to bring their own device from home into class. Any device that has a browser, word processor (of any type), and e-mail capability are appropriate. Courses are taught for 2 weeks, 2 hours per session, 2 times per week. Upon successful completion of the coursework, a certificate will be issued by Emory Continuing Education.

Buying A Mobile Device: The Good, The Bad, And The Ugly

(Apr 2–Apr 11)

Instructor: Dan Gasparrini, EdS, MS, RN, CTT+

This course will familiarize the learner with the options available to obtain a mobile device, or upgrade their current machine. Laptop computers, tablets, smartphones, for example, all have their advantages and disadvantages. Operating systems, e.g., Android O/S, Apple iO/S, will be discussed, compared, and contrasted.

Wireless Networks: Getting Connected— No, “Wi-Fi” is not a question!

(Apr 16–Apr 25)

Instructor: Dan Gasparrini, EdS, MS, RN, CTT+

Now that I have my mobile device, how do I connect my devices together? How do I connect to the Internet? This understanding of Wi-Fi is integral to [safely] working with mobile devices and “The Cloud”. Wi-Fi and Bluetooth® will be discussed and compared. Various techniques of safe connection will be discussed, including OLLI, at home, and in public places.

E-Mail: The Essentials

(Apr 30–May 9)

Instructor: Dan Gasparrini, EdS, MS, RN, CTT+

What to do with e-mail? One can read, delete, sort, move to a folder, reply, forward, attach, embed, or create your own rules on how incoming mail is handled. Both client-based and web-based mail interfaces will be addressed. Efficient and effective use of TO:, CC:, and BCC: will be covered. How to make groups to send multiple e-mails.

The Browser: The Key To Lifelong Learning Online – Is “Google” a Verb?

(May 14–May 23)

Instructor: Dan Gasparrini, EdS, MS, RN, CTT+

The browser is the cornerstone of searching, retrieving, and saving information from the World Wide Web (WWW). Using the browser effectively would result in fewer frustrations when attempting to access the wealth of information available. The basics of searching the internet and the results of those searches will be extensively explored. Bookmarks/Favorites will be presented as a means for saving and sorting Web sites for future retrieval.

TUESDAYS 10:00-11:00AM

ABCs of Law, Part 2

Instructor: Robert Castellani, BA, JD

Part 2 of the ABCs of Law considers more basic principles of law in the areas most often encountered by non-lawyers. The course will cover criminal law, criminal procedure and constitutional law. What are the elements of a crime, how do we resolve criminal charges, why does the system sometimes fail, what should everyone know about the constitution. Each session will include times for discussion and class questions on how to apply what we learn to our lives. Note: Completion of ABCs of Law - Part 1 recommended but not required.

Atlanta: A City Too Busy to Hate

Instructor: Lonnie King, BA, MPA, PhD Candidate
Georgia State University

An overview of Atlanta’s history tracing its origins and development into the “City Too Busy To Hate” and tracing the impact that African-American commerce and political activism had on the nation as a whole. This course will cover the years from 1865 to 1959.

TUESDAYS 10:00-11:00AM

Controversies in Medicine: Why We Get Mixed Messages

Instructor: Karen K. Steinberg, Ph.D.

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

Conversion or Proselytize in 21st Century

Instructors: Chaplain Manhar Valand and Dr. Narayanan Komerath

Modules to cover controversial issues on morality, ethics, and truth about faiths. All utilize spiritual knowledge based on scientific truths to help mankind navigate thru life for fulfillment of happiness as common goal. Qualities and virtues cannot be acquired thru pursuit of material in faith. Operating manual for mankind -- the scriptures or blueprints; a method/process to use it to remove ignorance through faith leaders to for real education. Leaders who pursue who inherit name/fame inspires ignorant acts of violence or terrorism. Gain ultimate freedom from faith through education so that truth sets you free. Course fee: \$65 member/\$85 non-member

The Kabbalah of You: A Guide to Unlocking Your Hidden Potential

Instructor: Rabbi Ari Sollish

Ever wonder why you didn't come with an instruction manual? Why self-discovery is such a difficult and elusive process? Do you ever feel like you want nothing more than to live true to yourself, but can't figure out what exactly that means? The Kabbalah of You will teach you who you are, at your core, and how to access and unleash the true inner gifts you possess. This course provides a mystical roadmap to living a life of happiness,

fulfillment, and self-actualization by revealing how you can thrive and be more than just alive. Course fee: \$70 member/\$90 non-member (includes book)

Russian History from Rurik to Revolution

Instructor: Susan Barnard, BA Journalism and Public Relations

Travel back in time to when the Viking Grand Dukes held claim to the vast land that became Russia. Learn about the Mongol invasions. Discover how the early leaders ruled villages, Christianized a people and consolidated towns and villages into a country ruled by autocrats. Explore the intrigues of Tsars such as the Ivans, Peter the Great, Catherine the Great, the Alexanders, and the Nicholases. Our class ends when the leaders of the Revolution forced Nicholas II to abdicate, sealing his and his family's fate, as the Bolsheviks took power and established the Soviet Union.

11:30AM-12:30PM

Creative Writing: Fun and Personal

Instructor: Arlene Appelrouth, BA News-editorial Journalism

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

Jazz History: A Listener's Guide, Part 1

Instructor: James Rozzi

At just over 100 years old, jazz has changed dramatically from its earliest roots in blues and New Orleans music to reflect the most tumultuous century in history. In Part 1, we will explore jazz's beginnings up through the 1940s big band era—via recordings, written histories, photos, and videos. Part 2 will be offered in a later session, commencing with the complexities of 1940s bebop through jazz's current, multi-cultural musical trends. 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.

TUESDAYS 11:30AM-12:30PM

Game Changers, Part 2: History and Folk Music

Instructor: Brandt Ross

This is the second series of programs about 'game-changers' with stories of people and events that changed our history. Classes include: "Stephen Decatur and the Barbary Pirates", "Remember the Alamo", "Two stories from the Civil War", "Women of the West"; "Three Ladies", "Baseball Gamechangers" and more. All programs include folk songs and guitar.

November 22, 1963

Instructor: Sal Depasquale, MCJ, MBA
(Apr 10-May 29)

A former Marine (who served in Japan on a top secret assignment and defected to the Soviet Union...then returned to America but didn't face espionage charges) purchased a mail-order, poor quality Italian-made rifle that he used to kill JFK while on a lunch break...then went to the lunchroom after the assassination to eat his lunch...where he was confronted by the building manager and a Dallas police officer...then left the building and took a cab home. After a brief stay (presumably a bathroom break), he proceeded to a movie theater -- killing a police officer along the way -- and then was arrested in the theater. He was killed two days later in the police station by a MAFIA connected strip club owner. Suggested reading: *The Devil's Chessboard: Allen Dulles, the CIA and the Rise of America's Secret Government* (Talbot), *The Brothers: John Foster Dulles, Allen Dulles, and Their Secret World War* (Kinzer), and *November 22, 1963: A Brief Guide to the JFK Assassination* (Bojczuk). Limited to 36 students.

Russian Masterworks: Glinka to Stravinsky

Instructor: Sally Kann

This lecture course features audiovisual material as well as weekly handouts of supplementary reading and listening guides. Each weekly class concentrates on a different Russian composer, whose works will be listened to and discussed in class. Participants will understand the evolution of the Russian universe of Romantic classical music -- as it departed from European influences -- against a turbulent backdrop of politics, and the powerful shaping influences of Orthodox religion, folk culture, literature, and art.

Untangling Tolstoy's *War and Peace*

Instructor: Dorothy Carrillo, PhD

If you've tried reading *War and Peace* but gave up, this course will connect the characters, their names, relationships, and roles in a way that illuminates the story and our regard for this masterpiece of literature.

12:30-1:30PM

Lunch and Learn: "The Survival of Journalism in the Era of Fake News"

(see page 18 for details)

1:30-3:00PM

Adventures into Wine

Instructor: Herbert Spasser DDS, CWE

The wonderful world of wine becomes alive, exciting, and familiar via lecture, PowerPoint slides, and tasting. Topics include 'Wines from Down Under, Australia & New Zealand', 'Old World/New World is There a Difference?', 'A Loire Odyssey, Its History, Chateaux, and Wine', 'Bella Italia, Piedmont & Tuscany', and 'The Wines of the Pacific Rim, Washington State & Oregon'. Please bring 2 suitable wine glasses to class. Course fee: \$85 member/\$105 non-member (includes all supplies)

African-American Perspectives of Race in Atlanta

Instructor: Marty Bennett

African-American guest speakers present perspectives of race relations, including white privilege, micro-aggressions, racism, and lifetime changes in racial contexts. This is an opportunity for OLLI students to listen and learn about racial issues from the point of view of African-Americans so we can better understand the roots and depths of race relationships.

Basic Italian Grammar

Instructor: Laura Parrish

This course is for Italian speakers who have some basics already, such as greetings and basic conversation. You can proceed in your learning experience and also be able to build sentences correctly. The course includes: articles, nouns, genders and numbers; rules of pronunciation, prepositions, possessives, present tense and reflexive verbs, as well as usage of the verb "piacere".

TUESDAYS 1:30-3:00PM

The History of Photography: A Technological Art

Instructor: David Goldsmith, Emeritus Professor of Chemistry, Emory University

Wither photography? Is it an art, or is it just the product of a machine? From its origins in early 19th century photography, the capture of an image by a chemical/optical process has been the subject of intense debate: art or not art. Today, though the means of making these images has changed, the argument continues. In this course, we'll trace the development of photography from the "fixing" of images by Daguerre in France and Fox Talbot in England in the early 19th century to today's digital capture and display. We'll see who made the photographs, how they did it, and what did they photograph. The class is encouraged to show and discuss some of their own image making.

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.

WEDNESDAYS 10:00-11:00AM

Dynamic Art During Turbulent Times: Germany 1900-1933

Instructors: Bill Fletcher, MA German Language and Literature; Dorothy Fletcher, MA Art History; Clark Poling, MA, PhD, Art History

Expressionism is an avant-garde movement most often associated with early 20th century German art. We'll examine the variety of movements, artists, themes and styles associated with that name as they responded to the political and social upheaval of this period.

Movements such as the Vienna Secession, The Bridge, The Blue Rider, Dada, New Objectivity, and the Bauhaus School of Design, as well as the works of artists such as Klimt, Schiele, Kirchner, Kandinsky, Marc, Beckmann, Gropius, and Kollwitz will be discussed. The common bond among these various groups and individuals was their rejection of dominant social, political, and artistic structures.

A Change of Heart Changes Everything

Instructor: Jan Brodie, RN, MN, Certified Nurse Midwife, Holistic Nurse, Certified HeartMath Trainer

Come learn about HeartMath, a cutting-edge stress management and resilience-building program with scientifically-validated tools and techniques to help you tap into the incredible wisdom, creativity and intelligence of your heart. Learn methods to bypass the reptilian, fear-based amygdala and gain access to the vast treasures of expanded perception awaiting discovery in the more evolved areas of your brain. Test your progress with a fun biofeedback software program. Limited to 16 students.

A Collection by Joseph Conrad

Instructor: Ross Friedman

Joseph Conrad, one of the great prose stylists in English even as his third language, believed a man didn't know himself until he was tested. We will study and discuss this idea and the duality of one's personality through "Heart of Darkness," a work I have read many times and enjoy more each time, "Youth," a coming of age story we will all relate to, and "The Secret Sharer." My courses in Shakespeare's tragedies were a load of laughs; this one will take a darker turn.

American Short Stories, Part 1 (1837-1910)

Instructor: Jack Balsler

Most critics agree that the short story as we know it is an American invention and arguably the most important literary genre to have emerged in the United States. In this course, we will study the work of the influential early writers who used the form to address topics such as race, the frontier, war and feminism while also creating lasting literary forms, among them the humorous story stories of the occult, the detective story and more. We will read and discuss stories by Hawthorne, Poe, Melville, Ambrose Bierce, Mark Twain, Kate Chopin, O. Henry and others.

WEDNESDAYS 10:00-11:00AM

Mindful Relationships: Current Thinking on How Mindful Meditation May Improve Adult Romantic Attachment

Instructor: Emily C. Gosterisli, PhD, LCSW

We will explore the intriguing relationship between mindfulness and adult romantic attachment while discussing the latest research on their connection. Class will begin with an overview of the scientific literature and development of both concepts, as well as an introduction to the practice of mindfulness meditation. Mindfulness Based Stress Reduction (MBSR) will be discussed, along with how and why scientists and practitioners have begun to suspect that mindful meditation may be one avenue for healing adult attachment difficulties and improving relationships. Recent research findings will be integrated with in class opportunities for practice and reflection on mindfulness meditation.

Churchill and the Decline of the British Empire

Instructor: Christopher Martin

An examination of the fascinating life and career of Winston Churchill: his youth; military career; journalistic endeavors; extensive writings; oratory; political career; tenure as Lord of the Admiralty; ascension to Prime Minister; WWII tenure; post-war election defeat; and eventual return to second Prime Minister-ship. Concurrently, we will explore how his career coincided with the dissolution of the British Empire. Course fee: \$60 member/\$80 non-member (includes book)

11:30AM-1:00PM

The Art of the Documentary, Part 2

Instructor: Howard Cohen

Viewing seven stunning one-hour documentaries will be a visual feast. Emphasizing visual quality, intellectual content, and clarity, we will concentrate on art, architecture, and history. These costly videos utilized the expertise of scholars, and OLLI's large screens give us a unique experience. There will be brief introductions and class discussion will follow each showing.

Examining our “Funny Bone” 2 with Dr. Mark

Instructor: Mark Levine, PhD

This course is the perfect anti-aging remedy to laugh away our anxieties about aging using our right and left sides of our brain to explore and appreciate the humor all around us. We will examine our favorite (1940s–present day) comedians, games, game shows, stories and story tellers, many of the crazy situations we find ourselves in and how to create humor without having to remember or telling jokes - a in our senior years.

Facing the Challenges of Life

Instructor: Cynthia R Zeldin, M.S.

The following topics will be discussed: staying motivated as we grow older, effective communication styles and roadblocks; assertive, passive and aggressive styles of communicating, self esteem and stress, learning to listen effectively, facing your fears, living in the present and getting over the past.

Introduction to Sufism

Instructor: Hala TalebAgha, MD

In this course, we will give a short outline of the origin, meaning, aims, branches and distinct beliefs and practices of Sufism. Our main emphasis will be to introduce the seeker to an initial understanding of the main Sufi concepts such as: The Levels of Being; Monad, Spirit and Soul; What is Beauty? What is Love in Sufism? How are Cosmos, Macrocosm and Microcosm related? What are Divine Letters/Abjad/Gematria? What is the Unity of Being? How to live as a Sufi?

Live. Love. Laugh. Cry. Write it down.

Instructor: Susan Soper

Whether writing a bio, memoir or obituary the highs and lows of your life are worth writing down – and passing down. Using the instructor's obituary workbook, you will be prompted to document all the important facts as well as tackle unpredictable questions (Road not taken? Particular passions? Notable turning points? Quirks?) that will help you think more creatively about yourself and your life and legacies. For whatever purpose, don't let your good – and unique! – story get lost. Course fee: \$70 member/\$90 non-member (ObitKit workbook included).

WEDNESDAYS 11:30AM-1:00PM

Milton's "Paradise Lost"

Instructor: Jim Mengert

You may have read some or all of this great poem long ago and want to revisit it. Or you may never have read it but always wanted to. Or you may never have read it, don't particularly want to, but think you ought to. If you fit any of these categories, this is your chance.

1:30-3:00PM

Ageless Grace® – Brain and Body Fitness

Instructor: Sandy Bramlett

(1:45-3:15pm)

Based on the cutting-edge science of neuroplasticity, Ageless Grace® consists of 21 movement 'tools' that playfully address all 5 primary brain functions, as well as physical skills for optimal functioning, including balance, joint mobility, cardiac function, strength, endurance and more. You will learn why and how to create a daily practice (seated or standing) that focuses on the core to simultaneously stimulate optimal cognitive and physical functioning. Moving to upbeat music adds to the energizing activity for all shapes, sizes and fitness levels! Course fee: \$85 member/\$105 non-member

Cultural Jewelry Making Series

Instructor: Virginia Milner

These classes not only teach the basics of jewelry making, but also give students a glimpse of different cultures as they journey - from the comfort of their chairs - all over the world from the North American Southwest to parts of Asia, Africa, South America, and more to reimagine and create new pieces by transforming beads and components into something that is uniquely theirs. Each piece will include authentic beads and/or designs indicative of the featured continent or country. By the end of each class, the students will have learned how to make a necklace, bracelet, and earring that are culturally inspired. The idea is for them to learn techniques in one class that they can take to another class and/or continue to use on their own. This class is designed for both absolute beginners and students with limited knowledge and skills. Class limited to 10 students. Course fee: \$115 member/\$135 non-member (includes all supplies)

Improvisation, Part I

Instructor: Robert Drake, Artistic Director at the Academy Theater

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

iPhone Basics

Instructor: John Lilly, MS Instructional Technology

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: \$105 member/\$125 non-member

THURSDAYS 10:00-11:00AM

Basic Meditation: Mindful Awareness Practice

Instructor: Cookie Ruben

This is a basic introduction to mindfulness as achieved through meditation. We will explore the benefits of a sitting mindfulness/awareness practice. This will include: some history of meditation, the effects that meditation has on our health and wellbeing, and instructions to begin a meditation practice. Students need no previous meditation experience. Class sessions will include sitting practice, film, video, lecture, discussion, and selected articles. Wear comfortable clothing and prepare to become more peaceful in your everyday life! Limited to 30 students.

British Prime Ministers

Instructor: John Thirkettle

Since Robert Walpole was made Prime Minister in 1721 the United Kingdom has been led by 53 others. Some have had profound effect not only on the UK but the rest of the world. Modern studies agree on who are the top ten but disagree on their merits. Was Churchill better than others? We will concentrate on the achievements of the best with emphasis on United States relations. We will also discuss some that were not so good.

THURSDAYS 10:00-11:00AM

Estate Planning

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, -- all 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.

The Great Divergence

Instructor: Esteban Bertera

Almost 2,000 years ago, the West (Europe) and the East (China) started divergent paths of economic development. This ended with a nearly total world domination by the West. It could have gone different. The question we will try to answer is...why? We will trace the process in each of its stages and try to identify key bifurcation points in history where outcomes were critically different. From the fall of the Roman Empire (and the Han Empire that did not fall) through the unique European feudalism, then the great colonial expansion of early modern times, all the way to final act, the Industrial Revolution. It could have gone the other way and lets try to see why it did not.

Industrial Revolution, Part 2

Instructor: Dan McIntyre

As noted in the previous classes on the industrial Revolution, Great Britain was the global leader in the Industrial Revolution from 1760 to about 1870. This class will pick up with how/why the United States has been the global leader for the past 150 years, and is likely to continue to be the dominant industrial / military power for the foreseeable future. Also, we will cover how China, Russia, and other world competing powers are progressing both economically and militarily to challenge our role as global leader.

Religion: A Sociological Perspective

Instructor: Kemal Budak, PhD Student, Emory University

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 global and American religious landscape, 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.

11:30AM-1:00PM

Financial Planning Nearing Retirement

Instructor: Everett Morris, CFP®, MBA, JD

Come learn about financial planning strategies outside of investment management that can have a significant impact on whether you reach your goals, including debt management, tax planning, and risk management. You will also learn how to build an investment portfolio designed to meet your personal future goals and how to measure your success in reaching your own goals, not simply trying to beat the market.

Sight And Sound: World's Best Small Museums And Their (Imagined) Music, Part 6

Instructor: Howard Cohen

Major cities around the world boast renowned centers of art -- New York Metropolitan Museum and MOMA, Paris' Louvre, Madrid's Prado...but smaller museums often provide a more concise overview of a period or artist. Using colorful videos, we will visit museums, architecture, and archeological sites in Morocco, Egypt, Israel, Turkey and Greece. Music appropriate to the locale will be included.

Cultural Jewelry Making Series

Instructor: Virginia Milner

see description on page 14

Introduction to Behavioral Economics, Part 1

Instructor: Shai Robkin

This course introduces students to key concepts designed to help people and organizations make better decisions and avoid common pitfalls that result from instinctive human behaviors. While classical economic theory assumes that people make rational decisions -- weighing costs and benefits in order to optimize the likelihood of achieving desired outcomes -- behavioral economists start by asking how humans actually behave in the real world. The course covers basic theories of evolutionary psychology, automatic vs. controlled thinking, heuristics (simple procedures that people use unconsciously to reach decisions on difficult questions), prospect theory and inaccurate perceptions of risk, the role of chance, public policy and choice architecture, and when and when not to trust experts.

1:30-3:00PM

Agnosticism to Atheism: A Leap or Small Step?

Instructor: Dennis Martin

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. Can you show that something doesn't exist?

The Most Popular TED Talks Of All Time

Instructors: Howard Cohen and Marty Bennett

TEDTALKS are dynamic, powerful, informative and entertaining 15-20 minute lectures on video. We will view and discuss the most popular TALKS that have fascinated viewers for years. Watch inspired speakers on engrossing topics and join in the discussion. These social, political, scientific and personal lectures, seen on our large screen, will generate lively class debates. Course is best suited for first-timers, as many of these TedTalks have appeared in prior classes.

French for Fun

Instructor: Nayera Salam (six weeks)

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.

Improvisation, Part 2

Instructor: Robert Drake, Artistic Director at the 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: Improvisation Part I. Course fee: \$65 member/\$85 non-member

Introduction to Behavioral Economics, Part 2

Instructor: Shai Robkin

This course completes the fundamental underpinnings of behavioral economics first introduced in the Part 1 course. Concepts covered include mental accounting, a key element in the work of Nobel Prize winner, Richard Thaler, present focus bias, reward substitution, social signaling, choice sets, the decoy effect, and emotion driven decision making.

Where Do Boomers and iGeners Get Their Information?

Instructor: Dan Zins

Although critical media literacy is crucial for successfully addressing our national and global emergencies (and ending our unacknowledged endo-colonization), it is very rarely taught at any level of education. Reading Neal Postman's prophetic 1985 book *Amusing Ourselves to Death: Public Discourse in the Age of Show Business*, we will critically monitor/discuss our favorite/least favorite sources of information and the state of the (dis)union in 2018.

Off-Site Courses

PIEDMONT PARK IN MIDTOWN
400 PARK DRIVE NE
ATLANTA, GA 30306

Nordic Walking for Fitness

Tue, March 6-27 / 10:00-11:00am
Instructor: Molly Lay, ANWA, NETA Certified Group Fitness Leader and Personal Trainer
Nordic Walking 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 poles reduce impact and load on the joints of the body and activate 90% of the body's muscles. Course fee: \$80 member/\$100 non-member (includes use of poles in class). Minimum 6 students. Limited to 8 students.

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

Yoga Asana and Pranayama

Thu, March 8-29 / 10:00-11:00AM
Instructor: Bianca Lee
Yoga Asana (poses), pranayama (control of the breath) and Vinyasa (series of poses coordinated with breath) are taught in Pranakriya style to improve physical strength, endurance, flexibility and balance. Classes will become progressively challenging but, postures can be adjusted up or down to suit individual needs. Yoga teaches to be mindful of every part of our body as well as our actions. Practicing Yoga develops a non-judgmental, compassionate attitude and restores inner peace and harmony. Course fee: \$55 member/\$75 non-member.

T'ai Chi

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

Tue, March 6-27 / 12:45-1:45PM
Course fee: \$55 member/\$75 non-member.

Tue, Apr 10-May 29 / 12:45-1:45PM
Course fee: \$99 member/\$109 non-member.

DANCE: From Country to Disco

Thu, Apr 12-May 31 / 12:30-1:30PM
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!
Course fee: \$99 member/\$109 non-member. Minimum 8 students.

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

Sight and Sound: World's Best Small Museums and Their (Imagined) Music – Part 6

Fri, Apr 13-May 25 / 2:00-3:00PM
Instructor: Howard Cohen, BA, MA
See description on page 15. Limited to 20 students.

SOMERBY SANDY SPRINGS
25 GLENLAKE PKWY NE
ATLANTA, GA 30328
770-695-0230

Examining our “Funny Bone” 2 with Dr. Mark

Mon, Apr 9-May 28 / 1:00-2:00PM
Instructor: Mark Levine, PhD
See description on page 13. Limited to 25 students.

One-Day Workshops

6 EXECUTIVE PARK DR NE
SUITE 100
ATLANTA, GA 30329

National Safety Council Defensive Driving

Mon, Mar 12 / 9:30AM – 3:30PM

Mon, May 14 / 9:30AM – 3:30PM

Instructor: James Spano

Participants will acquire the mental skills and knowledge to become a defensive driver, by recognizing that safe driving is a matter of personal choices. 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. This course allows those who complete it to receive a discount on their auto insurance. Course fee: \$30 member/\$50 non-member. Limited to 40 students.

First Aid/CPR/AED

Mon, May 21 / 9:30AM – 3:30PM

Instructor: James Spano

This hands-on practical Basic Life Support course provides each participant receives 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 medical qualified staff members. Each participant will receive a student book, pocket guide, and a course DVD. Course fee: \$45 member/\$65 non-member (guide and DVD). Limited to 15 students.

Trips and Events

Friday, March 16

Gibbs Garden - \$65 per person

Monday-Thursday, May 7-10

Alabama Civil Rights Tour -
\$650 single/\$800 double occupancy

Friday, May 11

CDC Museum Tour - Free

Sunday, May 20

Candide (Alliance Theater) - \$30

Lunch and Learns

“The Survival of Journalism in the Era of Fake News”

Tuesdays - 12:30-1:30PM - Room 114

Reminder: bring your lunch!

Free -- Registration NOT required

Tuesday, April 10

Lisa George

WABE Radio (NPR)

Tuesday, April 17

Nydia Tisdale,

Citizen Journalist (arrested for video taping

GOP community address)

Monday, April 23

Jay Bookman

Editorial Writer with

The Atlanta Journal-Constitution

Tuesday, May 1

Donna R. Krache

Journalism Lecturer at Georgia State University and

former CNN Executive Producer

Tuesday, May 8

Leroy Chapman

Deputy Managing Editor

of The Atlanta Journal-Constitution

Tuesday, May 15

Art Harris

Award-Winning Journalist/TV Producer

and Media/Investigative Consultant

Tuesday, May 22

Cheryl Preheim

11Alive (NBC) Evening News Anchor

Emory Continuing Education
6 Executive Park Drive NE
Suite 100
Atlanta, GA 30329



TIME SENSITIVE MATERIAL

REGISTRATION

Registration opens **Mon, Feb 26** at olli.emory.edu or by calling 404-727-6000 (select option 2). Walk-In registrations permitted after **Wed, Feb 28**.

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!**