Classes for Adults

50+

Short Session: March 4 - March 29
Long Session: April 8 - May 29
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!

The Staff
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Stephanie Tarpley, MS
Program Coordinator
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OLLI Office General Information
Main Phone Line: 404-727-5489
Email: olli@emory.edu
Office Hours: 9:00am-4:00pm M-Th

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Join the list.
Make a tax deductible donation to the OLLI program.
Visit olli.emory.edu/DonateToOLLI
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.

REFUND/TRANSFER POLICY
You may withdraw from a class prior to its start date; however, a $10 administrative fee (per class) will be charged. No refunds for tuition, supply fees and/or instructor fees will be given after class begins. 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 2019 Term (Registration begins May 20)
Short Session: June 3 - June 28
Long Session: July 8 - August 23

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

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. (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

**SHORT SESSION: March 4 - March 29**

*(REGISTRATION OPENS MONDAY, FEBRUARY 18)*

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<td>Are We All Dishonest? (Robkin)</td>
<td>Alberto Giacometti (Poling)</td>
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<td>Is Masculinity Under Attack? (Alejandro)</td>
<td>Babies (May)</td>
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<td><strong>10:00-11:30AM</strong></td>
<td>Basic Meditation (Rubin)</td>
<td>Collaborative Law (Glassman)</td>
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<td>Rock &amp; Roll Part 4 (Dell)</td>
<td>Get Rid of Stuff (Davis)</td>
<td>Understanding Great Rooms (Hing)</td>
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<td><strong>11:15AM-12:15PM</strong></td>
<td>Law of the Election/Removal (Harbour)</td>
<td>Gullah Geechee Coast (Sumpter)</td>
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<tr>
<td>Computer Basics (S. Tarpley)</td>
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<td>Yes, Uke Can (T. Friedman)</td>
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<td>Let’s Talk About Race - Part 2 (Raynor)</td>
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<td><strong>6:00-7:00PM</strong></td>
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<td>Theology, Science and Creativity (H. Page)</td>
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<td><strong>THURSDAYS</strong></td>
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<td><strong>11:15AM-12:45PM</strong></td>
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<tr>
<td>Reducing/Managing Utility Costs (Davis)</td>
<td>Not Just Semantics (Zins)</td>
<td>Overwhelmed No More! (J. Page)</td>
</tr>
<tr>
<td><strong>10:00AM-12:00PM</strong></td>
<td><strong>12:30-2:30PM</strong></td>
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<td>Jewelry Making Series with a Cultural Twist (Milner)</td>
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<td><strong>2:30-4:00PM</strong></td>
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<td>OLLI Sampler (Various)</td>
<td>March of the Penguin (Hartsfield)</td>
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## OFF-SITE

**DANCE 101**

- Dance (Aponte)
  - Thu, Mar 7-28 12:30-1:30pm
  - Thu, Apr 11 - May 23 12:30-1:30pm
- Tai Chi (Meisner)
  - Tue, Mar 5-26 12:45 - 1:45pm
  - Tue, Apr 9 - May 21 12:45 - 1:45pm

**CONCOURSE ATHLETIC CLUB**

- Tennis for Beginners (D. Tarpley)
  - Fri, Apr 12 - May 24 10:30-11:45am

**PARK SPRINGS**

- A Great Musical Party Part 2 (Cohen)
  - Fri, Apr 12 - May 24 2:00-5:00pm

## ONE-DAY WORKSHOPS AND SEMINARS

- Defensive Driving (Spano)
  - Fri, Mar 15 9:30am-3:30pm
  - Mon, Apr 15 9:30am-3:30pm
- First Aid/CPR/AED (Spano)
  - Fri, Mar 22 9:30am-3:30pm
- Personal Defense (Logan)
  - Fri, Mar 15 10:00-11:00am
  - Fri, Apr 26 10:00-11:00am
# OLLI Classes at a Glance

**LONG SESSION: April 8 - May 29**  
*(REGISTRATION OPENS MONDAY, FEBRUARY 18)*

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<th>MONDAYS</th>
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| 10:00-11:00AM Societies of Western Civilization (Cooper)  
Chair Yoga & Meditation (Ahuja)           | 9:00-10:00AM Funding Your Retirement (Gelinas)  
10:00-11:00AM History of Buckhead (Barnard)  
How to Diversify Investments (Gelinas)  
Judaism Decoded (Sollish)  
Law of Sports and Entertainment (Harbour)  
Predictably Irrational? Part 3 (Robkin) | 10:00-11:00AM Bible Stories in Islamic Art (Fletcher)  
Chair Yoga & Resistance Bands (Ahuja)  
Funny Bone 3 (Levine)  
Intro to Mindfulness (Weisman)  
The Sufi Tradition of Love in Islam (Temiz)  
Uke at OLLI Jam (T. Friedman) |
| 11:15AM-12:45PM Core Values in Popular Film (Casper)  
Jazz History Part 3 (Rozzi)  
Learning and Cognition (Walker)  
Plague of Color (Knight) | 10:00-11:00AM Civilization in the Eastern Theater Part 2 (Richards)  
Game Changers 3 (Ross)  
History of Slavery (DePasquale)  
Predictably Irrational? Part 2 (Robkin)  
Psych 101 and Its Application (Bordan)  
The Six Most Unwanted (Starr and Drue) | 11:15AM-12:45PM “A Man for All Seasons” and “Tuesdays with Morrie” (R. Friedman)  
American Composers (Kann)  
Art of the Documentary - Part 5 (Cohen)  
Basics of American Sign Language (Jones)  
Funny Bone - Storytelling (Levine)  
Money and War (Bertera)  
Traveling to Italy (Giannasca) |
| 1:15-2:45PM Modern Aviation (Walker)  
Watercolor Art – Part 1 (Samoluk) | 1:15-2:45PM Civil War in Georgia (Shaffer)  
Ikebana Nutan (Ahuja)  
Old Jim Crow and The Long New Deal (Slavin) | 11:15AM-12:45PM Dealing with Difficult People (Davidson) |
| 1:30-3:30PM Social Bridge for Beginners (Chang) | 10:00-11:00AM Bible Stories in Islamic Art (Fletcher)  
Chair Yoga & Resistance Bands (Ahuja)  
Funny Bone 3 (Levine)  
Intro to Mindfulness (Weisman)  
The Sufi Tradition of Love in Islam (Temiz)  
Uke at OLLI Jam (T. Friedman) | |
| **THURSDAYS** | **FRIDAYS** | **SATURDAYS** |
| 10:00-11:00AM Anton Chekov and James Joyce Short Stories (Balser)  
Building Nations (McDavid)  
Interesting Stories in the News (Bennett and Whiteman)  
Tai Chi for Arthritis (Finne) | 12:30-2:30PM Jewelry Making Series with a Cultural Twist (Milner)  
1:15-2:45PM Cognitively Based Compassion Training (Dearwent)  
French for Fun (Salam)  
Improv II (Drake)  
Reckoning: Today’s Older Adults - Part 2 (Hemphill)  
Stories from the Bible and the Qur'an (Budak) | 9:30AM-4:00PM Dealing with Difficult People (Davidson) |
| 10:00AM-12:00PM Jewelery Making Series with a Cultural Twist (Milner) | 10:00-11:00AM World War II, Part 2: War in the Pacific (Libbey)  
Writing to Heal Yourself (Appelrouth) | |
| 11:15AM-12:45PM A Great Musical Party Part 2 (Cohen)  
Adults & Elder Orphans Support Group (Hemphill)  
Fading Splendor (McDavid)  
Our Children, Our Grandchildren (Zins) | 11:15AM-12:45PM Watercolor Art – Part 1 (Samoluk)  
Writing as a Practice (Appelrouth) | |
| 12:30-2:30PM Jewelry Making Series with a Cultural Twist (Milner) | 10:00AM-12:00PM Deconstructing the Novel (Converse) | |
| 1:15-2:45PM Cognitively Based Compassion Training (Dearwent)  
French for Fun (Salam)  
Improv II (Drake)  
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| **SATURDAYS** | | |
Short Session (March 4 - 29)

MONDAYS
10:00-11:00AM

Chair Yoga & Resistance Bands
Instructor: Nutan Ahuja
Chair Yoga is a way to ‘Sit Your Way to Better Health.’ Chair yoga’s therapeutic adaptive exercises work your body from head to toe. The simple and easy movements are great for people in any condition, to do anytime and anywhere. Chair Yoga promotes well-being through breathing correctly and stretching in ways that will open up your body on the path to peace. Resistance bands help to do any type of strength training without the need for heavy weights. These bands engage multiple muscles simultaneously, so your entire body gets a workout in a short period of time. These classes are a GREAT entry point for students of all ages and levels. Course fee: $50 member/$70 non-member. Max 25 students (You can also sign-up for the Wednesday class and participate twice per week).

Is Masculinity Under Attack?
Instructor: Jeffery Alejandro, EdD
This course will examine the question: “Is masculinity under attack...and if so, why?” We will discuss definitions of masculinity, expectations of men today, and how society perceives men. Course fee: $0 member/$20 non-member.

10:00-11:30AM

Origins of Rock & Roll - Part 4
Instructor: Tom Dell
A look at popular music in the mid-sixties – the British invasion, soul and funk, Southern rock and other evolving genres. The course contains a lot of music that ties the British Invasion to the early American Delta and Chicago Blues arenas.

11:15AM-12:15PM

Computer Basics
Instructor: Stephanie Tarpley, MS
If you think computers and the internet are not for you, you’re not alone -- there are others who feel the same way. Computers and the internet have become a part of everyday life. It’s all really useful... if you know how! In this class, we will start off with the basics, learn the basic parts of the computer, how to use a mouse, key board and move around in Windows. Also, learn basics of the internet, establish an email account and how to access it wherever you are. Learn how to stay in touch with friends, family and how to register for OLLI classes! Course fee: $0 member/$20 non-member

Let’s Talk About So You Want To Talk About Race - Part 2
Instructor: Denise Raynor, MD, MPH
The class will continue talking about So You Want To Talk About Race by Ijeoma Oluo, a great way to explore race. The class provides an open space for honest dialogue about probably the most difficult topic the country faces. The book is required reading.

6:00-7:00PM

Theology, Science and Creativity
Instructor: Howard Page
Starting with the book by Deepak Chopra and Leonard Mlodinow, we’ll look at how creativity fits into the discussion of theology and science. We’ll move on to the writings of Daniel Kahneman, Nobel Prize winner in behavioral economics, to understand how the brain works. We’ll end with John Cleese, co-founder of Monty Python, and a few others to see how we can be more creative in our own lives. If you’ve always wanted to know too much about creativity, this is the place to be.

TUESDAYS
10:00-11:00AM

Are We All Dishonest?
Instructor: Shai Robkin, MBA
The course focuses primarily on the ideas of psychologist and behavioral economist Dan Ariely presented in his book The Honest Truth About Dishonesty. We will examine everyday human behaviors and attempt to understand how honest each of us really is. This subject matter was originally supposed to be taught as part of the course “Are we moral? Are we honest?” in the fall of 2018 but never was actually addressed in that course.

Babies: Figuring Out How The World Works
Instructor: Dan May, MPH, PhD
When everything a baby sees and hears is brand new, how do they make sense of it all? What are they born knowing, what do they figure out, and how? The infant as physicist, linguist, psychologist, and moralist.
TUESDAYS
10:00-11:00AM

Basic Meditation
Instructor: Cookie Rubin
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.

Get Rid of Stuff: Declutter for a Safe and Serene Home
Instructor: Bonnie Davis, MBA, CAPS
This is a very interactive, project-based course designed for participants to learn the importance of decluttering to make their homes safer and overall better to live in. One in three seniors experience a fall, with about one-half of falls occurring in the home. Participants learn easy ways to declutter and take other simple steps to reduce their chances of falling at home. In addition, participants learn how decluttering can give them room to enjoy their homes more and enhance their overall well-being by living clutter-free.

The Law of the Election and Removal of a President
Instructor: Steven Harbour, JD
This course will discuss issues concerning (i) the election of a President, including the Electoral College and proposals for reform, and (ii) the removal of the President, including the history of impeachment and the operation of the Twenty-Fifth Amendment that deals with Presidential incapacity.

11:15AM-12:45PM

Film Genres
Instructor: Paul Gaustad, MA
A frank, informative, educational, and entertaining series of classes which will focus on three primary film genres: Comedy, Horror, and Blaxploitation. Class will include discussion, lecture, and a wide assortment of film clips. Warning: some films presented in class may contain images (both implied and explicit) as well as words and phrases that may be offensive and disturbing to the viewer. Please do not take the course if you are not prepared to engage such representations.

Health Care Expenses and Retirement Planning
Instructor: Timothy Gelinas, CAS®, CFS®, CSA
Health care costs can devastate even the most well thought through financial plan. Discover the potential pitfalls you may face and how to protect yourself, your loved ones and your retirement. This informative class will give you the resources to make well informed decisions about your future.

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 to fully express by infusing each arrangement with a sense of space, motion, time past and future season, rhythm, and emotion. Ikebana is seen as a spiritual process that helps one develop a closeness with nature and merge the indoors and outdoors. In addition to the incomparable satisfaction of creating beauty in your home, the contemplative art of Ikebana will prove a perfect escape from the everyday stressful life. Students must also bring a vase and shears to class each week to take home your arrangement. Limited to 15 students. Class Fee: $95 member/$115 non-member (fee includes flowers and other supplies).

10:00AM-1:00PM

Band of Brothers: Allied Invasion & Liberation of France
Instructor: Col. Lawrance Saul (US Army, Ret.)
Band of Brothers is an intensive, five-week course on the June 6, 1944, Allied invasion of Normandy, the campaign to liberate France, and the destruction of the German military in the West. Due to the in-depth nature of the subject, this course will focus on the epic airborne operation, the landings at Omaha and Utah Beaches, and the Battle of the Hedgerows. Light preparatory reading, viewing, and role-playing will enhance the learning process. Course fee: $45.
**TUESDAYS 11:15AM-12:45PM**

**Let’s Go Travel!**
Instructor: Kathleen Eidson
(Class dates: March 12, 19, and 26)
Love to travel? Come get inspired for your next trip or your bucket list! In this quick 3-week class, we’ll “visit” 3 international destinations including: Portugal, England and Switzerland. We’ll explore the countries through a sample itinerary including top tourist sites & cities combined with quaint towns with off the beaten path activities and outings. You’ll learn some great travel planning tips to make your travel planning easier and give you confidence to plan your next adventure. Classes will be a combination of video clips, web links, class discussion and slides created by the instructor with detailed information on the sights, sounds and tastes of the countries we’ll explore.

**The Righteous Mind – Why Good People Are Divided by Religion and Politics**
Instructor: Shai Robkin, MBA
This course explores the evolutionary psychological explanations for the origins of and differences in people’s most closely held beliefs about politics and religion. The course examines the work of social psychologist Jonathan Haidt and others with the aim of better understanding those with whom we disagree. This class was originally taught under the title “Are we moral? Are we honest?” in the fall of 2018.

**Why Van Gogh Is Unique And Unsurpassable**
Instructor: George deMan
From his unpronounceable name, through a mastery of inimitable brush stroke technique, to achievement of cosmic and existential insight, van Gogh exemplifies the misunderstood and underappreciated artist who posthumously becomes iconic and elevated to heights few such ever knew, living or dead. An art course with a difference: psychological and even mystical insights will be aligned with explanations of motive, intent and execution. The artist was without context, mentors or imitators - - placing him in a category and legend all his own.

**1:15-2:45PM**

**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.

**11-Week Anti-Inflammatory Diet Program**
Instructor: Catharine Clark, MS, CNS, LDN
Interested in reducing pain and inflammation; autoimmune disorders; cancers; diabetes, degenerative disorders or other chronic conditions? Then this fun, hands-on program is for you! Participants will be accountable and must be willing to spend 5 minutes on homework each day throughout this 11-week program. Participants in fall 2018 reduced anti-inflammatory biomarker by 26%; can we exceed their achievement in spring 2019? We will:
• Attack the root cause of many chronic inflammatory conditions.
• Measure our changed status as we make explicit, straightforward changes in the foods we eat, buy, and order in restaurants.
• Learn the history, science, and costs of foods that increase or decrease inflammation.
• Use online tools to help guide our dietary choices and changes. Prior to enrolling, interested individuals will complete an online 6-question questionnaire. Instructor will call all interested individuals to share more about the dietary program and answer questions. Each week participants will receive supplies, be given 5-minute homework assignments (to be completed each day) and turn in completed assignments. Class is 11 weeks long. Course fee: $295 member/$315 non-member. Scholarships are available.
Alberto Giacometti: From Surrealism to Existentialism
Instructor: Clark Poling, PhD
In his sculpture, painting, drawing, and object-making, Giacometti participated in a sequence of key cultural movements in early to mid-twentieth century Paris. In the twenties, he developed a nearly abstract imagery, in the context of Cubism and Art-Deco. In the early thirties, he joined the Surrealists in their attack on the notion of coherent artistic style, in favor of the creation of idiosyncratic objects evoking dreams and inner realities. From the late thirties through the sixties, he returned to an exacting pursuit of visual sensation, similar in spirit to the motivation of the Impressionists, in works that were seen as manifestations of Existentialism and post-World War II “humanism.” We will read texts by the artist and by literary mentors such as the Surrealist leader Andre Breton and the Existentialist Jean-Paul Sartre that illuminate Giacometti’s art.

Chair Yoga & Meditation
Instructor: Nutan Ahuja
Chair Yoga is a way to ‘Sit Your Way to Better Health.’ Chair yoga’s therapeutic adaptive exercises work your body from head to toe. The simple and easy movements are great for people in any condition, to do anytime, anywhere. This class is great for all levels. These classes are intended to increase joint mobility and muscular strength, as well as breath/movement synergy. Meditation is an approach to training the mind, similar to the way that fitness is an approach to training the body. Time for meditation will also be integrated. The result is a wonderfully blended teaching style and a unique challenging class that balances body, mind, and soul to help enlighten up. Course fee: $50 member/$70 non-member. Max 25 students (You can also sign-up for the Monday class and participate twice per week).

Collaborative Law: The Sensible, Safe & Sensitive Way to Resolve Disputes
Instructor: Fred Glassman, JD
This course is designed to inform and educate the public about collaborative law, the newest consensual method for resolving disputes. As a viable alternative to the traditional litigation system, collaborative law is used primarily in matrimonial matters but also gaining momentum for resolving civil and probate matters. We will explore how collaborative law differs from litigation, arbitration and mediation, the more commonly known process options. The course will demonstrate the various roles of attorneys, financial advisors and mental health professionals who form interdisciplinary teams to guide people through controlling their own destiny while at the same time respecting the competing interests of the other party. Learn how collaborative law is on the cutting edge to best serve the interest of both parties particularly where they are likely to have a continuing relationship such as parents of children, siblings of a deceased parent, or faculty at an education institution. Actual cases from the instructor’s practice in California will be discussed, including those that involved well known musicians, athletes, authors, actors, and public figures.

Understanding Great Rooms - Past, Present and Future
Instructor: Allan Hing, MA
Rooms are special for the interior designer and architect. Throughout history, there have been many notable rooms that are identifiable for their location, client, space, program, significance as precedent, and finally their beauty as complete whole. The goal is to gain a greater appreciation and understanding to a space we spend much time in - the room.

Navigating the Gullah Geechee Coast
Instructor: Althea Sumpter, DAH
Gullah Geechee culture retains ethnic traditions from West African groups who were enslaved on coastal plantations to grow rice, indigo and cotton. Class participants learn about the culture from an insider who grew up Gullah Geechee on St. Helena Island, SC. Cultural traditions have been passed down through language, agriculture and spirituality – but the dwindling creolized culture along the South Carolina, Georgia, North Carolina and Florida coasts is faced with encroaching resort development and an increasingly disconnected younger generation. Learning about Gullah Geechee culture helps participants achieve a greater understanding of a people engaged in an effort to survive. Course fee: $50 member/$70 non-member.

Yes, Uke Can!
Instructor: Teresa Friedman
Have you always wanted to play a stringed instrument? Let’s make it happen! I have been teaching my elementary school students ukulele for years. The ukulele is a simple, easy to learn instrument which brings people together in song and fun. We will work together to learn chords, strumming patterns, and songs that we can play together and for others. You will need to purchase a ukulele which you can find in local music stores or Amazon for $30-$40.
**WEDNESDAYS**

**10:00-11:30AM**

**Ageless Grace® Brain Health Fitness**
Instructor: Sandy Bramlett, MEd, Certified Ageless Grace®
Brain Health Trainer/Educator
Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain – analytical thinking, strategic planning, kinesthetic learning, memory/recall, creativity and imagination – and simultaneously addresses all 21 physical skills needed for lifelong optimal function. For anyone who wants to maintain and improve mental and physical agility and fitness. Moving to upbeat music adds to the free-form energizing activity for all ages and fitness levels. Course fee: $45 member/$65 non-member.

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

**Android Smartphone**
Instructor: David Oblinger, BSEE
This course teaches basic operation of the Android smartphone, as well as how to work the included apps and other third-party apps. The class is hands-on and, due to the small class size, BH Technology offers individual assistance to students who are having difficulties. Course fee: $65 member/$85 non-member.

**Reverse Mortgages: Understanding the Pros and Cons**
Instructor: Genie McGee, Credentialed Master Trainer, Georgia Realtors: Partners in Education Instructor
The reverse mortgage is so misunderstood; it is crucial that older adults, their adult children and trusted advisors 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. The instructor will also share information about the use of a reverse mortgage to purchase a new home, along with the latest research and program upgrades.

**1:15-2:45PM**

**Learn to Knit - Part 2**
Instructor: Melanie Paul
For those students who participated in “Learn to Knit” and for all those who possess the basic knitting skills, this 4-week session will review the knitting foundations and introduce new knit stitches to add to your repertoire. You will learn to read a pattern noting sizes, gauge, suggested yarns and quantities, needle requirements, and additional materials needed for project completion. A collection of easy-to-knit patterns will be presented - pullovers and short-sleeved tops. Materials for these patterns are not included in class. A small supply of yarns for small projects will be available. Please bring your knitting needles and tools. Class limited to 10 students. Course fee: $95 member/$115 non-member (includes knitting supplies).

**Live. Love. Laugh. Cry. Write it Down!**
Instructor: Susan Soper, Author
You might not think your life is worth documenting but everybody has a story – don’t let yours get lost! Regardless of your ups and downs, high and low points, roads not taken, achievements and notable accomplishments – even if it’s a coveted brownie recipe – it’s all worth writing down...and passing down. You’ll enjoy being prompted by unpredictable questions that will help you think more creatively about your life and legacies. The workbook (*ObitKit*) will also help your family celebrate your good life if and when the time comes to recall it for others to enjoy. Course fee: $55 member/$75 non-member (includes book).

**THURSDAYS**

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

**Reducing and Managing Gas and Electric Utility Costs**
Instructor: Bonnie Davis, MBA, CAPS
This course trains participants to monitor, reduce (when possible), and manage their natural gas and electric utility costs. Whatever their income, they can benefit from this course by way of discounts and/or service tips to help them save money. Participants should bring samples of their electric and gas bills for reference during the training. The bills are for their use only. The bills will not be shared with the class. After completing the training, you will be able to:

- Select the best gas marketer for your needs
- Determine whether you can benefit from electricity budget or flat billing
- Adjust your home environment to reduce utility costs
- Monitor and manage utility costs going forward
THURSDAYS
10:00AM-12:00PM

Jewelry Making Series with a Cultural Twist
Instructor: Virginia Milner
New destinations—Scotland, Italy, and Lithuania! - and extended class times. 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. As a bonus, we have added Europe to our travels this year as well as some beautiful wire wrapping. We have also extended the class to two hours. Each piece will include authentic beads and/or designs indicative of the featured continent or country. By the end of each class, the students will have learned how to make a culturally-inspired necklace, bracelet, ring, and/or earrings. Come learn useful techniques for other classes and/or continue to use on your own. This class is designed for both absolute beginners and students with limited knowledge and skills. Class limited to 10 students. Course fee: $75 member/$95 non-member (includes all supplies).

10:00AM-12:15PM

OLLI Sampler
Facilitator: Elizabeth Deschenes, MA
Our OLLI sampler is a combination of course samplings that are offered each year. Each Thursday will offer new instructors and new adventures. The line-up is as follows:

- Michael McDavid, 1913: An End and A Beginning. 1913 was the last year of peace before WWI. This lecture will look at the key players and personalities in the years leading up to the war.
- Michael K. Shaffer - Michael will hit the highlights of his new book *In Memory of Self and Comrades: Thomas Wallace Colley’s Recollections of Civil War Service in the 1st Virginia Calvary*.
- John Lilly, iPhone Applications. Learn how to best utilize both Apple and non-Apple applications to help streamline your life. You will want to take notes!
- Elizabeth Deschenes, Provocative Propaganda. Learn the basics of propaganda past and present so you can identify it in the future.
- Kathleen Eidson, Let’s Go Travel. Love to travel? From the comfort of your classroom chair, take a peek at gorgeous places around the world.
- Howard Cohen, Music/Art & Culture Hour. Sit back, relax and enjoy as Howard tours you through some of the finest experiences in world music, art and culture.
- Bill Needs, Artistic Presentation of the Protestant Reformation. Venture into the time capsule of an artist/tourist to capture the essence of tumult during the times of Protestant Reformation.
- Elizabeth Shackelford, Mystery Lecture Hour.

Course fee: $45 member/$65 non-member.

11:15AM-12:45PM

Not Just Semantics: The Life-and-Death Importance of (Missing) Keywords
Instructor: Dan Zins, PhD
How well do we "really" appreciate the power of language, the momentous, even potentially apocalyptic role that “mere words” play in our lives? Are they meaningful or mere jargon? And the profound role keywords and missing keywords have on our thinking, values, hopes, and fears? Those we allow to frame public discourse not only colonize our minds, but put our lives in peril. We will discuss/debate such keywords as entitlement, patriotism, appeasement, revisionist, human nature, normalize, American values, national interest, crime, politicize, rogue nation, objectivity, regulations, terrorism, democracy, post-racial, etc., and many others you too think need to be challenged and perhaps replaced.

12:30-2:00PM

Jewelry Making Series with a Cultural Twist
Instructor: Virginia Milner
See description at the top of the left column. Class limited to 10 students. Course fee: $75 member/$95 non-member (includes all supplies).

2:30-4:00PM

March of the Penguin - Black and White Drawings
Instructor: Joy Hartsfield
Each week 1-2 varieties shown, demonstrated as ink brush drawings. Fun facts discussed of history, geological locations while practicing how to draw these striking walking tuxedos. On the final day of class, as an outside art and educational project, we will pick a day to go to the Atlanta Aquarium to continue from real life. Course fee: $40 members/$60 non-members.
FRIDAYS 11:15AM-12:45PM

Retirement Trifecta - Social Security, Medicare and Long Term Care
Instructor: Robert Cox, RICP, NSSA
Future and current retirees - let’s increase your Retirement Readiness! Our topics include: “Maximizing Your Social Security Benefits” (yours, a spouse, ex-spouse or survivor benefit), “Working thru the Medicare Maze (Plans and Programs),” and “Long Term Care Myths and Truths” -- all of these use real-world scenarios of people just like you to increase your knowledge...and your Retirement Readiness!

SATURDAYS 10:00-11:00AM

Overwhelmed No More! Saving and Sharing Family Photos and Stories
Instructor: Jiffy Page
(Class dates: March 16, 23, and 30)
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 3-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 (April 8 - May 29)

MONDAYS 10:00-11:00AM

A View into Societies of Western Civilization Through Their Architecture
Instructor: Jerry Cooper, BS, FAIA, Fulbright Scholar
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.

Chair Yoga & Meditation
Instructor: Nutan Ahuja
Chair Yoga is a way to ‘Sit Your Way to Better Health.’ Chair yoga’s therapeutic adaptive exercises work your body from head to toe. The simple and easy movements are great for people in any condition, to do anytime, anywhere. This class is great for all levels. These classes are intended to increase joint mobility and muscular strength, as well as breath/movement synergy. Meditation is an approach to training the mind, similar to the way that fitness is an approach to training the body. Time for meditation will also be integrated. The result is a wonderfully blended teaching style and a unique challenging class that balances body, mind, and soul to help enlighten up. Course fee: $95 member/$115 non-member. Max 25 students (You can also sign-up for the Wednesday class and participate twice per week).

11:15AM-12:45PM

Core Values in Popular Film
Instructor: Frank Casper, MTS
This course will examine the portrayal of core values, such as love, courage, fidelity, and honesty, as they are portrayed in an array of popular films.

Callaway Gardens®
Tour
Friday, March 29, 2019
8:15am – 5:00pm
• Private guided tour of the gardens
• Lunch
• Transportation provided
• Limited to 40
• $85 per person

Tour
Friday, March 29, 2019
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MONDAYS
11:15AM-12:45PM

Jazz History: A Listener’s Guide - Part 3
Instructor: James Rozzi
Please Note: Jazz History Parts 1 & 2 are prerequisites for this class. 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 explored jazz’s beginnings; Part 2 dealt with 1930s and ’40s big band and small-group swing—via recordings, written histories, photos, and videos. Part 3 (offered here) will focus on the social and musical complexities associated with 1940s bebop. 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. If you have taken Parts 1 & 2, please join us as we listen and discuss the evolution of this multi-faceted musical genre.

Learning and Cognition
Instructor: Mark Walker
Throughout this course, various theories of learning and cognition will be discussed. Skinner, Pavlonion, Jungian, Freudian, and Gall are a few to be mentioned. IQ and other learning theories will be discussed if time permits. Talks of the general learning processes will be touched on with different learning environments of society (i.e. aviation, medicine, IT, law, big business, and government).

The Plague of Color:
History and Race in the United States
Instructor: Anthony Knight, MAT
This course will explore the meaning of blackness and race in the context of U.S. History from the 18th century to present. Students will use information from texts, historical documents, video and other cultural ephemera as a starting point to better understand the trajectory of the use of race in the United States. The goal of this course not only is to provide information, but also to engage students in a more open and honest dialogue about America’s most pressing and ongoing issue.

1:15-2:45PM

Modern Aviation and Vehicles for the Future
Instructor: Mark Walker, Pilot and Flight Instructor
This course will begin with an overview of the theory of flight, how it relates to airplanes, and recent advancements. Information on how the sounds and noises of an airliner can pacify the passenger will also be shared. The later portion of the course will focus on the future of aviation, such as the advent of the car plane (something in the not too distant future for the middle class), commercial spacecraft, and NASA vehicles.

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).

1:30-3:30PM

Social Bridge for Beginners
Instructors: Serina and Howard Chang
This 8-week 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 complicating of bidding, play and defense. Course fee: $55 member/$75 non-member (includes book).

TUESDAYS
9:00-10:00AM

Successful Strategies for Funding Your Retirement
Instructor: Timothy Gelinas, CAS®, CFS®, CSA
You have retired -- congratulations! The difference between a successful retirement and one that ends in failure is a strong financial plan. Now how do you create a successful income plan to fund your retirement? In this class, we will look at various ways to create income for your retirement and reduce stress along the way.

10:00-11:00AM

History of Buckhead
Instructor: Susan Barnard, BA
Buckhead is one of the oldest communities in the Atlanta area. This course traces its development beginning in the Paleo-Indian and Muscogee/Creek Indian periods (8000 - 6000 BC - 1821). White settlers moved into the area after the Treaty of Indian Springs, 1821. The community was touched by the War of 1812, the Creek Indian War (1813-1814), and the Civil War. When the streetcar came to Buckhead in 1907, many of the well-to-do people moved from downtown to Buckhead joining the farmers, dairymen and potters. They built beautiful homes along roads such as Peachtree, West Paces Ferry, and Tuxedo, and established churches and businesses. In the 1920s, Buckhead became the headquarters of the Ku Klux Klan. The course ends with the opening of Lenox Square in 1959.
**TUESDAYS**
**10:00-11:00AM**

**How to Diversify Your Investments Correctly**  
Instructor: Timothy Gelinas, CAS®, CFS®, CSA  
Do you know if your investments are diversified correctly? Do all your investments move in the same direction? Are you over diversified? Why does it even matter? As you know, the market is full of ups and downs. Learn how to take advantage of these market swings without living in constant stress. Come join this informative and interactive discussion.

**Judaism Decoded: The Origins and Evolution of Jewish Tradition**  
Instructor: Rabbi Ari Sollish  
Just as science follows the scientific method, Jewish tradition has its own system to ensure its authenticity remains intact. Judaism Decoded sheds light on the mysteries surrounding biblical interpretation. Discover the sheer elegance of the “source code” on which Jewish law is built; enjoy the razor-sharp reasoning, intelligent debate, and compelling arguments of the Talmudic dialectic; and get a fascinating, behind-the-scenes glimpse of one of the most intellectually sophisticated religions in existence.  
Course fee: $70 members/$90 non-members (includes book).

**The Law of Sports and Entertainment**  
Instructor: Steven Harbour, JD  
The course will look at legal cases involving celebrities and other entertainment and sports figures, including executive employment and sexual harassment claims, interpreting movie development agreements, copyright issues, invasion of privacy claims, the use of “sound alikes” in commercials, the NCAA’s control over college sports, discipline of players by the sport’s commissioners and other sports labor issues, sports gambling, the relocation of franchises, and injuries to sports participants and spectators.

**Predictably Irrational? Part 3**  
Instructor: Shai Robkin, MBA  
This course explores in greater depth themes introduced during “Predictably Irrational?” - Parts 1 and 2 (also known as “Introduction to Behavioral Economics” – Parts 1 and 2) and explores recent research and contemporary issues in the field. We will also take closer looks at how companies and governments are using “nudges” to induce people to do what they want them to... for better --or perhaps, sometimes -- for worse.

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

**Civil War in the Eastern Theater - Part 2: June 1863 thru April 1865**  
Instructor: Charlie Richards, JD  
Although this is a continuation course, it is a stand-alone course -- Part 1 is not a prerequisite. We will study the major Civil War battles in the Eastern Theater from June of 1863 until the surrender of Lee’s Army of Northern Virginia in April 1865. Topics will include Brandy Station, Gettysburg, the Wilderness, the Overland Campaign, the Siege of Petersburg, and the Confederate retreat to Appomattox. We will also study the contribution of the Union navy, and the growing role of African-American soldiers in Union armies in the fight for their own emancipation.

**Game Changers - Part 3**  
Instructor: Brandt Ross, BA  
Stories of people and events that changed the course of American History. Program includes: ‘The Greatest Lawman in the West,’ ‘The Story of US,’ ‘100th Anniversary of Armistice Day,’ ‘Are We an Exceptional Nation?’ and more...

**History of Slavery**  
Instructor: Sal Depasquale, MS, MBA  
Human transition from hunter/gatherer to agriculturalist led to concepts of wealth and power, which in turn led to hunger, war and slavery. Slavery has many meanings based on time and place. This class views slavery as a virus mutating over time from salvation for the vanquished in war to the depths of human depravity in the cotton plantation south. This tale does not present an uplifting story of America and highlights the role that faith played in sanctioning this inhuman institution. The course will also discuss how the U.S. inspired Nazi Germany and the Nuremberg Laws.

**Predictably Irrational? Part 2**  
Instructor: Shai Robkin, MBA  
This course completes the fundamental underpinnings of social psychology and 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.
TUESDAYS
11:15AM-12:45PM

Psych 101 and its Application to Everyday Living
Instructor: Terry Bordan, EdD, LPC, LMHC, NCC
The student will receive an introduction to the world of psychology and how its concepts help us to better understand ourselves and others. The course will survey topics including: history of psychology; the influence of multiculturalism, gender, sexual orientation; conscious and unconscious processes; sleep/dreams; anger, stress, and health; personality; grief and loss; specific disorders and treatments; and an overview of psychotherapy, including solution focused brief therapy. In addition, there will be experiential activities that facilitate the development of effective life skills.

The Six Most Unwanted -- Coping with Folks Who Drive You Crazy
Instructor: Irma Starr PhD and Abby Drue MFA
As the world becomes smaller and time more compressed, new and difficult people are presenting themselves all the time! Have you ever dealt with an individual trying to take credit for your good actions; or a family member who knows no personal boundaries; or, perhaps, a loud cell phone talker in line at a grocery store? In our time together, we will identify the six different behavioral types who have the uncanny ability to sabotage, derail, and interfere with our lives, plans, needs and wants. Through lively discussion (and some humor!), we will explore effective ways to address these folks’ negative shenanigans, allowing us a more enjoyable communication with them, without the depleting impact their behaviors cause us.

1:15-2:15PM

An Adventure into Wine
Instructor: Herbert Spasser DDS, CWE
(Class dates: April 9, 16, 23, 30, and May 7)
The wonderful world of wine becomes alive, exciting, and familiar via lecture, PowerPoint slides, and tasting. Topics include: ‘The Chardonnay Challenge-California vs Burgundy,’ ‘Champagne and Sparkling Wines of the World,’ ‘Wines of Alsace,’ ‘Bella Italia,’ and ‘Mostly Merlot.’ Please bring two suitable wine glasses to each session. Limit 15 students. Course fee: $85 member/$105 non-member (includes all supplies).

Successful Retirement Strategies 101
Instructor: Timothy Gelinas, CAS®, CFS®, CSA
Unlock the doors to understanding and take control of your retirement. With proper tools, you can be confident in your decisions on key matters including: investments, estate planning and taxes, making your money last, long term care, asset management and inflation, and more.

1:15-2:45PM

The Civil War in Georgia
Instructor: Michael K. Shaffer, Civil War Historian, Author
Georgia: a state rich with Civil War history, from the struggles for her coastal fortifications, to an attempt to steal a steam locomotive, and the many battles fought on her soil. This course will explore the various wartime actions and key participants, beginning with the January 1861 secession vote and culminating with the May 1865 capture of Confederate President Jefferson Davis near Irwinville.

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 to fully express by infusing each arrangement with a sense of space, motion, time past and future season, rhythm, and emotion. Ikebana is seen as a spiritual process that helps one develop a closeness with nature and merge the indoors and outdoors. In addition to the incomparable satisfaction of creating beauty in your home, the contemplative art of Ikebana will prove a perfect escape from the everyday stressful life. Students must also bring a vase and shears to class each week to take home your arrangement. Limited to 15 students. Class Fee: $125 member/$145 non-member (fee includes flowers and supplies).

Old Jim Crow and The Long New Deal
Instructor: David Slavin, PhD
While the “long” New Deal of the FDR and Truman administrations was an era of radical reform, it also reconfigured racial inequality on a national scale. The Dixiecrat wing of the Democratic majority dominated Congress and insured that the panoply of New Deal programs and policies preserved white supremacy in the South and expanded the Jim Crow system’s scope to the rest of the US. The labor movement, suburbanization -- arguably the entire structure of recent US history -- has been shaped by this inherent contradiction of
American progressive politics: racial inequality embedded in liberalism. Righting the exclusions of the New Deal galvanized the 1960s civil rights movement and provoked, in turn, a perpetual and ongoing “white backlash.”

**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 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).

**Examining Our “Funny” Bone 3 - “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 our 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!!

**People of the Book: Bible Stories in Islamic Art**
Instructor: Bill Fletcher
The Koran and many illustrated manuscripts of Islamic literature from Persia, Iraq, Turkey and India abound with stories familiar to Jews and Christians. These include Adam and Eve, Cain and Abel, Noah’s ark, Abraham and Isaac, Joseph, Solomon and the Queen of Sheba, David and Goliath as well as the birth of Jesus among many others. This course will compare these depictions with ones from Jewish and Christian art. The course will also examine shifts in content and significance and the uses to which these stories and their illustrations are put.

**Intro to Mindfulness, Insight Meditation**
Instructor: Nancy C. Weisman, PhD
The instructor teaches mindfulness as a lifestyle as well as a meditation technique. The class is 90% experiential and thrives on class participation both in doing meditation and in discussion. Students will practice mindfulness of internal experience -- thoughts, emotions and sensations -- and will learn walking meditation and mindful eating. Participants will learn the connection of mindfulness to Buddhist Psychology and the ethics of a mindful lifestyle.

**The Sufi Tradition of Love in Islam**
Instructor: Elif Temiz
This course aims to explore the Sufi Tradition of Love in Islam through Jalaluddin Rumi (d.1273). 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. 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.

**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**

**“A Man for All Seasons” and “Tuesdays with Morrie”**
Instructor: Ross Friedman, MA
Robert Bolt’s Thomas More and Brandeis’s Morrie Schwartz were men of character. We will do a careful study of the characterizations in Bolt’s play—much of which we will read in class—and discuss the ideas expressed and the types of personalities portrayed. While the hope is that many scholars will want to read aloud in class, that is not a requirement: Reading and discussing the ideas in both works will be good for one’s soul. Students will need their own copies of both texts which they can get either on their own or from the instructor.
WEDNESDAYS
11:15AM-12:45PM

American Composers
Instructor: Sally Kann, BA
In the 19th century, American classical composers began discarding traditional European models. Finding inspiration in the pioneering spirit of the Wild West, in small-town New England, in jazz temples and churches, and even in Tin Pan Alley, composers developed an original, recognizable sound that we now think of as ‘American.’ We will explore these many and varied influences through the great works of Aaron Copland, Charles Ives, George Gershwin, Leonard Bernstein, John Adams, Philip Glass, as well as the works of composers who are not so well known, including Elliott Carter and Milton Babbitt.

The Art of the Documentary - Part 5
Instructor: Howard Cohen, BA, MA
Viewing seven fascinating one-hour documentaries will be an engrossing intellectual experience. Our focus will be on art, architecture, music and history. A brief introduction will be provided, and class discussion will follow each presentation. OLLI’s large screens makes these videos fun to watch. Emphasis will be on visual creativity. Course includes all new material.

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.

Examining Our “Funny” Bone - Storytelling
Instructor: Mark Levine, PhD
Join us as we learn the art of storytelling. Learn how to be a storyteller, and enjoy the stories told by international storytellers and also by the classmates who choose to tell their stories. Together we will “tell the tale” and “spin the yarns” of yesterday and today including – our stories, limericks, fables, shaggy dog stories. Since seniors are society’s consummate storytellers, we will also learn how to create compelling stories about our selves and family members in order to pass on our “living legacy.” We welcome all OLLI students who do not want to tell stories but want to learn and enjoy listening to stories. During the first part of each class we will learn how to tell stories and / or view and review the stories of “world class” storytellers. During the last part of each class we will listen and review the stories our classmates create and want to tell.

Money and War (and perhaps more money)
Instructor: Esteban Bertera, PhD
We will look at the connection between economic power and war making capacity, and its unavoidable by-product: the emergence of states as tax gathering entities. After looking at some general theory, we will explore in detail the economic fates of three large empires: Spain (ca. 1500), Holland (ca 1600) and England (ca 1700). Questions to be discussed: how they collected the money, was the money enough, how they faced scarcity, what was the final result (and why).

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

A Palette of Colorful Language
Instructor: Gloria Lawson Sylvester, BFA
This course is an exploration in the practice of using literary devices and techniques (metaphor, simile, alliteration, hyperbole, personification, etc.) as a palette of colorful language. You will create artistic imagery and impactful written works using writing prompts as well as your suggestions. This highly interactive and casual course will enhance your ability to create a variety of solo written projects as well as projects in collaboration with others.

Exploring Our Minds
Instructor: Ed Garcia, MA, CSW, Former Training Director, Rational Emotive Therapy Institute
Pride, love, anger, courage, expectations, uncertainty, faith, wisdom. These are just but a few of the experiences we encounter throughout our life. How well do we understand them? How do we feel about them, and to what extent do they affect our lives? This interactive class will discuss and explore a different topic each week and discover what they mean to different people. The instructor will introduce and moderate the exploratory discussions.
WEDNESDAYS
1:15-2:45PM

Evolution of Social Thought as Seen Through American Fiction
Instructor: Shelley Riden, MA
(9-week course. Begins April 3)
We will examine American classics, written in the last 150 years, through the lens of social evolution. What are the moral assumptions of the times? Of the author? What was happening in America while the author was writing? How are ideas of race, gender, wealth, status, religion, etc. presented? Were those ideas revolutionary? Or were they perhaps nostalgic? What perspectives hold the book together?

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.

Introduction to Italian - Part 2
Instructor: Antonella Giannasca
This class will continue to give you an overview of the Italian language and teach you some sentences such as how to ask questions, describe things and participate in conversations. The classes are informal and fun with lots of opportunity for practicing listening and verbal skills using everyday phrases. If you have taken the previous class of basic Italian, this is the next step for you. If you have not taken Italian before and you like challenges, or you have been exposed to the language before, this is a good class for you!

iPhone Basics
Instructor: John Lilly, MS 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: $115 member/$135 non-member.

6:30-8:30PM

Cultural Jewelry Making Program
Instructor: Virginia Milner
The Cultural Jewelry Making series is an 8-week program that will explore ancient techniques that date back over 1,000 years and use them to make beautiful, fashionable necklaces, bracelets, earrings, and rings. These classes will teach the basics of wire wrapping and jewelry making and 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 Europe to re-imagine 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, ring and/or earrings that are culturally inspired along with information about the country and/or culture behind the inspiration. Participants will learn techniques in one class that they can take to another class or continue to use on their own. This class is designed for both absolute beginners and students with limited knowledge and skills. All supplies are provided, and each participant will be given their own personal set of jewelry making tools to keep. Class limited to 10 students. Course fee: $250.

THURSDAYS
10:00-11:00AM

Anton Chekov and James Joyce: Their Short Stories and Influence on Modern Writers
Instructor: Jack Balser
Considered by some to be the father of the short story, Anton Chekhov created a unique form for writing fiction. By mimicking reality, he produced a form of art through his stories. Chekhov portrays such an honest reality through his characters and dialogue that he leaves his readers with revelations about their own lives. James Joyce wrote just one collection of short stories, but it ranks among the finest in world literature. His influence on the form is as great as that of his near contemporary Chekhov. Between them their innovations have influenced almost every short story writer of the last 100 years. We shall study a number of stories by both of these incredibly influential writers as we examine their innovations in style, character development, and form. Then we will read a few modern stories to illustrate the vast influence that they have had on modern short story authors.
**THURSDAYS**

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

**Building Nations: The Unifications of Germany and Italy in the 19th Century**
Instructor: Michael McDavid, MA
Modern Germany and Italy did not exist as united nations until 1870. In this course we will survey the historical development of the two areas to understand the reasons why they were divided for much longer than the other nations of Western Europe. The course will conclude with a study of the processes that finally led to their unification in the latter 19th century.

**Interesting Stories in the News**
Instructors: Mary Whiteman, JD and Marty Bennett, MS
Each week, students will discuss the significance and long-term consequences of interesting news stories. Discussions will range from national/international politics and economics to social issues. Issues include: Russia’s policies/actions, Middle East volatility, The Wall, international trade, education, race, gender and wealth inequality. Topics will be selected based upon student interest and prominence in contemporary media. Participants are encouraged to open-mindedly exchange views with the goal of expanding their understanding of issues in a more comprehensive way.

**Tai Chi for Arthritis**
Instructor: Bonnie Finne, Certified Instructor
Medical authorities agree that suitable exercise for people with arthritis should incorporate components that can improve muscular strength, flexibility, and fitness. Tai Chi for Arthritis, developed by Australian family physician Dr. Paul Lam, helps people with arthritis to improve all these and more. However, you do not need to have arthritis to benefit from this class. Tai Chi improves balance both mentally and physically which can reduce the rate of fall of the older adults. Additional benefits include improving relaxation, vitality, posture, and immunity. This form is based on Sun style Tai Chi, which form is done standing but can also be done seated by those who require that modification. You can wear ordinary loose fitting street clothes and flat supportive non-slippery shoes. Class is limited to 10 students.

**Jewelry Making Series with a Cultural Twist**
Instructor: Virginia Milner
New destinations—Scotland, Italy, and Lithuania! - and extended class times. 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. As a bonus, we have added Europe to our travels this year as well as some beautiful wire wrapping. We have also extended the class to 2 hours. Each piece will include authentic beads and/or designs indicative of the featured continent or country. By the end of each class, the students will have learned how to make a culturally-inspired necklace, bracelet, ring, and/or earrings. Come learn useful techniques for other classes and/or continue to use on your own. This class is designed for both absolute beginners and students with limited knowledge and skills. Class limited to 10 students. Course fee: $145 member/$165 non-member (includes all supplies).

**A Great Musical Party with Great Global Artists - Part 2**
Instructor: Howard Cohen, BA, MA
Using colorful videos we will travel the world visiting works by significant artists. Artwork from painters, sculptors, filmmakers, architects, designers, craft workers, illustrators and musicians from six continents will provide a visual feast. Music from Europe, China, Japan, Africa, Latin America and the USA will complete this world journey.

**Adults and Elder Orphans Support Group: A Call For Action**
Instructor: John Hemphill, CAPS, CAASH
Course focus is on participants organizing an Atlanta-based social support network/team to address aging-in-place concerns of older adults. The purpose for the course is to have people come together to share coping strategies; relate personal life experiences; and offer help and assistance for adults living alone. Participants will also meet to assess and evaluate senior community resources and services around the Atlanta area. Participants in addition will brainstorm advocacy action plans addressing older adults aging-in-place and elder orphans living independently. Optional book: *Who Will Care for You-The Reckoning*.
THURSDAYS
11:15AM-12:45PM

Fading Splendor:
European Royalty Between the Wars
Instructor: Michael McDavid, MA
At the end of World War I the political landscape of Europe had dramatically changed. Swept away by revolutions were the three great Central European empires: Germany, Russia, and Austria-Hungary. All the surviving monarchies would face new realities and a world vastly different from the pre-1914 era. The period between the world wars, 1919-1939, would be the “last hurrah” for some of the survivors and a time of difficult adjustment and change for the others. In the course, we will look at many of the royal personalities of the time and the many challenges they faced in the brave new world of the twentieth century.

Our Children, Our Grandchildren--and Our Cynicism and Despair
Instructor: Dan Zins, PhD
We need to talk about the costs--to ourselves and our progeny--of our cynicism and despair. Hence this course, offered especially for those deeply troubled about the world their children and grandchildren will be living in, but feel overwhelmed and powerless to do anything about it. Our course text, Paul Loeb’s anthology, “The Impossible Will Take a Little While,” introduces us to dozens of ordinary human beings who refused to succumb to despair in the face of seemingly insurmountable obstacles, and suggests how we too can commit (or recommit) ourselves to creating a more decent, just, peaceful, and environmentally sustainable world.

12:30-2:30PM

Jewelry Making Series with a Cultural Twist
Instructor: Virginia Milner
See description on page 18. Class limited to 10 students. Course fee: $145 member/$165 non-member (includes all supplies).

1:15-2:45PM

Cognitively Based Compassion Training®
Instructor: Ginger Dearwent, MDiv, CBCT® Certified
In 2005, Emory University began research to evaluate whether compassion training could be employed to address growing rates of depression in undergraduates. Emory professor Dr. Lobsang Negi developed CBCT, a model for secular compassion meditation practice drawn from the Tibetan Buddhist tradition. Studies showed an unequivocal correlation between the practice of compassion meditation and the prevention and reduction of depression levels in students. These promising results attracted the attention of leaders in education, medicine, and the Atlanta foster care system. CBCT has been found to be beneficial by educators, social workers, medical and mental health professionals, chaplains and those wishing to build resiliency, improve relationships, enhance interpersonal skills, and/or simply cultivate this universal human value of compassion. Appropriate for beginners as well as experienced contemplative practitioners.

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

Improvisation - Part 2
Instructor: Robert Drake, Artistic Director, Academy Theater
Obtain more advanced techniques of improvisation and learn to better craft scenes, stories, and monologues in this highly interactive, performance-driven class that concludes with a performance in front your peers! The focus will now be on working more effectively with scene partners to heighten and develop what happens on stage. Limited to 15 students. Prerequisite: Improv 1. Course fee: $65 member/$85 non-member.

The Reckoning: Today’s Older Adults Aging Alone - Part 2
Instructor: John Hemphill, CAPS, CAASH
Participants will engage in discussions to identify key lifestyle issues for adults and elder orphans aging-alone (Aging-in-Place). Course participants will learn from subject experts three (3) new components for formulating smart family plans to age-in-place. Participants as a unique focus group will also identify key resources/services, cultural and social barriers for maintaining a lifestyle of senior independence. Course fee: $65 member/$85 non-member (includes book).

Stories from the Bible and the Qur’an
Instructor: Kemal Budak, PhD Student, Emory University
Biblical stories and the stories in the Qur’an share a great many similarities as well as some differences. This class will provide a mind-broadening perspective by telling the same stories through the eyes of the Hebrew Bible (Old Testament), the New Testament, and the Qur’an. Biblical and the Qur’anic figures such as Abraham, Joseph, Job, Mary, and several others will be covered and their stories will comparatively be told. These stories will enrich and the foster the emphatic understanding and the interfaith dialogue.
FRIDAYS  
10:00-11:00AM

World War II, Part 2: War in the Pacific  
Instructor: Kenneth R. Libbey, PhD  

Writing to Heal Yourself  
Instructor: Arlene Appelrouth  
Words are meaningful and powerful. We’ll spend 90 minutes each week using different types of writing to help cope with trauma or loss, and to learn how to deal with illness and stress. This will be an experiential workshop based on James Pennebaker’s 30 years of research in writing to heal. Arlene earned the certification to teach this class in 2016 from Duke University.

Deconstructing the Novel  
Instructor: June Converse  
(10-week course)  
What makes a bestseller a bestseller? Is it the plot or 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. The class will read The Light We Cannot See by Anthony Doerr. Even you if you have read this book, you will enjoy diving deeper. Course fee: $65 member/$85 non-member (includes book).

SATURDAYS  
9:30AM-4:00PM

Dealing with Difficult People – Using Researched Behavioral Therapy Skills  
Instructor: Susan Davidson  
(Class dates: May 4 and 11)  
Participants will learn life-changing skills on how to deal with difficult relatives, friends, neighbors, and work colleagues using key concepts from Dialectical Behavior Therapy (DBT) – a well-researched cognitive behavior therapy developed in the 1980s for clients who have difficulty managing painful emotions and high-conflict relationships. This highly interactive course will entail a combination of lecturettes, group discussion, role-plays and modeling of new skills. This is an intense experiential type of learning that will be facilitated by the instructor and delivered over a two-day period. Course fee: $65 member/$85 non-member (includes instructional materials).

11:15AM-12:45PM

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.

Writing as a Practice  
Instructor: Arlene Appelrouth  
Bring a notebook or a laptop to class and be prepared to write. Using Natalie Goldberg’s landmark book, “Writing Down the Bones,” as her method, Arlene promises to end your writer’s block and get you to enjoy your writing as well as the writing of the others in the class. Whether you want to write a memoir, a novel or creative non-fiction, this class will get you started. Arlene is a lifelong writer, with experience as a reporter, columnist, and freelancer in many genres. This class promises to be stimulating and fun.

SPECIAL GUEST LECTURES  
Registration not required. Admission is free.  
1:00-2:00PM

April 8   Leslie Taylor, The Arts at Emory
April 15  Sarah Geraghty, Bail Reform
April 24  Robert Shapiro, Constitutional Law
May 1    Daren Wang, Author
May 8    Sheffield Hale, Cyclorama
May 15   Charles Kuck, Immigration and Asylum
May 30   Jonathan Haupt, Author Pat Conroy
One-Day Workshops

National Safety Council Defensive Driving
Fri, Mar 15 / 9:30AM – 3:30PM
Mon, Apr 15 / 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. Limit 40.

First Aid/CPR/AED
Fri, Mar 22 / 9:30AM – 3:30PM
Instructor: James Spano, MS, CSHM
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 medically-qualified staff members. Each participant will receive a student book, pocket guide, and a course DVD. Course fee: $45 member/$65 non-member (guide and DVD). Limited to 15 students.

Personal Defense by Strike First Fitness
Fri, Mar 15 / 11:00AM – 1:00PM
Fri, Apr 26 / 11:00AM – 1:00PM
Instructor: Troy Logan, Martial Arts and Fitness Professional, Certified Health Educator
Did you know that one violent crime occurs every five seconds in the U.S. and that Atlanta leads the nation in many crime statistics. Many criminals see older adults as easy targets. The sole purpose of this workshop is to teach safety and how to avoid being a target. The main areas of focus will be:
• Awareness Prevention Strategies
• Physical Self-Defense Distraction and Escape Techniques
• Everyday Assertiveness and Boundary-Setting
• Physical, Psychological and Verbal Defense Skills
Course fee: $35 member/$55 non-member
Offsite/Movement 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 as 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. T’ai Chi also helps reduce symptoms of arthritis and improve general health. The traditional Yang Style short form (24 forms) is taught to both beginners and returning students in a manner that all can follow. Repeated practice of these movements will ensure that student will remember how to correctly do them. An enjoyable atmosphere is created by the instructor. Students should wear comfortable clothing and shoes that give them the best support and comfort to be on their feet for one hour. The work is gentle but powerful. Minimum 12 students. Limited to 20 students.

Tue, Mar 5-26 / 12:45-1:45PM
Course fee: $79 member/$99 non-member.

Tue, Apr 9-21 / 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, Mar 7-28 / 12:30-1:30PM
Course fee: $79 member/$99 non-member.

Thu, Apr 11-May 23 / 12:30-1:30PM
Course fee: $99 member/$119 non-member.

CONCOURSE ATHLETIC CLUB
8 CONCOURSE PKWY
SANDY SPRINGS, GA 30328

Tennis for Beginners
Instructor: Danny Tarpley, GPTCA Level-A Pro, USPTA Elite Professional, Etchenberry Sports Trainer
Fri, Apr 12 - May 24 / 10:30-11:45AM
Have you ever wanted to try your hand (or backhand) at tennis? Learn about strokes, footwork, equipment, scoring and positioning in a fun environment as part of an enjoyable course designed for beginning or re-entry level players. Bring your own racquet or use one of ours. Class conducted on clay courts which are slower and easier on your joints. Course fee: $150

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

A Great Musical Party with Great Global Artists - Part 2
Fri, Apr 12 - May 24 / 2:00-3:00PM
Instructor: Howard Cohen, BA, MA
Using colorful videos we will travel the world visiting works by significant artists. Artwork from painters, sculptors, filmmakers, architects, designers, craft workers, illustrators and musicians from six continents will provide a visual feast. Music from Europe, China, Japan, Africa, Latin America and the USA will complete this world journey. Course fee: $45

Mercedes-Benz Stadium
Tour
Friday, April 26, 2019
10:30am – 2:00pm

- Private tour of the stadium and art collection
- Transportation provided
- Limited to 40
- $25 per person

Registration Opens Mon, Feb 18: olli.emory.edu | 404-727-6000
**REGISTRATION**

Online and phone registration opens at **9:00am on Mon, Feb 18** at olli.emory.edu or by calling 404-727-6000 (select option 2). Walk-In registrations permitted after **Tue, Feb 19**.

1. Go to [olli.emory.edu](http://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**!