



Classes ♦ Workshops ♦ Trips ♦ Events ♦ Special Interest Groups



# 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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## OLLI Office General Information

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## The Volunteer Leaders

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## ANNUAL MEMBERSHIP

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

### Benefits include:

- Discounts on OLLI course and event fees
- Free admission to the Michael C. Carlos Museum of Emory University
- Discount at Schwartz Center for Performing Arts
- Discounts at local restaurants
- Participation in Special Interest Groups (i.e., book clubs, discussion groups, lunch groups)
- Free access to select exhibits and lectures on the Emory campus
- Free 1 Week Trial Membership at Athletic Club Northeast
- Free coffee on class days

## FEES

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

- 2-4 weeks: \$25 (members) and \$45 (non-members)
- 5-8 weeks: \$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 up to the start of the class to receive a refund; **however, a \$10 administrative fee (per class) will be charged. No refunds for tuition, supply fees and/ or instructor fees will be given once the classes have started.** OLLI students may transfer to another course within a session during the first two weeks of class, but not between sessions. **Limit one class transfer per session.**

## 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 classroom building located at 2635 Century Pkwy NE, Atlanta, GA 30345. Do not park in reserved spots or handicap accessible parking without a permit.

## UPCOMING TERMS

**Spring 2020 Term** (Registration begins February 17)

Short Session: March 2 - March 27

Long Session: April 6 - May 23

**Summer 2020 Term** (Registration begins May 18)

Short Session: June 1 - June 27

Long Session: July 6 - August 29

**Fall 2020 Term** (Registration begins August 17)

Short Session: August 31 - September 28

Long Session: October 5 - November 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 are registered.
- Classes are open to registered students only, so do not bring a guest to class without making arrangements with the OLLI Office.
- Be courteous and listen when the instructor, another student, or a staff member is speaking.
- Please attempt to do class assignments (if any) so that you can participate fully in the class.
- When you leave the classroom, throw away your trash and push your chair under the table.
- When class is over, exit the room as quickly as possible so that the next class may come in and start on time. You may take your conversation to the OLLI lounge.
- Refrain from all forms of harassment including, but not limited to verbal, physical, emotional, and sexual.



# OLLI Classes at a Glance

January 6 – February 24

(REGISTRATION OPENS MONDAY, NOVEMBER 18)

MONDAYS	TUESDAYS	WEDNESDAYS
<p><b>10:00-11:00AM</b> Chair Yoga &amp; Meditation (Ahuja) Dancing with Gene Kelly (MacDougal)</p> <p><b>10:00AM-12:00PM</b> Jewelry Making...Cultural Twist (Milner) Novel Dissection (Converse)</p> <p><b>11:15AM-12:45PM</b> Basic Spanish (Herrera) Bollywood Yoga Fusion (Ahuja) Reverse Mortgages (McGee) US Presidential Orders in Times of War (Bernstein)</p> <p><b>1:00-2:00PM</b> All About Your Brain, Body, Neuroscience, &amp; Music (Bramlett)</p> <p><b>1:30-3:00PM</b> Basic Spanish 2 (Herrera) Memoir Kit (Soper)</p> <p><b>1:30-3:30PM</b> Social Bridge (Chang)</p>	<p><b>9:00-10:00AM</b> Public Relations Cases (H. Fletcher)</p> <p><b>10:00-11:00AM</b> Big Cats (McDonald) Crime and Consequence (Sollish) King Arthur (Pillans) Water Wars (Clarke) Women in Science (deMan and J. Parks) Woody Allen (Carrillo)</p> <p><b>11:15AM-12:45PM</b> Art in America... Imagined Music 2 (Cohen) Changing Climate of International Relations (Mitchell &amp; Crane) Islam 101 (Islamic Speakers Bureau) Long, Long War on Cancer (Steinberg) Neurobics Sprinkled with NLP (Vardis) Origins of Rock and Roll - 1967 (Dell) Reconstruction and Religion of the Lost Cause (DePasquale, Shaffer, &amp; Webb)</p> <p><b>1:30-3:00PM</b> Art of Knowing Yourself (Rush) Difficult Conversations (Sumpter) Ikebana (Ahuja) Memoir Kit (Soper) Understanding Migration Today (Gray)</p> <p><b>1:30-3:30PM</b> North Atlantic: A Virtual Tour (Noud)</p>	<p><b>9:00-10:00AM</b> Great Ways to Sabotage a Good Conversation (Schenk)</p> <p><b>9:45-11:00AM</b> Yes Uke Can/Uke Can Jam (T. Friedman)</p> <p><b>10:00-11:00AM</b> Chair Yoga &amp; Resistance Bands (Ahuja) Ethics Without Religion (Martin) Issues in the News (Bennett &amp; Whitman) Today's Technology Explained (Marker)</p> <p><b>11:15AM-12:45PM</b> Art of Landscape Painting (D. Fletcher) British Masterworks (Kann) Great Decisions 2020 (Maddrey &amp; Carew) Introduction to Italian 2 (Giannasca) Retirement Strategies (Gelinas) That's Life 2 (Garcia) Walden (R. Friedman)</p> <p><b>1:00-4:00PM</b> Band of Brothers (Saul)</p> <p><b>1:30-3:00PM</b> Civil War Leaders (Shaffer) Estate Planning and Probate (Morris) iPhone Basics (Lilly) Unseen Israel (Gelinas) US Socialism: '60s to Sanders (Slavin)</p>
THURSDAYS		
<p><b>9:00-10:00AM</b> Introduction to Israeli Politics (Walter)</p> <p><b>10:00-11:00AM</b> Life and Fate (B. Parks &amp; J. Parks) Life in America: Failed Dreams (Pincus) Other Woman: Royal Mistresses (McDavid) Psychology of Propaganda (Deschenes) Reaching for the Hidden G-d (Queen) Why 2020 Presidential Election is Critical for America (McIntyre)</p>	<p><b>11:15AM-12:45PM</b> Art of the Documentary 7 (Cohen) Chrysanthemum &amp; the Sword (McDavid) Eight Swinging Tunesmiths (O'Shea) Improv I (Drake) The Romanov Dynasty... Russian Empire (D'Angelo)</p> <p><b>11:15AM-1:15PM</b> It's Your Story: Stick To It - Part 2 (Lee)</p>	<p><b>1:30-3:00PM</b> Basic Russian (D'Angelo) Improv 2 (Drake) Our Delight in Being Right (Zins)</p> <p><b>1:30-3:30PM</b> Drawing &amp; Watercolor 1 (Samoluk)</p>
FRIDAYS		
<p><b>10:00-11:00AM</b> Collection of Short Stories (Purdon)</p>	<p><b>10:00AM-12:00PM</b> Don't Get Caught Without a Plan (Dozier)</p>	<p><b>11:15AM-12:45PM</b> Introduction to Italian (Brisotto) Spanish 3 &amp; 4 (Herrera)</p>

# OLLI Classes at a Glance

January 6 – February 24

(REGISTRATION OPENS MONDAY, NOVEMBER 18)

OFF-SITE COURSES	WORKSHOPS
<b>DANCE 101</b> Tap Fundamentals (Aponte) Mon 12:30-1:30pm Jan 6 - Feb 17  T'ai Chi (Meisner) Tue 12:45 - 1:45pm Jan 7 - Feb 18  Dance (Aponte) Thu 12:30-1:30pm Jan 9 - Feb 20  <b>PARK SPRINGS</b> Art in America and Its Imagined Music (Cohen) Fri 2:00-3:00pm Jan 10 - Feb 21	Defensive Driving (Spano) Fri 9:30am – 3:30pm Jan 24 Mon 9:30am – 3:30pm Feb 24  Racial Healing: Two Paths Of Engagement (Hurley) Wed 10:00am – 1:00pm Jan 29  First Aid/CPR/AED (Spano) Fri 9:30am – 3:30pm Feb 21  Yes, YOU Can Be an OLLI Instructor! (Various) TBA

## Special Interest Groups

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

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

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

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

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

**Nordic Walking Group:** Nordic Walking is fun, especially in a group! It is not a “balance” walking program. We do NOT use trekking, hiking or stability poles. It’s 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 get a full body workout. The benefits are innumerable, and the activity can be enjoyed, regardless of age or fitness level, for a lifetime.

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

**Social Bridge Players:** For those that know how to play and are wanting to meet and play together.

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

## **MONDAYS** **10:00-11:00AM**

### **Chair Yoga & Meditation**

*Instructor: Nutan Ahuja*

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

### **Dancing with Gene Kelly**

*Instructor: Anna MacDougal*

A review of Gene Kelly's dancing from his early life in Pittsburgh through the beloved movie "Singin' in The Rain" (as well as other MGM musicals). Taking a look at Gene Kelly as he danced during the golden age of movie musicals, with details and highlights including his dances with Jerry the cartoon mouse and other partners that included Judy Garland, Cyd Charisse, Leslie Caron, Debbie Reynolds, Frank Sinatra and even (only once) Fred Astaire. Eight week course: Jan 6-Mar 2.

## **10:00AM-12:00PM**

### **Jewelry Making Series with a Cultural Twist**

*Instructor: Virginia Milner*

Newest destinations— Edwardian England and Japan! 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 America to Asia, Africa, South America, and Europe. Students get 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. Students will learn how to make a culturally inspired necklace, bracelet, ring, and/or earrings. Participants will learn useful techniques for other classes and/or to continue to use on your own. Designed for both absolute beginners and students with limited knowledge and skills. Course fee: \$145 member/\$165 non-member (includes all supplies).

### **Novel Dissection: A Gentleman in Moscow**

*Instructor: June Converse, Author*

Novels are complex creations – much more complex than most people realize. Rather than look at how to construct a novel, we'll de-construct a novel and see how it was put together. We will be an engineer seeking to understand the engine by taking separating the component parts. In this course, we will discuss the elements of a novel, the author's process and the marketing dynamics. Together we will dissect a novel and "watch" the author's creative and decision-making process. The class is perfect for anyone who loves stories. Together, the class will read *A Gentleman in Moscow: A Novel* by Amor Towles. Course fee: \$65 member/\$85 non-member (includes book).

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

### **Basic Spanish**

*Instructor: Judith Herrera*

Class includes in-depth Spanish instruction, including mastery of basic concepts including grammar, reading, writing and conversation in five tenses. Course dates: Feb 3-Mar 16. Course fee: \$95 member/\$115 non-member.

### **Bollywood Yoga Fusion**

*Instructor: Nutan Ahuja*

It's a combination of Bollywood inspired dance and yoga. It is a mix of physical movement and wellbeing that yoga fosters. The purpose of yoga is to build strength awareness and harmony in both the mind and body. If you like to dance and want to get the effective benefits of yoga then this is for you. A total body workout having positive impact on body and soul!! Course fee: \$65 member/\$85 non-member. Max 25 students.

### **Reverse Mortgages: Understanding Pros and Cons**

*Instructor: Genie McGee*

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.

## MONDAYS 11:15AM-12:45PM

### US Presidential Orders in Times of War

*Instructor: Stan Bernstein, PhD*

Comparative studies of emergency orders of Lincoln, FDR, Truman, Kennedy, Johnson, and Trump. Democratic governance at peril.

## 1:00-2:00PM

### All About Your Brain, Body, Neuroscience, and Music

*Instructor: Sandy Bramlett, MEd, Certified Ageless Grace® Brain Health Trainer/ Educator*

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

## 1:30-3:00PM

### Basic Spanish 2

*Instructor: Judith Herrera*

This program consists of 7 sessions which target students who have already taken our beginner level or students who may have some basic knowledge of the language. A great amount of vocabulary will be introduced plus six tenses that will allow the students to start communicating about everyday life situations, traveling, basic medical matters, basic business and banking terminology and shopping. Additionally the student will be able to write short paragraphs and read articles from newspapers and magazines. Course dates: Feb 3-Mar 16. Course fee: \$95 member/\$115 non-member.

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

*Instructor: Susan Soper, Author*

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

## 1:30-3:30PM

### Social Bridge for Beginners

*Instructors: Serina & Howard Chang*

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

## TUESDAYS 9:00-10:00AM

### Public Relations Cases

*Instructor: Harrison Fletcher*

This course will provide students the opportunity to evaluate real world public relations scenarios. Students will discuss various cases based on weekly topics. The instructor will provide industry knowledge on journalism, media relations, crisis communications, and issues management. Recommended reading: *Cases in Public Relations Management* by Patricia Swann.

## 10:00-11:00AM

### Big Cats

*Instructor: John McDonald*

We will study the evolution of each species, along with their similarities and differences, including: cheetahs - the fastest of all land animals and threatened with extinction; lions - the most recognized and once the most numerous of all the big cats; tigers - the largest of all the big cats and most endangered; leopards - the most numerous and geographically dispersed of all the big cats. We will examine physical characteristics, habitat, behavior and social structure, as well as geopolitical influences which will either save these animals or result in their extinction. Five-week course: Jan 7-Feb 4.

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

### **Crime & Consequence**

*Instructor: Rabbi Ari Sollish*

This searing new six-session course presents compelling Jewish wisdom on crime, incarceration and rehabilitation. Analyze infamous modern-day cases of wrongful conviction, explore themes of betrayal and acceptance, and learn practical ways to fix the criminal justice system -- and maybe just repair the world. Course fee: \$70 member/\$90 non-member (includes book).

### **King Arthur & the Knights of the Round Table**

*Instructor: Susan Pillans*

King Arthur and the Knights of the Round Table is the major cultural myth of Great Britain. We will examine the fascinating characters, the amazing adventures, and the literary and historical data of these stories. The class will include how these tales continue to a rise in popular culture through literature, art, and film. The themes of this course have something for everyone from heroic deeds and values to romantic quests and chivalry.

### **Water Wars**

*Instructor: John Clarke*

Water is the lifeblood of our planet. Throughout history to the present day, wars have been waged over this precious resource. The course will provide an overview of historical and modern-day conflicts over water including Israel and the Middle East, Cyprus, the American West, and the state of Georgia. Use of water as a weapon of war and threats from terrorism will also be covered. The course will feature six weekly lectures by John Clarke and two lectures by guest speakers—Edward Martin and Keith McFadden, both retired USGS scientists.

### **Women in Science**

*Instructor: George deMan & Jill Parks*

Women have always been working alone or with men in the sciences: Hapatia, Mme. Curie, Rosalind Franklin, Rachel Carson, Jane Goodall - - some overshadowed by husbands, co-workers or suppressed in the critical coverage. But perspective has often changed and proper recognition finally brought about. The course will be built around books like 50 Famous Women of Science, biographies and autobiographies. Some documentaries and movies will be shown and there may be guest appearances.

### **Woody Allen: Themes, Reaction, & Discussion**

*Instructor: Dorothy Carrillo, PhD*

This course will explore the major themes re-occurring in most of Allen's films. These include: Death, Meaning of Existence, Anti-Semitism, Relationships, Judaism (religious & secular), and Consequences for One's actions. The instructor will provide film clips related to the theme for the purpose of class discussion.

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

### **Art in America and Its Imagined Music - Part 2**

*Instructor: Howard Cohen, MA*

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

### **The Changing Climate of International Relations: What is our Role on the World Stage?**

*Facilitators: Bunny Mitchell & Milton Crane*

Sponsored by the Atlanta Council on International Relations, learn from distinguished thought leaders/speakers who are experts in the international community on topics such as Russia and the world today, fake news, Mexico-US relations, BREXIT, steps to an effective foreign policy and much more. With so much in the world today, it is critical that we be informed. You will learn how to better understand our foreign relationships.

### **Islam 101 Everything you Ever Wanted to Know about Islam**

*Instructors: Islamic Speakers Bureau*

We will do a series of seminars which will teach a new topic every week. Lecture and discussions, different topic each week: AMBP –American Muslim Beliefs and Practices, Mohammed (PUBH), Quran Explained, Women in Islam, Roots and History of American Muslims, What Would the World be like Without Muslims, Ramadan Demystified. There will be a question/answer session at the end of each class.



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

### **The Long, Long War on Cancer: Is Victory in Sight?**

*Instructor: Karen Steinberg, PhD*

We start with early beliefs about causes of cancer and then move to the 20th century when researchers discovered the genetic basis of cancer. We'll learn the difference between sporadic cancers (about 90%) and cancers that occur because of rare family syndromes such as those caused by BRCA mutations. We'll discuss how doctors estimate a person's risk for cancer to help both doctor and patient decide about screening and prevention. We'll also look at the risks and benefits of screening for cancer, for example, mammograms and lung scans. Finally, we'll see where we are with regard to new and promising therapies.

### **Neurobics Sprinkled with NLP: How to Have Even Younger Brains Through Creative Thinking**

*Instructor: Harry Vardis, MS*

People say that creativity is an ageless process. The brain does not get old as long as it is challenged. We will explore ways how to be even more creative and to have a younger brain. This is a course that builds on the concepts and practice of creative thinking and everyone is welcome. Requirement: Bring your brain with you. Based on the book *Keep Your Brain Alive* by Lawrence C. Katz and Manning Rubin -- only now we will also use Harry's book of creative tools to explore more ways of playfulness and fun while exercising the brain. Six-week course: Jan 9-Feb 13.

### **Origins of Rock and Roll - 1967**

*Instructor: Tom Dell*

Looking at the artists from John Hartford to Vanilla Fudge, Jethro Tull to Pentangle; the expansion and contraction of Motown, the singer songwriters, Psychedelia to Van Morrison. We will see how the industry matured and the musicians began to take more control of their creation. This is a continuation of the "Origins of Rock and Roll" course. It is not necessary to have taken any of the previous four sessions to enjoy this one. The course uses online videos, usually without ads, and other media to bring you into the cannabis-fueled 1967 music scene -- and you don't have to inhale.

## **Reconstruction and Religion of the Lost Cause**

*Instructors: Sal DePasquale, Michael Shaffer & Rodney Webb*

The Civil War and subsequent Reconstruction occurred within a context of world events. Too often historical events are contemplated within a silo, isolated from seemingly external events that provide texture and context. Connecting events is a central theme of this class. The Industrial Revolution, born in England, created opportunities for wealth underpinning the Civil War; for removal of indigenous peoples from the Deep South; and for imperial aggression later resulting in bombing of Pearl Harbor and a worldwide war. In Reconstruction, slavery was rebranded, with Jim Crow laws re-enslaving allegedly emancipated people. To be sure, riches represented by cotton were too compelling. Religion was hijacked by a culture determined to rationalize and justify raw brutality viciously imposed upon people of color.

## **1:30-3:00PM**

### **Art of Knowing Yourself/Peace Education Program**

*Instructor: Steve Rush*

The Peace Education Program explores the meaning of personal peace. Available since 2012, it is currently active in 35 countries and has been translated into 37 languages. This year there are a total of 967 courses either completed or in progress. Each workshop helps the participants discover their own inner resources to live more fulfilling lives. The workshops focus on 10 different themes: peace, appreciation, inner strength, self-awareness, clarity, understanding, dignity, choice, hope, and contentment.

### **Difficult Conversations**

*Instructor: Althea Sumpter, DAH*

What questions do you want to ask someone of another ethnicity but you are too afraid to ask? This 7-week course provides an opportunity for a diverse group of people to undertake difficult conversations that could help us move forward with tools in hand to forge a common future. This could be a starting point for those willing to tell stories and hear of their own role in perpetuating a legacy that makes people uncomfortable, no matter their ethnic background. The more we become comfortable exploring diversity, the more we can become allies for the sake of our shared humanity. Course Fee: \$65 member/\$85 non-member

## **TUESDAYS** **1:30-3:00PM**

### **Ikebana**

*Instructor: Nutan Ahuja*

Discover the ancient Japanese art of flower arranging. Ikebana is made up of two words: the first, “ike,” meaning “alive” or “arrange,” and the second, “bana,” meaning “flower.” More than merely ‘decoration,’ the Ikebana way of flower arranging encourages one to fully express themselves by infusing each arrangement with a sense of space, motion, time past and future season, rhythm, and emotion. Ikebana is seen as a spiritual process that helps one develop a closeness with nature and merge the indoors and outdoors. In addition to the incomparable satisfaction of creating beauty in your home, the contemplative art of Ikebana will prove a perfect escape from the everyday stressful life. Students must also bring a vase and shears to class each week to take home your arrangement. Limited to 15 students. Course Fee: \$125 member/\$145 non-member (fee includes flowers and other supplies).

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

*Instructor: Susan Soper, Author*

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

### **Understanding Migration Today: Immigrants, Refugees, Asylees, Detainees**

*Instructor: Barbara Gray*

This fast-paced course presents definitions, statistics, stories, and issues concerning human migration. Using a wide range of resources -- including reports from think tanks and nongovernmental organizations, U.S. law, personal experience, and both fiction and nonfiction reading -- the instructor decodes the language of migration and frames current events for future thought. Learn the historical context of migrant classifications and the effect these definitions have on individual lives. Leave with a list of readings and resources to help you become an informed consumer of news about migration and potential reforms to immigration policies. Four-week course: Feb 4-25.

## **1:30-3:30PM**

### **The North Atlantic: A Virtual Tour**

*Instructor: Pam Noud*

Come explore these nations of the North Atlantic: The UK (England, Wales, Scotland, Northern Ireland), Ireland, Iceland, and Canada. This course is a geography-based slide show: You will “tour” these countries by viewing maps & photographs. Visit the districts of London, the castles of Ireland, the slopes of Whistler. Where is the Ring of Kerry? The Isle of Man? Hyde Park? Stratford-upon-Avon? Aberdeen? In Canada, Where is Newfoundland? New Brunswick? Nova Scotia? Pack your parkas for this 5-week adventure spanning both sides of the North Atlantic! A set of optional home-study handouts will be available for purchase of \$30.

## **WEDNESDAYS** **9:00-10:00AM**

### **Great Ways to Sabotage a Good Conversation**

*Instructor: Paul Schenk, PsyD*

The power of words, spoken or merely thought, can have huge impact on the psyche. During my 40 years as a clinical psychologist, I’ve enjoyed expanding the range of “tools” I use to help people improve their lives. I’d like to share a cross-section of those tools and give you time to play with them in class. No, this won’t be group therapy. Come learn some great ways not to sabotage a good conversation.

## **9:45-11:00AM**

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

*Instructor: Teresa Friedman*

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

## WEDNESDAYS 10:00-11:00AM

### Chair Yoga & Resistance Bands

*Instructor: Nutan Ahuja*

Chair Yoga is a way to 'Sit Your Way to Better Health.' Chair yoga's therapeutic adaptive exercises work your body from head to toe. The simple and easy movements are great for people in any condition, to do anytime and anywhere. Chair Yoga promotes well-being through breathing correctly and stretching in ways that will open up your body on the path to peace. Resistance bands help to do any type of strength training without the need for heavy weights. These bands engage multiple muscles simultaneously, so your entire body gets a workout in a short period of time. These classes are a GREAT entry point for students of all ages and levels. Course fee: \$95 member/\$115 non-member. Max 25 students (You can also sign-up for the Monday class and participate twice per week).

### Ethics Without Religion

*Instructor: Dennis Martin, PhD*

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

### Issues in the News - World, National, Local

*Instructors: Marty Bennett, MS & Mary Whitman, JD*

Students will discuss political, economic, social and cultural issues in the news. Each week several major and enduring world, national and local issues will be thoroughly examined from multiple perspectives. Students can express themselves openly and confidently, and respectfully learn and understand the complexity of issues.

## Today's Technology Explained. Be Smarter Than the Grandkids!

*Instructor: Bernard Marker*

The classes will provide attendees with the fundamental knowledge required to understand, participate and enjoy an increasingly complex digital world. We will take the mysteries out of everyday items that populate our lives. Topics to be discussed are:

- Cell phone basics, understanding the benefits and hidden problems
- How to identify scammers
- Setting up a home network
- Elements of digital home security
- Explaining the cloud
- Elements of 3D printing
- Drones are knocking on your door
- What is virtual reality
- Alexa and other digital tools

## 11:15AM-12:45PM

### The Art of Landscape Painting

*Instructor: Dorothy Fletcher, MA*

The subject of landscape for its own sake, not simply as a setting for narrative scenes, is relatively recent in the history of Western art; it is not until the Renaissance that artists began to depict pure landscapes. This course will be a wide-ranging exploration of the landscape genre, from the 15th century to the early 20th century, in Europe and the USA, and will include outstanding works by artists Brueghel, Ruisdael, Poussin, Turner, Monet, Cezanne, Van Gogh, the Hudson River School, Sargent, and others. This is not a studio course.

### British Masterworks

*Instructor: Sally Kann, BA*

Although British orchestral masterworks are frequently programmed today, important music by English composers came a bit late to the party. After Purcell's death, the most popular composers in England were two Germans: Handel, Mendelssohn. But in the 19th century, English composers began to develop their own national style, with a distinct 'Britishness' in rhythm, harmony, and texture. A rich, unique sound emerged in the 20th century, which pervaded both the symphonic and choral traditions.

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

### **Great Decisions 2020**

*Instructors: Charles Maddrey & Jack Carew*

Great Decisions is an 8-week geopolitical discussion program developed by Foreign Policy Association. This program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. (1) Climate Change & the Global Order (2) India & Pakistan (3) Red Sea Security (4) Modern Slavery & Human Trafficking (5) U.S. Relations with the Northern Triangle (6) China's Road into Latin America (7) The Philippines and the U.S. (8) Artificial Intelligence & Big Data.

### **Introduction to Italian 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, then 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! Course fee: \$95 member/\$115 non-member.

### **Retirement Strategies**

*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 & Taxes, Making Your Money Last, Long Term Care, Asset Management and Inflation. Mutual Funds & Annuities are integral parts of a sound retirement plan; how you use them will determine your financial stability and peace of mind. Increase your understanding of these two investment vehicles so that you can make more informed decisions concerning your retirement investments.

### **That's Life - Part 2**

*Instructor: Ed Garcia, MA, CSW*

Friendship. Luck. Respect. Fantasy. Change. Envy. Happiness. These are just but a few of the life experiences we've encountered throughout life. How well do we understand them? How do we feel about them, and to what extent do they affect our lives? This interactive class will discuss and explore a different "life experience" each week and discover what they mean to each of us. Ed will introduce and moderate the exploratory discussions. Class size limited to 20 participants.

### **Walden: Once More Unto the Pond, Dear Friends, Once More...**

*Instructor: Ross Friedman, MA*

"It is time we had uncommon schools that we did not leave off our education when we begin to be men and women. It is time that villages were universities, and their elder inhabitants the fellows of universities with leisure—if they are indeed so well off—to pursue liberal studies the rest of their lives" (88). A thoughtful, soulful journey back to Thoreau's *Walden Pond* with some guest appearances by R.W. Emerson, W. Wordsworth, R. Frost, W. Whitman, and J. Muir.

## **1:00-4:00PM**

### **The Band of Brothers: D-Day, 6 June 1944**

*Instructor: Col. Lawrence Saul, US Army (Retired)*

The Band of Brothers is an intensive, 5-session course on the Allied Invasion of Normandy, 6 June 1944, 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. There is the potential for a 10-day Battlefield tour to France, in the autumn of 2020, provided there is sufficient interest. Five-week course: Jan 29-Feb 26.

## **1:30-3:00PM**

### **Civil War Leaders: Politicians and Officers**

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

The American Civil War contains a rich history beyond the battlefield, as politicians (North and South) struggled to secure the best generals - those who could deliver victories. Students will learn about the two presidents, Abraham Lincoln and Jefferson Davis, as well as their primary military chieftains, during this course, which will focus on the personalities, on and off the field of battle. Four-week course: Feb 5-26.



## WEDNESDAYS 1:30-3:00PM

### Estate Planning and Probate Issues

*Instructor: Everett Morris, CFP®, MBA, JD*

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

### iPhone Basics

*Instructor: John Lilly, MS*

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

### The Unseen Israel: Take a Journey Through the Promised Land

*Instructor: Tim Gelinas*

We will journey through rarely visited and recently discovered sites in what many call God's Promised Land. This class is certain to spark your interest and ignite your passion for one of the most amazing and storied places on Earth. We will explore the 3 regions of Israel - Northern, Southern and Central -- each having their own significance and treasures.

### US Socialism: the '60s to Sanders

*Instructor: David Slavin, PhD*

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

## THURSDAYS 9:00-10:00AM

### Introduction to Israeli Politics

*Instructor: Rich Walter, Center for Israel Education*

This class will explore the Israeli political system with a focus on how Israeli democracy functions, as well as key issues, and important milestones. Special emphasis will be placed on unpacking the results of the two 2019 elections and looking closely at the intersection of Israeli politics and the peace process. This 4-week course (January 9-30) is offered in partnership with the Lisa F. Brill Institute for Jewish Learning. Course fee: \$50 members/\$70 non-members (includes instructional materials).

## 10:00-11:00AM

### Life in America: Failed Dreams

*Instructor: Judy Pincus, MLS*

The disparities in American Life are depicted in short stories, novels and memoir. Variations on the theme of the American Dream developed in literature reveal differences in opportunities relevant to race, social class, and cultural experience. The works show that hopes or dreams for a better life, romance or adventure may lead to loss, disappointment or disaster.

### Life and Fate: The Modern War and Peace A Magnificent Novel - An Epic of World War II and the Battle of Stalingrad

*Instructors: Bert and Jill Parks*

The class will be reading *Life and Fate* by Vasily Grossman. This epic Russian novel is often compared to Tolstoy's *War and Peace*. It is a miracle that this novel survived the KGB's attempts to destroy it in the 1950's. Grossman focuses on several families scattered by fortune from Germany to Siberia and follows them through times of almost unimaginable horror and even stranger hope. It juxtaposes bedrooms and snipers' nests, scientific laboratories and Gulag, taking us deep into the hearts and minds of its characters. Grossman turns an unshakable human gaze on the haggard face of war. This novel of unsparing realism and visionary moral intensity is one of the supreme achievements of modern Russian literature. The class will also include documentary footage of Vasily and the historical times in the Soviet Union.

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

### **The Other Woman: Royal Mistresses at European Courts**

*Instructor: Michael McDavid, MA*

Since the Middle Ages, royal mistresses were a fixture at most European courts. Some monarchs had only one “companion” over a long period of time; others paraded serial “friends” before their courts. A few sovereigns were even faithful to their consorts, but this was not the norm. Several royal mistresses became as well-known as their patrons in the historical record. In this course we will examine the phenomenon of the royal mistress by looking at the reigns of seven monarchs from the Renaissance up to contemporary times. We will probe the personalities of the monarchs, their “other women” and the impact these relationships had on their reigns and times.

### **Psychology of Propaganda**

*Instructor: Elizabeth Deschenes, MS*

This course is an exciting look at provocative propaganda past and present used in the United States and globally. Learn the basics of propaganda so you can identify it in the future. We will cover the history of propaganda, and the use of it in politics and advertising. We will examine the psychological aspects of propaganda looking at it from psychodynamic and humanistic psychological philosophies. As always, expect a class that will leave you thinking long after you leave. This is a 4-week course (January 9-30).

### **Reaching for the Hidden G-d: An Introduction to Kabbalah, Its Thought, and Practices**

*Instructor: Edward L. Queen, PhD*

From red strings to Madonna, erotic imagery to fatal curses, Kabbalah appears to encompass everything from pop stars to magic. This OLLI course will provide an introduction to Kabbalistic theology, separating fact from fiction and substance from fad. In the course of doing so, you will become familiar with the leading Kabbalists (including the known female Kabbalists... real ones, not Madonna), the major Kabbalistic texts, and, significantly, the practices undertaken by Kabbalists to achieve mystical insight and devekut, cleaving to G-d. This course is offered in partnership with the Lisa F. Brill Institute for Jewish Learning. Course fee: \$99 members/\$119 non-members (includes instructional materials).

## **Why “2020” Presidential Election is Critical for America**

*Instructor: Dan McIntyre*

A strong case may be made that 2020 is the most “consequential” presidential election in America since 1860! History shows us clearly that nations with “extractive” political /economic institutions struggle economically and are often poorer. For similar reasons, nations with “inclusive” political / economic institutions generally flourish. Nations with “extractive” institutions limit voting rights, free press, rule of law, accountability, and are generally authoritarian in their political/economic institutions. Question: are America’s constitution, free press, court system, voting rights, and other “inclusive” political and economic institutions currently being challenged?

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

### **The Art of the Documentary - Part 7**

*Instructor: Howard Cohen, MA*

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

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

*Instructor: Michael McDavid, MA*

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

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

### Eight Swinging Tunesmiths

*Instructor: John O'Shea, MD*

The instructor will discuss and play stellar examples of the fabulous output of some major tunesmiths of the great jazz age of the 1920s and 1930s and later. Featured will be Irving Berlin, Duke Ellington, Fats Waller, Bria Skonberg, Louis Armstrong, Cole Porter, Edgar Sampson, and Jerome Kern, with exquisitely recorded versions of their work presented. This course will follow three fully subscribed separate courses on the Fantastic Jazz of the 1920s and 1930s given in the winters of previous years.

### 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.

### The Romanov Dynasty (1613-1917) and How They Were Building the Russian Empire

*Instructor: Natalia D'Angelo*

This 8-week course is designed for everybody interested in the history of Russia and Romanov family in particular. Natalia D'Angelo, a native of Russia and Master of Arts in History, will present the lives and deeds of the notable Romanov rulers. Participants will learn about personal characteristics of the most important tsars, discover the significance of the dynasty in the rise of Russia to a world power, and the reasons for the downfall of the dynasty at the beginning of the 20th century. This course will incorporate clips from documentaries and include discussion. Max 15 Students. Course fee: \$75 member/\$95 non-member.

## 11:15AM-1:15PM

### It's Your Story: Stick To It! Write Your Memoir - Part 2

*Instructor: Georgia Lee, Author*

How to discover, craft and publish your memoir – let's do this! Each of you has a story that only you can write. Come prepared to dig deep, to uncover truths about yourself that beg to be expressed. We will write about what keeps us awake; about what haunts us and what we can't stop thinking about. We'll write about what matters. We'll excavate the story, then hone our craft by developing characters, settings, plots and themes that will make it irresistible reading. We'll learn how to use photos and artwork to enhance your book and discuss publishing options. Whether you write for yourself, for family and future generations, or for the wide world to read, you will leave this class with a deeper understanding of yourself and the legacy you leave. Prior experience is not mandatory. All are welcome, but this class is recommended for those who have already taken an introductory writing class at OLLI or elsewhere. Course fee: \$55 member/\$75 non-member.

## 1:30-3:00PM

### Basic Russian

*Instructor: Natalia D'Angelo*

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

### 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.

## THURSDAYS 1:30-3:00PM

### **“Our Delight in Being Right, the Value of Being Wrong”**

*Instructor: Dan Zins, PhD*

A course on critical and empathetic thinking based on the best-selling book by Kathryn Schultz, “Being Wrong.” Schultz writes: “Far from being a sign of intellectual inferiority, the capacity to err is crucial to human cognition. Far from being a moral flaw, it is inextricable from some of our most humane and honorable qualities: empathy, optimism, imagination, conviction and courage.... Thanks to error, we can revise our understanding of ourselves and amend our ideas about the world.” Please obtain a copy of “Being Wrong” and begin reading. You will really like this book. (Hope I’m right about that.)

## 1:30-3:30PM

### **Drawing & Watercolor – Part 1**

*Instructor: Elizabeth Samoluk, Professional Artist*

Explore the fundamentals of watercolor painting. Learn to train in the techniques that underpin good drawing skills and build confidence. Fundamentals help a student to “see” and “do” better artwork. If you are a watercolor artist or are interested in learning watercolor, then this class is especially for you! Line drawing is where the foundation of art is built. If you can confidently draw with lines then all other forms of art are applied to this skill.

Excellence in drawing leads to better paintings! Course designed for all levels. Course fee: \$150 member/\$170 non-member (includes all supplies).

## FRIDAYS 10:00-11:00AM

### **Collection of Short Stories**

*Instructor: Nancy Purdon, MA*

This course will offer an introduction to the best of the work being published by short story writers today. The class will read and discuss closely stories all of which have been granted the O. Henry Award in 2019. This reward is widely regarded as our nation’s most prestigious award for short fiction. Please purchase the book *The O. Henry Prize Stories, 2019: The Best Short Stories of the Year* and read “Girl of Few Seasons” by Rachel Kondo before the first class. There will be a good deal of discussion in the course and everyone’s participation will be important.

## 10:00AM-12:00PM

### **Don’t Get Caught Without a Plan**

*Instructor: Brenda Dozier, PhD, CDFA, RICP*

This class will address some of the key questions faced by adults ages 50-75 who are actively planning for retirement -- or those who are already retired, but who value sound advice and self-assessment tools. Some of the Retirement Myths to Debunk: Myth 1: there’s no need to worry about healthcare because of Medicare. Myth 2: your tax bill will disappear in retirement. Myth 3: annuities are never a good choice for retirees. Myth 4: social security benefits are tax-free. Myth 5: the 4% withdrawal of my investments will guarantee I do not outlive my money. Myth 6: all financial professionals are fiduciaries. Two-week course: Jan 10-17.

## 11:15AM-12:45PM

### **Introduction to Italian**

*Instructor: Alessandra Brisotto*

This course will give you an overview of the Italian language and teach you conversational basics such as introducing yourself, asking for information, and answering simple questions.

The classes are informal and fun with lots of opportunity for practicing listening and verbal skills. No previous knowledge of the language is required. Course fee: \$115 member/\$135 non-member (includes book).

### **Spanish 3 & 4**

*Instructor: Judith Herrera*

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

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

If possible, the class may try to start the subjunctive as well.

Course dates: Course dates: Feb 7-Mar 20. Course fee: \$95 member/\$115 non-member.



## Off-Site Courses

### DANCE 101

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

### Tap Fundamentals

*Instructor: Ricardo Aponte, Musical Theater Choreographer, Veteran Broadway Performer*

Discover the steps and rhythms of classical tap. If you've taken a tap class in the past or would like to be introduced to the fundamentals, then this class is perfect for you! Dance to songs by Gershwin, Cole Porter, interpreted by Frank Sinatra, Ella Fitzgerald and many more iconic singers of the 30s, 40s, and 50s. NOTE: Tap shoes required. Minimum 8 students.

**Mon, Jan 6 - Feb 17 / 12:30-1:30PM**

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

### T'ai Chi (Beginner and Intermediate)

*Instructor: Harvey Meisner, Certified Tai Chi / Qi Gong*

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

**Tue, Jan 7 - Feb 18 / 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, Jan 9 - Feb 20 / 12:30-1:30PM**

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

### PARK SPRINGS

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

### Art in America and Its Imagined Music - Part 2

*Instructor: Howard Cohen, BA, MA*

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

**Fri, Jan 10 - Feb 21 / 2:00-3:00PM**

Course fee: \$45 member

### Tuskegee Day Trip

**January 31, 2020**

**\$65.00/per person**

We will visit Tuskegee University, George Washington Carver Museum, Tuskegee Airmen Museum and have lunch at Tuskegee University. Transportation provided.

# Guest Lecture Series

Registration not required. Admission is free.

## Doug Shipman

Wednesday, January 8 - 1:00-2:00pm

Shipman is the President and CEO of the Woodruff Arts Center, which is the home to the Alliance Theatre, the Atlanta Symphony Orchestra, and the High Museum of Art. Shipman became the Arts Center CEO in July 2017, after serving as Chief Executive Officer and Managing Director of BrightHouse. Prior to that role, he was the founding Chief Executive Officer of the National Center for Civil and Human Rights in Atlanta from 2007 through 2015. From 2001 until 2007, Shipman was a principal with the Boston Consulting Group at its offices in New York, Atlanta and Mumbai.

## Victoria Lemos

Wednesday, January 15 - 1:00-2:00pm

Lemos has been an Atlanta tour guide for more than five years, sharing her love of the city with tourists and locals, alike. One year ago, she launched Archive Atlanta, a weekly podcast with episodes about Atlanta's historical people, places and events. As a preservation advocate, she hopes that sharing these stories will help people fall in love with things they might be passing every day.

## Daniel Franklin, PhD

Monday, January 20 - 1:00-2:00pm

Franklin was an Associate Professor of Political Science at Georgia State University. His presentation *Politics and Film* explores the meaning of film within a societal context. In examining the political role of films we become real time cultural anthropologists, sifting through the artifacts of modern society to determine what our culture really is all about. Films must please the mind, and not just in terms of satisfying our desire to be entertained (although that alone is sometimes enough) but also deepen our understanding of people, ideas, and problems that we may confront in everyday life.

## Michael Coles

Wednesday, January 22 - 1:00-2:00pm

Coles, co-founder of Great American Cookie Company and former Chairman and CEO of Caribou Coffee, explores his remarkable journey in business, sports and politics in his book, *Time to Get Tough: How Cookies, Coffee, and a Crash Led to Success in Business and Life*. In the memoir, he recounts the failures and successes that led him from poverty and a near-fatal motorcycle accident to founding a \$100-million company and becoming the namesake of the business school at Georgia's third largest university—despite never having attended college himself.

## Jill Savitt

Monday, February 3 - 1:00-2:00pm

Savitt is a human rights advocate with special expertise in genocide prevention. Currently, Savitt is the President and CEO of the National Center for Civil and Human Rights in Atlanta. The Center's exhibitions tell the story of the U.S. civil rights history and the global human rights movement, and is the only place in the world where visitors can see the papers and artifacts of Dr. Martin Luther King, Jr. From 2010 to 2014, Savitt curated the exhibit on global human rights at the Center. Previously, Savitt was the Acting Director of the Simon-Skjodt Center for the Prevention of Genocide at the U.S. Holocaust Memorial Museum in Washington, DC.

## Marcy Breffle

Wednesday, February 12 - 1:00-2:00pm

Breffle oversees educational programming at Historic Oakland Cemetery, one of Atlanta's oldest green spaces and cultural landmarks. Atlanta has always been a bustling city, but the post-Civil War decades marked an unprecedented period of economic development, cultural exchange through diverse population growth, and social change in the railroad town. This dynamic period created a setting for some of the most horrific crimes to ever take place in Atlanta. Her presentation -- Unlawful Atlanta: Society and Crime in 19th Century Atlanta -- will explore how social views and changing ideas about criminology played a role in several crimes in Atlanta.

## G. Wayne Clough, PhD, PE

Wednesday, February 19 - 1:00-2:00pm

Clough served as the 10th president of the Georgia Institute of Technology from 1994 to 2008 and as the 12th Secretary of the Smithsonian from 2008 to 2014. A native of Georgia, he earned his BS and MS degrees from Georgia Tech and a PhD from the University of California at Berkeley. He has taught at Duke, Stanford, and Virginia Tech, where he served as the Chair of the Department of Civil and Environmental Engineering and Dean of the College of Engineering. Clough was elected to the National Academy of Engineering in 1990 and the American Academy of Arts and Sciences in 2010. He was appointed to the National Science Board and the President's Council of Advisors on Science and Technology by President George W. Bush. He has received honorary doctorates from twelve universities. His latest book is *Things New and Strange: A Southerner's Journey Through the Smithsonian Collections*, published by the University of Georgia Press.

# Workshops

## National Safety Council Defensive Driving

Fri, January 24 / 9:30AM – 3:30PM

Mon, February 24 / 9:30AM – 3:30PM

*Instructor: James Spano, MS, CSHM*

By recognizing that safe driving is a matter of personal choices, participants will develop the mental skills and knowledge to become a defensive driver. The class focus will be on the seven most common driving mistakes and how to overcome them, along with the five conditions that affect your driving skills and response time. Completion of this course may result in a discount on auto insurance. Course fee: \$15 member/\$35 non-member. Limited to 40 students.

## Racial Healing: Two Paths Of Engagement

Wed, January 29 / 12:00-1:30PM

*Facilitator: Rosland Hurley, JD*

This workshop presents current efforts of ordinary citizens that work in their communities to foster racial healing and reconciliation. The presenters are leaders within organizations that actively promote racial healing and reconciliation in their communities. Course fee: Free

## First Aid/CPR/AED

Fri, February 21/ 9:30AM – 3:30PM

*Instructor: James Spano, MS, CSHM*

This hands-on practical basic life support course provides each participant with the practical skills and knowledge using the 3 “C’s” method of CHECK – CALL – CARE! Main emphasis is on acquiring skills to keep an injured victim alive until they can be transported/evaluated by medically-qualified personnel. Each participant will receive a student book and pocket guide. Course fee: \$45 member/\$65 non-member. Limited to 15 students.

## Yes, YOU Can Be an OLLI Instructor!

Dates and times to be announced

*Instructors: Jeffery Alejandro, EdD, Stephanie Tarpley, MS, & others*

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



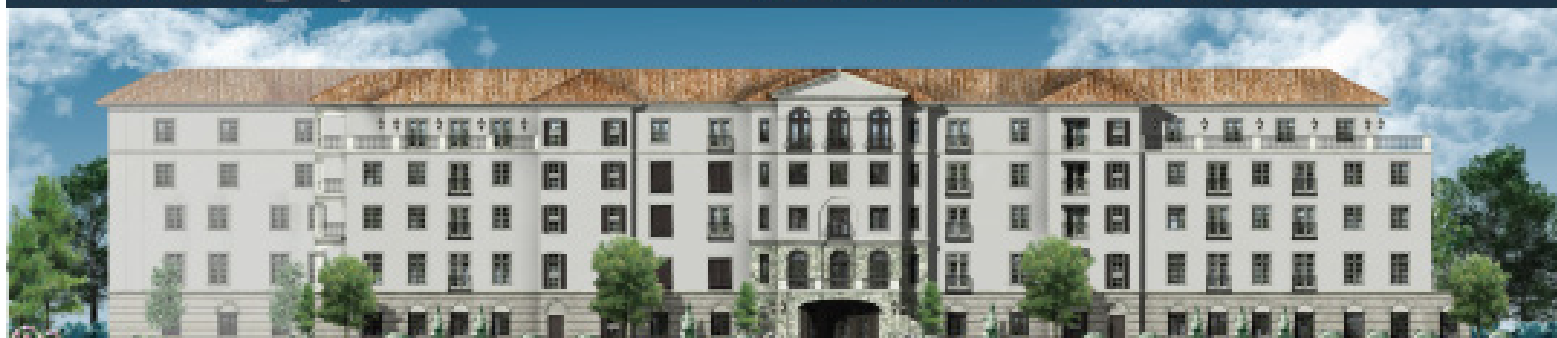
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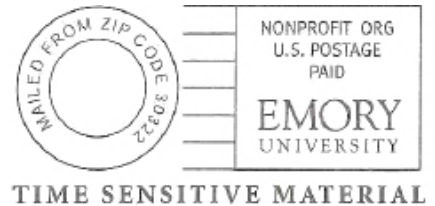
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## REGISTRATION

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