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
Main Phone Line: 404-727-5489
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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
• Membership card (First one free. $5 replacement fee)

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
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

Winter 2021 Term (Registration begins November 16)
One Session: January 4 – February 19

CONDUCT GUIDELINES
OLLI members are expected to respect the sanctity of the learning environment and embrace the concept of a civil community. For all OLLI classes, your responsibilities include:
• Be on time and do not leave classes early unless arrangements have been made with the instructor.
• Mute or turn off your cell phone.
• Attend only courses/discussion groups for which you registered.
• Classes are open to registered students only, so do not bring a guest to class without making arrangements with the OLLI Office.
• Be courteous and listen when the instructor, another student, or a staff member is speaking.
• Please attempt to do class assignments (if any) so that you can participate fully in the class.
• When you leave the classroom, throw away your trash and push your chair under the table.
• When class is over, exit the room as quickly as possible so that the next class may come in and start on time. You may take your conversation to the OLLI lounge.
• Refrain from all forms of harassment including, but not limited to verbal, physical, emotional, and sexual.
# OLLI Classes at a Glance

**SHORT SESSION: March 2 - March 27**

*(REGISTRATION OPENS MONDAY, FEBRUARY 17)*

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<thead>
<tr>
<th>MONDAYS</th>
<th>TUESDAYS</th>
<th>WEDNESDAYS</th>
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</table>
| **10:00-11:00AM**
  Chair Yoga & Meditation (Ahuja)
  The Most Remarkable and Meaningful Ideas Emanating from the Jewish Bible (Kaiser-Blueth) |
| **10:00-11:00AM**
  Be Safe! Know the Latest Scams (Fowler)
  Breathwork Meditation (Hanner)
  Political Solidarity (May)
  Religion & Law in Modern America (Harbour)
  The Shakers (Milsteen) |
| **10:00-11:00AM**
  A Look At Architecture (Hing)
  Chair Yoga & Resistance Bands (Ahuja)
  Intro to Health Benefits of a Whole Food, Plant-Based Diet (Radke)
  Navigating the Gullah Geechee Coast (Sumpter) |

| **10:00AM-12:00PM**
  Intro to Wire Wrapping with a Cultural Twist (Milner) |
| **11:00AM-12:00PM**
  How Can Health Coaching Help You? (Knapp & Kuszai) |
| **11:00AM-12:00PM**
  Henry V & the Violations of the International Laws of War (Bernstein) |

| **11:15AM-12:45PM**
  Bollywood Yoga Fusion (Ahuja)
  Creating a Healthy Home (Rush)
  Missa Solemnis (Kann) |
| **11:15AM-12:45PM**
  Private Lives & Exploits of Our Presidents (Trachtenberg)
  Nutrition Above the Neck: 12-week Dietary Program (Clark) |
| **11:15AM-12:45PM**
  Functional Knowledge with Your Devices (Oblinger)
  Missa Solemnis (Kann) |

| **11:15AM-12:15PM**
  Breathwork Meditation (Hanner)
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  Missa Solemnis (Kann) |

| **12:30-3:00PM**
  Obits 101: From Opening Lines, to Use of Photos, Humor & Truth (Soper)
  Righting Historic Wrongs (Maxwell) |
| **12:15-2:45PM**
  Corporate/Social/Alternative Media & the 2020 Election (Dan Zins) |
| **12:30-3:00PM**
  Re-Creating Our Common Chord (Tosteson & Brockett) |

| **1:30-3:00PM**
  Obits 101: From Opening Lines, to Use of Photos, Humor & Truth (Soper) |
| **1:30-3:00PM**
  Re-Creating Our Common Chord (Tosteson & Brockett) |

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<tr>
<th><strong>THURSDAYS</strong></th>
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| **10:00-11:00AM**
  Basic Russian 2 (D'Angelo)
  Get Rid of Stuff (Davis)
  Intimate Enchantment (deMan)
  Travel Around the World (Mercante) |
| **DANCE 101**
  Tap Fundamentals (Aponte)
  Mon, Mar 2 - 23 12:30-1:30pm
  Mon, Apr 6 - May 18 12:30-1:30pm
  Tai Chi (Meisner)
  Tue, Mar 3- 24 12:45 - 1:45pm
  Tue, Apr 7 - May 19 12:45 - 1:45pm |

| **11:15AM-12:45PM**
  Heart Of Hart (Allen)
  Intermediate Russian 2 (D'Angelo)
  Queen Victoria & Her Empire (Campos)
  Nutrition Above the Neck: 12-week Dietary Program (Clark) |
| **DANCE 101**
  Dance (Aponte)
  Thu, March 5 - 26 12:30-1:30pm
  Thu, April 9 - May 21 12:30-1:30pm |

| **1:30-3:00PM**
  Art of Knowing Yourself/10-Week Peace Education Program (Rush)
  Ikebana (Ahuja) |
| **PARK SPRINGS**
  Art and Music with a Social Conscience
  Fri, Apr 10- May 22 2:00-3:00pm |

| **1:30-3:00PM**
  Obits 101: From Opening Lines, to Use of Photos, Humor & Truth (Soper) |
| **1:30-3:00PM**
  Re-Creating Our Common Chord (Tosteson & Brockett) |

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  Art and Music with a Social Conscience
  Fri, Apr 10- May 22 2:00-3:00pm |

**ONE-DAY WORKSHOPS AND SEMINARS**

| **Defensive Driving (Spano)**
  Fri, Mar 27 9:30am-3:30pm |
| **First Aid/CPR/AED (Spano)**
  Fri, Apr 24 9:30am-3:30pm |
| **Mon, Apr 27 9:30am-3:30pm** | **PARK SPRINGS**
  Art and Music with a Social Conscience
  Fri, Apr 10- May 22 2:00-3:00pm |
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  Fri, Apr 10- May 22 2:00-3:00pm |
OLLI Classes at a Glance

**LONG SESSION: April 6 - May 22**

**(REGISTRATION OPENS MONDAY, FEBRUARY 17)**

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<td>Chair Yoga &amp; Meditation (Ahuja)</td>
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<tr>
<td>Storytelling (Levine)</td>
<td>Greek Drama in Translation (Miklosovic)</td>
<td>Iconic Photographs of the Twentieth Century (Milsteen)</td>
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<td>Successful Retirement Strategies (Gelinas)</td>
<td>Intelligence, Deception, Espionage, and Resistance in WWII Europe (C. Martin)</td>
<td>Three Philosophers – Plato, Aristotle, &amp; Kant (D. Martin)</td>
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<td>The Republican Party: Then and Now (Libbey)</td>
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<td>10:00AM-12:00PM</td>
<td>Novel Deconstruction (Converse)</td>
<td>11:15AM-12:45PM</td>
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<td>11:15AM-12:45PM</td>
<td>Basic Spanish (Herrera)</td>
<td>Aging In Place Is An Illusion (Ross)</td>
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<tr>
<td>Bollywood Yoga Fusion (Ahuja)</td>
<td>Examining Our ‘Funny Bone’ (Levine)</td>
<td>Agnosticism to Atheism (D. Martin)</td>
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<td>Jazz History: A Listener’s Guide 5 (Rozzi)</td>
<td>Political Process of the Impeachment of Presidents (Bernstein)</td>
<td>Art and Music with a Social Conscience (Cohen)</td>
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<tr>
<td>Unseen Israel (Gelinas)</td>
<td>1:30-3:00PM</td>
<td>Let’s Talk about “So You Want To Talk About Race” (Raynor)</td>
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<td>Basic Russian 2 (D’Angelo)</td>
<td>Mental Health Issues: Let’s Learn &amp; Have Some Fun (Bordan)</td>
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<td>Don’t Hate. Collaborate! (Glassman)</td>
<td>When the Unexpected Comes a Knockin’ (Starr &amp; Drue)</td>
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<td>Poetry of Natasha Trethewey</td>
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<td>Why “2020” Presidential Election is Critical for America (McIntyre)</td>
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<td>Civil War in the Western Theater (Shaffer)</td>
<td>Estate Planning &amp; Probate (Morris)</td>
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<td>1:15-2:45PM</td>
<td>iPhone Basics (Lilly)</td>
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<td>Book of Daniel: Revisiting the Cold War, McCarthyism, &amp; the Vietnam Era (Zins)</td>
<td>Italian 2 (Brisotto)</td>
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<td>1:30-3:00PM</td>
<td>Italian 3 (Giannasca)</td>
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<td>Getting Over the Loss of Someone You Love (Findling)</td>
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<td>Improv II (Drake)</td>
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<td>Intermediate Russian 2 (D’Angelo)</td>
<td>Drawing &amp; Watercolor 1 (Samoluk)</td>
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<td>Write On! (Lee)</td>
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<td>Art of the Documentary 8 (Cohen)</td>
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<td>Conversations About Art (Denson)</td>
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<td>It’s Your Story: Stick To It - Part 2 (Lee)</td>
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<td>Today’s Technology Explained (Marker)</td>
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Short Session (March 2 - 27)

MONDAYS
10:00-11:00AM

Chair Yoga & Meditation
Instructor: Nutan Ahuja

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

The Most Remarkable and Meaningful Ideas Emanating From the Jewish Bible
Instructor: Claudio Kaiser-Blueth

In this class we will delve into Biblical stories and probe beyond the surface meaning to uncover the richness and challenging ideas inside of them. Some of the stories we will explore are:

- The inner secrets of the story of the Creation
- Abraham’s moral dilemma to offer his son or the ultimate test
- What lies behind the parable of the Burning Bush? Comparison between this parable and Jeremiah’s first encountered with God.
- The worst enemy for the Biblical man was paganism and idolatry. How different is Paganism from Judaism?
- The idea of Revelation at Mount Sinai and the prophet Eliahu -- what can be understood by a personal divine revelation?
- We are all like Jonah - acting and behaving as he did. What can we learn from this story read during Yom Kippur?

This course is offered in partnership with the Lisa F. Brill Institute for Jewish Learning. Course fee: $50 members/$70 non-members (includes instructional materials).

10:00AM-12:00PM

Intro to Wire Wrapping with a Cultural Twist
Instructor: Virginia Milner

The art of creating wire jewelry began in ancient Mesopotamia. Some of the most recognizable designs we have today been found in Egyptian tombs. These classes will introduce the participants to wire wrapping basics and techniques that will be used to construct pieces that reflect designs from featured countries around the world. By the end of the session, the participants will have completed several pieces of jewelry and learned techniques that they can use on their own. The classes are designed for both absolute beginners and students with limited knowledge and skills. Course fee: $85 member/$105 non-member (includes all supplies).

11:15AM-12:15PM

Bollywood Yoga Fusion
Instructor: Nutan Ahuja

Join us for a combination of Bollywood inspired dance and yoga. The class 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: $50 member/$70 non-member. Max 25 students.

How Can Health Coaching Help You?
Instructors: Jennifer Knapp & Jaymie Kuszai

Is there a goal, habit, or nagging problem you would like to change but feel stuck? As your personal Health Coaches, we are change agents who elicit value and motivation to help you make it happen. We believe health is not just the absence of disease, but a state of complete mental, physical, spiritual, and social well-being. In this 4-week session, learn about Health Coaching and work in groups, or individually, to identify S.M.A.R.T. goals and create action plans for making sustainable change. Explore topics such as: relationships, stress reduction, spirituality, sleep, nutrition, mindfulness.

Shakespeare’s Henry V and the Violations of the International Laws of War
Instructor: Stan Bernstein, PhD

An analysis of the multiple violations of the international law of war committed by Henry V at the Battle of Agincourt in his invasion of France that started the 100 Years War. Were there any legitimate defenses to these egregious acts? What is the relevance of the superior size and the might of the French forces? These issues are thoroughly explored in a brilliant monograph by an international jurist, Theodore Mermon -- he traces the development of this law and discusses Henry’s multiple abuses. Course fee: $35 member/$55 non-member (includes book).
TUESDAYS
10:00-11:00AM

Be Safe! Know the Latest Scams
Instructor: Al Fowler, DeKalb County Police
Every day we read, see, or hear of a new scam. Scam artists keep coming up with new ones. Nearly every time you answer the phone it is someone trying to get you money or personal information. The instructor will identify as many fraudulent activities as possible. Learn where these actions may be reported. You will also learn how to shut down some or all of the robo calls. These criminals have gotten very clever spoofing, allowing them to change number to appear like one you know. Then there is the computer and misleading email information. You'll be surprised how many people engage in such dangerous activities.

Political Solidarity Through Humor and Satire
Instructor: Dan May, MPH, PhD
Solidarity has been called the “brotherhood of the underdog.” Much political humor is created by those with little political power to use against those with much. We will have fun looking at the imaginative ways cartoonists, writers, performers, and just plain creative people have used humor to chip away at the powers that be, both in the U.S. and abroad. As Will Rogers said, “There’s no trick in being a humorist when you have the whole government working for you.”

Religion and Law in Modern America
Instructor: Steven Harbour, JD
This class will discuss current issues concerning the interaction of religion and the legal system in the United States. There will be a discussion of the meaning of the term “religion” and how the term is used in the law. Additional topics will include should the government provide vouchers or other support for religious schools; should the state exempt individuals from certain laws for religious or moral reasons; how should the state accommodate religious or moral beliefs in forming laws concerning such issues as medical treatments and immunizations.

The Shakers: Celibacy, Simplicity and Style
Instructor: Jeff Milsteen, JD
At its height, the Shaker movement numbered 6,000 believers who lived and worshipped in two dozen communities from Maine to Kentucky. Today, there are less than a handful of followers left. Despite their small numbers, the Shakers made lasting contributions to music, architecture and design. They were also inventors who embraced technology if it served their needs. Their philosophy embraced simplicity, function over form and timeless style. This class -- illustrated with the instructor’s photographs from a number of historic Shaker villages -- will explore the rise and ultimate decline of a religious movement that left behind an enduring secular legacy.

11:15AM-12:45PM

Creating a Healthy Home
Instructor: Steve Rush, MA
Learn how to recognize the “big four” indoor environmental issues and create a healthy indoor environment that leads to a healthier you! The instructor has over 15 years of experience as an Environmental Consultant. This promises to be an entertaining course sprinkled with educational and humorous anecdotes - many involving movie, TV, and music celebrities.

French for Fun
Instructor: Nayera Salam, MAEd
Brush up on your French. Increase your vocabulary and review basic French grammar as you listen to and watch amusing stories and songs.

Private Lives and Exploits of Our Presidents – Washington to Modern Times
Instructor: Joe Trachtenberg, PhD
Beginning with George Washington and through to the modern era, the private lives of American presidents have been a matter of public interest and curiosity. Journalists and historians documented and speculated about the romantic exploits of virtually all of our presidents. This course will share the most accurate available information on the private and sexual lives of our chief executives.

Unknown Soldiers: African-American Soldiers in World War I
Instructor: Charlie Richards, JD
More than 380,000 African Americans served as soldiers in the U.S. Army in World War I...yet their patriotism -- and their contribution to the war effort -- has largely been written out of U.S. history. Their story, the deeply racist society in which they lived, the obstacles they had to overcome to serve in the first place, their experiences in the war in Europe, and what happened to them when they returned, is one that we should all know.
**TUESDAYS 1:30-3:00PM**

**Art of Knowing Yourself/10-Week Peace Education Program**  
*Facilitator: Steve Rush, MA*

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. In 2019, there were 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. It is transformational! Course fee: $75 member/$95 non-member.

**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).

**Obits 101: From Opening Lines To Use Of Photos, Humor And Truth**  
*Instructor: Susan Soper, Author*

This class will introduce you to current trends in obits – no longer are they “just the facts, ma’am” but filled with personal details (food, fashion, travel, pets, etc.) habits, quirks and sometimes even brutal realities. We will sample all through actual obits that illustrate how lives are being celebrated – and copied. Yes, there is plagiarism in obituaries, too. Course fee: $55 member/$75 non-member (includes ObitKit).

**Righting Historic Wrongs**  
*Instructor: Aimee Maxwell, JD*

The Fulton County District Attorney’s Conviction Integrity Unit (CIU) is investigating the arrests of civil rights activists in Atlanta during the 1960s. CIU is investigating the circumstances to determine if the arrests were unjust. Students will participate in this historic endeavor. The instructor will provide a basic understanding of the criminal justice system and will lead a discussion of the Civil Rights Movement in Atlanta. There will be guest speakers on criminal justice, the civil rights movement, historic research, and more. The class will discuss how to investigate the arrests of civil rights activists with particular emphasis on how to obtain original source material. Those interested in conducting research will be placed in groups to search out the original source material and will report back to the class.

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

**A Look At Architecture: Design & Life As We Approach The New Decade**  
*Instructor: Allan Hing, MA*

The class will update and expand topics presented in the past (i.e. the Value of Good Design); the present (i.e. 100th anniversary of the Bauhaus) and introduce new topics such as Kenzo Kuma – architect of the Tokyo 2020 Stadium and Expo 2020.

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

**Introduction to the Health Benefits of a Whole Food, Plant-Based Diet**  
*Instructor: Marilyn Radke, MD, MPH*

Learn about the health benefits of eating a whole food, plant-based diet without added salt, oil, and sugar (WFPB SOS). Learn about the downside of eating the standard American diet (SAD). Hear about the experience of a physician who strives to follow a WFPB SOS diet herself, and has taught others how to improve their health by making better food choices.
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.

Functional Knowledge with Your Devices  
_instructor: David Oblinger, BSEE_  
This is a course is 4 sessions. All about different subjects:  
• Tips and tricks for the smart phone  
• Alexa – what can you do?  
• Cutting the cord – what cord?  
• iPhone settings – how can I stop notifications?  
Each session is by BH Technology Group which offers individual assistance to students who are having difficulties with smart devices and computers. Course fee: $65 member/$85 non-member.

Missa Solemnis  
_instructor: Sally Kann, BA_  
In 1818, Beethoven -- deep in his late period and at the height of his powers, recognized as the most progressive composer of his age -- set out to find the ‘key to writing true church music’ per a note to himself. In Missa Solemnis, he accomplished something remarkable: universal religious ideas expressed fully, in a way that could not have been done with spoken word alone. All this during a period of great stress and torment, with his profound deafness, rancorous custody battles, and the attempted suicide of his nephew. His Missa is the manifestation of a spiritual quest, which this course will examine over 4 classes through listening and discussion.

Start Writing Your Novel by Outlining - For Beginners  
_instructor: Anita Lovely, Novalist_  
Get your story out of your head and onto paper or into your computer this year. This is an easy approach to getting started on the novel that you’ve always wanted to write. It’s an interactive class that covers the basic components of a novel: plot, genre, audience, characters, setting, timeline, conflict, and resolution. The importance of the first sentence, the first page, the last sentence of each chapter, and how and when the protagonist must change will also be covered. Participants should come prepared to start writing their story during the first class.

The Documentary Film: A Brief Overview  
_instructor: Paul Gaustad, MA_  
This course will focus on the origins, the genres, the persuasiveness, and the entertaining value of the documentary film. Enlightening scenes from the earliest documentary through its many forms up to the present will be shown. The class is designed to be informative, enlightening, entertaining, and unique (just like the instructor).

Re-Creating Our Common Chord: Understanding and Reducing Social Polarization  
_instructors: Heather Tosteson, PhD & Charles Brockett, PhD_  
Using the stories, poems, memoirs, and essays in the literary anthology Re-Creating Our Common Chord, participants will be invited to explore different ways of constructively understanding and responding to the increasing social polarization in our country today. This is a discussion course. Participants will be asked to read various excerpts from the different thematic sections of the book and to engage in guided discussions. They may also be asked to write short biographical pieces exploring their own experiences with polarization and engage in various listening exercises with each other. Course fee: $45 member/$65 non-member (includes book).
**THURSDAYS
10:00-11:00AM**

**Basic Russian Language 2**  
*Instructor: Natalia D'Angelo, MA*  
This course is designed for those who have already taken a Basic Russian Language course. Students possess a knowledge of the alphabet, introductory grammar, simple conversational phrases and ability to read. They will continue to acquire basic skills in speaking, listening, reading, and writing. Students will master pronunciation, keep learning grammar and expand their vocabulary. Course fee: $50 member/$70 non-member.

**Get Rid of Stuff: Declutter for a Safe and Serene Home**  
*Instructor: Bonnie Davis, MBA, CAPS*  
Learn and apply techniques to declutter your home. In class, you learn from the instructor and classmates as you share your actions, obstacles, and progress completing a small decluttering project at home. The goal is to declutter to (a) reduce your chances of falling at home (where about one-half of senior falls occur) and (b) enhance your overall quality of life by living clutter-free.

**The Intimate Enchantment of Japanese Gardens - - Splendor in Small Scale**  
*Instructor: George deMan*  
The instructor toured Japan in Fall 2019 with a special emphasis on Kyoto gardens - - the world-famous Ryoanji rock garden, Kinkakuji Golden Pavillion, and Katsura Imperial Palace to name a few. But lesser-known ones like hotel-gardens, scholar’s gardens and bamboo groves will also be featured. Some of the best gardens to be found outside Japan -- Portland, Oregon and Missouri Botanical, for instance -- will also be shown. Some principles for practice and Zen theory will be discussed as applicable to the home gardening experience.

**Travel Around the World with Travel Guru Steve**  
*Instructor: Steve Mercante, DC*  
Steve needed a sabbatical. He has always been passionate about travel and decided to take a leap of faith and depart on a year-long journey of self-discovery. He took his “gap year” at age 50. He bought a one-way ticket to Ireland and a backpack. He then set off to see the world and ended up in Japan a year later. Travel with Steve as he shares his destinations, experiences and breathtaking photography.

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

**Heart Of Hart: Lorenz Hart’s Creative & Revealing Rodgers & Hart Song Lyrics**  
*Instructor: William Allen, MA, MPhil, MLn  
Technical Assistance: Michiyo Allen, BS*  
Lorenz Hart creatively “reveals himself” overtly and covertly in his sophisticated, witty, ironic, insightful, and occasionally darkly contemplative popular song lyrics written sometimes in league or in contrast to the melodic music of Richard Rodgers. We will investigate how the personal philosophy, background, and life of “Larry” Hart as well as his artistic genius inform such classic songs as “Where or When,” “Blue Moon,” “Johnny One Note,” “Little Girl Blue, “My Funny Valentine,” “The Lady is a Tramp,” “Bewitched, Bothered, & Bewildered” and many other memorable songs in the Rodgers & Hart canon.

**Intermediate Russian Language 2**  
*Instructor: Natalia D'Angelo, MA*  
This course is designed for those who have already taken an Intermediate Russian Language course. Students possess a knowledge of the alphabet, basic grammar, simple conversational phrases and ability to read. They will continue to acquire advancing skills in speaking, listening, reading, and writing. They will keep learning grammar and have a lot of conversational practice that will build up their confidence in using new vocabulary. Course fee: $50 member/$70 non-member.

**Nutrition Above the Neck: 12-Week Dietary Program for Neurological Health**  
*Instructor: Catharine Clark*  
Based on a recent presentation by psychiatrist Joseph Hibbeln, MD (NIH) on neurocognitive development and decline, this is a fun, intensive, interactive, and hands-on 12-week Dietary Program. Past participants in OLLI Dietary Programs reduced an inflammatory biomarker by 33% on average. This course will help students:

- Attack the root cause of many neuroinflammatory conditions (Alzheimer’s, Parkinson’s, depression, chronic pain, ADHD, aggression, and impulsive behaviors).
- Measure and make explicit, straightforward changes in foods you buy or order in restaurants.
- Learn the history, science, and healthcare costs of foods that increase or decrease inflammation.
- Use on-line tools to help guide your dietary choices.

Course fee: $375 member/$395 non-member (includes all fees, materials and supplies). Scholarships are available.
THURSDAYS
11:15AM-12:45PM

Queen Victoria & Her Empire
Instructor: Peter E. Campos, PhD
Until Queen Elizabeth II, Queen Victoria was the longest reigning monarch in British history. Her 63-year reign was characterized by massive changes in society that spurred the modernization of Britain and the world. It was a time when Britannia ruled the waves and the sun never set on the British Empire. The Industrial Revolution, Suffrage movements, abolition of slavery, flowering of literature, and Gilbert and Sullivan belied the darker underbelly of Victorian society. We will examine the personal nature of Victoria and the major features of the British Empire at its height during her reign.

1:15-2:45PM

Corporate/Social/Alternative Media and the 2020 Election: Critical Media Literacy and Democracy in America
Instructor: Dan Zins, PhD
We will monitor various sources of (mis/dis)information and discuss/debate which ones best serve the American people, democratic values, and Constitutional principles. Keywords: bias/fairness/balance, framing, secrecy/lying by omission, keywords/missing keywords, experts, confirmation bias, blind trust/healthy skepticism, existential threats, national/global security, comfort zone.

Long Session (April 6 - May 22)

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).

Jazz History: A Listener’s Guide - Part 1
Instructor: James Rozzi, Professional Musician & Music Teacher
At just more than 100 years old, jazz has changed dramatically from its earliest roots in blues and New Orleans music to reflect the most tumultuous century in history. In Part 1, we will explore jazz’s beginnings through the 1940s big band era—via recordings, written histories, photos, and videos. Part 2 will be offered in a later session, commencing with the complexities of 1940s bebop through jazz’s current, multi-cultural musical trends. The aim of this course is to entertain, while increasing understanding and accessibility. Join us as we listen and discuss the evolution of this multi-faceted musical genre.

Examining Our “Funny” Bone – Storytelling
Instructor: Mark Levine, PhD
Join us as we learn the art of storytelling and enjoy the stories told by international storytellers and also by our classmates who choose to tell their stories. Together we will “tell the tales” and “spin the yarns” of yesterday and today including our stories, fables, limericks, shaggy dog stories, and movies and music that influence our lives. Because seniors are societies consummate storytellers, we will also examine how to create humorous stories about our selves and family members in order to pass on our “living legacy”. We welcome all seniors who enjoy listening to stories. Storytelling is “our native language”.

Registration Opens Mon, Feb 17: olli.emory.edu | 404-727-6000
MONDAYS
10:00-11:00AM

Successful Retirement Strategies
Instructor: Timothy Gelinas, CAS®, CFS®, CIS®, CSA
Unlock the doors to understanding and take control of your retirement. Tim will help you have the proper tools so that you can be confident in your decisions on key matters that affect your retirement. These will include: investments - mutual funds & annuities, estate planning & taxes, making your money last, long term care, asset management, diversification and inflation.

The Republican Party: Then and Now
Instructor: Kenneth Libbey, PhD
Starting with its predecessors -- the Federalists and Whigs -- the course examines the significant impact the Republican Party had on the political and economic history of the U.S. We’ll then look at the forces that have transformed it into the party it is today.

10:00AM-12:00PM

Novel Dissection: My Grandmother Asked Me To Tell You She’s Sorry
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 deconstruct 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 ‘My Grandmother Asked Me To Tell You She’s Sorry’ by Fredrik Backman and Henning Koch. 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
Join us for a combination of Bollywood inspired dance and yoga. The class 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: $95 member/$115 non-member. Max 25 students.

Examining Our ‘Funny Bone’ with Dr. Mark
Instructor: Mark Levine, PhD
Through humorous stories, jokes and videos of our favorite vintage comedians we will examine the positive effects and the wide range of benefits that humor and LOL (laughter) have in our senior lives. Together, we will also learn about the history, styles of humor and how to create, use and appreciate humor to enhance our sense of humor throughout our senior years. Humor is all around us and “Laughter is Our Best Anti-Aging Remedy.”

Jazz History: A Listener’s Guide - Part 5
Instructor: James Rozzi, Professional Musician & Teacher
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 Parts 1-4, we explored jazz’s beginnings through the 1960s—via recordings, written histories, photos, and videos. Part 5 will study jazz’s current, multi-cultural musical trends. Jazz is the most substantial of American art forms, our gift to the world. The aim of this course is to entertain, while increasing understanding and accessibility. Please join us as we listen and discuss the evolution of this multi-faceted musical genre. Prerequisite: Jazz History - Parts 1-4.

The Political Process of the Impeachment of Presidents
Instructor: Stan Bernstein, PhD
Comparative studies of the failed impeachment proceedings of Johnson, Nixon, Clinton, and Trump. The procedural hurdle of a vote for conviction of two thirds of the senators present.

The Unseen Israel: Take a Journey Through the Promised Land
Instructor: Tim Gelinas, CAS®, CFS®, CIS®, CSA
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.
MONDAYS
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 course -- 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. The student will also 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

Character Development
Instructor: June Converse, Author
No matter how dynamic the plot, a story can only be told through the eyes of a character. In order for a character to tell your story, the writer must know their protagonist as intimately as they know themselves. Character development is a course designed to help a writer delve deep into the characters who will populate their story. This is a WORKSHOP class. Student will be asked to complete some assignments at home. 8-week course.

Drawing & Watercolor – Part 2
Instructor: Elizabeth Samoluk, Professional Artist
This course builds on the fundamentals of drawing and watercolor painting technique acquired from the previous Drawing and Watercolor Level 1 class. Expand your knowledge and skill of subject matter to include working with the still life, landscape, animal, human figure and the portrait. We’ll work with a model as well. Course fee: $150 member/$170 non-member (includes all supplies).

Jewelry Making Series with a Cultural Twist
Instructor: Virginia Milner
Newest destinations— Edwardian England and Japan! These classes teach the basics of beading, patterning, wire wrapping, twisting and coiling, while providing a glimpse of different cultures. Journey from the comfort of chairs all over the world from North America to Asia, Africa, South America, and Europe. Reimagine and create new pieces by transforming beads and components into something unique. Each piece will include authentic beads and/or designs indicative of the featured countries and continents. Course fee: $145 member/$165 non-member (includes all supplies).

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. Course fee: $55 member/$75 non-member (includes book).

TUESDAYS
10:00-11:00AM

Beyond Belief: A Philosophical & Spiritual Guide to the 13 Principles of Jewish Faith
Instructor: Rabbi Ari Sollish
Maimonides, the pre-eminent Jewish thinker, systematically identified 13 key beliefs that serve as the foundation of Judaism to this day. Join us for a powerful new course exploring the most fundamental Jewish beliefs, and learn how they can help bring meaning to your life and help guide your choices. Class dates: April 21-May 26. Course fee: $70 member/$90 non-member (includes book).

Books that Make History & Changes Lives: Mankind’s Destiny - Part 2
Instructor: Manharlal Valand
We’ll explore lessons from the ‘great books.’ We will compare Indian, Greek, Roman, Chinese, and Christian thoughts based on classical civilizations beginning from 4,000 BC. What do they have in common? Why and how did the cult of virtues look at all political systems? Are we truly ‘free’? Does money or power guide all in society -- and is this concept doomed to failure? .

Greek Drama in Translation
Instructor: Caroline Miklosovic
Students will read Greek plays as we discuss their historical background, as well as the related music, art, poetry, drama. Course fee: $60 member/$80 non-member (includes the books The Three Theban Plays and Medea).
**TUESDAYS
10:00-11:00AM**

**Iconic Photographs of the 20th Century**  
*Instructor: Jeff Milsteen, JD*

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

**Intelligence, Deception, Espionage, and Resistance in WWII Europe**  
*Instructor: Christopher Martin, MA*

An exploration and analysis of the “Secret Side” of WWII Europe. Focus on Allied Intelligence organizations and activities: codebreaking, spymasters, covert operations, misinformation campaigns, espionage, and coordination with resistance groups in Nazi occupied Europe.

**Three Philosophers – Plato, Aristotle, Kant**  
*Instructor: Dennis Martin, PhD*

It has been said that Western philosophy “consists of a series of footnotes to Plato.” I would agree, if Aristotle is seen as a reaction to Plato and Kant as a synthesis of the two. These three thinkers presented fairly distinct worldviews of which most others are simply a modification. In this course, the metaphysical (reality) and epistemological (knowledge) views of these three philosophers will be presented. Course goals include recognizing these worldviews in everyday life and showing how other thinkers’ ideas are related to these three philosophical points of view. Their ethical and social theories may also be minimally discussed.

**1:15AM-12:45PM**

**Aging In Place Is An Illusion**  
*Instructor: Brandt Ross, BA and other specialists*

This course will examine four hazards of aging in place. Presentations will be provided by a senior who transitioned; a licensed financial advisor with senior expertise, a senior transition and downsizing specialist, real estate agent (specializing in senior market), a senior counselor with expertise in the hidden issues; and a senior residence marketing specialist with knowledge of senior property differences. The course will explain in detail the hazards to the senior and the family on aging at home; and holding on to the house and the “stuff”.

**Agnosticism to Atheism: A Leap or Small Step?**  
*Instructor: Dennis Martin, PhD*

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

**Art and Music with a Social Conscience**  
*Instructor: Howard Cohen, MA*

The instructor’s previous courses examined “art that cared.” Art that attempted to make the world a better place in the United States (e.g. the Federal Art Projects of the depression-era WPA-New Deal). This class will go beyond our borders (Asia, Africa, Europe, and Latin America). It will showcase art and artists that demonstrate a sense of responsibility for the problems and the injustices of society. Painting, sculpture, the written word, film, and architecture will be just some of the disciplines explored. Creative works can make us laugh, connect, and educate.

**Let’s Talk About ‘So You Want To Talk About Race’**  
*Instructor: Denise Raynor, MD, MPH*

Ijeoma Oluo’s book is a great way to explore discussions about race. The course will be an open space for dialogue about what is probably the most difficult discussion in the country today. We’ll use chapters from the book to begin discussions. The book is required reading and will be provided. Course fee: $65 member/$85 non-member.

**Mental Health Issues: Let’s Learn & Have Some Fun**  
*Instructor: Terry Bordan, EdD, LPC*

This course will survey topics such as but not limited to: important theories in the field from Freud (we’re doomed if the first five years of our life have gone awry); Albert Ellis (we’re doomed if we keep our irrational thoughts) to brief cognitive therapy (please go to YouTube and Google Bob Newhart “Stop It” for a hilarious glimpse of really brief therapy); sexual orientation; sleep/dreams, anger, stress, and taking care of our mental health; psychopathy; substance abuse; loss/bereavement; depression; anxiety; etc. The “etc” will cover any topic the class may suggest be included.
TUESDAYS
11:15AM-12:45PM

When the Unexpected Comes A Knockin’; Will I Answer The Door? ...the Role Resilience Plays in Our Lives

Instructors: Irma Starr, PhD and Abby Drue, MFA

Whether it’s heartfelt disappointment, a health problem, a financial let-down, a great loss of friendship, or the death of a loved one, we can certainly agree disappointment and loss are emotions familiar to each of us. These unexpected, difficult events are capable of flooding us with strong emotion, not to mention an immediate sense of uncertainty as we move on with our lives. In our continuing series aimed at promoting self-awareness and well-being through the practice of kindness, empathy and fairness (for ourselves and others!), please join us for seven planned weeks of lively, facilitated discussion, sprinkled with supportive hand-outs; and, of course, upbeat humor! Together, we will develop an understanding of how “resilience” can play a fascinating, supportive role in the preservation of meaning and happiness in our lives when unexpected loss or disappointment comes “a knockin” at our door!

1:30-3:00PM

An Adventure into Wine

Instructor: Herbert Spasser DDS, CWE

The wonderful world of wine becomes alive, exciting, and familiar via lecture, PowerPoint slides, and tasting. Topics include: Rose Rose I Love You, The Great White Wine Challenge (Chardonnay vs Sauvignon Blanc), Is There a Difference?, The 800 lb Gorillas (Syrah & Zinfandel), and Sonoma (No Longer the California Stepchild). Please bring two suitable wine glasses to each session. Limit 15 students. Class dates: April 7-May 5. Course fee: $95 member/$115 non-member (includes all supplies).

Differences Between Men and Women

Instructor: Cindy Zeldin, MS

This course will use the new book by John Gray: ‘Beyond Mars And Venus: Relationship Skills For Today’s Complex World.’ Topics to be discussed include how genders communicate, what motivates men and women, what are the motivational needs of each and of course how to achieve a happy relationship. This will be a fun, upbeat class with lots of class participation. It is for single and married folks who want to engage in learning about the differences and in sharing their own experiences. Do men and women really think, feel, perceive, react, respond, and love differently? Come and find out the answers. Course fee: $65 member/$86 non-member (includes book).

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. 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.

US Socialism: the ‘60s to Sanders

Instructor: David Slavin, PhD

What is socialism? American socialism? Active in labor, civil rights, women’s rights, LGBTQ+, and environmental movements for 175 years, socialists make the case that all human liberation goals are intertwined and can be achieved 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, how advocates connect with the 2020 Sanders campaign, the Green New Deal, and the case for and against the capacity of the present system to address the crises of climate, health care, racial, gender and income inequality. We will introduce an historical interpretation that the Achilles heel of US socialism has been “white” socialists’ Blind Spot toward Black liberation movements and inability to show “white” workers the hidden costs of privilege.
**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).

**Maps: Our Constantly Changing View Of The World**  
*Instructors: Dan May, PhD*

How did we figure out what the surface of the Earth looks like? How did our view of the world affect our maps and vice versa? How do maps inform and how do they mislead? How do maps extend our understanding of history, politics, economics, culture, and conservation? We’ll discuss these questions and more.

**Two Novels: Vonnegut’s “Cat’s Cradle,” and Huxley’s “Brave New World”**  
*Instructor: Ross Friedman, MA*

These mid-20th century satirical novels warn of the dangers of our veneration and reliance upon science to solve the world’s problems. Today, in addition to great advances, we see additional dangers that science and technology have created--unfortunately and just as dangerously accompanied by the attitude of many in responsible positions to refer to scientific knowledge as a “hoax.” The discussion of literature, like scientific research, expands in many directions and in this class the discussion will be open-ended and instructive as well.

**Gamechangers, Part 4: Stories From American History With Folk Songs and Guitar**  
*Instructor: Brandt Ross, BA*

Stories of people and events that formed our history. Classes include: Miracle of the Revolution, The Barbary Wars, Erie Canal, Grand Canyon, The greatest cowboy, Westward Ho, Gamechangers in Baseball, Davy Crockett. All programs include songs and guitar.

**Introduction to Italian**  
*Instructor: Alessandra Brisotto*

This course will give you an overview of the Italian language and teach you conversational basics: 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).

**Yes Uke Can! Beginner Uke Followed by a Uke Can Jam**  
*Instructor: Teresa Friedman*

Would you like to learn to play the ukulele? Let’s get started! Purchase an inexpensive ukulele and join the fun. We’ll spend time getting acquainted with this user-friendly stringed instrument. Part I of the class will run for a half hour; then stay and play with more experienced players for the Uke Jam. 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. We will play songs and enjoy the connection that playing music together creates.

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

**Fabulous Illustrated Fables from the East: Kalila and Dimna**  
*Instructor: Bill Fletcher*

Fables are not just for children -- these were intended to teach princes how to be kings. At one level, entertaining stories -- and at another, Machiavellian advice: they became one of Islamic literature’s most illustrated and popular books of the medieval and early modern eras. Beginning in the 13th century they were translated into all the European languages, where they joined the tradition of Aesop and tales like Reynard the Fox. We will discuss many of the stories, how they were illustrated, and their respective uses.

**Women In The Blues and Rock and Roll**  
*Instructor: Tom Dell, Musician*

The course uses audio and video clips to follow the paths of women from Memphis Minnie and Sister Rosetta Tharpe through LaVerne Baker, Tina Turner, Nancy Sinatra, Dee Dee Warwick, Linda Ronstadt and many others. We’ll listen to the music they made and learn some of their trials and problems with the male-dominated music business. We will talk about Bonnie Guitar and “the Female Elvis” and hear music from many of the girl groups of the 60s. We will look at the period from the late 20s early 70s.
WEDNESDAYS
11:15AM-12:45PM

Pursuing History through Art:
Highlights of the Carlos Museum
Instructor: Michael McDavid, MA
Emory University’s Michael C. Carlos Museum is one of the premier art museums of the Southeast. Even though the museum’s collection spans time from antiquity to the present, it is particularly strong in art and artifacts from ancient Egypt and the Near East, classical Greece and Rome, and the Americas prior to 1500. The instructor will select photographs of museum objects and then use the subjects as a starting point for a lecture on some aspect of the culture from which the object derives. For example, we might look at a mummy as a lead-in to a discussion of ancient Egyptian religion. Each class will feature art from different areas of the Carlos collection. The last class of the quarter will be a visit to the museum to view the galleries relevant to the artifacts and lectures in the course.

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.? 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.

Women in Modern Drama
Instructor: Jim Mengert, PhD
One of the distinguishing features of modern drama is the central role of women, particularly in tragedy. What is it about the women dramatists create or the world they put them in that makes it impossible for them to survive and flourish? We’ll look at three plays: Hedda Gabler by Henrik Ibsen, often called the father of modern drama; Streetcar Named Desire by Tennessee Williams; and Long Day’s Journey into Night by Eugene O’Neill.

1:30-3:00PM

Civil War in the Western Theater
Instructor: Michael K. Shaffer, Civil War Historian, Author
From the 1862 capture of Forts Henry and Donelson, to 1864’s March to the Sea, many pivotal campaigns and battles during the American Civil War took place in the Western Theater. This area of operations consisted of all the geographic territory west of the Appalachian Mountains to the Mississippi River. During this course, we will explore military action at Shiloh, Perryville, Stones River, Vicksburg, Chickamauga, Chattanooga, Atlanta, and many other battles! Students will also learn about the commanding officers involved in an area, which most historians agree decided the outcome of the war. Course fee: $60 member/$80 non-member (includes book). Class dates: April 8-29.

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 — all while minimizing the impact of taxes, professional fees, and court costs. You will be provided a framework for handling the probate of a loved one’s estate. Concepts perceived as complex are explained in terms everyone can understand and apply to their own situation.

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.

Italian 2
Instructor: Alessandra Brisotto
As a continued overview of the Italian language, students will identify 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. Course fee: $95 member/$115 non-member. It is recommended that you purchase the textbook *Italian Now! Level 1: L’italiano d’oggi!* (Barron’s Foreign Language Guides).

Italian 3
Instructor: Antonella Giannasca
Improve your Italian! This class will continue to give a good knowledge of the Italian language and teach you more structure, expressions and vocabulary. Course fee: $95 member/$115 non-member. It is recommended that you purchase the textbook *Italian Now! Level 1: L’italiano d’oggi!*.
**THURSDAYS 10:00-11:00AM**

**Basic Russian Language 2**  
*Instructor: Natalia D’Angelo, MA*

This course is designed for those who have already taken class a Basic Russian Language course. Students possess a knowledge of the alphabet, introductory grammar, simple conversational phrases and ability to read. They will continue to acquire basic skills in speaking, listening, reading, and writing. Students will master pronunciation, keep learning grammar and expand their vocabulary. Course fee: $95 member/$115 non-member.

**Don’t Hate. Collaborate!**  
*Instructor: Fred Glassman, JD*

This course will open your eyes to a new, less stressful, state-of-the-art method for settling disputes. Have you ever argued over the common fence with a neighbor? Or the children of a deceased parent fighting over the will? Have you ever had an argument with your coworkers or the boss? Even a professor and student at a university can find common grounds. We will explore how collaborative law differs from litigation, arbitration and mediation, the more commonly known process options. The course will demonstrate the redefined roles of attorneys, financial advisors, mental health professionals, and other experts who form interdisciplinary teams to guide people through controlling their own destiny while at the same time respecting the competing interests of the other party. The instructor was a pioneer in developing collaborative law throughout the United States and brings his expertise from Los Angeles to Atlanta. Actual cases from his law practice will be discussed, including those that involved well-known musicians, athletes, authors, actors and public figures.

**Historical Erasure, Grafted Narratives, and Racial Taxonomies in the Poetry of Natasha Trethewey**  
*Instructor: Liza Davis, PhD*

A former United States Poet Laureate, Natasha Trethewey received the 2007 Pulitzer Prize in poetry. In her short poetry collections Native Guard and Thrall, she examines the intersections between her experience growing up biracial in the rural South and the history of eighteenth- and nineteenth-century men, women, and children marginalized because of their skin color. Whether finding layered meanings in colonial Mexico’s Casta paintings or in the narrative of an escaped slave in the Union army’s first African-American regiment, in her mother’s first train ride on the “Southern Crescent” or in her father’s fly fishing, Trethewey enthralls her readers. Course fee: $65 member/$85 non-member (includes books).

**Why “2020” Presidential Election is Critical for America**  
*Instructor: Dan McIntyre*

2020 is arguably the most consequential presidential election in America since 1860. History shows us that nations with “extractive” political/economic institutions struggle economically and are often poorer, while 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. 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 8**  
*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.

**Conversations About Art**  
*Instructor: Robert John Denson, AIA-RIBA*

Six famous artists will be discussed (Picasso first) using, if possible, their own words. The roles of friends, dealers and auction houses will enhance the discussions.

**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.

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

Today’s Technology Explained. Be Smarter Than the Grandkids!
Instructor: Bernard Marker
Obtain the fundamental knowledge required to understand, participate and enjoy an increasingly complex digital world. We’ll take the mysteries out of everyday items that populate our lives. Topics to be discussed are:
• Cell phone basics: 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

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.

1:15-2:45PM

E.L. Doctorow’s “The Book of Daniel’: Revisiting the Cold War, McCarthyism, and the Vietnam Era”
Instructor: Dan Zins, PhD
Based on the Rosenberg case, this brilliant, nuanced and necessary 1971 novel dramatizes the fateful decades after World War II by imagining what happens to two young children when their parents are arrested, tried, and executed for giving “the secret” of the atom bomb to the Soviet Union. We will explore how one of our very best novelists skillfully uses history to presciently address cultural and political issues of profound importance and enduring relevance to our post-9/11 world.

1:30-3:00PM

Getting Over The Loss Of Someone You Love
Instructor: Rhonda Findling, MA
In this interactive class, you will discuss different aspects of the process of letting go of someone you love or cared deeply about. Mourning and grieving, forgiveness, reparation, anger, despair, moving on... all are aspects of the process of letting go which will be discussed. The instructor will lead the class discussion as well as share her own clinical expertise on these topics.

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.

Intermediate Russian Language 2
Instructor: Natalia D’Angelo, MA
This course is designed for those who have already taken an Intermediate Russian Language course. Students possess a knowledge of the alphabet, basic grammar, simple conversational phrases and ability to read. They will continue to acquire advancing skills in speaking, listening, reading, and writing. They will keep learning grammar and have a lot of conversational practice that will build up their confidence in using new vocabulary.Course fee: $95 member/$115 non-member.
THURSDAYS
1:30-3:30PM

Write On!
_Instructor: Georgia Lee, Author_
You know you need to write your memoir, or just write some great stories for the kids and grandkids. Having trouble getting starting and staying with it? You’re not alone. Sitting down and staring at that blank page, and then doing it the next day and the next, is often the biggest stumbling block to finishing our work. This “writing lab” is open to anyone, with any or no writing experience, as a complement to OLLI’s writing class offerings, or for those who may need a dedicated place and time with no distractions. No checking phones, laundry, or competing with whooshing sounds of a barista concocting an Iced Caramel Macchiato at Starbucks. We’ll all just write, maybe leaving time for conversation during the last 15 minutes, if the groups wants. We’ll meet and maybe find other writers encountering a similar roadblock to yours. We may evolve into an official writers’ group, sharing our work at designated times every month or so, but the primary purpose is to get “butts in chairs” and write. That admonition has been attributed to Douglas Fairbanks, Dorothy Parker, Anne LaMont and so many others. Perhaps because it’s such a universal problem? Georgia Lee, who teaches Memoir II, will “lead” the group, i.e., facilitate how the group would like to proceed, but we are all equals in this space. Write on, write strong! Show up and most important: Never, Never Never Give up – Winston Churchill.

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
11:15AM-12:45PM

Spanish 3 & 4
_Instructor: Judith Herrera_
Already taken Spanish Levels 1 and 2 or have some previous background with the Spanish language? This class will focus on seven 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 fee: $95 member/$115 non-member.

One-Day Workshops

National Safety Council Defensive Driving
Fri, Mar 27 / 9:30AM – 3:30PM
Mon, Apr 27 / 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: $20 member/$40 non-member. Limited to 40 students.

First Aid/CPR/AED
Fri, Apr 24 / 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 staff members. Each participant will receive a student book and pocket guide. Course fee: $45 member/$65 non-member (guide and DVD). Limited to 15 students.
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, March 2 - 23 / 12:30-1:30PM  
Course fee: $79 member/$99 non-member.

Mon, April 6 - May 18 / 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. 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, March 3 - 24 / 12:45-1:45PM  
Course fee: $79 member/$99 non-member.

Tue, April 7 - May 19 / 12:45-1:45PM  
Course fee: $99 member/$119 non-member

Dance: From Country to Disco  
_Instructor: Ricardo Aponte, Musical Theater Choreographer, Veteran Broadway Performer_  
Scientific studies have shown us that dancing is great exercise, keeps our minds sharp, and builds confidence. In this course, you will explore a variety of dance styles. We’ll be featuring country, salsa, the twist, musical theatre, disco, jazz, and more. All classes are introductory level. Take a leap and add some pizzazz to your step! Minimum 8 students.

Thu, March 5 - 26 / 12:30-1:30PM  
Course fee: $79 member/$99 non-member.

Thu, April 9 - May 21 / 12:30-1:30PM  
Course fee: $99 member/$119 non-member

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

Art and Music with a Social Conscience  
_Instructor: Howard Cohen, MA_  
The instructor’s previous courses examined “art that cared.” Art that attempted to make the world a better place in the United States (e.g. the Federal Art Projects of the depression-era WPA-New Deal). This class will go beyond our borders (Asia, Africa, Europe, and Latin America). It will showcase art and artists that demonstrate a sense of responsibility for the problems and the injustices of society. Painting, sculpture, the written word, film, and architecture will be just some of the disciplines explored. Creative works can make us laugh, connect, and educate.

Fri, April 10 - May 22 / 2:00-3:00PM  
Course fee: $45
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 and select the “Special Interest Group” link or call (404) 727-5489.

Holbrook of Decatur stands apart from other active living communities in attitude and outlook. We’ve created a multitude of clubs, programs, activities and expeditions that inspire passions from all walks. From our cycling club to group excursions to places like Mt. Kilimanjaro, you will find like-minded, energetic and exuberant neighbors to live, love, and share with.

Secure your new residence today by calling: 404-445-7777

1882 Clairmont Rd. Decatur, GA 30033
An Exclusive Learning Adventure for Members of OLLI at Emory
Road Scholar Program # 19715 – Italy: Classic Tuscany and the Treasures of Florence
Sunday, October 11 to Friday, October 23, 2020

Program Overview:
For centuries, the verdant landscapes and medieval villages of Tuscany remained frozen in time. Scarcely changed in appearance, today the entire region is a living cultural treasure. In the hills of northern Tuscany and the plain of Florence, discover the unparalleled artistic genius that blossomed into masterpieces of marble, canvas and architecture whose brilliance transcends time and place.

Program Highlights:
• Visit the famed quarries of Carrara to learn why this marble is the material of choice for great sculptors and architects.
• Explore the villa of Lorenzo de’ Medici at Poggio a Caiano, and visit a winery in the Tuscan countryside to sample Tuscan wines.
• View the great masterpieces in Florence: works by Donatello, Brunelleschi, Ghiberti, Caravaggio, Cellini and Michelangelo’s iconic sculpture, “David.”

Program Price Includes:
• 11 nights of accommodations
• 26 meals (11 B, 7 L, 8 D)
• 5 expert-led lectures
• 17 expert-led field trips
• 1 hands-on experience
• 1 performance
• Group travel and transfers throughout the program
• A Group Leader to accompany you throughout the program to handle all logistics
• Modest gratuities, taxes and destination fees
The Road Scholar Assurance Plan, including 24-hour assistance for medical and other emergencies

Activity Level:
Let’s Go! Walking an average of five miles a day. Urban walks in traffic-free zones are interrupted by stops for visits or guide’s explanation. Streets and sidewalks of stone or cobblestone are tough on feet; mostly level urban stone sidewalks. Inclines in hill towns, especially Siena, whose attractions are situated on three steep hills. Extended periods of standing during site visits.

Accommodations:
• Hotel Ilaria, Lucca, 4 nights - A comfortable hotel on a quiet street in the heart of Lucca within the city walls.
• NH Siena Hotel, Sienna, 4 nights - Modern hotel with excellent central location overlooking the city’s main park.
• Hotel Berchielli, Florence, 3 nights - Hotel overlooking the Arno between Ponte Vecchio and Ponte Santa Trinita on the Duomo side of the river.

Program Prices:
Double Occupancy: $4,349
Single Occupancy: $5,179
* Upon enrollment, roundtrip airfare from Atlanta available for approximately $1,100 through Road Scholar Travel Services. If you purchase airfare with us, roundtrip airport transfers are included in Italy.

To learn more or reserve your spot, please contact Stephanie Tarpley at stephanie.tarpley@emory.edu or (404) 727-6000 option #2
REGISTRATION
Online and phone registration opens at 9:00am on Mon, February 17 at olli.emory.edu or by calling 404-727-6000 (select option 2). Walk-In registrations permitted after Tue, February 18.

1. Go to olli.emory.edu and click on Courses to see all of our classes, dates and times.
2. Click on the class name (i.e. Gentle Yoga) and then click register.
3. Click add to cart. To add more classes from the list, click the back button (←) at the top left of the screen.
4. After adding courses, click check out.
5. Log in using previously created account or create a new account (if necessary, click forgot my password)
6. To receive a membership discount on course fees, click on BECOME AN OLLI MEMBER.
7. Click make payment, follow prompts to pay.
8. Click success to display the confirmation page.
9. Click continue to receive a confirmation receipt via email.

Note: Membership discounts will not appear until you click check out!