
OSHER
LIFELONG
LEARNING
INSTITUTE



Fall 2018 Course Guide

Classes for Adults
50+



EMORY
UNIVERSITY

**Emory Continuing
Education**

Welcome to OLLI at Emory

The Organization

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

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

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Visit olli.emory.edu/DonateToOLLI

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ANNUAL MEMBERSHIP

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

Benefits include:

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

FEES

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

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

REGISTRATION

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

COURSE CANCELLATION POLICY

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

REFUND/TRANSFER POLICY

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

PARKING

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

UPCOMING TERMS

Winter 2019 Term (Registration begins November 12)
One Session: January 7 – February 22

Spring 2019 Term (Registration begins February 18)
Short Session: March 4 - March 29
Long Session: April 8 - May 24

Summer 2019 Term (Registration begins May 20)
Short Session: June 3 - June 28
Long Session: July 8 - August 23

CONDUCT GUIDELINES

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

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

OLLI Classes at a Glance

SEPTEMBER 5 - NOVEMBER 20

(REGISTRATION OPENS WEDNESDAY, AUGUST 22)

Long Session (September 5 - October 23)

| MONDAYS | | |
|---|--|---|
| <p>10:00-11:00AM A Little Bit of Logic (Martin) Basic Italian Grammar (Corvino) Chair Yoga and Meditation (Ahuja) I Dig Rock and Roll - Part 1 (Dell) Jazz History - Part 2 (Rozzi)</p> | <p>11:15AM-12:45PM Agnosticism to Atheism (Martin) Cultural Jewelry Making (Milner) Interesting Stories in the News (Bennett and Whiteman) Italian Opera Appreciation (Corvino) Successful Retirement Strategies 102 (Gelinas)</p> | <p>1:15-2:45PM Advanced Italian Grammar (Corvino) Art Inspires Art (Sylvester) Cultural Jewelry Making (Milner) Examining White Privilege (Slavin) The Unseen Israel (Gelinas)</p> |
| TUESDAYS | | |
| <p>10:00-11:00AM Be Safe (Fowler) British Royals (Barnard) Civil War - Eastern Theater (Richards) Creative Writing (Appelrouth) German Culture (Shackelford) Humor and Satire - Part I (May) Musical Theater Anniversaries (Allen) Poetry of Natasha Trethewey (Davis)</p> | <p>11:15AM-12:15PM Decisions, Decisions, Decisions (Becker) History of Native Americans (DePasquale) Meet the Authors (Crane and Lee) Psych 101 and Its Application (Bordan) Reverse Mortgages (McGee) Rhythm and Charm (Allen)</p> | <p>1:30-3:00PM Adventure into Wine (Spasser) Fade to Black (Jones) Ikebana (Ahuja) People Who Aren't Thinking (Zins) Retirement Income Distribution (Simmons) Religion and Immigration (Budak) Singalong (Goodman and Carpenter)</p> |
| WEDNESDAYS | | |
| <p>10:00-11:00AM Ageless Grace (Bramlett) Chair Yoga and Resistance Bands (Ahuja) Short Stories of George Saunders (Purdon) Story Telling (Levine) Vedic Astrology (NeuCollins) What's RIGHT With You? (Brodie) Woman's Support Group (Carlin)</p> | <p>11:15AM-12:45PM Art of the Documentary 3 (Cohen) Best Person You Can Be (Zeldin) Crime and Punishment (Friedman) Funny Bone (Levine) Intro to Photography (Lilly and Harris) Italian for Fun (Giannasca) Should I Stay or Should I Go? (Ross)</p> | <p>12:45-2:15PM Write It Down (Soper)</p> <p>1:15-2:45PM Documenting your Cultural History (Sumpter) Improv I (Drake) iPhone Basics (Lilly) Plague of Color (Knight)</p> |
| THURSDAYS | | |
| <p>10:00-11:00AM Brain Health (Emory BHC) Estate Planning and Probate (Morris) Great American Short Stories 2 (Balsler) Intro to Mindfulness (Weisman) Predictably Irrational? (Robkin) Recent Supreme Court Cases (Harbour) Russian Romp & Ruckus (Deschenes)</p> | <p>11:15AM-12:45PM Age of Discovery (McDavid) Let's Go Travel (Eidson) Quantum Physics (Sullivan) Sight and Sound 7 (Cohen) Today's Elder Orphans (Hemphill) Yoga Sutras (Sequeira)</p> | <p>1:15-2:45PM 11-Week Anti-Inflammatory Diet (Clark) French for Fun (Salam) Improv 2 (Drake) Laughing Yoga (Sequeira) Russian Language and Culture (Simonds) Windows 10 (Oblinger)</p> |

OLLI Classes at a Glance

SEPTEMBER 5 - NOVEMBER 20

(REGISTRATION OPENS WEDNESDAY, AUGUST 22)

Short Session (October 24 - November 20)

| MONDAYS | | |
|--|---|---|
| 10:00-11:00AM Chair Yoga and Meditation (Ahuja) Our Creative Universe (Page) Paper Management and Beyond (Beattie and Quintana) Successful Retirement Strategies 101 (Gelinas) | | |
| TUESDAYS | | |
| 10:00-11:00AM Aging in Place (Bird) Are We Really Moral? Honest? (Robkin) Confederate Monuments (Richards) Exploring Edo, Old Tokyo (Ogihara) Total Financial Fitness (Dozier) | 11:15AM-12:45PM Ikebana (Ahuja) Rise and Fall of Ancient Rome (Corvino) Tribalism To Identity Politics (deMan) 11:30AM-1:30PM Let's Get Crafty (Lathrop) | 1:15-2:45PM Melville (Zins) Retirement Income Distribution (Simmons) |
| WEDNESDAYS | | |
| 10:00-11:00AM Chair Yoga and Resistance Bands (Ahuja) Gullah Geechee Coast (Sumpter) | 11:15AM-12:45PM Cultural Jewelry Making (Milner) Italian for Fun 2 (Giannasca) Short Poems (Mengert) | 1:15-2:45PM Cultural Jewelry Making (Milner) |
| THURSDAYS | | |
| 10:00-11:00AM Bamboo Babies (Hartsfield) Gifting Assets (Gelinas) Play Reading Circle (Bradham) | 11:15AM-12:45PM A Second Wind (McDavid) Reverse Mortgages (McGee) Thoughtful Lessons (Starr and Drue) | |

Other Courses

| OFF-SITE | | |
|--|---|---|
| DANCE 101 Dance (Aponte) Thu 12:30-1:30pm Sep 6 - Oct 18 Thu 12:30-1:30pm Oct 25 - Nov 15 T'ai Chi (Meisner) Tue 12:45 - 1:45pm Sep 11 - Oct 30 Tue 12:45 - 1:45pm Nov 6 - Dec 11 | CONCOURSE ATHLETIC CLUB Tennis for Beginners (Tarpley) Mon 10:30-11:30am Sep 10 - Oct 22 PARK SPRINGS Sight and Sound 7 (Cohen) Fri 2:00-3:00pm Sep 7 - Oct 19 | PIEDMONT PARK - MIDTOWN Nordic Walking (Lay) Tue 10:00-11:00am Oct 30 - Nov 20 |
| ONE-DAY WORKSHOPS AND SEMINARS | | |
| MONDAYS 9:30AM-3:30PM Defensive Driving (Spano) Sep 17 First Aid/CPR/AED (Spano) Oct 17 Defensive Driving (Spano) Oct 29 Personal Defense (Logan) Nov 5 | TUESDAYS 1:30-3:30PM Iconic Images of War (Saul) Sep 11 SNAFU - Accidents in War (Saul) Sep 18 | TUESDAYS 1:30-4:30PM Band of Brothers Preview (Saul) Oct 9 |

Long Session (Sep 5 - Oct 23)

MONDAYS
10:00-11:00AM

A Little Bit of Logic

Instructor: Dennis Martin, PhD

Are you surrounded by illogical people? Are you sure it's them, and not you? In this class, we will review basic logic, especially the most common errors that you might hear every day. Errors can occur when words form statements, statements form arguments and explanations -- and when all of these form theories and worldviews. Many of these mistakes go unnoticed... but with some simple distinctions and techniques, you can become a better critical listener and consequently be surrounded by even more illogical people!

Basic Italian Grammar

Instructor: Laura Leonora Corvino

This course is for basic Italian speakers who have some basics already, such as greetings and basic conversation. We'll aim to keep making progress and work on building sentences correctly. The course includes: articles, nouns, genders and numbers, rules of pronunciation, prepositions, possessives, present tenses and reflective verbs -- as well as the basic use of the verb "placere." Course fee: \$95 member/\$115 non-member.

Chair Yoga and Meditation– Basic Level

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. According to the Mayo clinic, Chair Yoga poses can help seniors and people with chronic pain improve their quality of life, lower their blood pressure, improve their sleep patterns and manage depression. These classes are intended to increase joint mobility and muscular strength, as well as breath/movement synergy. Time for meditation will also be integrated. Course fee: \$95 member/\$115 non-member. Max 25 students (You can also sign-up for the Wednesday class too and participate twice per week).

I Dig Rock and Roll - Part 1

Instructor: Tom Dell

Join us for a look at the origins of Rock and Roll, from its roots in the Blues of the early 1900s with W.C. Handy and Ma Rainey through the early 1960s with Carl Perkins, Jerry Lee Lewis, Little Richard, Buddy Holly and Elvis. Join us for a look at the people and music behind what we know as Rock and Roll. *Tom has been a guitarist, singer, and band member since 1960.*

Jazz History: A Listener's Guide - Part 2

Instructor: James Rozzi

In Part 1 (prerequisite for this class), we explored jazz's beginnings up through the early big band era. Part 2 commences with big band jazz and small group swing, on to the complex musical and social developments of 1940s bebop. Jazz is the most substantial of American art forms, our gift to the world. The aim of this course is to entertain while increasing understanding and accessibility. Please join us as we listen and discuss the evolution of this multi-faceted musical genre. *James is a saxophonist, bandleader, and published jazz journalist. His critically-acclaimed 10-piece band, Tempest, has performed throughout the southeast. Check his website: www.TempestJazz.com*

11:15AM-12:45PM

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



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

Cultural Jewelry Making Series

Instructor: Virginia Milner

These classes not only teach the basics of jewelry making, but also give students a glimpse of different cultures as they journey -- from the comfort of their chairs -- all over the world from the North American Southwest to parts of Asia, Africa, South America, and more to reimagine and create new pieces by transforming beads and components into something that is uniquely theirs. Each piece will include authentic beads and/or designs indicative of the featured continent or country. By the end of each class, the students will have learned how to make a culturally-inspired necklace, bracelet, or earring. Come learn useful techniques for other classes and/or continue to use on your own. This class is designed for both absolute beginners and students with limited knowledge and skills. Class limited to 10 students. Course fee: \$125 member/\$145 non-member (includes all supplies).

Interesting Stories in the News

Instructors: Mary Whiteman, JD and Marty Bennett, MS

Each week, students will discuss the significance and long term consequences of interesting news stories. Discussions will range from national/international politics and economics to social issues. Issues include: Russia's policies/actions, Middle East volatility, The Wall, international trade, education, sex/gender issues related to restrooms, as well as race, gender and wealth imbalances. Topics will be selected based upon student interest and prominence in contemporary media. Participants are encouraged to openmindedly exchange views with the goal of expanding their understanding of issues in a more comprehensive way.

Italian Opera Appreciation

Instructor: Laura Leonora Corvino

This course will provide an introduction, brief history, and analysis of various operas such as La bohème, La Tosca, Madama Butterfly, La Traviata, The Barber of Seville, Turandot, and Rigoletto. Course fee: \$65 member/\$85 non-member.

Retirement Success 102: Mutual Funds and Annuities

Instructor: Timothy Gelinas, CAS®, CFS®, CSA

Mutual funds and annuities are integral parts of a sound retirement plan -- how you use them will determine your stability and peace of mind. Increase your knowledge of these two investment vehicles so that you can make more informed decisions concerning your retirement investments.

1:15-2:45PM

Advanced Italian Grammar

Instructor: Laura Leonora Corvino

This course is for sophisticated speakers who want and need to have a strong grasp on the correct use of the language. It comprehends: the Italian Verbs -- Passato Prossimo, Imperfetto, Presente and Passato Copntinuato, Futuro Semplice, future Anteriore. Subjunctive, Conditional, Subordinates Sentences, Direct and indirect pronouns, Pronomi Combinati, Grammar basic structures -- Direct sentences, passive sentences. Course fee: \$95 member/\$115 non-member.

Art Inspires Art

Instructor: Gloria Lawson Sylvester, BFA

Visual art and poetry share a symbiotic relationship. In this interactive course we will focus on your art as a vehicle for discussion on the four stages of art criticism: describe, analyze, interpret, and judge what you see, followed by your artist talk, and then crystallize the work into an ekphrastic poem. Bring your art to the second week of class. All genres of art, and beginning and advanced artists, poets, and writers are welcome. Class limited to 12.

Cultural Jewelry Making Series

Instructor: Virginia Milner

See description at left. Class limited to 10 students. Course fee: \$125 member/\$145 non-member (includes all supplies).

Examining "White Privilege"

Instructor: David Slavin, PhD History

White privilege is a concept that many people find difficult to acknowledge and/or understand. While many reject the notion, power and privilege can often be associated to one's skin color, race, or ethnic origin. The theory and existence of white privilege will be presented from the standpoint of both white and non-white scholars -- Frederick Douglass, W. E. B. DuBois, Theodore Allen, Lerone Bennett -- historical events, first-hand accounts, and empirical data. This interactive course challenges students to examine their own assumptions and encourages participants to share stories of racial encounters.

The Unseen Israel: Take a Journey through the Promised Land

Instructor: Timothy Gelinas, CAS®, CFS®, CSA

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

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

Be Safe!

Instructor: Al Fowler, DeKalb County Police

Every day we read, see, or hear of a new scam. They call on the phone or come to the door to mention a few ploys. Representatives from the DeKalb County Police will speak about the many dangers of which to be aware. Also, they will cover the many ways to prevent falling prey to those who would take advantage of us. With knowledge, we can be safe in our cars, in our homes and in several other places. Even the grocery store is no longer a safe place...and we'll also discuss computer safety. The speakers can help us to BE SAFE!

British Royals

Instructor: Susan Barnard, BA

Explore the marriages, strengths, weaknesses, pettinesses, and relationships within the British Royal family from King George III to Queen Elizabeth II. We'll stir into the mix their Russian and Prussian/German relatives, revealing a family at work, at play, and at war. Not to be missed is the most famous love story of the 20th century. The course will include many photographs, and firsthand accounts from diaries and letters.

Civil War in the Eastern Theater - Part 1

Instructor: Charlie Richards, JD

In this course we will study the major battles of the Civil War in the Eastern Theater from the Secession Crisis through the end of 1862. Topics will include the struggle over Fort Sumter, the Western Virginia Campaign, the first Battle of Bull Run, Jackson's Valley Campaign of 1862, the Peninsula Campaign of 1862, the Battle of Cedar Mountain, the second Battle of Bull Run, the 1862 Confederate invasion of Maryland, the Battle of Antietam, and Fredericksburg. We will also discuss the often-overlooked significance of naval warfare along the Atlantic Seaboard.

Creative Writing: Fun and Personal

Instructor: Arlene Appelrouth, BA

(Course ends at 11:30am)

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

German Culture: Coming to Terms with WWII via Grass and Kiefer

Instructor: Elizabeth Shackelford, MEd

The aftermath of causing two world wars is an extraordinary thing for a people to deal with. Two influential artists -- one a writer, the other a visual artist -- have used their art to explore this unwieldy legacy. We'll look at a little history and a couple events, then look at how these two artists deal with it in their works. Gunter Grass is a Nobel-prize winning novelist with a difficult past; Anselm Kiefer is a painter/sculptor of vast, highly original works.

Solidarity through Humor and Satire - Part 1

Instructor: Dan May, PhD

In addition to its enjoyment, a good cartoon, joke, film, TV comedy, or parody often has a sub-text (intentional or otherwise). In this course, while having many good laughs we will consider how humor and satire can operate in maintaining group spirit and cohesion in the face of oppression, and in undermining or reinforcing attitudes towards race, gender, religion, class, and ethnicity.

Musical Theater Anniversaries of 2018

Instructor: William Allen, MA, MPhil, MLn

Technical Assistance: Michiyo Allen, BS

This year marks the 100th anniversary of the birth of both Leonard Bernstein and Alan Jay Lerner, who individually would be associated with some of the most celebrated musical theater works of the last century from *Candide* and *West Side Story* to *My Fair Lady* and *Camelot*. It is also the 75th anniversary of the original groundbreaking 1943 production of Rodgers & Hammerstein's *Oklahoma!* We will pay tribute to all 3 of these anniversaries with special new commentary and important songs and musical scenes associated with each of them. Come learn, listen, and enjoy!

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 two 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 book).

TUESDAYS 11:15AM-12:15PM

DECISIONS, DECISIONS, DECISIONS: How They Come to Be

Facilitator: Martin Becker

Each week for six weeks, a guest speaker from the world of government or from the health care industry will discuss his or her process for making decisions that impact our lives. We hope to answer several questions: Who do the decision-makers view as their constituency? What influences their decision-making process? With their more difficult decisions, what are the consequences for them and for us, if the decisions are incorrect? In week seven, we will attempt to develop an effective decision-making model based on the successful traits of the speakers.

History of Native Americans

Instructor: Sal Depasquale, MS, MBA

The class examines the history of the Native Americans, beginning with the migration from Siberia some 15,000-20,000 years ago; enslavement by Queen Isabella 500 years ago; followed by genocide and rebirth. Suggested readings: *An Indigenous People's History of the United States* (Dunbar-Ortiz); *American Leviathan: Empire, Nation, and Revolutionary Frontier* (Griffin); *The Other Slavery: The Uncovered Story of Indian Enslavement in America* (Resendez); *American Colonies: The Settling of North America* (Taylor); *American Revolutions: A Continental History* (Taylor).

Meet the Authors

Facilitators: Milton Crane and Georgia Lee

Back by popular demand! Writing is one of our most creative endeavors. Each week, we will feature one of many creative, talented authors who have successfully published books. You will have the opportunity to learn firsthand all about their journeys, including their secrets for success as well as the challenges they faced and conquered.

Psych 101 and its Application to Everyday Living

Instructor: Terry Bordan, EdD, LPC, LMHC, NCC

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

Reverse Mortgages: Understanding the Pros and Cons

Instructor: Genie McGee, Credentialed Master Trainer,
Georgia Realtors: Partners in Education Instructor

The Reverse Mortgage is so misunderstood; it is crucial that older adults, their adult children and trusted advisors learn the details of how they can effectively use their housing wealth in a proactive and informed manner. This class will cover the history of the Reverse Mortgage, uses, strategies, case studies, facts, pros and cons. The instructor will also share information about the use of a reverse mortgage to purchase a new home, along with the latest research and program upgrades. This is a four week course.

Rhythm and Charm: The Art and Lives of the Classic Broadway Lyricists

Instructor: William Allen, MA, MPhil, MLn

Technical Assistance: Michiyo Allen, BS

This is the latest edition in our study of the work of the creative people who wrote the words to the songs from the classic age of the Broadway musical. This time lyricists from the Roaring '20s and Depression '30s and beyond -- the trio of DeSylva, Brown, and Henderson (*Varsity Drag*), Edward Eliscu (*Without a Song*), Gus Kahn (*Makin' Whoopee*), Dorothy Fields (*Can't Give You Anything but Love*), and Georgia's own Johnny Mercer, known for later evocative film songs like *Laura* and *Moon River* but also diverse Broadway shows like the ethnic *St. Louis Woman* and the comic *Li'l Abner*. Come and enjoy exploring the art and lives of these lyrical masters.

Lunch and Learns "Georgia on My Mind" 12:30-1:30PM

Room 114

Reminder: bring your lunch!

Free -- Registration NOT required

Confirmed presentations include...

- A President in Our Midst:
Franklin Delano Roosevelt in Georgia
- Atlanta Opera
- Booth Museum
- Georgia Sports History
- Historic Rural Churches of Georgia
- History of Emory University

TUESDAYS 1:30-3:00PM

An Adventure into Wine

Instructor: Herbert Spasser DDS, CWE

(Class dates: Sep 11, 25, Oct 2, 9, and 16)

The wonderful world of wine becomes alive, exciting, and familiar via lecture, PowerPoint slides, and tasting. Topics will include 'Wines of the 'New South' (South America-Chile and Argentina)', 'The Elegant Wines of Germany', 'Wines of Southern France', 'Pinot Noir, the Fickle Sibling', and 'Napa: Still the Yardstick.' Please bring two wine glasses to class. Course fee: \$85 member/\$105 non-member (includes all supplies).

Fade to Black

Instructor: Art Jones, MS, Writer, Director, and Producer

(Ends at 4:00pm)

Join our upper level course designed to: (1) trace the history of America's film industry; (2) enable participants to see film as literature while building stronger critical viewing skills; and (3) study the social impact of film within the motion picture industry. Applying the tool of interpretative literature, participants will view specially selected films to critically examine the roles assigned to African-Americans. Beginning with the silent era, we will view and discuss the spectrum of images depicted by black Americans in significant production, from the turn of the 20th Century up to the early 1990s. Course fee: \$105 member/\$125 non-member.

Ikebana Introduction

Instructor: Nutan Ahuja

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

"People Who Aren't Thinking Are Capable of Anything:" A Class on Elizabeth Minnich's Book, *The Evil of Banality and The Life and Death Importance of Thinking*

Instructor: Dan Zins, PhD

Minnich was a student of Hannah Arendt ("Eichmann in Jerusalem"/"The Origins of Totalitarianism"), and like her mentor has dedicated much of her life to preventing recurrences of authoritarianism/totalitarianism, human rights violations, and mass killing. We will focus on Minnich's suggestions for thinking more incisively and productively about intensive and extensive evil, what all of us can do to reduce remedial evil in the world, and how we can more effectively cultivate intensive and extensive goodness. Keywords for this course: complicity, thoughtlessness, obedience, self-deception, willful blindness, resisting authoritarianism/fascism, cynicism/realistic hope, critical thinking, empathy, altruism, Holocaust rescuers.

Retirement Income Distribution Strategies: Social Security and Tax Free Investments

Instructor: Franklyn C. Simmons, MBA

(Class dates: Sep 11-Oct. 2)

Students will learn the elements of Social Security strategies, Medicare overview and the impact of 401k/Traditional IRA have on your income taxes. Participants will learn the importance of creating different asset classes and how to use them to mitigate risk for downside market protection of investments -- tax-free investments are important for creating a legacy for others. Course fee: \$25 member/\$45 non-member.

Religion and Immigration

Instructor: Kemal Budak, PhD Student, Emory University

The next fifty years will bring dramatic changes in the ethnic and racial demographics of the United States. According to census projections, almost fifty percent of the country will be non-white with a large part of this change happening through immigration from Latin America, East and South Asia, the Middle East, and the Caribbean. Immigrants come from a greater variety of countries and bring with them a multitude of new linguistic and cultural forms along with diverse religious practices. In this course, we will explore the religious lives of Christian, Jewish, Muslim, Buddhist, and Hindu immigrants in the United States and ask the question of what roles religious practice and religious institutions play both at the individual level and in broader communities. We will start with the earlier immigration waves in the United States and main assimilation/integration theories. Then we will look both at new immigration and more established communities in the United States and Europe through case studies, delving into the multidimensional aspect of immigrant lives including the settlement process, civic engagement, food habits, second generation, and women immigrants.

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

Singalong

Instructors: Bob Goodman and Terry Carpenter

Add some singing to your day to raise your spirits, release some endorphins, and make the rest of the day go better. We welcome experienced singers, shower-singers and people who think they can't sing at all. Our songbooks, *Rise Up Singing* and *Rise Again*, include folk songs, traditional ballads, spirituals, gospel, show tunes, pop, peace and freedom songs, sea shanties, Appalachian music and more. We'll sing your favorites and teach you some new ones. Both books are available from www.riseupandsing.org or can be ordered from local book stores. We will have loaner books for those who don't have their own.

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

Ageless Grace® – Brain and Body Fitness

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

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

Chair Yoga and Resistance Bands – Basic

Instructor: Nutan Ahuja

See course description on page 5. Course fee: \$95 member/\$115 non-member. Max 25 students (You can also sign-up for the Monday class too and participate twice per week).

The Short Stories of George Saunders

Instructor: Nancy Purdon, MA

George Saunders teaches writing at the University of Syracuse. He began his career writing short stories in the early 1990s and has published four collections to date. His work has been praised highly for his relentless humor, his exhilarating attention to language and his generosity of spirit. This class will explore his most recent collection, *Tenth of December*. Class members will discuss the stories as a group and will be asked to read and re-read one or two of these in advance of the discussion. Please purchase the text before the first day of class and read the first story, "Victory Lap."

Storytelling with Dr. Mark

Instructor: Mark Levine, PhD

Examine the history, cultural value, humor and pleasure of storytelling. Together we will tell the tale and "spin the yarn" of yesterday through today. We will learn about seniors being the consummate storytellers and "how to do it" in order to pass on our "living legacy." Join us as we visit and laugh at and with the stories, limericks, nursery rhymes, shaggy dog stories, music, and adventures of our past and present and learn the techniques to become one!

Vedic Astrology

Instructor: Reverend Ryan NeuCollins

Vedic astrology is based on the ancient spiritual scriptures of India known as the Vedas. In recent decades, its reputation among western astrologers has risen dramatically due to its accurate predictive systems; however, just as important are its lessons on how to spiritually evolve. Interest in Vedic astrology has been a mainstay in Indian culture for centuries, which often arranges marriages and heads off potential diseases through its advice. Increasingly, however, it is gaining prestige among westerners who recognize that it and its sister disciplines of yoga and Ayurveda can help them reclaim the wisdom and harmony they have lost.

What's RIGHT With You?

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

Have you ever asked, "What's right with me?" If this unfamiliar question intrigues you, come and learn your answer! First you will learn to use tools to access your innate intuition and wisdom; i.e., Heart Intelligence. Next you will take an online test and receive coaching on your five top strengths/talents and how they might be applied to enhance your life and the lives of others. Finally, you will utilize your Heart Intelligence and identified strengths to discover roadmaps to realizing "Your Heart's Desire" at home and in the world...armed with the solid knowledge of what's RIGHT with you! Limited to 16 students. Course fee: \$60 member/\$80 non-member.

Woman's Support Group

Instructor: Enid Susan Carlin, PhD

(Class starts at 9:30am)

The purpose of the group is to provide an intimate and meaningful setting for women to share their ideas, feelings and experiences. A variety of topics will be introduced allowing participants to connect with each other in the context of a supportive, interactional and interpretive environment.

WEDNESDAYS 11:15AM-12:45PM

The Art of the Documentary, Part 3

Instructor: Howard Cohen, MA

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

Be the Best Person You Can Be

Instructor: Cynthia Zeldin, MS

This course will focus on living in the present, letting go of the past, effective communication, self-esteem, letting go of guilt and shame, how to deal with anxiety, and having a positive attitude. Lecture and class participation.

Crime and Punishment

Instructor: Ross Friedman, MA

So, who's ready to read a great Russian novel? *Crime and Punishment* is—like the winters and geography of Russia—long and arduous, and over the years that I've taught it with the scholars I've learned—like Napoleon and Hitler before me—that many troops will die or be lost along the way. But it's one of the great works of literature: a work of philosophy, a psychological thriller, and one of the first detective stories, serving as inspiration for the Columbo TV series and the movie *Match Point*. I will be happy to take all intrepid travelers—those who see themselves as Raskolnikovian second category persons—on a journey well worth taking. All students MUST have the same translation of the book: The Barnes and Noble Classic edition (ISBN 978-159308-081-5) is available at their stores, and I will have some for purchase the first day of class.

11:15AM-12:45PM

Examining Our 'Funny Bone' with Dr. Mark

Instructor: Mark Levine, PhD

Together we examine the positive effects and the wide range of benefits that humor and LOL (laughter) have on our lives. Through humorous jokes, stories, vintage film clips of our favorite comedians, game shows and interactive activities, we will learn how to use humor as well as both the right and left sides of our brain to appreciate and create humor. We'll also enhance our sense of humor about aging, retirement, being grandparents, luv'n relationships and the "crazy" situations we find ourselves in our senior years. Humor is all around us and "laughter is our best anti-aging remedy."

Introduction to Photography

Instructors: John Lilly and Calvin Harris

This course is for people who want to go beyond using the camera in full auto mode and become more thoughtful and intelligent photographers. We will cover the different kinds of cameras and the function of each component, enabling students to take control of their cameras to produce photographs, not just snapshots. This course is for people with cameras which can be operated manually by adjusting aperture, shutter speed and ISO. *Note: this is NOT a class for iPhone/Android smartphone photography.*

Italian for Fun

Instructor: Antonella Giannasca

Are you planning a trip to Italy? Do you want to know how to order from a menu? Do you know how to ask for directions? Do you simply want to learn another language and have fun? This is the perfect course for you. Students will be exposed to the Italian culture and language and they will learn how to get around during their vacation and how to interact with Italians. Handouts will be provided in class. Course fee: \$95 member/\$115 non-member.

Should I Stay or Should I Go?

Instructors: Brandt Ross, Kaye Ginsberg, Pam Neighbors, Eleni Nega, Jennie Stipick, Glenn Ruffenach

A course for seniors on the many issues involving moving, downsizing, new home, health, family and money issues. Six expert presenters will offer advice, experience and assistance in the many complex issues of senior transition.

12:45-2:15PM

Write It Down: Your Life is a Good Story!

Instructor: Susan Soper, Author

Memoirs don't have to be chronological or linear...i.e. "I was born in...and then I...and then I..." etc. Try a creative way to capture the essence of your unique existence and experiences through a series of provocative questions and writing assignments that will tell your family things they might not know — or think to ask. Your life story 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 will be five weeks long.

WEDNESDAYS 1:15-2:45PM

Documenting Your Cultural History

Instructor: Althea Sumpter, DAH

Participants learn to use PowerPoint software to create a presentation about their cultural history. No prior knowledge of computers and/or PowerPoint is required. We first discuss family history and cultural background. Next, participants are introduced to digital technology for taking pictures, recording audio and journal writing. The final phase teaches ways to design content to convey the story of their culture using photographs, sound, and graphics. Participants bring to class digital files of photographs and/or video clips, or materials that can be scanned and used for the creation of a two-minute PowerPoint story to share among family and friends. Course fee: \$125 member/\$145 non-member. Course will be 6 weeks long.

Improvisation, Part I

Instructor: Robert Drake, Artistic Director at the Academy Theater

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

iPhone Basics

Instructor: John Lilly, MS Instructional Technology

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

The Plague of Color: History and Race in the United States

Instructor: Anthony Knight, MAT

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

THURSDAYS 10:00-11:00AM

Your Brain, Your Health: Experts from the Emory Brain Health Center

Instructors: Physicians and Staff of the Emory Brain Health Center

The brain is the center of all your thoughts, behavior and movement, which is critical to your quality of life. Through research and discovery, the Emory Brain Health Center is transforming patient-centered care for brain and spinal cord conditions by combining neurology, neurosurgery, psychiatry and behavioral sciences, rehabilitation medicine and sleep medicine. This class will allow you to learn more about the Emory Brain Health Center from specialists in the fields of Alzheimer's and dementia, psychiatry and stroke rehabilitation and more. Class sessions will include a lecture and question and answer session to help gain more understanding and information on how you can be involved through clinical/research trials or volunteer opportunities.

Estate Planning and Probate

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.

Great American Short Stories - Part 2 (1910-1960)

Instructor: Jack Balsler

We will read and discuss works by several of the giants of American literature—Hemingway, Fitzgerald, Faulkner, Eudora Welty and Philip Roth. In addition, we will read stories by two quintessential New York authors: Dorothy Parker and E.B. White. Part 1 is not a required prerequisite.

Intro to Mindfulness, Insight Meditation

Instructor: Nancy C. Weisman, PhD

I teach mindfulness as a life style as well as a meditation technique. My class is 90% experiential and I strongly encourage class participation both in doing meditation and in discussion. We will practice mindful awareness of internal experience such as emotions and thoughts and of actions including movement and eating. Participants will learn the connection of mindfulness to Buddhist Psychology and the ethics of a mindful lifestyle.

THURSDAYS 10:00-11:00AM

Predictably Irrational?

Instructor: Shai Robkin, MBA

Based on the work done by social psychologists and behavioral economists, such as Dan Ariely (author of the book *Predictably Irrational*), this course introduces students to the instincts and intuitions that affect the decisions people make, oftentimes to their detriment. While most people assume that they make rational decisions, weighing costs and benefits in order to optimize the likelihood of achieving desired outcomes, that's not necessarily how humans actually behave in the real world. The course covers basic theories of evolutionary psychology, automatic vs. controlled thinking, heuristics (simple procedures that people use unconsciously to reach decisions on difficult questions), inaccurate perceptions of risk, the role of chance, how the environment controls us, and when and when not to trust experts.

Recent Supreme Court Cases

Instructor: Steven Harbour, JD

This course will review some decisions of the U. S. Supreme Court during the last 12 months. Cases to be discussed include: *Masterpiece Cakeshop, Ltd. v. Colorado Civil Rights Commission* (cake baker and the first amendment); *Murphy v. National Collegiate Athletic Association* (sports gambling); *Abbott v. Perez* (gerrymandering legislative districts); *Carpenter v. U.S* (phone cell records and the Fourth Amendment); *Ohio v. American Express Co.* (restrictions on merchants taking credit cards); and *Trump v. Hawaii* (travel ban).

Russian Romp and Ruckus: History through Film

Instructor: Elizabeth Deschenes, MA

This class is a fun way to explore Russian history covering a thousand years via the film medium. This class is sure to fascinate and entertain as you will be exposed to aspects of history that you may not have been exposed to in previous studies. Weekly reading assignments will be provided to enhance your enjoyment of the subject matter. We will use Russian film (with English captions) starting in the year 980 with Vladimir the Great and the great Viking expansion into Russia. We will proceed to the Mongol invasion, venture into the Time of Troubles, examine the Romanov dynasty, The Revolution of 1917 and Civil War, study the Soviet era and view the post-Soviet era. We will explore different film genres such as Soviet comedy, musicals, the exotic Red Westerns or Soviet Easterns

and the renowned Soviet Sci-Fi thrillers. We will discuss elements of propaganda throughout the course and look at the films from award winning directors Sergei Eisenstein, an early pioneer in the art of montage. Other directors previewed in the course include Dziga Vertov, Andrei Tarkovsky, Fyodor Bondarchuk to name a few. Time permitting, we will have a film expert guest speaker.

11:15AM-12:45PM

The Age of Discovery: How Western Europe Began the Takeover of the World

Instructor: Michael McDavid, MA

Have you ever wondered why people speak Portuguese in Brazil or English in Jamaica or French in Quebec? In 1492, Christopher Columbus "discovered" the New World. Within a century, most of the nations of Western Europe were in a high-stakes race to acquire colonies in the New World, Africa, and Asia. In this course, we will examine the motivations for European colonialism, the strategies in establishing colonies, and the competition among the participants. Some of the topics to be addressed include mercantilism, the West African slave trade and the Columbian Exchange. The time period covered will be the 16th through the 18th centuries. The sequel to this course will follow in the fall short session and will continue with the examination of 19th century colonialism and imperialism. *This course is designed as a stand-alone and does not require your taking the shorter part 2 class offered in the Fall Short Session.*

Let's Go Travel!

Instructor: Kathleen Eidson

It's been said, "Travel is the one thing you buy that makes you richer." In this class, we'll explore some of the hottest international destinations and inspire you to get out and discover new adventures or re-visit an old favorite with new ideas. Together, we'll peek into seven different countries through a sample itinerary including: large cities, tourist hotspots, and quaint towns with off the beaten path activities and outings. Come learn about Croatia and see why it's being called "the new Italy." We'll also journey to tropical Cuba and head north to Iceland. Taking a language and want to try out your new skills on your next trip? You'll learn about the places not to miss in France, Spain and Italy. Ever feel overwhelmed by all the travel websites out there and the details required to plan a trip? The last class will include practical tips to make your travel planning easier and give you confidence to plan your next adventure. "Once a year, go somewhere you've never been before." -Dalai Lama

THURSDAYS 11:15AM-12:45PM

Quantum Physics for the Layman

Instructor: Bob Sullivan, PhD

We'll consider experimental findings that undermined classical physics; how the phenomenon was "saved" by quantum theory; the Copenhagen Interpretation, which set the operational rules at the price of violations of common sense; and the "realist" attempts to replace that interpretation. The class will include biographical sketches of some of the great figures. The approach will be conversational rather than mathematical. Discussion will be welcomed.

Sight and Sound: World's Best Small Museums and their (Imagined) Music – Part 7

Instructor: Howard Cohen, MA

Major cities around the world boast renowned centers of art—New York Metropolitan and MOMA, Paris' Louvre, Madrid's Prado...but smaller museums often provide a more concise overview of a period or artist. Using colorful videos, we will visit museums, architecture, archeological sites and gardens in the Netherlands, Germany, Belgium, Switzerland and Austria. Music appropriate to the locale will be included.

Today's Elder Orphans and Adults Aging Alone - Part 1

Instructor: John Hemphill, CAPS, CAASH and Subject Matter Experts

Who will care for you in your time of need? Participants will engage in discussions to identify key lifestyle issues for elder orphans and active adults aging-alone (aging in place). As a targeted focus group, participants will learn key resources, cultural and social barriers for maintaining a lifestyle of senior independence. The course will also conclude with participants formulating and developing a resource and service guide for maintaining independence to stay safe in ones own home.

Course fee: \$65 member/\$85 non-member (includes book).

Yoga Sutras - Philosophy of Yoga

Instructor: Marissa Sequeira, Certified Yoga Instructor

We will discuss yoga sutras and the core concepts of yoga philosophy. Just as a building has framework and structure, the Yoga Sutras compiled by Pathanjali 400 BC are the core elements of yoga it contains the body of knowledge from which all yogic practices evolve.

1:15-2:45PM

11-Week Anti-Inflammatory Diet PROGRAM

Instructor: Catharine Clark, MS, CNS, LDN

Attack the root cause of many chronic inflammatory conditions in this explicit, straightforward dietary program. This program is for anyone with concerns about inflammatory conditions including autoimmune disorders and cancers. Participants will be accountable and must be willing to do 5 minutes of homework each day throughout the 11-week program.

Spoiler Alert: Many foods you think are healthy or unhealthy aren't!

Throughout this program we will:

- Measure our changed status as we make explicit, straightforward changes in the foods we eat, buy, and order in restaurants.
- Learn about the history and science of common foods that increase or decrease inflammation.
- Learn about common, and not-so-common, chronic inflammatory conditions and their cost in the US.
- Use free online tools to help balance your food choices.

Course Fee: \$275 member/\$295 non-member (includes all materials, lab fees, and supplies). Full and partial scholarships are available.

French for Fun

Instructor: Nayera Salam, MA

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

Improvisation - Part 2

Instructor: Robert Drake, Artistic Director at the Academy Theater

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

THURSDAYS 1:15-2:45PM

Hasya Yoga - Laughing Yoga

Instructor: Marissa Sequeira, Certified Yoga Instructor
Laughter is therapeutic and can relieve stress. Laughing generates endorphins in the body that help in healing and an overall sense of well being. This style of yoga involves breathing exercises (pranayama), followed by laughing yoga therapy exercises and relaxation.

Microsoft Windows 10 Basics

Instructor: David Oblinger
A review of Windows 10. Topics include: logging in; setups; files on computer and in the cloud; Cortana; sharing documents and photos; other Microsoft applications. Course fee: \$115 member/\$135 non-member.

Russian Language and Culture I

Instructor: Emily Simonds
This course will provide an introduction to Russian language and culture with an emphasis on building a foundation for future language learning and the beginnings of a basic vocabulary in Russian. The classroom will come alive through music, film, and anecdotes which will serve as a bridge to a passionate and proud people from a first-hand perspective. Six week course. Course fee: \$95 member/\$115 non-member.



Short Session (Oct 24 - Nov 20)

MONDAYS 10:00-11:00AM

Chair Yoga and Meditation – Basic Level

Instructor: Nutan Ahuja
See page 5 for description.
Course fee: \$50 member/\$70 non-member.

Our Creative Universe

Instructor: Howard Page, MA
Humans think that our creative abilities make us unique in the universe...we'll learn that this is not the case. The universe has creativity built-in, but it takes on different forms than what we are used to seeing. Working on writings including Daniel Kahneman, Nobel Prize winner in behavioral economics, and John Cleese, co-founder of Monty Python, we'll explore creativity and discuss how we can be more creative in our own lives. If you've always wanted to know too much about creativity, this is the place to be.

Paper Management and Beyond

Instructor: Jonda Beattie and Diane Quintana
During this three-week course we will discuss the importance of having your documents organized so that you can easily find your papers. We will share multiple strategies which have benefited some of our clients and those which failed miserably. We will cover which documents to keep, how long to keep them, and how to dispose of the ones you no longer need. By eliminating unnecessary papers, you will be surprised by how much filing space you actually need.

Retirement Success 101: Understanding Your Financial Options

Instructor: Timothy Gelinis, 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: investments, estate planning and taxes, making your money last, long term care, asset management and inflation.

TUESDAYS 10:00-11:00AM

Aging in Place and the Senior Care Continuum

Instructor: Jeff Bird

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

Are We Really Moral? Are We Really Honest?

Instructor: Shai Robkin, MBA

This course explores the evolutionary psychological explanations for the origins of and differences in people's most closely held beliefs. We will also question whether human behavior can be properly considered moral and honest. The course examines the ideas of two social psychologists -- Jonathan Haidt and Dan Ariely as reflected in their books *The Righteous Mind - Why Good People Are Divided by Religion and Politics* and *The Honest Truth About Dishonesty*, respectively.

Confederate Monuments: Their History, Their Purpose...and What Do We Do With Them Now?

Instructor: Charlie Richards, JD

This course will examine the history of the erection of Confederate monuments, mainly in the southern states, the purposes for which they were built, and the messages they were intended to convey. We will discuss why they are problematic in our current society and consider the merits and demerits of various arguments about what to do with them now.

Exploring Edo, Old Tokyo

Instructor: Mei Ogihara

Tokyo, the capital city of Japan, was called "Edo" until 150 years ago. Japanese native Mei Ogihara guides you to a fun trip to the city of Edo. Topics will include: Fukagawa Edo Museum; Hokusai, a Japanese artist and ukiyoe-painter; Kabuki theater experience. The lectures will be highly inspired by the instructor's travel experiences in Japan in October of 2017 and in June of 2018.

Total Financial Fitness in Retirement

Instructor: Brenda Dozier, PhD, CDFA

Like physical fitness, financial fitness is the product of a continual process. You won't achieve it overnight or by happenstance, but you will accomplish total fitness in retirement by making responsible decisions on a daily basis, working hard and adhering to a well-crafted plan. This class is geared to get you in the best financial shape possible by giving you the tools needed to design a retirement plan that is customized just for you. Financial workouts will help you understand your current fitness level, your "money personality type," and your risk tolerance. We will employ exercises that remove the roadblocks preventing you from improving your financial fitness. An instant "x-ray" will display your current investment holdings and determine if they are the right investment mix for your retirement plan. In addition, phased retirement solutions and tax-efficient strategies will be included to insure your plan offers the flexibility to meet life's challenges. Leave this class knowing you have a retirement plan that will allow you to stay on track and live the life you choose to live! This is a three week course.

11:15AM-12:45PM

Ikebana Introduction

Instructor: Nutan Ahuja

See description on page 9. Limited to 15 students. Class Fee: \$95 member/\$115 non-member (fee includes flowers).

Rise and Fall of Ancient Rome

Instructor: Laura Leonora Corvino, MBA

This course will examine the Monarchical System and the Seven Kings; the Republic; the Empire; the fall of Rome and the fall of Constantinople (Roman Empire east).

From Tribalism to Identity Politics - The Color and Energy of History or Impediment to Progress, Freedom and Equality?

Instructor: George deMan

The course will survey the influence of tribal factions throughout history from religions to ideologies of politics. Discussions will include: diversity as a desirable evolution of societies, factions of reactionary entrenchment as reductive and inimical to progress, and how society and politics deal with these as challenges to status quo or progressive and desirable agendas. The course will follow a 1.5 hour seminar format with audience participation expected. The final session (and perhaps earlier) will cover various actual topics of concern which devolve in large measure from Identity Politics: a Universal Basic Income (U.B.I.) as mitigation of inequalities -- end Jerrymandering -- election cost reforms - educational reforms, etc.

TUESDAYS 11:30AM-1:30PM

Let's Get Crafty

Facilitator: Leeann Lathrop

Bring your water colors, oils, acrylics pastels, pencils, knitting or embroidery. Anything you do for relaxation. Share with a group and learn from each other. No instruction other than what we share. Enjoy some time with friends and our favorite pass time.

Course Fee: Free

1:15-2:45PM

Melville's Eminently Safe Man and His Supreme Need for Security: Historicizing *Bartleby the Scrivener* in a Nuclear, Post-9/11 World

Instructor: Dan Zins, PhD

Herman Melville's widely anthologized story has fascinated and baffled readers ever since its publication. This discussion class will compare and contrast our own ingenious analyses of this puzzling and prophetic tale, its possible submerged meanings, and its narrator's continual frustrations with his inscrutable scrivener, with the amazing variety of interpretations that have been advanced by literary scholars and critics. Intertextual insights of Melville's contemporaries Tolstoy, Thoreau, and Douglass, and Wendell Berry (our contemporary Thoreau) et al. illuminate the profound relevance of Melville's masterpiece for our own age of pervasive historical amnesia, self-deception, self-subjection, solipsism, economic exploitation/predation, paralyzing fear, and individual/national insecurity.

Retirement Income Distribution Strategies: Social Security and Tax Free Investments

Instructor: Franklyn C. Simmons, MBA

See description on page 9.

WEDNESDAYS 10:00-11:00AM

Chair Yoga and Resistance Bands – Basic

Instructor: Nutan Ahuja

See page 5 for description.

Course fee: \$50 member/\$70 non-member.

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, S.C. 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

11:15AM-12:45PM

Cultural Jewelry Making Series

Instructor: Virginia Milner

See Description on page 6. Class limited to 10 students. Course fee: \$75 member/\$95 non-member (includes all supplies).

Italian for Fun 2

Instructor: Antonella Giannasca

Continue learning the language and the culture of the “Bel Paese,” get deeper into the Italian expressions, traditions, tips for your next travel and enjoy sharing your new knowledge with your friends. Arrivederci! Course fee: \$55 member/\$75 non-member.

Short Poems for a Short Course

Instructor: Jim Mengert, PhD

We'll read short lyrics of some of our best poets, from the 17th through the 20th century—Donne, Dickinson, Frost, Merwin, et al. The poems I've chosen have one element in common: they all have as their subjects an animal other than human, such as a flea, a spider, a fish, a cow, a fox. The poets' different treatments give us insight into their different poetic sensibilities and strategies.

1:15-2:45PM

Cultural Jewelry Making Series

Instructor: Virginia Milner

See description on page 6. Class limited to 10 students. Course fee: \$75 member/\$95 non-member (includes all supplies).

THURSDAYS 10:00-11:00AM

Bamboo Babies

Instructor: Joy Hartsfield

A pictorial history of the Giant Panda: legends, lore to everyday use as World Wildlife Fund symbol. True, they are adorable but a taxonomist's nightmare-bear or raccoon or in between...picky eaters and crowd pleasers! From discovery to China's financial plans of recovery, fun stories learned firsthand from keepers at zoos while drawing, painting the animals since early 1970s. This is a three week course art course. The first class is a show and "ahhh" class! Second class we practice drawing them, third class end of discussions while green tea served. Course fee: \$30 member/\$50 non-member (includes supplies).

Giftng Assets: Creative and Efficient Ways to Create Legacy Now and Later

Instructor: Timothy Gelinias, CCAS®, CFS®, CSA
(Three weeks only: Nov 1, 8, and 15)

Are you interested in leaving a legacy to your children, grandchildren, charity or church? In this class, we will discuss some unique strategies to create a living legacy, as well as how to prevent unintended consequences from not being prepared.

Play Reading Circle – American Drama and The American Dream

Instructor: JoAllen Bradham, PhD

As a group -- with participants playing all the parts -- we will read Sam Shepard's *Buried Child* and discuss what it says and means in relation to the American Dream. Course fee: \$65 member/\$85 non-member (includes book).

Book Clubs

Two OLLI book clubs meet from 12:30-1:30PM on the first Tuesday/Thursday of the month. Members vote on book selections. To learn more and to obtain a list of books, please contact:

Tuesday : Barb Sorenson
bsorenson50@gmail.com

Jill Parks
atlparks@yahoo.com

Thursday: Elizabeth Deschenes
elizabeth.deschenes@yahoo.com

Phyllis Irby-Downing
sfrsid@yahoo.com

11:15AM-12:45PM

A Second Wind: The Renewal of Western Colonialism in the 19th Century Pt 2

Instructor: Michael McDavid, MA

By the end of the 18th century, Western Europe's race for colonies seemed to be over as the continent wrestled with other issues such as political upheaval and the Industrial Revolution. By the mid-19th century the race heated up once more as European nations competed with one another to gobble up land and territories, primarily in Africa and Asia, untouched by the earlier wave of colonialism. In this course, we will examine the motivations and differences in 19th century colonialism, look at the nations and territories most involved, and see how the older colonialism would morph into a newer imperialism. *This course is designed as a stand-alone. It is not necessary to have taken the Age of Discovery class offered in the fall long session.*

Reverse Mortgages: Understanding the Pros and Cons

Instructor: Genie McGee, Credentialed Master Trainer,
Georgia Realtors: Partners in Education Instructor

The reverse mortgage is so misunderstood; it is crucial that older adults, their adult children and trusted advisors learn the details of how they can effectively use their housing wealth in a proactive and informed manner. This class will cover the history of the reverse mortgage, uses, strategies, case studies, facts, pros and cons. The instructor will also share information about the use of a reverse mortgage to purchase a new home, along with the latest research and program upgrades.

Thoughtful Lessons for Today in the Childhood Messages of Yesterday

Instructor: Irma Starr, PhD and Abby Drue, MFA

In our continuing series aimed at promoting self-awareness and well being through the practice of kindness, empathy and fairness (for ourselves and others!), we are pleased to offer a four-week short session, exploring thoughtful lessons for today found in childhood lessons of yesterday. Through lively discussion, film and books, we will take a closer look at those childhood messages that are still with us and how they impact us today.

Offsite Courses

CONCOURSE ATHLETIC CLUB 8 CONCOURSE PKWY SANDY SPRINGS, GA 30328

Tennis for Beginners

Instructor: Danny Tarpley, GPTCA Level-A Pro, USPTA Elite Professional, Etchenberry Sports Trainer

Have you ever wanted to try your hand (or backhand) at tennis? Learn about strokes, footwork, equipment, scoring and positioning, in a fun environment as part of an enjoyable course designed for beginning or re-entry level players. Bring your own racket or use one of ours.

Mon, Sep 10 - Oct 22/ 10:30-11:30AM

Course fee: \$150 member/\$170 non-member

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

T'ai Chi

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

Tue, Sep 11 - Oct 30/ 12:45-1:45PM

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

Tue, Nov 6 - Dec 11/ 12:45-1:45PM

Course fee: \$89 member/\$109 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, Sep 6 - Oct 18/ 12:30-1:30PM

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

Thu, Oct 25 - Nov 15/ 12:30-1:30PM

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

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

Sight and Sound: World's Best Small Museums and their (Imagined) Music – Part 7

Instructor: Howard Cohen, MA

Major cities around the world boast renowned centers of art—New York Metropolitan and MOMA, Paris' Louvre, Madrid's Prado...but smaller museums often provide a more concise overview of a period or artist. Using colorful videos, we will visit museums, architecture, archeological sites and gardens in the Netherlands, Germany, Belgium, Switzerland and Austria. Music appropriate to the locale will be included. Limited to 20 students.

Fri, Sep 7 - Oct 19 / 2:00-3:00PM

Course fee: \$45

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

Nordic Walking for Fitness

Instructor: Molly Lay, ANWA, NETA Certified Group Fitness Leader and Personal Trainer

Nordic Walking is an outdoor fitness regimen—using specialized poles with attached gloves—that builds upper body strength as you walk, increases aerobic capacity and allows wellness walkers to turn their daily walk into a full-body workout. The poles reduce impact and load on the joints of the body and activate 90% of the body's muscles. Minimum 6 students. Limited to 8 students.

Tue, Oct 30-Nov 20 / 10:00-11:00am

Course fee: \$80 member/\$100 non-member (includes use of poles in class).

One-Day Workshops and Military History Lectures

WORKSHOPS

National Safety Council Defensive Driving

Mon, Sep 17 / 9:30AM – 3:30PM

Mon, Oct 29 / 9:30AM – 3:30PM

Instructor: James Spano, MS, CSHM

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

First Aid/CPR/AED

Wed, Oct 17 / 9:30AM – 3:30PM

Instructor: James Spano, MS, CSHM

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

Personal Defense by Strike First Fitness

Mon, Nov 5 / 11:00AM – 1:00PM

Instructor: Troy Logan, Martial Arts and Fitness Professional, Certified Health Educator

Did you know that one violent crime occurs every five seconds in the U.S....and that Atlanta leads the nation in many crime statistics. Many criminals see older adults as easy targets. The sole purpose of this workshop is to teach safety and how to avoid being a target. The main areas of focus will be:

- Awareness Prevention Strategies
- Physical Self-Defense Distraction and Escape Techniques
- Everyday Assertiveness and Boundary-Setting
- Physical, Psychological and Verbal Defense Skills

Course fee: \$35 member/\$55 non-member

LECTURES

Military historian and Colonel (retired) Lawrence Saul served for 34 years in the U.S. Army, including tours in Germany, Holland, Belgium, England, Kosovo and other locations. He was one of the last veterans of the Vietnam War still serving on active duty when he retired in 2008. He is a Battlefield Tour Guide with expertise in many key campaigns and battles, including D-Day, The Hurtgen Forest, Market-Garden and the Battle of the Bulge.

Iconic Images of War

Tue, Sep 11 / 1:30-3:30PM

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

This lecture will explore warfare through imagery. Using historical paintings and modern photographs, we will look at the men, the myths and the legends of warfare from the late 18th century until today. We will see how imagery can enhance patriotism, enflame nationalism, or incite violence. More importantly, we will go deeper into the background of the imagery and discover hidden truths, historical errors or misconceptions. Think of the great historical images of military history and see how those images come alive! Course fee: Free

SNAFU - Accidents in War: Just an Unlucky Day?

Tue, Sep 18 / 1:30-3:30PM

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

Accidents, calamities, disasters, and tragedies in war -- often times little known -- can affect the outcome of battle, or the writing of the history. This course will examine many of the unreported disasters of WW II. Some SNAFUs are caused by bad luck, bad leadership, organizational flaws, or just plain stupidity. This course will examine some of the incidents that escaped scrutiny. Course fee: Free

Band of Brothers Preview

Tue, Oct 9 / 1:30-4:30PM

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

This lecture will highlight the epic airborne operations, the landings that took place on D-Day (6 June 1944) at Omaha and Utah Beaches and the Battle of the Hedgerows. This presentation is a preview of the 15-hour course to be taught in Winter 2019. Also, Saul will discuss a trip that he is planning during late spring 2019 to visit the battle sites. Course fee: Free

OLLI Pop-Up Event

PIERRE CARDIN: PURSUIT OF THE FUTURE EXHIBITION

SCAD FASH Museum of Fashion + Film
1600 Peachtree St NW
Atlanta, GA 30309

Friday, September 21 at 11am

Join other OLLI members to view “Pierre Cardin: Pursuit of the Future,” a major retrospective exhibition. A revolutionary force in the fashion industry for seven decades, the indomitable 95-year-old designer continues at the helm of his creative enterprises and has earned numerous accolades for his contributions to fashion and humanitarian causes. Best known for his 1960s space-age style, Cardin has pushed the boundaries of fashion by exploring new materials and silhouettes. The exhibition presents iconic looks for both women and men from the 1950s to present, borrowed mainly from the Pierre Cardin Museum in Paris, and includes several dresses from the SCAD Permanent Collection. Cardin has said, “The clothes I prefer are the garments I invent for a lifestyle that does not yet exist — the world of tomorrow.” The exhibition celebrates Cardin’s spirit and vision, both unwaveringly inspired by the future. Cost of admissions is \$8 per person. To RSVP, visit ece.emory.edu/olli/Courses-Long.html

OLLI Market

Friday, November 16
10:00am - 3:00pm

Come purchase unique, one of a kind gifts for your family and freinds! Lots of artwork, crafts, & unique trinkets from which to buy. Admission is FREE and open to the public, so bring a friend.

Proceeds to support OLLI at Emory scholarship and special project funds.

To register as a vendor or for more information, contact Stephanie Tarpley at 404-757-5489 or olli@emory.edu

OLLI Trips

Vineyards of Dahlongega, Georgia *September 7, 2018*

Join OLLI members as they tour the vineyards and sample the wines of Dahlongega, Georgia. The group will visit the popular Wolf Mountain and Three Sisters Vineyards. The trip includes transportation, a tour of the vineyards, tastings at both wineries, and lunch.

Cost: \$125 per person

Registration Deadline: August 24, 2018

Nashville, Tennessee *October 22-25, 2018*

Nashville — elegant southern living with a grand scale of country music! Travel with your guide past the mansions and museums of some of the great names in country western music, and visit the Country Music Hall of Fame. A world-class collection of items tells the story of Cash’s life at the Johnny Cash Museum. Tap your toes along with the music of some of the greatest country stars at the Grand Ole Opry. Trip includes:

- 3 Nights Lodging in downtown Nashville
- 3 Breakfasts
- 3 Dinners
- 3 Shows including the Grand Ole Opry, Texas Troubadour Theatre, and Nashville Nightlife
- Guided Tour of Nashville
- Country Music Hall of Fame
- RCA Studio B
- Johnny Cash Museum
- Tour of Ryman Auditorium
- The Hermitage, the home and plantation of Andrew Jackson
- Motor Coach

Cost: \$675 per person double occupancy
\$875 per person single occupancy

Registration Deadline: September 17, 2018

For more information on either of these trips, call (404) 727-5489 or visit ece.emory.edu

OLLI Needs Your Support

OLLI at Emory strives to offer the best possible learning experience at the lowest possible cost, with excellent instructors, a variety of course offerings, and enthusiastic students – please help us continue that mission today by joining Friends of OLLI with a tax-deductible donation!

Annual membership dues cover just a fraction of OLLI’s day-to-day operating expenses; with only one full-time program manager and a part-time coordinator, OLLI relies heavily on the generosity of volunteers who teach, participate on committees, and work on behalf of all members. Your donations are designated solely for OLLI’s use.

Examples include:

- assistive listening systems for hearing-impaired members;
- appreciation luncheons for our hard-working instructors and volunteers;
- special guest speakers; and
- scholarships to help extend the OLLI at Emory experience to more students.

Does OLLI enrich your life? Show your appreciation by becoming a Friend of OLLI.

Three ways to donate:

1. Donate online at olli.emory.edu/donate
2. Please make a donation to OLLI now by cutting out the donation form and sending it with your check to:

**Office of Gift Records
Emory University
1762 Clifton Road, Suite 1400
Atlanta, GA 30322-4001**

3. Donate securities - please email olli@emory.edu or call (404) 727-5328 to discuss options that may include significant tax advantages.

Four levels of support:*

- Investor: \$500+
- Supporter: \$250-\$499
- Stakeholder: \$100-\$249
- Contributor: up to \$99

Your contribution truly makes a difference – donate today!

Help us reach our goal: \$10,000!

OLLI is a 501(c)(3) organization; all contributions are tax deductible to the extent allowed by law. Contributions to OLLI can also be made in memory of deceased family members or friends, or to honor someone and/or mark a special occasion. All donors will be recognized in the OLLI catalog and on the OLLI website unless the donor wishes to remain anonymous.

*Levels reflect aggregate donations during the calendar year

OLLI Donation Form

I would like to make a total gift in the amount of

\$100 \$250 \$500
 \$1,000 \$2,500 Other \$ _____

Please credit my gift to:
Osher Lifelong Learning Institute

CONTACT INFORMATION

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Make check payable to: **Emory University**

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1762 Clifton Road, Suite 1400
Atlanta, GA 30322-4001**

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



REGISTRATION

Registration opens **Wed, Aug 22** at olli.emory.edu or by calling 404-727-6000 (select option 2). Walk-In registrations permitted after **Thu, Aug 23**.

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!**