Back to school for the over 50 crowd!

Fall 2016

September 12 - November 3

Course guide

Emory Continuing Education
OLLI at Emory is a lifelong learning program for seasoned adults who enjoy learning for fun. At OLLI, the thirst for knowledge never ends, with classes and social programs that nourish the mind, body, and soul. Even if you can’t fit a full course into your schedule, OLLI offers other ways to get inspired, engaged, and excited. Build friendships with others who live in the spirit of learning and personal growth by choosing from more than 70 classes and special interest programs.

**Re-imagine your retirement at OLLI!**

### Special Interest Groups

**OLLI Book Clubs**

There are three OLLI book clubs that meet from 12:30-1:30PM on the first Tuesday/ Wednesday/ 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 or Jill Parks, atlparks@yahoo.com
- **Wednesday**: Phyllis Irby-Downing, sfrsid@yahoo.com
- **Thursday**: Elizabeth Deschenes, elizabeth.deschenes@yahoo.com

**MahJong**

Do you play mahjong? Interested in learning? Contact Emma Zell: emmazell2479@gmail.com or text 817-709-7019 to discuss possibilities.

### New Location for Offsite Movement Course

We will be offering Yogasana and Pranayama with Bianca Lee at a new location in the Toco Hills Shopping Center. **Power Lady Fitness** is located at 2865 North Druid Hills Rd, Atlanta, GA 30329; 404-320-0050.

### Support OLLI at Emory by Shopping at Kroger

Do you shop at Kroger? Interested in helping raise money to support OLLI at Emory? A portion of your grocery purchases at Kroger will go towards OLLI at Emory’s annual fundraising campaign. It’s easy to sign up – learn how you can participate by visiting olli.emory.edu/kroger or call 866-221-4141. Make sure to have your Kroger Card number available.

### Upcoming Member Events – Save the Date!

- **Volunteer Recognition Luncheon** – Fri, Sep 16 at 11:30AM
- **OLLI Halloween Bash** – Thu, Oct 27 at 12:30PM
- **Annual OLLI Holiday Luncheon** – Thu, Dec 1 at 11:30AM

### Volunteer Opportunities

Help us build our future and have fun doing it. Volunteering is a great way to apply or develop your skills, create new friendships and make important contributions. Choose from the following committees: **Advisory, Curriculum, Events, Fundraising** and **Membership/Hospitality**, by emailing: olliemory@gmail.com.
PARKING
FREE parking is available to OLLI members in the surface lot next to building 6 as well as in the covered parking deck. Please enter the deck from the side entrance and park on or near the third floor to have walking access out of the deck.

LOCATIONS
Main Location: 6 Executive Park Dr NE, Atlanta, GA 30329; 404-727-6000
Dance 101: 2480 Briarcliff Rd NE #11, Atlanta, GA 30329; 404-632-3887
Park Springs: 500 Springhouse Cir, Stone Mountain, GA 30087; 678-684-3300
Power Lady Fitness: 2685 North Druid Hills Rd, Atlanta, GA 30329; 404-320-0050

CLASS DATES
Winter Quarter 2017: Jan 9 – Mar 2
Spring Quarter 2017: Apr 3 – May 25
Summer Quarter 2017: Jul 10 – Aug 17
Fall Quarter 2017: Sep 11 – Nov 2

CONTACT US
Program Manager, Jessica Wilson:
jessica.wilson2@emory.edu
Program Coordinator, Heather Bedillion:
heather.bedillion@emory.edu
OLLI Office Hours: Tue-Wed-Thu / 9:00AM-4:00PM
OLLI Website: olli.emory.edu
OLLI Email (volunteers only): olliemory@gmail.com

MEMBERSHIP RATES 2016
Enroll in the membership that fits your lifestyle!
Sampler: $49 (single class)
Bronze: $85 (two classes)
Silver: $105 (three classes)
Gold: $125 (four classes)
Platinum: $140 (five classes)
Diamond: $156 (six classes)
*Each class above 6 is $26/class.
Membership level discounts require completion of all course enrollments in one single transaction.

ADDITIONAL FEES
Administrative fees: Cover rental costs for offsite spaces.
Instructor fees: These nominal fees help compensate our professional instructors currently receiving payment for teaching courses outside of OLLI at Emory.
Supply fees: Materials required for some classes.

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 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. Limit: one class transfer per session.

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

VOLUNTEER OPPORTUNITIES
Help us build our future and have fun doing so. Volunteering is a great way to apply or develop your skills, create new friendships and make important contributions. Choose from the following committees: Advisory, Curriculum, Events, Fundraising, and Membership/Hospitality, by emailing:
Advisory: olliemory@gmail.com
Curriculum: olliemory@gmail.com
Events: Judy Sutter, jussutter@comcast.net
Fundraising: olliemory@gmail.com
Membership/Hospitality: Jane McDonald, cassedy1@gmail.com

Register today: olli.emory.edu | 404-727-6000
<table>
<thead>
<tr>
<th>Time</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>10:00-11:00AM</td>
<td>Be Present - Mindfulness Meditation (Weisman)</td>
<td>American History Part III: Cotton and the Emergence of Capitalism (Depasquale)</td>
<td>Berlin Philharmoniker in Concert (Carew)</td>
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<td>Chaucer, Canterbury Tales (Bugge)</td>
<td>Creative Writing: Fun and Personal (Appelrouth)</td>
<td>Death: Some Questions (May)</td>
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<td>Diseases that Impacted the World (Margolis)</td>
<td>Let’s Talk: Women Aging in the 21st Century (Starr)</td>
<td>The Jewish-American Experience: The Journey of a People (Parks &amp; Parks)</td>
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<td>Social Neuroscience, Brain and Behavior (Andari)</td>
<td>Surrealism in France (Poling)</td>
<td>The Kabbalah of Character (Sollish)</td>
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<td>The Civil War in the Western Theater, 1863-1865 (Richards)</td>
<td>The Composer’s Universe: Baroque Masters (Kann)</td>
<td>The Science and Art of Deciding (Sullivan)</td>
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<td>11:15AM-12:15PM</td>
<td>Gentle Yoga (Zoller)(Dance 101)</td>
<td>Game Changers (Ross)</td>
<td>Around the World in 8 Weeks (Deschenes)</td>
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<td>Industrial Revolution, 1750-1850 (Bertera)</td>
<td>Improvisation Part I (Drake)</td>
<td>King Lear: A Reflection on Power, Family, Retirement, and Ageism (Friedman)</td>
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<td>Meet the Authors (Crane and Wien)</td>
<td>Navigating through France Using Your French (Lambros)</td>
<td>Maximizing Income in Retirement (Bean and Dozier) (6 sessions)</td>
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<td>Retirement Success, Part II (Gelinas)</td>
<td>ObitKit (Soper)</td>
<td>Sight and Sound: World’s Best Small Museums and Their (Imagined)</td>
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<td>The Law of the First Amendment (Harbour)</td>
<td>Shakespeare (Mengert)</td>
<td>Music, Part I (Cohen)</td>
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<td>12:30-1:30PM</td>
<td>T’ai Chi (Meisner)(Dance 101)</td>
<td>Yogasana and Pranayama (Lee)</td>
<td>Dance: From Country to the Disco (Aponte)(Dance 101)</td>
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<td>1:45-2:45PM</td>
<td>An Adventure into Wine (Spasser)</td>
<td>(Powerlady Fitness)(ends 12:30PM)</td>
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<td>French for Fun, Part II (Salam)</td>
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<td>Singalong (Carpenter &amp; Goodman)</td>
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<td>Woody Allen: Themes, Reaction, &amp; Discussion (Carrillo)</td>
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<td>World War II: A Devastating Global Conflict (Libbey)</td>
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<td>Yoga for the Truly Inflexible (Zoller)</td>
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<td>3:00-4:00PM</td>
<td>Estate Planning and Probate Issues (Morris)</td>
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<td>Spanish I (Pareja)</td>
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<td>Writing for Health (Appelrouth)</td>
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**TUESDAYS:**
10:00-11:00AM

**Be Present – Mindfulness Meditation**
Instructor: Nancy Weisman  
(no class Oct 4; makeup Nov 8)
Students will learn the basics of mindfulness meditation, its roots in Buddhism and how it may help in the aging process. Textbook: *Mindfulness in Plain English* (Gunaratana), first edition preferred. Since the class format is primarily experiential and discussion, prior class members are welcome.

_Nancy has served as a psychologist in private practice for more than 20 years, and has practiced mindfulness meditation for 9 years._

**Chaucer, Canterbury Tales**
Instructor: John Bugge, PhD
A close reading of the General Prologue and seven of The *Canterbury Tales*, with attention to the historical and cultural contact of the late fourteenth century. We shall use a dual-language edition, the Bantam Classic *Canterbury Tales*, edited by Peter Beidler. Students are encouraged to try to read Chaucer’s poetry in its original Middle English. For the first meeting, read the Introduction to the book (pp. xiii-xl) and the Chaucer’s General Prologue (pp. 1-61).

_John is a Professor Emeritus of English, Emory University, with a specialty in medieval literature._

**Diseases that Impacted the World**
Instructor: Stephen Margolis, PhD Biomedical Sciences  
(no class Oct 4; makeup Nov 8)
Join us for an overview of the diseases that had major impact on the health of the world's people and impacted politics. Diseases to be discussed include: smallpox, cholera, Irish famine, TB, Malaria, Bubonic Plague, AIDS, hemophilia and porphyria.

_Stephen served as the senior administrator/scientist at the CDC from 1978-1986._

**Social Neuroscience, Brain and Behavior**
Instructor: Elissar Andari, PhD Neuroscience Physiology
We will discuss behavioral neuroscience research discoveries on brain correlates and hormones involved in social behavior and in social deficits such as autism.

_Elissar received her PhD in Neuroscience Physiology and is a postdoctoral candidate at Emory University on Neurobiology of Autism._

**The Civil War in the Western Theater, 1863-1865**
Instructor: Charlie Richards, BA, JD (Sep 20-Nov 8)
This course will examine the major campaigns and battles of the Civil War in the Western Theater (i.e. the region between the Appalachian Mountains and the Mississippi River) from the beginning of 1863 through the end of the war. Topics covered will include: the Vicksburg, Tullahoma, Atlanta and Nashville campaigns, the Battle for Mobile Bay, Sherman’s marches through Georgia and the Carolinas, and the Battle of Bentonville.

_Charlie served for 34 years at the Georgia Attorney General’s office. The study of Civil War history has been a lifelong interest._

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

**Industrial Revolution, 1750 – 1850**
Instructor: Esteban Bertera
One of the three great transformations of human societies -- we will look at: 1) why it happened at this time, 2) why it happened in England, 3) why it happened at all. We will use the production factors approach in looking at demographic, agricultural, financial and monetary changes that triggered and drove this revolution. And will try to answer the final question: are we better off now?

_Esteban’s lifelong passion has been history – especially from an economic point of view – with a focus on the Roman Empire and Middle Ages._

**Meet the Authors**
Organizers: Milt Crane and Carol Wien
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 their books. Learn all about their journeys firsthand, including their secrets of success as well as the challenges they faced. We are very pleased that our opening session will feature Greg Changnon, well known author, playwright and Paideia teacher whose latest play, SLUR, will be produced and performed at the Alliance Theatre in November.

_Milt’s hobbies and interests include running, biking, t’ai chi, writing, and acting. Carol’s hobbies include art, film, music, theater, and dance; she also authored The Great American Log Cabin Quilt Book._
Retirement Success, Part 2: Understanding Mutual Funds and Annuities
Instructor: Tim Gelinas, President, Senior Financial Planning
This new follow-up to the popular Retirement Success, Part I will delve into the critical subjects of picking mutual funds and annuities, as well as the pros and cons of both types of investments. Understanding these options is essential for maintaining a sound retirement plan.

The Law of the First Amendment
Instructor: Steven Harbour, JD
The First Amendment to the U.S. Constitution broadly protects freedom of speech, freedom of the press and freedom of religion. We will discuss how the U.S. Supreme Court has interpreted the First Amendment on various issues including: fighting words and hate speech, criticism of political and public figures, limitations on campaign and political speech, corporate speech (Citizens United), publication of government information and secrets, education and restrictions on speech, the applicability of government regulation to religious conduct, and government support of religious conduct or ideas.
Steven served as law clerk to the Honorable Lewis R. Morgan, United States Circuit Judge, United States Court of Appeals, and served as an adjunct professor of business law at Kennesaw State University.

Yoga for the 21st Century
Instructor: Manharlal Valand, Vedantin Scholar
Join us for a transformational discourse based on the 6,000 year history of Yoga. All religions are not equal but faiths have common base. History helps mankind navigate through life and seek a goal. Recommended: Bhagavad Gita (Chinmayananda). Supply fee: $30 (notes). Limited to 40 students.
Manhar conducts Interfaith Seminars and teaches classes at the Hindu Temple of Atlanta.

TUESDAYS: 1:45-2:45PM

An Adventure into Wine
Instructor: Herbert Spasser, DDS, CWE
(5 sessions: Sep 20 and 27; Oct 4, 18, 25)
The wonderful world of wine becomes alive, exciting, and familiar via lecture, PowerPoint slides, and tasting! Topics include: Wines of South America; California’s Exciting Central Coast; Mostly Merlot, St. Emilion, Pomeral, and Friends; Italy, From Head to Toe; Champagne and Sparkling Wines of the World. Please bring 2 wine glasses. Supply fee: $40 (wine). Limited to 15 students.
Herbert is a certified with The Society of Wine Educators, a Bailli of Atlanta Chaine des Rotisseurs, a Wine judge, a lecturer, and a writer.

French for Fun, Part II
Instructor: Nayera Salam, MA Education
(6 sessions: Sep 13 – Oct 18; ends 3:15PM)
Students will increase their vocabulary and knowledge of basic French grammar through songs and stories such as: Histoire d’un Amour, Le Temps des Fleurs, Étrangers dans la Nuit, La Vie en Rose, Petit Papa Noël, L’éléphant Volant, Capucin le Petit Singe Malin and others.
Nayera has more than 25 years of experience teaching foreign languages and ESL.

Singalong
Coordinators: Bob Goodman and Terry Carpenter
Come sing folk songs, traditional ballads, spirituals, show tunes, pop, Appalachian music and more. We welcome experienced singers, shower-singers and people who think they can’t sing at all. Bring an instrument or just bring your voice and enthusiasm! Rise Up Singing is available at singout.org, by calling 610-865-5366, or from various booksellers.

Woody Allen: Themes, Reaction, and Discussion
Instructor: Dorothy Carrillo, PhD (no class Oct 4)
This course will explore the major themes re-occurring in most of Allen’s films. These include: Death, Meaning of Existence, Anti-Semitism, Relationships, Judaism (religious and secular), and Consequences for One’s Actions. The instructor will provide film clips related to the theme for the purpose of class discussion. Limited to 30 students.
Dorothy has practiced social work for more than twenty-five years with experience in the fields of medical and school social work, group work, substance abuse, and family therapy.
World War II:
A Devastating Global Conflict
Instructor: Kenneth Libbey, PhD Political Science
(ends at 3:00PM)
A review of each of the theaters of conflict; how strategy developed, the personalities (fact and myth), the cost to humanity and civilization, difficulties of allied cooperation, decisive advantages, blunders, controversial decisions, and impact on the home front.
Kenneth is an avid reader of WWII history and has written three novels -- one of which is set in WWII.

TUESDAYS:
3:00-4:00PM

Estate Planning and Probate Issues
Instructor: Everett Morris, CFP®, MBA, JD
This basic level course will survey the current legal issues and techniques for controlling property while you are alive, if you become disabled, and when you pass away, while minimizing the impact of taxes, professional fees, and court costs. You will be provided a framework for handling the probate of a loved one's estate. Concepts perceived as complex are explained in terms everyone can understand and apply to their own situation. Limited to 30 students.

Creative Writing: Fun and Personal
Instructor: Arlene Appelrouth, BA News, Editorial Journalism (no class Oct 12; makeup Nov 9)
You don't have to aspire to write a blockbuster to enjoy putting your stories on paper. In this 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.

Writing for Health
Instructor: Arlene Appelrouth, BA News, Editorial Journalism (no class Oct 4; makeup Nov 8)
Writing often provides real solutions to life's challenges. Come learn the reasons writing can improve your health while spending time each week writing to cope with loss, chronic illness and traumatic events. Work to become more mindful, change negative perceptions, affirm your strengths and produce opportunities to flourish. Writing is an easy way to release the negative effects of stress.

Let’s Talk:
Women Aging in the 21st Century
Instructor: Irma Starr, PhD
(no class Oct 12; makeup Nov 9)
In a safe and no-critical environment - through skilled facilitation and warm spirit - students will learn about the aging process as viewed in contemporary time, as well as share wisdom spiced with humor as we all consider our life experience in the years ahead. This program was planned to help students search within their own individual understanding of aging with the committed purpose of making these years more valuable. Limited to 15 students.

American History, Part III:
Cotton and the Emergence of Capitalism
Instructor: Sal Depasquale, MCJ, MBA, Vietnam Veteran
The 19th Century American expansion incorporating the French and Spanish colonies -- opening the west for the cotton plantation society -- and the inevitable showdown of the Civil War will be examined. Suggested reading: Empire of Cotton: A Global History (Beckert); The Half Has Never Been Told: Slavery and the Making of American Capitalism (Baptist).

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Irma is the Director of Education at the Ben Marion Institute for Social Justice.
Surrealism in France
Instructor: Clark Poling, PhD
Surrealism arose in Paris in the 1920s and 30s as a critique of society, promoting irrationality and freedom from stylistic and moral constraints. Inspired by poetry and the psychological theories of Freud, the Surrealists created personal and mythic images in a wide variety of mediums: painting, sculpture, collage, photography, film, object-making, and exhibition installation. Their work ranged from free-wheeling abstractions to carefully depicted dream images. The course treats artists including Salvador Dali, Max Ernst, Alberto Giacometti, Frida Kahlo and Pablo Picasso. Particular attention will be paid to the participation of women artists in the movement and to the Surrealists’ concepts of the self: the “primitive” self, the child self, and the female subject.

Clark taught for 33 years at Emory University, serving as chair of the Art History Department, director of the Michael C. Carlos Museum, and Faculty Curator of Works of Art on Paper.

The Composer’s Universe: Baroque Masters
Instructor: Sally Kann, BA
Participants will listen (and sometimes dance to!) music from the Baroque Period (1600-1750), explore the lives of significant Baroque composers while tracing their musical influences, past and present. 'The Composer’s Universe’ courses feature an interdisciplinary approach incorporating language, fine art, theater and dance, politics, technological achievements and world events to explore classical music in terms of its relationship to our shared cultural history, and its lasting impact on the human condition. A comprehensive listening guide will be distributed to students at the first class. The guide will include YouTube clips, recommended downloads, and further reading.

Sally is the secretary of the Atlanta Symphony Musicians Foundation.

The Short Stories of Anthony Marra
Instructor: Nancy Purdon, BA, MA American Studies
We will focus on the nine short stories in the 2015 collection, The Tsar of Love and Techno by Anthony Marra, a new young American writer. These stories are complex, interrelated and set in 20th Century Russia and Chechnya, so we will be working together closely to fully understand the writer’s insights. Come prepared to probe deeply to understand Marra’s revelations about the human experience.

Nancy was part of a book discussion group now in its 50th year that nourished her interest in literature.

WEDNESDAYS: 11:15AM-12:15PM

Game-Changers – History and Folk Music: Events and People That Changed the History of Our Country
Instructor: Brandt Ross (no class Oct 12; makeup Nov 9)
Subjects will include “the canal that changed our country”; “Westward Ho!”; and stories of people who shaped our country…some whom you know and some whom you may not know. Classes include contemporaneous folk music.

Brandt is a former business CEO and M&A Intermediary.

Improvisation Part I for Humor and Creative Thinking
Instructor: Robert Drake, 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.

Instructor fee: $20. Limited to 15 students.

Navigating Through France Using Your French
Instructor: Anna Lambros, PhD
Planning to visit France? We’ll discuss how to experience a smarter, smoother trip -- and how to get more out of each travel dollar -- by getting closer to the locals. Order a meal at a French restaurant, and how to talk with the family who runs the place and perhaps their favorite…fromage! All levels are welcome to join this lively class.

Anna received her PhD from Princeton University as an Advanced Placement Reader of French.

Instructor: Susan Soper, Journalist and Author
(6 sessions: Sep 14 – Oct 19)
Waiting until the last minute places a sad burden on loved ones at a time of heartbreak and grief. Be prepared! The course covers great opening lines, current trends in obituaries (from food and fashion to travel and pets), last hurrahs, parting gifts, and off-beat options to in lieu of flowers.

ObitKit is an easy-to-use workbook that lets you create your own, one-of-a-kind written legacy, ensuring peace of mind for you as well as your friends and family. Supply fee: $25 (ObitKit). Limited to 10 students.

Susan worked as features editor for 20+ years at the AJC.
Shakespeare
Instructor: Jim Mengert, BA, PhD
How much does a man know about the woman he loves and marries? We’ll look at how Shakespeare answers this question in three plays: with an engaged couple in a comedy (*Much Ado About Nothing*), with newlyweds in a tragedy (*Othello*); and a married pair in a romance (*The Winter’s Tale*). Shakespeare’s short answer to the question: not much!
Jim authored articles in scholarly journals on the poetry of John Milton and co-authored books on effective communication.

The Long New Deal
Instructor: David Slavin, PhD History
The “long” New Deal of the FDR and Truman administrations—seen as an era of radical reform—actually reconfigured racial inequality on a national scale. Congress, dominated by the Dixiecrat wing of the Democratic majority, insured that its panoply of programs and policies preserved the South’s Jim Crow system and expanded its scope to the rest of the U.S. The labor movement, suburbanization—recent history has been shaped by this inherent contradiction of racial inequality embedded in American liberal, progressive politics. Suggested reading (not required): *Fear Itself: The New Deal and the Origins of Our Time* (Katznelson). Limited to 15 students.
David has 25 years teaching experience in world and U.S. History.

WEDNESDAYS: 1:45-2:45PM

AARP Driver Safety: Smart Driver
Instructor: Jerry Lee
(2 sessions: Sep 14 and 21; ends 4:45PM)
Smart Driver is a 6 hour course broken into two 3 hour sessions. Students are required to attend both sessions to complete the course. Driver Safety class helps participants identify individual problem areas, which helps to improve their own driving behavior. Completing this course and submitting your certificate to your insurance company may result in a reduction of up to 10% in your insurance premiums! Course fee: $20. (Note: AARP members receive a $5 discount; please use promo code AARP2016 when registering online or by phone). Register by September 2 by calling 404-727-6000 (option 2).

Ageless Grace®, Brain and Body Exercises to Maintain and Restore Youthful Functioning
Instructor: Sandy Bramlett, MEd, Certified Ageless Grace® Trainer/Educator
Based on the cutting-edge science of Neuroplasticity, Ageless Grace Exercises consist of 21 movement ‘tools’ that playfully address all five functions of the brain, and skills such as balance, joint mobility, muscle tone, cardiac functioning, endurance and more. Create a personal practice (seated or standing) that focuses on the core to stimulate optimal cognitive and physical function simultaneously. Moving to upbeat music adds to the energizing activity for all shapes, sizes and fitness levels! Instructor fee: $40.
Sandy is a certified Ageless Grace® trainer/educator, MDT movement disorder/Parkinson’s disease fitness specialist, and licensed Nia Black Belt teacher.

Embroidery with Beads and Sequins
Instructor: Ety Hejaziniak
Students will learn how to embroider with beads and sequins on fabric. By learning this skill, students will be able to embellish any dress or fabric into an elegant piece of art. Supply fee: $15. Limited to 15 students.
Ety has a great interest in exploring different forms of art and science. She paints using acrylic as her medium.

In Your Own Words – Writing Your Personal Story
Instructor: Georgia Lee, Vice President, Programming Atlanta Writers Club
(6 sessions: Sep 29 – Nov 3; ends 3:45PM)
Writing your memoir doesn’t need to be overwhelming, but now is the time to start! We’ll demystify writing your story through manageable time periods, evocative settings, and techniques to make action and characters resonate with readers. Whether you want to publish, or simply leave a treasured journal for your friends and family, you’ll never regret presenting your story in your own words. No prior writing experience required. We will draw from outside materials, but no required texts. Limited to 8 students.
Georgia is an award-winning journalist, author and editor, has curated writing programs in higher education, and has a lifelong love of the written word. She is writing her first novel.

Register today: olli.emory.edu | 404-727-6000
First Aid, CPR, AED
Instructor: James Spano
(2 sessions: Sep 28 and Oct 5; ends 4:45PM)
This hands-on practical Basic Life Support course provides each participant receives the practical skills and knowledge using the 3 “C’s” method of CHECK – CALL – CARE! Main emphasis is on acquiring skills to keep an injured victim alive until they can be transported / evaluated by medical qualified staff members. Each participant will receive a student book, pocket guide, and a course DVD. Supply fee: $45 (guide and DVD). Limited to 15 students.
Jim is an authorized National Safety Council and American Red Cross First Aid – CPR – AED instructor.

iPad Basics
Instructor: John Lilly, MS, Instructional Technology
(ends 3:15PM)
Our hands-on course will teach basic operation of the devices, as well as how to work the Apple-included apps as well as other third-party apps. Individual assistance will be available. A PDF of the text is included. A hard copy is available from the instructor for $25. Instructor fee: $50. Limited to 15 students.
John taught Air Force officers electronic software and is retired from Learning Services at AT&T where he developed and managed technical training.

The Brave New World of Books: How to Buy and Sell Books and Publish Your Own
Instructor: James Taylor, BA, MLS
We will discuss the impact of digital technology on the traditional world of books and reading. Students will learn how to sell their old books online for fun and profit, how to purchase books online and save money, and how to publish their original manuscripts -- whether as bound, hard-copy books, digital books on demand, or eBooks.
James was a professional librarian and host of the TV show “Writers-in-Focus” for more than 30 years.

Berlin Philharmoniker in Concert in Eight Different Symphonic Halls Across Europe
Instructor: Jack Carew
Since May 1, 1991, the Berlin Philharmoniker celebrates and commemorates the cultural unity of Europe and the founding of the orchestra. The concerts were conceived as televised presentations. Seven TV cameras choreograph the orchestra, so that you not only hear the music, but see the instruments and the players. Via sight and sound, you will understand why Beethoven sounds like Beethoven.
Jack is a former senior executive with Coca-Cola.

Death: Some Questions
Instructor: Dan May, PhD Biology
Is death bad and/or to be feared? Why is this topic so often avoided? Is there any way in which we “survive” our deaths? How does the fact of our eventual death influence how we live? These and many other questions will be addressed and discussed via class sessions and assigned readings.
Dan is a former college biology professor and epidemiologist at CDC.

The Jewish-American Experience: The Journey of a People
Instructors: Bert and Jill Parks
The class will examine and celebrate one of America’s epic historical stories: that of the two million East European Jews who found their way to the US after 1880. We will follow Irving Howe’s amazing book, World of our Father (1976) which vividly recreates the old country village, the ordeals of departure, admission to the new world, Yiddish culture, sweatshops, political protests and more. Included will be documentaries depicting the migration of East European Jews to America. Assignments will be given -- but you should start reading World of our Father prior to class.

The Kabbalah of Character
Instructor: Rabbi Ari Sollish
How can you make the most of your unique gifts? The Kabbalah of Character is designed to help you understand the qualities defining your individuality. Drawing on the organizational structure of the Kabbalah, we will examine the nature of the human soul created in the image of G-d. Learn strategies for making lasting changes, and chart your own path to personal growth. Supply fee: $21.50 (book).
Rabbi Sollish is founder/director of the Intown Jewish Academy.
The Science and Art of Deciding
Instructor: Bob Sullivan, BS, PhD, Chemistry
Any decision involves a comparison of the values of alternatives. We’ll consider theories of assigning these values—and how they “should be”, and how they are in fact, employed in making choices. In the process, we’ll treat some famous paradoxes. We’ll seek to apply all this to peacemaking, business strategy, politics, voting, military strategy, labor negotiations, trade, sports, gambling, etc. Bob worked at Coca Cola Co. as a research and development chemist from 1958-1993.

THURSDAYS: 11:15AM-12:15PM

Around the World in 8 Weeks
Instructor: Elizabeth Deschenes, MA Clinical Psychology
Take a globe-trotting tour of all seven continents through a series of formal and informal presentations, lecture and discussion -- along with a combination of objective geography and subjective travel stories from various speakers and OLLI members. The focus will be on off-the-beaten-path travel experiences vs. city travel. Highlights will include various African safari experiences, a Middle East survey, cross country America, hidden gems of Asia, Russian river cruises, backpacking Europe & South America/Galapagos. Elizabeth is the founder and leader of the Four/ Nuit Great Conversations Book Club.

Maximizing Income in Retirement
Instructors: Mike Bean, CPA, CDFA, & Brenda Dozier, PhD
(6 sessions: Sep15 – Oct 20)
We will discuss restructuring your portfolio to minimize taxes in retirement, ROTH conversions and IRA income, IRS Required Minimum Distributions (RMD), tax withholdings, pension income, Social Security income strategy, dependents and beneficiaries, and tax-advantaged/tax-free income sources.
Mike has a passion for helping individuals minimize investment risk, maximize investment returns, maintain tax efficient portfolios and reduce taxes on income. Brenda is an author, national speaker, and financial consultant.

King Lear: A Reflection on Power, Family, Retirement, and Ageism
Instructor: Ross Friedman, MA
This course, while addressing the beauty of the language of poetry of one of the world’s greatest and most beautiful literary works, will focus on the relevant themes of the uses and abuses of power, family obligations, ageism, and one’s capacity for growth even as one ages and changes careers.
Ross has an MA in American Studies and was a 30-year Advanced Placement Literature high school teacher.

Sight and Sound: World’s Best Small Museums and Their (Imagined) Music--Part 1
Instructor: Howard Cohen
Major cities around the world boast renowned centers of art-New York Metropolitan Museum and MOMA, Paris’ Louvre, Madrid’s Prado...but smaller museums often provide a more concise overview of a period or artist. Using colorful videos, we will encounter fabulous small cultural gems like The Frick Collection in NYC, the Tretyakov Gallery in Moscow and the Hagia Sophia in Istanbul. Gardens, architecture and archaeological sites in Africa and Asia will be explored. Music appropriate to the locale will enhance each presentation.
Howard has 35 years of experience in the music industry.

The Protestant Revolt: Origins of the Modern World
Instructor: Michael McDaid, BA, MA European History, MA Library Science
500 years ago, the Catholic monk Martin Luther nailed his “protest document” onto the church doors in Wittenberg. This began a cascade of events that would permanently shatter the religious unity of western and central Europe and help usher in the world we know today. We will begin with an examination of the problems in the Catholic Church that set the stage for Luther and the other Protestant leaders. Then we will look at the different churches that would emerge during the 16th century, their similarities and differences, and their present day descendants. Lastly, the course will survey the Catholic response to the revolt and the long term social, political, and economic consequences that resulted from the religious split.
Michael’s special areas of interest are 19th-century Europe and the role of monarchy as a political and social institution.
**THURSDAYS: 1:45-2:45PM**

**Cynics of the World Unite: You Have Nothing to Lose but Your Chains**
Instructor: Dan Zins, MA English (ends 3:15PM)
Reading the most recent edition of Paul Loeb’s anthology, *The Impossible Will Take a Little While: Perseverance and Hope in Troubled Times*, this course is offered (especially but not exclusively) for those who are very troubled about the state of their nation, and the planet, but have long felt powerless to do anything about it. **Required:** *The Impossible Will Take a Little While* (Loeb), please read the first section before class.
Dan taught in the liberal arts department at The Atlanta College of Art from 1978-2006.

**Improvisation, Part II**
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. **Instructor fee:** $20. **Limited to 15 students.** Prerequisite: Improvisation Part 1.

**TED Talks**
Instructors: Howard Cohen, BA, MA and Marty Bennett, MA Education; MS Int’l Politics/Russian Studies; BS Aeronautical Engineering-US Air Force Academy (ends 3:15PM)
TED Talks are dynamic, powerful, fascinating, and entertaining 15-20 minute lectures on video. We will carefully select from hundreds of TED Talks and share those that are most relevant to OLLI students. Watch inspired speakers on fascinating topics and join in the discussion. These social, psychological, political, and personal lectures, seen on our large screen, will generate interesting debate.
Howard has 33 years of experience in the music industry; Marty spent 22 years writing, editing and teaching report writing to defense department intelligence officers.

**Understanding and Appreciating a Greek Drama/Tragedy: Medea**
Instructor: Lisa Ethridge, Certified Master Gardener
The story of the Golden Fleece and Euripides’ *Medea* will provide a backdrop for the study of Aristotle’s definition of “tragedy,” the conventions of Greek drama, and the structure of the Greek theater. **Supply fee:** $10 (book). *Lisa is a North Fulton Master Gardener/University of Georgia Extension Volunteer who writes a monthly gardening column for My North Fulton.*

**THURSDAYS: 3:00-4:00PM**

**Revealing the Russet of Rembrandt**
Instructor: Joy Hartsfield, BFA, Painting and Printing (3 sessions: Sep 15-29; ends 4:15)
Art history with art practice experiments in brown colors for those wishing to experience the depth of browns. Week 1: Pastels for velvet like chocolates, Week 2: colored pencils for unbelievable umbers, Week 3: inks to test our strength in sepia! We explore browns and various techniques on copies of animal drawings by Rembrandt. Images and some supplies shared by the instructor. **Supply Fee:** $10. **Limited to 10 students.**
Joy won awards in juried festivals east and southeastern regions.

**Wine and Song: Troubadours and Their Ladies**
Instructor: Shelley Buxbaum, BRE, MA, PhD
Once upon a time, the Troubadours wandered through medieval Europe, singing songs, telling tales, mingling with people of all social classes. They were celebrities! These poets and minstrels elevated storytelling as an art, often entertaining huge crowds at fairs, weddings and other celebrations. They offered a sharp contrast to -- and welcome diversion from -- the medieval monks and their chronicles and treatises penned in Latin. We’ll examine songs, poetry and stories. **Instructor fee:** $40. *Shelley is the Director of the Lisa F. Brill Institute for Jewish Learning and Florence Melton School of Adult Jewish Learning - Marcus Jewish Community Center of Atlanta.*
MOVEMENT CLASSES AT
DANCE 101 & POWERLADY
FITNESS

**DANCE 101**
2480 BRIARCLIFF ROAD NE #11
ATLANTA, GA 30329 / 404-542-3887

**Gentle Yoga and Meditation**
Tue, Sep 13–Nov 1 / 11:15AM-12:15PM
Instructor: Susan Zoller, MEd
Relax and feel better! Enjoy the benefits of yoga as you learn basic asanas with the help of experienced yoga instructors. You will be guided every step of the way. This class will also incorporate meditation during the last part of class. NO prior experience required. Wear comfortable clothes. **Administrative fee: $50. Minimum 10 students.**
Susan studied yoga with Dr. Valarie Wright, Hamsa Yoga Shala.

**T’ai Chi**
Tue, Sep 13–Nov 1 / 12:30-1:30PM
Instructor: Harvey Meisner, Certified Tai Chi and Qi Gong instructor
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! **Instructor fee: $50. Minimum 12 students. Limited to 20 students.**
Harvey has studied T’ai Chi and Qi Gong since 1996 and is a certified teacher and student under Wu Dang Master Yun Xiang Tseng (known as Master Chen).

**Yoga for the Truly Inflexible**
Tue, Sep 13–Nov 1 / 1:45-2:45PM
Instructor: Susan Zoller, MEd
Can’t touch your toes? Designed for people who consider basic movements that release and relax hamstrings, knees, hips, back, shoulders and neck. It will be particularly helpful for those who experience discomfort be addressed. No experience is necessary, and all are welcome. Wear comfortable clothes. **Administrative fee: $50. Minimum 10 students.**
Susan studied yoga with Dr. Valarie Wright, Hamsa Yoga Shala.

**T’ai Chi Interim Classes Available Between Fall and Winter Sessions**
Tue, Nov 15 – Dec 13 / 12:30-1:30PM
Instructor: Harvey Meisner, Certified T’ai Chi and Qi Gong Instructor
This series is designed for returning students who have prior experience with Tai Chi. Not recommended for beginners. **Cost: $50. Minimum 12 students. Limited to 20 students.**

**DANCE: From Country to the Disco**
Thu, Sep 15–Nov 3 / 12:30-1:30PM
Instructor: Ricardo Aponte, Musical Theater Choreographer, Veteran Broadway Performer
Scientific studies have shown us that dancing is great exercise, keeps our minds sharp, and builds confidence. In this course, you will explore a variety of dance styles. We’ll be featuring Country, Salsa, The Twist, Musical Theatre, Disco, Jazz, and more. All classes are introductory level. Take a leap and add some pizazz to your step! **Instructor fee: $50. Minimum 8 students.**
Ricardo is one of Atlanta’s most accomplished musical theater choreographers.

**POWERLADY FITNESS**
2865 NORTH DRUID HILLS ROAD
ATLANTA, GA 30329 / 404-320-0050

**Yogasana and Pranayama**
Wednesdays: Sep 14 – Nov 2 / 11:15AM-12:30PM
Instructor: Bianca Lee, BA, MA, MBA
Yoga Asana (poses), Pranayama (control of the breath), and Vinyasa (series of poses coordinated with breath) are taught in Pranakriya style to improve physical strength, endurance, flexibility and balance. Classes will become progressively challenging but, postures can be adjusted up or down to suit individual needs. Explore, Expand and Experience the Spiritual Depth of Yoga. Please bring your own yoga mat. **Instructor fee: $50.**
Bianca is Certified Yoga Teacher of Pranakriya School of Yoga Healing Arts and Ikebana Master of Ichiyo School of Ikebana.
Early United States Presidents  
Mon, Sep 26 – Nov 21 / 10:00-11:00AM  
(no class Oct 17)  
Instructor: John Evans, BA, MA  
This course will include the first six Presidents of the United States - George Washington through John Quincy Adams. We will consider the administration(s) of each of these Presidents and discover their use of presidential power and occasional abuses; examine their achievements and failures; drama and melodramas; tumults and tragedies.  
*John served on the Atlanta Board of Education and was a teacher and administrator in curriculum development for over 30 years.*

Social Dance Class  
Thursdays: Sep 15 – Nov 3 / 3:00-4:00PM  
Instructor: Robert Tolentino, Ballroom Professional  
Learn the basics of most popular social dances and build confidence on the dance floor! Social dances include Ballroom, Club and Line dances. Everyone should come away with improved dancing abilities. Class is taught in line dance format; no partner is necessary. Great for beginners and social dancers!  
**Instructor fee: $50. Minimum 12 students.**  
*Robert has 20+ years of experience.*

Sight and Sound: World’s Best Small Museums and Their (Imagined) Music, Part I  
Fridays / Sep 23 – Nov 11 / 2:00-3:00PM  
Instructor: Howard Cohen, BA, MA  
See description on page 10.  
**Limited to 22 students.**

WORKSHOPS

For the free AARP classes, please call 1-866-591-8105 or go online: aarp.cvent.com/aarptekgeorgia to register.

AARP Intro to Android Tablets: Beginner Workshop  
Thu, Nov 10 and Dec 6 / 10:00-11:30AM  
New to mobile technology and ready to discover the power of apps? Join us for a hands-on workshop covering Touchscreen Basics, Texting, Taking & Sharing Photos, Downloading apps, and more.

AARP Beyond the Basics – Android Tablets: Intermediate Workshop  
Thu, Nov 10 and Dec 6 / 12:30-1:30PM  
Take things to the next level -- learn tips and tricks to help you get the most out of your tablet.

Thu, Nov 10 and Dec 6 / 2:30-3:30PM  
Take your daily news, digital book collection, and favorite songs with you, wherever you go. Explore having fun with digital media on tablets in this hands-on workshop.

Crunch Time Collage and Cards for Creative Souls  
Instructor: Joy Hartsfield  
Thu, Nov 17 / 9:30AM – 2:30PM  
A one day workshop designed for busy but creative types. Don’t stress the end of year – join us to make small memory collages or greeting cards for gifts. Card/envelope templates are part of the hands-on and handouts. Chop, tear or cut memorabilia, photos or colorful scraps to recompose into new. Students bring pics, tix, snips to match with instructor’s unique papers, rubber stamps, coloring tools, etc. Bring your lunch and a snack!  
**Supply fee: $10 (covers inks, tape/glue, and paper supply). Limited to 14 students.**

National Safety Council Defensive Driving  
Instructor: James Spano  
Wed, Nov 30 / 9:30AM – 3:30PM  
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/response time.  
**Supply fee: $15 (book). Limited to 40 students.**
OLLI Trip

A Day in Greece

Fri, Nov 4 / 12:00-2:30PM

Taverna Plaka Greek Restaurant
2196 Cheshire Bridge Road
Atlanta, GA 30324

Celebrate the beauty and culture of Greece with a lunch, honorary guest speaker, a dance group and fashion!

Register by Tue, Oct 25 by calling 404-727-6000 (option 2) or visit olli.emory.edu. Cost: $20. Minimum: 20 students.

photo credit: Liz & Ryan Crowe
Olli Fall 2016

Lunch & Learn Schedule

12:30-1:30PM - ROOM 116/118
Reminder: bring your lunch!
Registration NOT required for Lunch & Learns

TUESDAY, SEPTEMBER 20
Everybody Wins - Atlanta
Amy Schlossberg
Join us and experience the POWER of Power Lunch -- a one on one, read aloud program operating in Title 1 schools throughout Metro Atlanta. A mentor is paired with a single student and reads to the student during the lunch hour.

THURSDAY, SEPTEMBER 22
Exploring Mysteries of Psychic Phenomena
Rev. Charlene Hicks, World Renowned Certified Astrologer, Medium, Hypnotherapist and Healer
Would you like a message from the spirit world? Ever dreamt about a loved one who has crossed over? Rev. Hicks will discuss mediumship and demonstrate how to tune in to your own abilities. Included will be “stand-up clairvoyance” of the audience.

TUESDAY, SEPTEMBER 27
Documentary Film: History of Yoga
Manhar Valand, Member, India Awareness Foundation, Atlanta and SEWA International, Chinmaya Mission of Atlanta
Explore 6,000 years of yoga: 137 locations, 84 archaeological sites, 37 museums, libraries, temples, 18 eminent scholars and six years of extensive research, breathtaking photography and meditative music. Expert panel with Q & A will follow.

THURSDAY, SEPTEMBER 29
Solving the Medicare Maze: How To Save On Hidden Costs
Keith Nabb, President of Affordable Medicare Solutions
Join us for an overview of Medicare, Medicare Advantage and Supplement Plans, Part D and the Coverage Gap, also known as the Donut Hole. This presentation aims to help you make educated choices about you or your family’s health coverage.

TUESDAY, OCTOBER 4
Blindness Awareness
Judy Byrd, BS Math and Volunteer
Blindness does not change one’s ability to lead a normal, productive and satisfying life. We’ll discuss how visually impaired people work, get around in Atlanta, travel, play sports, have fun, and live independently.

THURSDAY, OCTOBER 6
SAMUEL BECKETT: Life, Letters, Love
Brenda Bynum, Emory University Theater Department
An intimate glimpse into the mind and heart of one of the most significant writers of the 20th century.
Olli Fall 2016

Lunch & Learn Schedule (Cont.)

12:30-1:30PM - ROOM 116/118

Tuesday, October 11
Muslim Women: Past, Present, and Future
Noor Abbady, Islamic Speakers Bureau of Atlanta
We will examine the role of women in Islam and important Muslim women in both history and the modern world.

Thursday, October 13
My Trip to Cuba with National Geographic
Kathleen Carr
Take a journey through Havana in an exploration and discussion of what Cuba looks like today from a National Geographic Photographic Expedition perspective.

Tuesday and Thursday
October 18 and 20
A Tale of Two Cities, Dublin & Budapest
Ildiko (Ildi) Flannery
Budapest and Dublin are an unlikely pair -- do they have anything in common besides being tourist destinations “par excellence”? We will explore the similarities and differences of these two cities and try to find out why tourists keep visiting.

Tuesday, October 25
Veganism
A representative of the Humane League -- a farm animal advocacy organization -- will present a fun, non-preachy discussion of the health benefits, environmental implications and ethical considerations of veganism. Come sample vegan-friendly fare sponsored by Vegfund.

Thursday, October 27
OLLI Halloween Party and Costume Contest
Join OLLI members for Halloween fun -- come enjoy light refreshments and treats, as well as a costume competition with prizes!

Tuesday, November 1
Dance and Movies from India
Sudakshina Mukherjee, Artistic Director of the Dance Studio, Atlanta Nritya Academy

Thursday, November 3
Improvables Performance
Robert Drake and the Improvables
Join us for an hour of lunch, learning, and laughter with the Improvables, an improv troupe formed out of OLLI classes. Learn how improvisational techniques are revolutionizing how people approach their lives and work!
OLLII 2015-2016 Volunteers

A Heartfelt Thank You to All of Our OLLI Volunteers Who Made Our Second Endowment Possible!

Linda Adams  Marlene Glassman  Bunny Mitchell
Mike Adams  Simon Grist  JoAnn Mustian
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Elizabeth Deschenes  Jane McDonald,  Ann Turnipseed
Frazier Dworet  Sharon McMahon  Alice Weinberg
Rita Glaser  Pat Miller  Mary Whiteman

Save the Date:
Friday, Sep 16, 2016
Volunteer Recognition Luncheon

Want to Volunteer?
Volunteering is a great way to apply or develop your skills, create new friendships and make important contributions.
Email olliemory@gmail.com today!
THANKS A MILLION, OLLI DONORS!

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ADDITIONAL WAYS YOU CAN SUPPORT OLLI TODAY...

Make a Matching Gift
Does your employer (or your spouse’s employer) have a matching gift program? You can double or even triple the value of your donation simply by notifying your employer of your gift.

Emory maintains a database of many matching gift companies; you may need to provide Emory’s Employer Identification Number (EIN) on the form: #58-0566256.

Shop at Kroger
Do you shop at Kroger? Interested in helping raise money to support OLLI at Emory?

A portion of your grocery purchases at Kroger will go towards OLLI at Emory’s annual fundraising campaign.

It’s easy to sign up – learn how you can participate by visiting olli.emory.edu/Kroger or call 866-221-4141. Make sure to have your Kroger Card number available!

Join the list — make a tax deductible donation to the OLLI program. Visit ece.emory.edu/DonateToOLLI
REGISTRATION
Visit olli.emory.edu or call 404-727-6000 (select option 2).

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. Click make payment, follow prompts to pay.
7. Click success to display the confirmation page.
8. Click continue to receive a confirmation receipt via email.

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

Need more help...? Join our live, in-person training sessions!
Set up your student account and enroll for classes quickly and easily by signing up for training sessions to be held on the following dates and times:

Set up your student account:
Tue, Aug 23 / 9:30-11:00AM

Sign-up sheets are available at the front desk and registration is on a first-come/first-serve basis.