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Jan/Feb 2026 Courses

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JAN/FEB 2026 Courses

MONDAY

Chair Yoga Monday

Instructor: Nutan Ahuja **DOW:** Monday

Dates: 1/5/2026 - 2/23/2026 **Wks:** 7

Time: 10:00 AM - 11:00 AM **Method:** Online

Chair Yoga is a way to Sit Your Way to Better Health. Chair yoga 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. These classes are a GREAT entry point for students OF ALL AGES AND ALL LEVELS.

Binomial Theorem and Pascal's Triangle

Instructor: Stephen Cole **DOW:** Monday

Dates: 1/12/2026 - 2/23/2026 **Wks:** 6

Time: 10:00 AM - 11:00 AM **Method:** Classroom

Explore the fascinating connection between the Binomial Theorem and Pascal's Triangle in this approachable and enjoyable math course! No advanced background required—just high-school-level math and a bit of curiosity. We'll start with a clever puzzle that will keep you guessing for several weeks before the solution is revealed. Along the way, we'll review key terminology, discuss the patterns and beauty found within Pascal's Triangle, and uncover how the Binomial Theorem provides powerful tools for expanding expressions and

solving problems. A helpful handout will be provided to make it easy to follow along.

Great Art Explained: The Stories Behind Some of the World's Most Significant Masterpieces Pt 2

Instructor: Howard Cohen **DOW:** Monday

Dates: 1/12/2026 - 2/23/2026 **Wks:** 6

Time: 11:30 AM – 1:00 PM **Method:** Hyflex

Join OLLI instructor Howard Cohen this winter for a six-week journey through the stories behind iconic works of art. Engaging and visually rich videos will illuminate the worlds of painting, sculpture, architecture, and cinema. Explore the lives of the artists, the historical contexts that shaped their creations, and the ways these masterpieces influenced society. Selected works will also be paired with music that enhances the artistic experience, making this a vibrant and immersive exploration of art and culture.

It's Your Story. Write On!

Instructor: Georgia Lee **DOW:** Monday

Dates: 1/12/2026 - 3/2/2026 **Wks:** 7

Time: 1:00 PM - 2:30 PM **Method:** Classroom

From fun writing prompts and exercises, micro-memoirs and storytelling, we'll work on writing, whether to publish, leave a legacy for family and friends, or just for you. Writing a memoir, through long or short pieces, doesn't have to be overwhelming. We'll de-mystify it, through simple lectures, devices and techniques that make your story, action, character, settings and themes resonate with readers. Through writing, you'll make readers feel your pain and celebrate your joy. Even If you wish to simply leave a treasured legacy journal, you'll never regret recording the stories of your life. Prior writing experience is not necessary. In-class readings or critiques of your material are encouraged but not required. The only requirement is a willingness to learn and explore the nuances of the events of your life.

Let's Discuss Topics We Disagree On

Instructor: Alice Huang **DOW:** Monday

Dates: 1/26/2026 - 2/16/2026 **Wks:** 4

Time: 1:30 PM - 3:00 PM **Method:** Classroom

This course is for those who have already participated in any of the previous 4-week courses or the Intro Workshop on “Discussing Topics We Disagree On”. We will choose topics that we disagree on but would like to discuss in more depth, and try to engage constructively with a different topic each week, in order to gain insights into those topics from those we disagree with, and to build our understanding and skills for having these conversations. (One Day Intro listed under One Day Courses)

A Grand Tour of the World in Music

Instructor: Judith Costello **DOW:** Monday

Dates: 1/12/2026 - 3/2/2026 **Wks:** 7

Time: 1:30 PM - 3:00 PM **Method:** Online

Here is a small sample of what we'll hear in this seven-week course: A Russian composer is inspired by Italy. An Italian composer visits Brazil. A Czech composer celebrates the America that welcomes him; one American finds inspiration in Mexico while another loves the vibrancy of Paris. Various French composers indulge in both the languor and energy of Spain, while one Englishman explores the bleak icescape of Antarctica and another captures the joyous cacophony of a Middle Eastern bazaar. In this series, we'll visit all seven continents through music. These works can reflect far-flung destinations, the composers' own homelands, or places they've toured only in imagination. Do join us for this musical winter getaway!

TUESDAY

Building Habits of Happiness and Well Being

Instructor: Robert Pawlicki **DOW:** Tuesday

Dates: 1/13/2026 - 1/20/2026 **Wks:** 2

Time: 11:30 AM - 12:30 PM **Method:** Classroom

Happiness is not a random occurrence but a dynamic process that can be understood, cultivated, and sustained. In this two-session course, psychologist Robert Pawlicki draws upon decades of research and professional experience to examine the psychological and behavioral foundations of happiness and well-being. Participants will gain evidence-based insights and

practical strategies shown by science to enhance life satisfaction, resilience, and overall well-being.

Travel Italy, while never leaving your kitchen.

Instructor: Alfred Schwartz **DOW:** Tuesday

Dates: 1/13/2026 - 2/3/2026 **Wks:** 4

Time: 11:30 AM - 1:30 PM **Method:** Classroom

The course will have two components. First will be to find the Joy and satisfaction of connecting to the wonderful experience of celebrating the cuisine of Italy. Secondly, to attain a sense of the variety and learn an appreciation for the variety of flavors and traditions that define each region. Students will learn everything from handmade pastas to the specialty of Porchetta di Roma, a simple yet indulgent roasted pork dish that is a beloved staple of life in Rome.

The Circle won't be Broken: A Journey through the Music that Tells America's Story

Instructor: Bill Nigut **DOW:** Tuesday

Dates: 1/13/2026 - 2/3/2026 **Wks:** 4

Time: 11:30 AM - 1:00 PM **Method:** Hyflex

We'll trace how country music grew out of Appalachian folk songs, African American blues, gospel hymns, and rural storytelling, blending into a uniquely American voice that spoke of heartache, faith, and everyday life. At the center of this journey stands the Grand Ole Opry, affectionately known as “the Mother Church of Country Music.” Since its first broadcast in 1925, the Opry has been more than just a radio show — it's been a home, a proving ground, and a sacred stage where legends are made. From the Ryman Auditorium's wooden pews to the circle of oak at the new Opry House, the spirit of country tradition lives on there. Join me as we dive into the music, the people, and the stories that built a genre — and discover why these early stars still inspire passion, faith, and pride in America's musical heritage.

WEDNESDAY

The Irrational and More, Part 3

Instructor: Shai Robkin **DOW:** Wednesday

Dates: 1/7/2026 - 1/28/2026 **Wks:** 4

Time: 10:00 AM - 11:00 AM **Method:** Hyflex

This course explores many of the ideas featured in the second season of the NBC/Peacock show "The Irrational." Participation in The Irrational Part 1 and The Irrational Part 2 classes, which covered through Season 2, Episode 5, is not needed for participation in this class. Students need not watch the show to enjoy the class but doing so will enhance the experience. (Episodes can be watched on Peacock, for which a monthly subscription, cancelable at any time, as needed.) We will also examine some of the new and emerging research into the underlying forces, many unknown to our conscious minds, that drive individual and collective societal behaviors, focusing on the work of behavioral economists, social psychologists and neuroscientists. Where applicable, we'll see what behavioral scientists have to say about some of the most important and often divisive issues of the day and their possible implications for public policy. It is not necessary to have taken the prior course.

The Confederate Heartland Campaign of 1862

Instructor: Charles Richards **DOW:** Wednesday

Dates: 1/14/2026 - 2/25/2026 **Wks:** 7

Time: 10:00 AM - 11:00 AM **Method:** Hyflex

In late summer of 1862, the Confederacy went on the offensive in both the Eastern and Western Theaters. In the Western Theater, the Confederate Army of the Mississippi had been defeated at Shiloh and pushed back to Tupelo, Mississippi. Further east, the vital rail junction at Chattanooga was threatened by a slowly advancing Union army. Despite the discouraging circumstances, something had to be done to attempt to protect the Confederate Heartland. Braxton Bragg conceived of an audacious plan for an offensive through Tennessee and into Kentucky, a plan that offered potentially rich rewards, but that faced staggering logistical difficulties. At first, Bragg's invasion was remarkably successful. At Perryville, Kentucky, Bragg and his army fought one of the bloodiest battles of the Civil War. Although Perryville was a tactical Confederate victory, logistical problems, combined with Bragg's

complicated personality, led to a decision to retreat from Kentucky. Despite this discouraging reverse, Bragg stayed on the offensive, resupplying and refitting his army in Tennessee, and eventually advancing back northward, reaching the town of Murfreesboro before being defeated in a decisive battle there. This course will cover the entire campaign, from its brilliant beginning to the dispirited retreat of the defeated Confederate army after the Battle of Murfreesboro. We will discuss in detail the battles fought, the logistical difficulties both armies confronted, the personalities of the various commanders, and how those personalities shaped the campaign.

Art and Architecture of South Asia

Instructor: Sayyid Tirmizi **DOW:** Wednesday

Dates: 1/14/2026 - 2/25/2026 **Wks:** 7

Time: 10:00 AM - 11:00 AM **Method:** Classroom

For over 2000 years, South Asia has made a significant contribution to the world of art and architecture. It is also one of the oldest living civilizations with tradition and modernity, continuity and change, and unity in diversity. It also represents the world's major religious traditions: Hinduism, Buddhism, Islam, Sikhism, and Christianity. All these rich traditions have enriched Indian art and architecture culture, from ancient temples to medieval Taj Mahal to exotic miniature paintings. The course will walk you through the magnificent art pieces from the 7th to the 20th century.

Chair Yoga and Resistance Bands WED

Instructor: Nutan Ahuja **DOW:** Wednesday

Dates: 1/14/2026 - 2/25/2026 **Wks:** 7

Time: 10:00 AM - 11:00 AM **Method:** Online

Chair Yoga is a way to Sit Your Way to Better Health. Chair yoga's therapeutic adaptive exercises work your body from head to toe. The simple and easy movements are great for people in any condition, to do anytime and anywhere. Chair Yoga promotes wellbeing through breathing correctly and stretching in ways that will open up your body on the path to peace. Resistance bands, help to do any type of strength training without the need for heavy weights. These bands engage multiple muscles simultaneously, so your entire body gets a workout in a short period of time. These classes are a great entry point for students of all ages and all levels.

The Great Gatsby at 100

Instructor: Gautam Kundo **DOW:** Wednesday

Dates: 1/14/2026 - 2/4/2026 **Wks:** 4

Time: 11:30 AM - 12:30 PM **Method:** Classroom

Praising The Great Gatsby in 1925, Gertrude Stein wrote to Fitzgerald saying that he was "creating the contemporary world much as Thackeray [sic] did in his Pendennis and Vanity Fair." This course will focus, first, on Fitzgerald's creation of that "contemporary world" in The Great Gatsby, and then on its "contemporaneity." The "contemporary world" of the novel is marked by signs of a new, expansive economy, of a remarkable number of things manufactured, marketed, and consumed during the early and mid-Twenties. Advertisements, billboards overlooking industrial wasteland, and luminous signs, these determine the core of the novel and provide its over-arching meanings. As for its "contemporaneity" a hundred years later, The Great Gatsby speaks to the "circularity of history," of a souring economy, and a fractious national mood shaped by a fear of cultural and ethnic dilution. But reading the novel a century later, it seems to be closer to our times, and fresh, because, despite its wistful tone of loss and its general sense of ennui and disenchantment, The Great Gatsby strikes a nuanced balance of moral and cultural critique, and hope. Book: F.Scott Fitzgerald's The Great Gatsby, and his two short stories, "Winter Dreams" and "Absolution," both of which are often read as "precursor" stories related to Gatsby.

19th Century America: The Century that Defined our Nation

Instructor: Wendy Venet **DOW:** Wednesday

Dates: 1/7/2026 - 1/28/2026 **Wks:** 4

Time: 11:30 AM - 1:00 PM **Method:** Hyflex

This course considers significant changes in America from 1800-1900 that transformed our country politically, economically, and socially. Themes include the evolution of the political party system, the growth in power and prestige of the presidency, the development of the market economy, the impact of wars, and major social changes that led to a more pluralistic society. Each class will be framed chronologically around four major turning points which show the development of the nation we know today.

Rediscovering Women Artists from the Italian Renaissance

Instructor: Jane Herzig **DOW:** Wednesday

Dates: 1/14/2026 - 2/11/2026 **Wks:** 5

Time: 1:30 PM - 3:00 PM **Method:** Hyflex

This five-session course opens a window onto the often-overlooked women who created art during one of history's most celebrated eras. While names like Michelangelo and Raphael echo through time, many talented women worked in the same cities, studios, and courts, shaping the visual culture of the Renaissance yet slipping out of the spotlight. Together, we will look closely at artworks and understand their history. By the end of the course, you'll walk away with a new appreciation for the creative women of Renaissance Italy and a deeper sense of how history is shaped not only by who is remembered, but also by who is rediscovered. Detailed description online.

1965 in Pop: A Soundtrack to a Tumultuous Time

Instructor: Greg Kelley **DOW:** Wednesday

Dates: 1/14/2026 - 2/25/2026 **Wks:** 7

Time: 1:30 PM - 3:00 PM **Method:** Classroom

Step back into the middle of the swinging '60s—a year when pop music reflected the energy, tension, and transformation of the era. Together, we'll listen to and explore the stories behind the songs that defined 1965, tracing their roots and their lasting influence. Two threads run through the year's hits: the irresistible pull of Latin rhythms and the unmistakable echo of Bob Dylan's poetic revolution. We'll dive into: Downtown – The gentle sophistication of bossa nova in the mainstream Help Me, Rhonda – Doo-wop nostalgia meets sunny California pop Help! – The world's most famous band goes introspective and Dylan-esque Like a Rolling Stone – When folk went electric and never looked back Woolly Bully – A Tex-Mex dance craze with staying power (I Can't Get No) Satisfaction – Blues meets fuzz guitar and youthful rebellion Papa's Got a Brand New Bag – The birth of funk, bold and unstoppable Rubber Soul – When the album became an art form Come listen, reminisce, and rediscover the year when pop found new meaning and music changed forever.

The Science of Well Being Around the World

Instructor: Robert Pawlicki **DOW:** Wednesday

Dates: 2/11/2026 - 2/25/2026 **Wks:** 3

Time: 11:30 AM - 12:30 PM **Method:** Classroom

The endlessly fascinating pursuit of happiness takes countless forms across cultures and generations. In this lively three-session OLLI course, psychologist Robert Pawlicki invites you on a journey to explore the hidden forces that shape a nation's joy—and its despair. Discover why some countries flourish in well-being while others struggle, and what these global insights reveal about our own paths to happiness.

THURSDAY

The Battle of Britain and the London Blitz

Instructor: Peter Campos **DOW:** Thursday

Dates: 1/8/2026 - 1/29/2026 **Wks:** 4

Time: 11:30 AM - 1:00 PM **Method:** Hyflex

"Never in the field of human conflict has so much been owed by so many to so few." Winston Churchill's words referred to the RAF resistance to Luftwaffe attacks on the homeland in what came to be called "The Battle of Britain." We will examine this conflict and the ensuing "London Blitz" that happened over only 10 months but had a significant impact on the war's outcome. In Week 1 we will consider the conditions in Europe that led to these conflicts and how internal decisions by both administrations affected the outcome. During Week 2 we will cover the air battles of "The Battle of Britain"; learn about each side's main aircraft, including the iconic Spitfire and Messerschmitt Bf-109. Week 3 will tackle the ensuing bombing of civilian targets known as "The London Blitz"; why did the Germans switch strategies and why weren't the British people totally cowed? Week 4 gives a summary of the immediate and later consequences of these battles on the outcome of the war in Europe. We'll entertain some "what-if" scenarios that will illuminate just how pivotal these two short early conflicts were.

Exploring the Art of Watercolor and Mixed Media Painting

Instructor: Jean Khoshbin **DOW:** Thursday

Dates: 1/22/2026 - 2/26/2026 **Wks:** 6

Time: 10:30 AM - 12:30 PM **Method:** Classroom

This course will explore the basic structure of creating a watercolor/mixed media painting including, composition, balance, color, and painting techniques. The course will cover combining watercolor with Gouache paint, acrylic, and ink to create a painting.

Neurobics: Give Your Brain the Workout it Deserves!

Instructor: Harry Vardis **DOW:** Thursday

Dates: 1/8/2026 - 1/29/2026 **Wks:** 4

Time: 11:30 AM - 1:00 PM **Method:** Classroom

Why should the young have all the fun? We spend so much time keeping our bodies in shape, but when was the last time we exercised our brains? That's the idea behind Neurobics, a science-based brain fitness program created by Duke neurobiologists Lawrence Katz and Manning Rubin. It's not crossword puzzles or sudoku. It's a full-senses workout that wakes up your brain through sight, sound, touch, taste, and smell while nudging you to think and move in new ways. With simple daily exercises, Neurobics helps build fresh neural connections so you stay sharp, focused, and energetic. You'll learn quick habits to boost memory, increase flexibility and creativity, and discover why mental exercise is just as essential as physical exercise for staying vibrant and independent. Try this: cross your arms, notice which arm lands on top, then switch. That tiny change feels odd because it's waking up your brain. Multiply that feeling across dozens of fun activities, and you've got the power of Neurobics. Who should join? Anyone who wants to stay sharp, stay engaged, and keep their mind as active as their life. If you're ready to laugh, learn, and challenge your brain in fresh ways, this course is for you. Kick off the new year with a workout your mind will love. Full description online.

Big Cats: Tiger, Lions Leopards and Cheetahs

Instructor: John McDonald **DOW:** Thursday

Dates: 1/15/2026 - 2/12/2026 **Wks:** 5

Time: 1:30 PM - 3:00 PM **Method:** Classroom

In this course we will study Tigers, Lions, Leopards and Cheetahs. We will study the evolution of each species, along with their similarities and differences. Session Session 1 : Cheetahs - the fastest of all land animals and threatened with extinction, Session 2 ; Lions - the most recognized and once the most numerous of all the big cats, Session 3 ; Tigers - the largest of all the cats and the most endangered, Session 4 : Leopards - the most numerous and geographically dispersed of all the big cats. We will examine physical characteristics, habitat, behavior and social structure. We will also look at human and cat interactions and conflicts as well as geopolitical influences which will either save these animals for future generations or result in their extinction in the wild.

FRIDAY

Intro to American Mah Jongg FULL

Instructor: Carol Camerino **DOW:** Friday

Dates: 1/9/2026 - 1/30/2026 **Wks:** 4

Time: 10:00 AM - 12:00 PM **Method:** Classroom

Mah Jongg continues to grow in popularity - and for good reason. This tile game - an equal blend of skill, luck, and strategy - is not only fun, but it turns out it's great for our brains and for staying connected. If you've been wanting to learn how to play, now is your chance! (Note: this 4-week class will focus on American Mah Jongg and the rules of the National Mah Jongg League.)

Raising Emotionally Wise Generations

Instructor: Tameka Anderson **DOW:** Friday

Dates: 1/9/2026 - 1/30/2026 **Wks:** 4

Time: 10:00 AM - 11:00 AM **Method:** Classroom

This 4-week workshop is for grandparents who want to feel more calm, connected, and confident—without diving into textbooks or written homework. Using simple, evidence-based tools and real-life examples, you'll learn how to better manage your emotions and support your children and grandchildren in doing the same. Each session is relaxed, interactive, and filled with practical takeaways you can use right away. Come ready

to share, laugh, and leave with tools to help your whole family thrive—one conversation at a time.



Vivo is an online program, where you will pick the class day and time that works best for your schedule. Before the first days of class, Team Vivo will reach out and schedule your baseline assessment.

Vivo Online Strength & Balance Classes

Registration deadline 12/19/25

8-week program: Jan 7 - Feb 24

Includes: 2 weeks for assessments (bookend: Jan 7-Jan 13, Feb 18-24) 6 weeks of 2x/week small group strength training classes (Jan 14-Feb 17)

Maintaining muscle strength and balance is essential for preserving health and independence as we age. Without strength training, older adults often experience a decline in muscle tone, which can affect mobility and balance. Vivo is an interactive, live online strength-building course tailored to your individual fitness level, designed to help you improve physical fitness through a focus on strength, balance, and cognitive exercises. Classes are small, ensuring personalized attention, and are led by certified personal trainers with expertise in working with older adults. These trainers provide modified exercises to accommodate each participant's specific fitness needs. **Vivo offers two 45-minute sessions per week and includes one-on-one assessments before the course starts to establish a baseline of your abilities.** At the end of the program, a final assessment will track your progress and results. Whether you're new to exercise or already have an established routine, Vivo is designed to help you achieve your fitness goals and enhance your overall well-being.

ONE DAY COURSES

Enneagram Part 1 - Introduction & Path to Growth and Happiness

Instructor: Tony Holmes, MA **DOW:** Monday

Dates: 1/5/2026 - 1/5/2026 **Wks:** 1

Time: 10:00 AM - 1:00 PM **Method:** Classroom

This course (Part 1) is a mandatory pre-requisite (or as an alternative, the Dec. 4th, 2024 course 3320 – 001) to taking any future 2025 Enneagram courses. Part 1 focuses on the core Enneagram elements, and concepts, and provides real-life examples, in-class exercises, and an optional private online test to help determine your “type.” Making real improvement in your life begins with self-awareness and understanding others. This requires finding your “true self,” and learning how we all see the world through our own distorted lenses. By becoming aware and accepting of your unconscious fears, motivations, desires, and how you respond to stress, you can find your natural path to overcoming the obstacles holding you back from better relationships, decisions, purpose, and happiness.

Of Temples and Tombs: A Photographic Journey Up the Nile

Instructor: Jeff Milsteen **DOW:** Tuesday

Dates: 1/6/2026 - 1/6/2026 **Wks:** 1

Time: 10:00 AM - 12:00 PM **Method:** Hyflex

Ninety-five percent of Egypt’s land area is uninhabited desert. The other five percent is the ribbon of land adjoining the storied Nile River. Join Jeff Milsteen for a trip up the Nile, from Cairo to the Aswan Dam, and a few surprises along the way. We’ll also visit the brand new Grand Egyptian Museum (GEM), one of the largest new museums in the world!

First Aid, CPR, AED (National Safety Council)

Instructor: Jim Spano **DOW:** Monday

Dates: 1/12/2026 - 1/12/2026 **Wks:** 1

Time: 9:30 AM - 2:30 PM **Method:** Classroom

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

emergency responders. Each participant will receive a student book, 2-year certificate, and Instruction on how to use the “NSC FIRST AID” APP.

Discussing Topics We Disagree On - One- Day Workshop

Instructor: Alice Huang **DOW:** Monday

Dates: 1/12/2026 - 1/12/2026 **Wks:** 1

Time: 1:30 PM - 3:00 PM **Method:** Classroom

So often these days we find topics of conversation driving us apart. We find ourselves not talking at all with people we care about, simply because we happen to disagree on something we are passionate about. Instead, we talk more and more only with people who already agree with us. This class is an introduction to some ideas for opening up more conversations. In this class, we will compare our experiences and explore some ideas about what might help. After this class, you can explore further by registering for the 4-week workshop. We can explore these ideas further and try putting them into practice. The follow-up class (Discussing Topics We Disagree On), in which we will choose some topics we disagree on and actually discuss them, in hopes of learning from each other.

Tax Planning and Your Retirement

Instructor: Angela Rehkop **DOW:** Tuesday

Dates: 1/13/2026 - 1/14/2026 **Wks:** 2DAY

Time: 10:00 AM - 12:00 PM **Method:** Classroom

Recent Revisions in the Tax Code, How Taxes Effect Medicare and Social Security, Strategies to Manage Tax Liability in Retirement. 2 DAY, 2 hours each class, includes workbook.

What is Energy Healing?

Instructor: Eve Smith **DOW:** Tuesday

Dates: 1/13/2026 - 1/13/2026 **Wks:** 1

Time: 1:30 PM - 3:00 PM **Method:** Classroom

In this interactive and experiential class, participants will explore the foundational concepts of energy healing—how it works, how it feels, and how it can support balance in mind, body, and spirit. The instructors will provide Bengston Energy Healing to all participants while presenting concepts about what is energy healing, and it works. No prior experience is required—just curiosity and a willingness to participate in a relaxed,

supportive environment designed especially for lifelong learners.

I'm an Introvert (and It's Not What You Think)

Instructor: Jeff Glazer **DOW:** Thursday

Dates: 1/15/2026 - 1/15/2026 **Wks:** 1

Time: 1:30 PM - 3:00 PM **Method:** Classroom

I love to teach. I also enjoy speaking publicly, so how can I be an introvert? Being an introvert doesn't necessarily mean you don't like to be around people (but that is often part of it). It has to do with how you process information and the energy that you draw (or don't) from being around other people. Introversion is not good or bad. It just IS. See how your own character traits fit in with being an introvert.

Deep Dive Film Discussion: Director Hirokazu Kore-Eda

Instructor: Scott Phillips **DOW:** Friday

Dates: 1/16/2026 - 1/16/2026 **Wks:** 1

Time: 12:00 PM – 1:15 PM **Method:** Online

Join us for an engaging and thought-provoking Deep Dive discussion exploring the work of acclaimed Japanese filmmaker **Hirokazu Kore-eda**. Together, we'll examine two of his most celebrated films: [Like Father, Like Son](#) and [Shoplifters](#). Kore-eda is known for his intimate storytelling, humanistic lens, and ability to uncover the quiet yet powerful emotional truths within family relationships. In this session, we'll reflect on recurring themes such as identity, connection, moral ambiguity, and what truly makes a family. Participants are encouraged to watch both films beforehand to fully enjoy the conversation. Bring your insights, questions, and observations as we explore Kore-eda's artistry, cinematic style, and the cultural contexts that shape his stories. A wonderful opportunity for film lovers to dive deeper into two modern masterpieces.

National Safety Council Defensive Driving

Instructor: Jim Spano **DOW:** Friday

Dates: 1/23/2026 - 1/23/2026 **Wks:** 1

Time: 9:30 AM - 2:30 PM **Method:** Classroom

National Safety Council Defensive Driving Course: This course emphasizes the importance of personal responsibility in safe driving. Participants will learn the mental strategies and knowledge necessary to become defensive drivers. The class will cover the seven most common driving mistakes and strategies to avoid them, as well as the five key conditions that impact driving skills and reaction time. Completing the course may qualify participants for a discount on their auto insurance.

Enneagram Part 2 Key Elements for Life Success and Happiness

Instructor: Tony Holmes, MA **DOW:** Friday

Dates: 1/30/2026 - 1/30/2026 **Wks:** 1

Time: 10:00 AM - 1:00 PM **Method:** Classroom

This course (Part 2) builds on the prerequisite Part 1 (or as an alternative, the Dec. 4th, 2024 course 3320 – 001) to provide additional core Enneagram elements that are key for “life success” and happiness. While not required, the course is recommended before taking any later 2025 course (Parts 3 and beyond). Part 2 details the powerful Enneagram concepts and tools (e.g. “instincts, wings, arrows, subtypes, levels of development, triads” etc.) that illustrates how to use the knowledge of your Enneagram “type” (identified in the Part 1 course) to improve relationships, manage emotions, find purpose, break “stuck” habits, reach your main goals, and achieve personal growth and happiness.

Discussing Topics We Disagree On - One- Day Workshop

Instructor: Alice Huang **DOW:** Monday

Dates: 2/23/2026 - 2/23/2026 **Wks:** 1

Time: 1:30 PM - 3:00 PM **Method:** Classroom

So often these days we find topics of conversation driving us apart. We find ourselves not talking at all with people we care about, simply because we happen to disagree on something we are passionate about. Instead, we talk more and more only with people who already agree with us. This class is an introduction to some ideas for opening up more conversations. In this class, we will compare our experiences and explore some ideas about what might help. After this class, you can explore further by registering for the 4-week workshop. We can explore these ideas further and try putting them into practice. The follow-up class (Discussing Topics We Disagree On), in which we will choose some topics we disagree on and actually discuss them, in hopes of learning from each other.

Painting for Fun: A Relaxing Creative Experience

Instructor: Sarah Gearhart **DOW:** Monday

Dates: 2/23/2026 - 2/23/2026 **Wks:** 1

Time: 1:00 PM - 3:00 PM **Method:** Classroom

This class is all about enjoying the process and having fun. No experience is necessary, just bring your enthusiasm and a desire to create something beautiful. We'll provide all the materials you need, including canvases, paints, brushes, and more. It's a perfect opportunity to unwind, tap into your artistic side, and share laughs and stories with others as you paint your way through the season! By the end of the class, you'll leave with a finished painting and new friends who share your love of creativity. Don't miss out on this warm and inviting class—it's sure to spark joy and inspire your inner artist!

Ikebana One Day Workshop: Japanese Art of Flower Arrangement

Instructor: Nutan Ahuja **DOW:** Tuesday

Dates: 2/3/2026 - 2/3/2026 **Wks:** 1

Time: 1:00 PM - 3:00 PM **Method:** Classroom

Join us for a delightful one-day class, where you'll explore the beauty and harmony of Japanese floral arrangement. This hands-on workshop introduces the principles of Ikebana, focusing on balance, simplicity, and the natural elegance of seasonal spring flowers. Under the guidance of an experienced instructor, you'll learn essential techniques, such as line, space, and asymmetry, while creating your own stunning arrangement. No prior experience required—just bring your creativity and appreciation for nature! Students need to bring a tall vase (approx. 8-12 inch tall), Shears and any fresh leaves with 2-3 stems. Fresh Flowers will be provided.

Tax Planning and Your Retirement

Instructor: Angela Rehkop **DOW:** Tuesday

Dates: 1/13/2026 - 1/14/2026 **Wks:** 2DAY

Time: 10:00 AM - 12:00 PM **Method:** Classroom

Recent Revisions in the Tax Code, How Taxes Effect Medicare and Social Security, Strategies to Manage Tax Liability in Retirement. 2 DAY, 2 hours each class, includes workbook.

Investments & Estate Planning: The Critical Connection between Investment Strategy & Estate Planning

Instructor: Angela Rehkop **DOW:** Tuesday

Dates: 1/20/2026 - 1/21/2026 **Wks:** 2DAY

Time: 10:00 AM - 12:00 PM **Method:** Classroom

Your investments and your estate plan are more connected than you may realize. This course explains how the choices you make with your money today—such as where and how you invest—can affect what happens to your wealth in the future. We'll discuss how estate planning tools like wills, trusts, and beneficiary designations work alongside your investment strategy to help you grow, protect, and pass on your assets. You'll also learn about tax-smart ways to transfer wealth, strategies for charitable giving, and steps you can take to prepare your loved ones for the future. By the end, you'll understand how to bring your investment and

estate plans together so your financial goals and legacy are aligned.

American Mah Jongg Players' Lab FULL

Instructor: Carol Camerino **DOW:** Wednesday

Dates: 2/25/2026 - 2/25/2026 **Wks:** 1

Time: 10:00 AM - 2:00 PM **Method:** Classroom

For players who have taken Carol's Intro to Mah Jongg class OR have basic competency (understands NMJL rules and has played a minimum of 20 times, not counting course or workshop games), this one day session is designed to enhance game and rules knowledge, facilitate strategy development, and increase comfort level with playing defensively. Grab your 2025-26 NMJL card and get ready for a FUN and informative day of mahj!! Wednesday, February 25, 10-2 (30 min break for lunch)

Moving Beyond Your Enneagram (Pt3) Type for Personal Growth

Instructor: Tony Holmes, MA **DOW:** Thursday

Dates: 2/5/2026 - 2/5/2026 **Wks:** 1

Time: 10:00 AM - 1:00 PM **Method:** Classroom

Part 3 builds on the prerequisite Part 1 Introduction to the Enneagram (ideally, both Parts 1 and 2). It moves beyond simply knowing your “type” to using the Enneagram as a practical tool for self-improvement—across emotional, intellectual, and social dimensions. You’ll learn key steps for growth, including expanding self-awareness, addressing ego patterns that keep you “stuck,” and making positive changes to realize your potential. In an informal, interactive group setting, you’ll explore how to apply core Enneagram elements—type, arrows, wings, centers, instincts, triads, and levels of development—to create balance, overcome challenges, and strengthen underdeveloped qualities. We’ll also address type-specific growth traps that block progress toward meeting your needs, values, and purpose. Future courses will show how to apply the Enneagram to your top life priorities: building relationships, finding your true self, improving communication, and balancing real-world demands for sustained growth and happiness.

Enneagram Part 4 Effective Relationships and Communication

Instructor: Tony Holmes, MA **DOW:** Thursday

Dates: 2/12/2026 - 2/12/2026 **Wks:** 1

Time: 10:00 AM - 1:00 PM **Method:** Classroom

Part 4 builds on the required Part 1 Introduction Enneagram course and shows how to apply your understanding of the Enneagram to enhance communication skills and nurture meaningful relationships. Move beyond simply knowing your personality type; harness Enneagram insights to help individuals and couples improve dialogue, navigate conflict, and cultivate empathy by recognizing core motivations—your own and those of people important in your life. Explore the unique communication patterns, motivations, fears, and blind spots of each type, including speaking styles, body language, common communication pitfalls, and emotional triggers that contribute to “stuck” relationships. This course features practical guides for active listening, building empathy for yourself and others, fostering openness, offering effective feedback, and quick communication tips tailored to each type.

OSHER ONLINE COURSES

Connect. Learn. Explore – from anywhere.

Northwestern University hosts the Osher Lifelong Learning Institute's (OLLI) National Resource Center. The **Osher National Resource Center (NRC)** supports all Osher Lifelong Learning Institutes across the country. It provides leadership, coordination, training, and shared resources for the 120+ OLLIs that make up the Osher network. The NRC also manages **Osher Online**, the nationwide program that offers live, online courses taught by instructors from different OLLIs and made available to members everywhere. You must be a current OLLI at Emory member to register.

January-February 2026.

Registration deadline, December 20, 2025.

Full course descriptions can be found on our [website](#), click the titles below for more information.

Each course is 6 weeks online, not recorded. \$75.

Milestones in Medicine

Instructor: Gordon Josephson, MD, MPH

Dates: Wed, Jan 14 – Feb 18, 2026

Time: 11:00 AM – 12:30 PM

Discover the pivotal moments, breakthroughs, and turning points in the history of medicine. Explore the scientific advances, human stories, and public health milestones that continue to shape modern healthcare.

Heroes of the Holocaust: Lights in the Darkness

Instructor: Howard Kerner

Dates: Wed, Jan 14 – Feb 18, 2026

Time: 3:00 PM – 4:30 PM

Meet the courageous men and women who risked everything to save lives during one of the darkest chapters of world history.

Invisible Intelligence: The Unseen Algorithms

Reshaping Your Daily Life

Instructor: Eliot Bethke

Dates: Thu, Jan 15 – Feb 19, 2026

Time: 5:00 PM – 6:30 PM

Algorithms are everywhere, guiding decisions about what you watch, buy, and read.

The American Revolution Beyond the British Empire

Instructor: Eliot Bethke

Dates: Sat, Jan 17 – Feb 21, 2026

Time: 1:00 PM – 2:30 PM

Go beyond the standard narrative and explore the global dimensions of the American Revolution.

Japanese History through the Lens of Shogun

Instructor: Megan McClory

Dates: Tue, Jan 20 – Feb 24, 2026

Time: 7:00 PM – 8:30 PM

Using the world of Shogun as a gateway, explore the history, culture, and political intrigue of Japan's feudal era.

Einstein without Tears: His Theories Explained without Math and in Everyday Language

Instructor: Andrew Fraknoi, MS

Dates: Tue, Jan 20 – Mar 3, 2026

Time: 5:00 PM – 6:30 PM

Using the world of Shogun as a gateway, explore the history, culture, and political intrigue of Japan's feudal era.

More than Parks: A History of American Conservation

Instructor: Fraser Livingston, PhD

Dates: Tue, Jan 20 – Feb 24, 2026

Time: 1:00 PM – 2:30 PM

Trace the growth of America's conservation movement from early preservationists to modern environmental policy.

The Noir Novel: Three American Classics

Instructor: Peter Kaye, PhD

Dates: Tue, Jan 20 – Feb 24, 2026

Time: 11:00 AM – 12:30 PM

Enter the shadow-filled world of American noir. Study three seminal novels that defined the genre.

Using Google Workspace Tools with Confidence

Instructor: Chelsea King

Dates: Wed, Jan 21 – Feb 25, 2026

Time: 7:00 PM – 8:30 PM

Build confidence using Gmail, Drive, Docs, Sheets, Calendar, and more.

Pharmaceuticals and Poisons: Chemistry at the Edge

Instructor: Johnnie Hendrickson, PhD

Dates: Thu, Jan 22 – Feb 26, 2026

Time: 3:00 PM – 4:30 PM

Explore the fascinating chemistry behind substances that heal and harm.

Brain Behavior in the Era of Digital Technology

Instructor: Elena Labkovsky, PhD

Dates: Mon, Jan 26 – Mar 2, 2026

Time: 11:00 AM – 12:30 PM

Description:

Technology is transforming our brains. Examine how constant screen exposure, multitasking, and digital habits affect memory, attention, sleep, and emotional regulation.

History of Sicily

Instructor: Douglas Kenning, PhD

Dates: Mon, Jan 26 – Mar 2, 2026

Time: 1:00 PM – 2:30 PM

Sicily's vibrant past unfolds through invasions, migrations, and cultural blending.

Landscape and Adventure Photography: Introduction

Instructor: Jonathan Duncan

Dates: Mon, Jan 26 – Mar 2, 2026

Time: 3:00 PM – 4:30 PM

Learn the essentials of capturing dramatic landscapes, travel images, and outdoor adventures.

The History of American Television

Instructor: Jim McKairnes

Dates: Mon, Jan 26 – Mar 2, 2026

Time: 3:00 PM – 4:30 PM

Travel through decades of American TV history, from early broadcasts to the streaming era.

Italian Courses

Benvenuti! Our Italian program is designed to help learners build confidence, connection, and joy as they explore the language and culture of Italy.

All students are encouraged to complete our **Italian Knowledge Survey** before registering to ensure placement in the correct class level—since everyone learns at a different pace. This helps us create well-matched groups where learning feels comfortable, supportive, and fun.

Classes will be taught by one of our experienced Italian instructors, Antonella Giannasca or Alessandra Brisotto, who will be assigned after registrations are complete.

Italian – Beginner 1 (Lessons 1–7)

January 13 to February 24, 2026

9:30AM - 11:00AM - Hybrid

Embark on your journey into the beautiful Italian language! Through lively instruction, guided practice, and cultural context, students will develop a foundation in Italian vocabulary, pronunciation, and grammar. Each week builds on the previous lessons, with the goal of mastering essential communication skills.

After this class, students will be able to:

- Recognize and use familiar words in everyday situations
- Make simple statements about themselves and their families
- Ask and answer basic questions
- Understand and use very basic phrases and common expressions
- Introduce themselves and others
- Exchange personal information such as where they live, who they know, and what they have
- Interact in a simple way when others speak slowly and clearly
- Conjugate the present tense of *essere* and *avere*
- Use basic vocabulary for greetings, numbers, weather, days of the week, months, and seasons

This course provides the perfect foundation for continuing to *Italian Beginner 2*—and a lifelong appreciation for the Italian language and culture.

Italian – Beginner 2 Lessons 8-13

Embark on your journey into the beautiful Italian language! Through lively instruction, guided practice, and cultural context, students will develop a foundation in Italian vocabulary, pronunciation, and grammar.

Each week builds on the previous lessons, with the goal of mastering essential communication skills.

After this class, students will be able to:

- use the vocabulary and phrases concerning days of the week, seasons and months
- use possessive adjectives and family member terminology
- conjugate the three regular verbs and create sentences with them
- give and receive directions and ask questions about shopping
- have a basic conversation in Italian using the present tense of verbs studied
- use irregular verbs like *andare*, *venire*, *fare*, *volere*.

This course provides the perfect foundation for continuing to **Italian Intermediate 1**—and a lifelong appreciation for the Italian language and culture.

Italian Intermediate 1 (Lessons 14-17)

January 13 to February 24, 2026

9:30AM - 11:00AM - Hybrid

Embark on your journey into the beautiful Italian language! Through lively instruction, guided practice, and cultural context, students will develop a foundation in Italian vocabulary, pronunciation, and grammar. Each week builds on the previous lessons, with the goal of mastering essential communication skills.

AFTER THIS CLASS, the student will be able to:

- deal with most situations while travelling in an Italian-speaking area
- describe personal interests, experiences, events, dreams, hopes and briefly give reasons and explanations for opinions
- start using the past tense of regular verbs in Italian
- be familiar with terminology of grocery shopping and the house
- understand the verbs *Potere* and *piacere*.

This course provides the perfect foundation for continuing to **Intermediate 2**—and a lifelong appreciation for the Italian language and culture.

Italian Intermediate 2 (Lessons 18-21)

January 13 to February 24, 2026

11:15AM - 12:45PM - Hybrid

Embark on your journey into the beautiful Italian language! Through lively instruction, guided practice, and cultural context, students will develop a foundation in Italian vocabulary, pronunciation, and grammar. Each week builds on the previous lessons, with the goal of mastering essential communication skills.

AFTER THIS CLASS, the student will be able to:

- understand the main ideas of a text
- interact with native speakers
- understand more past tense verbs plus imperfect tenses
- ask questions in a store and interact with shop clerks
- describe colors
- use indirect objects pronouns
- use the past tense of the verb *piacere* and other irregular verbs
- use the present progressive form and partitive pronouns
- use the present progressive form
- learn about coffee in Italy

This course provides the perfect foundation for continuing to **Intermediate Italian Conversation** —and a lifelong appreciation for the Italian language and culture.

Intermediate Italian Conversation

January 13 to February 24, 2026

1:00PM - 2:00PM - Hybrid

Benvenuti! In this friendly and relaxed class, you'll build confidence and fluency by engaging in lively Italian conversations with fellow students. Through speaking, reading, and listening activities, you'll strengthen your vocabulary, improve pronunciation, and deepen your understanding of Italian culture and everyday expressions. Join us for a fun and supportive experience as we continue exploring the beauty of the Italian language together.