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Learning Institute
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Upcoming

2025 Courses



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MONDAY

Jazz History, A Listener's Guide, Part 3

Instructor: James Rozzi **Weeks:** 7

Dates: 6/2/2025 - 7/14/2025 **DOW:** Monday

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

At just over 100 years old, jazz has changed dramatically from its earliest roots in blues and New Orleans music to reflect the most tumultuous century in history. In Parts 1-2, we explored jazz's beginnings through the 1960s—via recordings, written histories, photos, and videos. Part 3 will study jazz's current, multi-cultural musical trends. Jazz is the most substantial of American art forms, our gift to the world. The aim of this course is to entertain, while increasing understanding and accessibility. Please join us as we listen and discuss the evolution of this multi-faceted musical genre. Please Note: Jazz History Parts 1 & 2 are prerequisites for this class.

Chair Yoga Monday with Meditation

Instructor: Nutan Ahuja **Weeks:** 4

Dates: 6/2/2025 - 7/14/2025 **DOW:** Monday

Time: 10:00AM - 11:00PM **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.

Understanding Long-Term Care

Instructor: Michele Perloe **Weeks:** 1

Dates: 6/2/2025 - 6/2/2025 **DOW:** Monday

Time: 10:00 AM - 11:30 AM **Method:** Classroom

Long-term care is often one of those areas' individuals don't fully understand until they need it. This presentation will provide clarity on what long-term care is and why planning ahead is essential. Planning for long-term care is an essential part of securing your future health and financial well-being. This presentation will guide you through the key aspects of long-term care planning, helping you make informed decisions. Topics covered include: What is Long Term Care? What are the different options currently available? What are the health qualifications to be able to purchase? How do these plans work? What are the tax advantages of having a policy? What are the specific costs involved with purchasing a plan?

The Lives & Music of Broadway/Hollywood Musical Song Writers

Instructor: Lee Kaufman **Weeks:** 7

Dates: 6/2/2025 - 7/14/2025 **DOW:** Monday

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

The music of Broadway and Hollywood musicals is an art form in and unto itself. It takes a team of multi-talented performers and an orchestra to produce these entertainment extravaganzas. At the heart of it are creative geniuses who set the whole thing in motion, the songwriters. In this multi-media course, we will cover: Richard Rodgers, Cole Porter, Alan Jay Lerner, Andrew Lloyd Webber, Jerome Kern, Claude-Michel Schoenberg, Leonard Bernstein, Jule Styne and George Gershwin. Much attention will be paid to their collaborators as well.

It's Your Story. Write On!

Instructor: Georgia Lee **Weeks:** 7

Dates: 6/2/2025 - 7/14/2025 **DOW:** Monday

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.

Flowers & Gardens in Music

Instructor: Judith Costello **Weeks:** 4

Dates: 6/2/2025 - 6/23/2025 **DOW:** Monday

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

From opera to ragtime, from Schubert lieder to jazz pop standards, from grand ballet to intimate chamber music, composers have always responded to the beauty of flowers by penning equally beautiful music in their tribute. Over four weeks in June we'll listen to music dating back to the Renaissance, a stunning modern Japanese work, and works from Europe and the Americas depicting aromatic blossoms, fields of wildflowers, and carefully-tended domestic gardens.

Bugs and Slugs: Garden Visitors (and Invaders) in Music

Instructor: Judith Costello **Weeks:** 2

Dates: 7/7/2025 - 7/14/2025 **DOW:** Monday

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

Snails and spiders! Bees and worms! Butterflies and moths! Fleas, flies, and crickets! Don't let them creep you out -- they all inspired wonderful music, from a cheerful French-Flemish Renaissance madrigal to a 1912 ballet to a poignant song from a beloved 1952 film.

Navigating Dementia: Understanding, Supporting, and Caregiving

Instructor: Kassie Roth; Roy Kerfoot **Weeks:** 4

Dates: 8/4/2025 - 8/25/2025 **DOW:** Monday

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

Caring for someone with dementia can be overwhelming, and for many, it becomes the "Disease That Must Not Be Named." This course is designed for those who have a loved one or friend diagnosed with—or suspected to have—one of the 100+ types of dementia, including Alzheimer's. Dementia caregiving presents unexpected challenges. Caregivers and supporters often find themselves navigating unfamiliar responsibilities, making difficult decisions, and adapting to life-changing circumstances—all without prior training. Feelings of denial, fear, or guilt can further complicate the journey. This course provides a foundational guide to understanding and supporting someone with dementia. We will explore what dementia is, how it differs from normal aging, and the most common types. We'll discuss the steps to take if you suspect dementia, the importance of diagnosis, and how to move forward once a diagnosis is confirmed. Additionally, we'll cover caregiver priorities, strategies for handling various scenarios, and the range of available in-home and long-term care options.

Faust, Fauster, Faustest: The Dr. Faust Legend in Music

Instructor: Judith Costello **Weeks:** 4

Dates: 8/4/2025 - 8/25/2025 **DOW:** Monday

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

The great German poet Goethe famously wrote about the medieval scholar Doctor Faustus (c. 1480-1540), but he was far from the first to be inspired by the tale of the doomed intellectual who bartered his immortal soul to the Devil for worldly pleasures. Many versions of the legend have been transformed into music for the operatic stage, the piano keyboard, the symphony hall, and the Broadway theatre. We'll sample some of the best in this four-week class.

TUESDAY

Italian For Fun! 1

Instructor: Antonella Giannasca **Weeks:** 7

Dates: 6/3/2025 - 7/15/2025 **DOW:** Tuesday

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

Have you been thinking about learning Italian? Have you taken some classes already but you want to practice more? I would like you to be part of this class. If you are an absolute beginner or a beginner, you can have 4 weeks of fun, learning new words, new expressions, new games and also learn how to start speaking Italian. ci vediamo!

House Seats: Great Broadway Musicals and How They Were Created

Instructor: Bill Nigut **Weeks:** 4

Dates: 6/3/2025 - 6/24/2025 **DOW:** Tuesday

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

The music of Broadway and Hollywood musicals is an art form in and unto itself. It takes a team of multi-talented performers and an orchestra to produce these entertainment extravaganzas. At the heart of it are creative geniuses who set the whole thing in motion, the songwriters. In this multi-media course, we will cover: Richard Rodgers, Cole Porter, Alan Jay Lerner, Andrew Lloyd Webber, Jerome Kern, Claude-Michel Schoenberg, Leonard Bernstein, Jule Styne and George Gershwin. Much attention will be paid to their collaborators as well.

Intermediate Italian Conversation

Instructor: Antonella Giannasca **Weeks:** 7

Dates: 6/3/2025 - 7/15/2025 **DOW:** Tuesday

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

Benvenuti. In a very comfortable environment, you will practice the Italian conversation using your knowledge of communicating with other students. By speaking, reading and listening you will improve your Italian language. Don't be shy and come to class so we can have fun speaking the beautiful language.

Intro to Italian 4

Instructor: Antonella Giannasca **Weeks:** 7

Dates: 6/3/2025 - 7/15/2025 **DOW:** Tuesday

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

This class is open for all the students who took the previous Italina classes or to those students who have a good knowledge of the Italian grammar.

Favorite Puccini Operas

Instructor: John Bayne **Weeks:** 4

Dates: 6/3/2025 - 6/24/2025 **DOW:** Tuesday

Time: 1:30 PM - 2:30 PM **Method:** Online

Giacomo Puccini (1858-1924) composed some of the most popular and beloved operas ever written, including La Boheme, Madama Butterfly, Tosca, and Turandot. His gift for melody and his sparkling orchestrations have endeared his usually tragic works to audiences throughout the world. This class will focus on his most popular and moving operas, featuring audio and video recordings of excellent singers.

Discussing Topics We Disagree On

Instructor: Alice Huang **Weeks:** 4

Dates: 6/3/2025 - 6/24/2025 **DOW:** Tuesday

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

Are you bothered about feeling like your relationships may be at risk whenever the conversation turns to topics you are passionate about? Do you wish there were a way to learn more about what people who disagree with you think, without putting your relationships in jeopardy? Would you like some ideas about talking constructively when you disagree passionately with your conversation partners? This

workshop is a chance to explore what might help, and to learn from each other about some topics that may be difficult to discuss. In the process, we will consider the importance of learning about the perspectives of people who disagree with us and about the nuances of what we agree and disagree on, the effects of the common tendency to push people into mutually exclusive us-vs-them categories, and the challenge of trying to learn from those we think are wrong.

Poems of Samuel Taylor Coleridge

Instructor: Greg Kelley **Weeks:** 6

Dates: 7/8/2025 - 8/19/2025 **DOW:** Tuesday

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

Samuel Taylor Coleridge has been justly celebrated for wild imaginative flights like “The Rime of the Ancient Mariner” and “Kubla Khan.” However, he also excelled in quieter, more meditative poems pitched in a conversational tone, such as “The Aeolian Harp” and “Frost at Midnight.” This duality of style may reflect a troubled soul, haunted by a conflict of religious orthodoxy and speculative philosophy. Although history has favored his friend and sometime collaborator William Wordsworth, of prolific creativity, Coleridge’s more modest catalogue amply rewards analytical delving and empathic response. In a discussion-based course we will appreciate Coleridge’s restrained virtuosity, his startling originality, and his humane and generous voice.

Intro to Italian 2

Instructor: Antonella Giannasca **Weeks:** 7

Dates: 6/3/2025 - 7/15/2025 **DOW:** Tuesday

Time: 2:30 PM – 3:00 PM **Method:** Online

This class is perfect for those students who participated in Italian for beginners or for those students who have a basic knowledge of the language. In this class, we will continue to study the way to interact with people in Italian and to create a more comfortable way to speak using verbs and new Vocabulary. See you all in class! Required Book: Italian now (already used in Italian 1)

WEDNESDAY

The Best Rock Songs of All Time

Instructor: Emanuel Abramovits **Weeks:** 4

Dates: 6/4/2025 - 6/25/2025 **DOW:** Wednesday

Time: 9:30AM - 11:00AM **Method:** Hyflex

(Instructor is presenting online) Put some music fans in the same room and sooner or later, they will ask each other ‘what’s your favorite song?’. If we talk about Rock fans, there will be some choosing Smoke on the Water, others Bohemian Rhapsody, some Stairway to Heaven and many will have other choices. Let’s discuss what makes these songs great, the context when they became classics, the songwriters, the performers, their cultural significance and if they will keep resonating across time. From the 50s until today, there’s plenty of great music to talk about and let’s build our own top 100. Instructor presenting from online.

Chair Yoga and Resistance Bands

Instructor: Nutan Ahuja

Dates: 6/4/2025 - 7/16/2025 **DOW:**

Time: 10:00AM - 11:00PM **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 with 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

Short Stories of William Faulkner

Instructor: Jay Miller **Weeks:** 4

Dates: 6/4/2025 - 6/25/2025 **DOW:** Wednesday

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

This course will be devoted to a close reading and active discussion of some of William Faulkner's most acclaimed short stories. Although Faulkner is better known for his novels, his short stories also deserve our attention and are more accessible to readers. The course is suited for both Faulkner beginners and those who are well-versed in his works. Book: Collected Stories (ISBN 0-679-76403-8) is recommended.

Who Knew? Background to Famous Songs, Top Hits & Original Artist

Instructor: Gerald Flinchum; Mark Randle **Weeks:** 4

Dates: 6/4/2025 - 6/25/2025 **DOW:** Wednesday

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

Sometimes you'll hear a favorite song, and it blows the original one out of the water or serves as a satisfactory companion. Other times you hear what you think is the original song and discover that it's the cover for the original song or artist. There might be more original songs than there are cover songs. The list is endless. This course will feature many familiar popular songs, bands & artists, then delve into the original version and its music history. Come to class not only to learn, but to be entertained!

Fun with iPhone Camera Pro Features and AI

Instructor: Bob Siegmann **Weeks:** 6

Dates: 6/4/2025 - 7/9/2025 **DOW:** Wednesday

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

Ready to take your iPhone photography to the next level? This 4-week course (one hour per week) dives deep into essential camera functions, AI tools, and hidden shortcuts to elevate your photography skills. No need to have taken the Beginner's iPhone Camera Course—if you're comfortable with everyday iPhone photography, you'll feel right at home. We'll revisit essential topics from the beginner course but with a more in-depth focus, giving you a comprehensive mastery of how AI is embedded into the iPhone camera. Each week includes optional and practical

home exercises to reinforce what you've learned and build confidence using your camera's amazing features.

From Market to Table: A Creative Cooking Journey

Instructor: Alfred Schwartz **Weeks:** 4

Dates: 6/4/2025 - 6/25/2025 **DOW:** Wednesday

Time: 2:00 PM - 3:30 PM **Method:** Classroom

As the instructor, I look forward to freeing your mind to the possibilities of cooking. That means giving you the tools to walk into a market, recognize products that excite you, and create amazing food that's totally of your own making. Meals will never be defined by words like "has to be" or "should be." Rather, I want to give you the gift of "gets to be"! This five-week class will be divided into two parts: Shopping and Making. Our journey begins with the first session, a lecture outlining what to expect, setting the stage for the weeks ahead. Then, every other week, we will meet at markets around the metro area to "go shopping," learning to let the market guide us—from what we want to make to what other dishes could complement the meal. The following week, having purchased our amazing finds, we will cook in the classroom and taste our creations together. Please join me in what I hope will be the start of a lifetime of joyous meals!

Brain and Body Fitness

Instructor: Sandy Bramlett **Weeks:** 6

Dates: 6/4/2025 - 7/9/2025 **DOW:** Wednesday

Time: 1:30 PM - 2:45 PM **Method:** Classroom

Based on the science of neuroplasticity, Brain and Body Fitness by Ageless Grace® consists of 21 simple exercise tools based on everyday movements for healthy functioning of the body, and a sharper brain. Brain and Body Fitness stimulates the brain and body by simultaneously, engaging core muscles supporting the spine and limbs while seated, while improving cognitive function, mental 'quickness', balance/fall prevention, joint mobility, spinal flexibility, breathing, and more - practiced to upbeat, age-appropriate music.

Let the Colors Flow/Watercolor Uninhibited

Instructor: Jean khoshbin **Weeks:** 6

Dates: 7/2/2025 - 8/13/2025 **DOW:** Wednesday

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

This course will take student through the basics of watercolor with or without sketching we will explore composition, depth, perspective, and other aspect of creating a watercolor. We will discuss subjects such as wet on wet, and wet on dry. We will explore Negative painting, light and Atmosphere, sky, trees, buildings, shadows, limited palates, etc.

THURSDAY

Gilbert and Sullivan's "Iolanthe" and "Yeoman of the Guard"

Instructor: Peter Edward Campos **Weeks:** 4

Dates: 6/5/2025 - 7/3/2025 **DOW:** Thursday

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

Gilbert and Sullivan are best known for their operettas "The Mikado," "The Pirates of Penzance," and "HMS Pinafore." However, there were 11 other plays where Gilbert's witty and satirical libretti and Sullivan's gorgeous, rousing musical scores delighted audiences for over 100 years. "Iolanthe" and "Yeoman of the Guard" were two of the more popular of these shows. In this four week course, we will feature full Act I and Act II performances for each play, and short introductory and concluding remarks. "Iolanthe" takes us to the world of fairies and their awkward love interests with members of the House of Lords. It features a rousing lampoon of the Peers with "When Britain Really Ruled the Waves." Yeoman of the Guard takes a different tack on a love theme; this is a more "serious" operetta about unrequited love set in Tudor England in the Tower of London! "Yeoman" features the hauntingly soulful "I have a song to sing, O." If you are so inclined during class, please feel free to sing along! I will provide you with the list of musical numbers and direct you to websites that feature the entire score and libretto for each play.

Walker Percy: His Life, Novels and Ideas

Instructor: Doug Cumming **Weeks:** 4

Dates: 6/5/2025 - 7/3/2025 **DOW:** Thursday

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

Is there a writer you value as your favorite and a lifelong guide? Walker Percy is that writer for me. Percy, from Old-South families, was trained as a doctor and scientist, but recovering from TB immersed him in Russian novels, existential philosophy, Catholic conversion, and a riddling career as a novelist. His first novel, *The Moviegoer*, won the National Book Award in 1962. Five other novels followed until his death in 1990, along with collections of his fascinating works on language as the sole human mystery. I would like to present this writer's worldview, humor and character in hopes that you will share some of how these have grown on me. One class: bio. Another: philosophical writings on language. Another: *Love in the Ruins: The Adventures of a Bad Catholic at a Time Near the End of the World*. Finally: *The Second Coming*. Books needed: "Love in the Ruins" and "The Second Coming"

FRIDAY

The Next Epidemic

Instructor: Steve Richardson **Weeks:** 4

Dates: 6/6/2025 - 6/27/2025 **DOW:** Friday

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

Disease outbreaks are inevitable, but we have choices on how to respond. This course introduces public health methods used to predict and prevent epidemics or to minimize the damage they cause. We will use case studies of actual pandemics like polio, AIDS, COVID-19, the Great Influenza of 1918, and others to show the factors that help or hinder efforts to fight disease. Each session will include group discussion of key practical and ethical questions that staff and policymakers must confront in building a response. The course will include a docent-guided visit to the museum at the Centers for Disease Control and Prevention (CDC) headquarters. Participants will be able to help friends and colleagues better understand the steps and stages of the next outbreak. Please Note: This is a 4-week

course, the first week will be a tour of the CDC. More exact details for that meeting, closer to scheduled class.

ONE DAY COURSES

Enneagram Part 1 - Introduction & Path to Growth and Happiness

Instructor: Tony Holmes **Weeks:** 1

Dates: 6/4/2025 - 6/4/2025 **DOW:** Wednesday

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

Or

Dates: 8/8/2025 - 8/8/2025 **DOW:** Friday

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

This course (Part 1) is a mandatory pre-requisite to taking any future 2025 Enneagram courses. Part 1 provides an introduction and guide toward your self-awareness and understanding of others, helping you uncover your unconscious fears, motivations, and responses to stress. Using the foundation elements of the Enneagram — a unique personality system that identifies 9 common patterns or "types" you will learn why you think, feel, and behave in predictable ways. This insight is key to improving relationships, managing emotions, and finding purpose. Through concepts, real-life examples, and in-class exercises, and an optional "type" test, the course provides the foundation and practical steps for personal growth and happiness. (Full description online)

Origami 101

Instructor: Emory Med Students **Weeks:** 1

Dates: 6/2/2025 - 6/2/2025 **DOW:** Monday

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

Join us for an engaging origami class that blends history and hands-on creativity. In the first half, you'll explore the rich cultural roots and evolution of origami, from its origins in Japan to its global influence today. The second half transforms into an interactive workshop where you'll learn to fold traditional and modern origami designs step-by-step. No prior experience necessary and all materials will be provided.

Mysterious Healing

Instructor: Charles Emmons **Weeks:** 1

Dates: 6/3/2025 - 6/3/2025 **DOW:** Thursday

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

How integrated into mainstream medicine are hands-on healing and other holistic practices like meditation, acupuncture, yoga, and chi gong? Are they scientific, placebo, spiritual, or paranormal? This presentation is based partly on interviews with healers in the U.S. and the UK. Discussion is encouraged.

OLLI Meet Up at the High Museum with Docent Jane Shalhoub (FULL)

Instructor: Jane Shalhoub **Weeks:** 1

Dates: 6/7/2025 - 6/7/2025 **DOW:** Saturday

Time: 11:30 AM - 1:00 PM **Method:** Off Site

OLLI Meet Up: Join High Museum Docent and OLLI Instructor Jane Shalhoub, as she conducts an OLLI Member tour through the fascinating highlights of the High Museum. Whether you're a member or a visitor of the High Museum, this promises to be a captivating experience. Current High Museum members can enjoy this event for free, while non-High Museum members will purchase a museum ticket for \$23.50. Seniors 65 and over get \$15 off their General Admission ticket. After the tour, we plan to go to Colony Square and have lunch together. Limit 10 Students for Tour.

Ikebana 360 for Conversation Table Workshop

Instructor: Nutan Ahuja **Weeks:** 1

Dates: 6/10/2025 - 6/10/2025 **DOW:** Tuesday

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

Summer brings vibrant energy and abundant beauty, inviting us to explore creativity in new ways. Let the warmth and color of the season inspire you. Ikebana, the timeless Japanese art of floral arrangement, seeks to create harmony between blooms and their environment. Please bring a cereal bowl, scissors, and any fresh greenery. Flowers will be provided.

Envisioning Retirement & Evaluating the True Costs

Instructor: Angela Rehkop **Days:** 2

Dates: 6/11/2025 - 6/12/2025 **DOW:** Wednesday

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

Dates: 8/20/2025 - 8/21/2025 **DOW:** Wednesday

Time: 10:00 AM - 12:00 PM **Method:** Classroom
Designing Your Future: Envisioning Retirement & Evaluating the True Costs A Two-Day Interactive Workshop for Personal Lifestyle Planning and Financial Clarity in Retirement Day 1: "Retirement Reimagined – Exploring Lifestyle, Purpose, and Possibilities": Visualizing what a fulfilling retirement looks like for you, Aligning values, goals, and daily rhythms in your next chapter, Exploring identity beyond work and cultivating meaning Day 2: "What Will It Really Cost? – Assessing Financial Realities and Long-Term Needs": Understanding key cost drivers in retirement: housing, healthcare, travel, legacy, Budgeting for flexibility, longevity, and unexpected changes, Tools and frameworks to project, assess, and refine your retirement finances.

Hand Lettering 101

Instructor: Sarah Gearhart **Weeks:** 1

Dates: 6/13/2025 - 6/13/2025 **DOW:** Friday

Time: 11:00 AM - 12:30 PM **Method:** Classroom
Unlock your creativity and discover the art of modern calligraphy style handwriting with our Hand Lettering Class! Whether you're a beginner or looking to go back to the basics, this class will guide you through the essentials of hand lettering, from basic strokes to creating stunning designs. You'll learn how to master various lettering styles, explore different tools and materials, and gain the confidence to create yourself projects such as personalized cards, posters, and even home decor. Book and Pen Included.

Making Sense of Cents!

Instructor: Jeff Milsteen **Weeks:** 1

Dates: 6/16/2025 - 6/16/2025 **DOW:** Monday

Time: 10:00 AM - 11:30 AM **Method:** Hyflex

Is it finally time for the U.S. to abolish the penny, which costs more to make than its worth? After all, if both Presidents Obama and Trump agree that the penny needs to go, maybe it's time to clean out our piggy banks and penny jars and once and for all say a tearful goodbye to the lowly penny. Join Jeff Milsteen for a look at the implications of relegating the penny to the change drawer of history!

Smart Tax and Investment Strategies for Retirement

Instructor: Angela Rehkop **Days:** 2

Dates: 6/17/2025 - 6/18/2025 **DOW:** Tuesday

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

A Two-Day Workshop to Help You Preserve, Grow, and Protect Your Retirement Income Day 1: "Tax Planning in Retirement – Understanding How Taxes Really Work", How different types of retirement income are taxed (Social Security, pensions, IRAs, etc.), Tax brackets in retirement and their impact on withdrawal strategies, Managing Required Minimum Distributions (RMDs), Roth conversions, charitable giving, and other tax-savvy tools, Avoiding common tax pitfalls that reduce retirement income. Day 2: "Investment Fundamentals – Building Confidence and Clarity: "Understanding the basic types of investments: stocks, bonds, mutual funds, ETFs, The role of diversification, risk, and return in a retirement portfolio, Balancing income needs with long-term growth, Simple strategies to stay informed and in control.

From Independence to Care: A Day in the Life of Senior Living Residents

Instructor: Jennifer Franks **Weeks:** 1

Dates: 6/17/2025 - 6/17/2025 **DOW:** Tuesday

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

As we age, it's natural to wonder about the care and support we may need in the future. What do Independent Living, Assisted Living, and Memory Care really look like? What services are provided, and what are the requirements? Navigating these options can feel overwhelming, but understanding the terminology is a great first step. This presentation will walk you through a typical day in senior living, covering dining, activities, and the services included in the rate for Independent Living, Assisted Living, and Memory Care. You'll get an overview of daily routines, support levels, and available amenities, offering a clear picture of life in each care setting. Be prepared—learning the lingo and understanding your options will help you make informed decisions about your future.

Enneagram Part 2 Key Elements for Life Success and Happiness

Instructor: Tony Holmes **Weeks:** 1

Dates: 6/18/2025 - 6/18/2025 **DOW:** Wednesday

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

Dates: 8/22/2025 - 8/22/2025 **DOW:** Friday

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

This course (Part 2) builds on the prerequisite Part 1 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. We will also briefly identify other potential applications of the Enneagram, and also solicit attendee feedback to identify those areas of interest for future classes. Full description online.

First Aid, CPR, AED (National Safety Council)

Instructor: Jim Spano **Weeks:** 1

Dates: 7/11/2025 - 7/11/2025 **DOW:** Friday

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.

National Safety Council Defensive Driving

Instructor: Jim Spano **Weeks:** 1

Dates: 7/14/2025 - 7/14/2025 **DOW:** Monday

Time: 9:30 AM - 3:00 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.

Destination Iceland; Understanding Global Tectonic Theory

Instructor: Debra Duffy **Weeks:** 1

Dates: 7/15/2025 - 7/15/2025 **DOW:** Tuesday

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

Why is Iceland called the land of fire and ice? What is the Ring of Fire? Why are some volcanic eruptions deadly and others are not? Why does the East coast have less earthquakes compared to the West coast? To better understand geologic phenomena of our planet, we will explore the foundations of global plate tectonic theory to appreciate our ever-changing dynamic home we call Earth. We will travel over the globe to explore the distribution of earthquakes and volcanoes, mountain ranges, and the island country of Iceland sitting on one of the biggest ‘cracks’ in the Earth’s crust. The presentation will also include an overview of Dr. Duffy’s trip to Iceland in January of

2022 highlighting places of interest and the geology of fascinating landscapes.

Painting for Fun: A Relaxing Creative Experience

Instructor: Sarah Gearhart **Weeks:** 1

Dates: 6/27/2025 - 6/27/2025 **DOW:** Friday

Time: 11:00 AM - 12:30 PM **Method:** Classroom
OR

Dates: 8/29/2025 - 8/29/2025 **DOW:** Friday

Time: 11:00 AM - 12:30 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!

We still have a few more upcoming Summer classes to announce, so be sure to check the OLLI Newsletter each week for announcements!



Vivo
strength·community·life

Why Strength Training:
An Introduction to Vivo
The Science of Building Strength

**Online classes through
OLLI at Emory
Online description for options**