

AUGUST 2026

MON

Sullivan Without Gilbert

Instructor: Judith Costello

Dates: Monday, 8/3/2026-8/24/2026

Time: 1:30 PM-3:00 PM

Method: Online **Wks:** 4

Sir Arthur Sullivan (1842-1900) is remembered today almost exclusively for his fourteen comic opera collaborations with William S. Gilbert — but he yearned throughout his career to be recognized as a serious musician, a creator of grand opera and important choral and symphonic works. This four-week course offers examples of Sullivan's output in opera, oratorio, and cantata; his concert overtures, ballet-tableaux, and incidental music to Shakespeare; and a few of his fashionable Victorian "parlour songs."

OLLI Atlanta Historic The Temple Tour, Mon.

August 3, 2026 11AM

Instructor: FULL

Dates: Monday, 8/3/2026-8/3/2026

Time: 11:00 AM-12:00 PM

Method: **Wks:** 1

Join your fellow OLLI members for a special guided visit to The Temple, one of Atlanta's most historic and influential religious institutions. Founded in 1867, The Temple is Atlanta's oldest synagogue and a cornerstone of Reform Judaism in the South. Located in Midtown Atlanta, this remarkable congregation has played a significant role in the city's religious, cultural, and social justice history for more than 150 years. In 2009, Newsweek recognized The Temple as one of the most vibrant and dynamic Jewish congregations in the nation. During our docent-led tour, we'll explore the beautiful sanctuary and campus while learning about The Temple's rich history, stunning architecture, and enduring commitment to community engagement and social justice. Today, The Temple is home to more than 4,000 members and is known for its welcoming and inclusive spirit, embracing individuals and families of all backgrounds. Whether you're interested in Atlanta history, architecture, faith traditions, or simply discovering one of the city's treasured landmarks, this promises to be a fascinating and enlightening experience. We hope you'll join us for this unique opportunity to learn more about one of Atlanta's most significant historic institutions.

Thrive Salon: Longevity Lit Book Club

Instructor: Carol Camerino **FULL**

Dates: Monday, 8/10/2026-8/24/2026

Time: 1:30 PM-3:00 PM

Method: Classroom **Wks:** 3

Thrive Salon – Longevity Lit Book Club will dive into nonfiction picks that celebrate and promote vitality, relevance, and joy in life's next chapters. Each quarter, we'll gather to explore big ideas about aging strong, staying in the conversation, and designing a life that feels energized, connected, and on-purpose. Expect books that challenge assumptions, spark possibilities, and inspire action—not homework—with lively conversations, story sharing, and practical applications. Come for the books, stay for the people—and leave each session with fresh insights and newfound esprit de corps for this wonderful and amazing stage of life. August Selection: Joyspan: The Art and Science of Thriving in Life's Second Half by Dr. Kerry Burnright. Please read Chapters 1–4 prior to the first session. You will need to buy the book.

Great Cities on the Silk Roads

Instructor: Howard S Cohen

Dates: Monday, 8/17/2026-8/24/2026

Time: 11:30 AM-1:00 PM

Method: Hyflex **Wks:** 2

The Silk Road was a vast 4,000-mile network of ancient Eurasian trade routes- not a single road- connecting China with the Roman Empire, Eastern Africa, India and the Middle East. A massive amount of goods were traded alongside religion, food, science, medicine, art and culture. Land and sea routes were developed over a period of 1,500 years. Using colorful videos, two classes will explore the great cities that developed because of the Silk Roads. Well known cities such as Baghdad, Venice and Samarkand will be visited as well as lesser-known places such as Calicut, Adulis and Hangzhou. The Silk Roads made enormous positive contributions for civilization. Learn why!

VIVO Free Info Session - Staying Strong and Independent

Instructor: VIVO

Dates: Monday, 8/31/2026-8/31/2026

Time: 11:00 AM-12:00 PM

Method: Online **Wks:** 1

Join us to learn about the value of strength training as we age. We will discuss the health benefits of staying strong including improved mood, sleep, and memory. We will introduce Vivo, an online, live, strength training program available to OLLI members for the Spring term.

You will have the opportunity to participate in a short demonstration class and there will be time for questions and answers. Vivo has partnered with several OLLI Programs to offer classes to members, it's a unique program of live, interactive, virtual fitness classes specifically designed for older adults. Vivo is a groundbreaking strength training program and has been featured in major media outlets like The New York Times, Vivo is not just another online fitness class. It's an amazingly fun, engaging small-group experience taught via Zoom and adaptable to any fitness level.

TUES

Rediscovering Optimism in Today's World

Instructor: Robert Pawlicki

Dates: Tuesday, 8/4/2026-8/11/2026

Time: 10:00 AM-11:00 AM

Method: Hyflex **Wks:** 2

In an age overflowing with conflict and uncertainty, optimism can seem naïve - or even reckless. Yet history shows it is precisely this daring hope that lights the path out of darkness. From a mental health perspective, optimism isn't wishful thinking - it's wise thinking. It widens our vision, revealing opportunities that pessimism keeps hidden. In this two-session class, retired psychologist Robert Pawlicki will explore how unchecked pessimism can quietly erode well-being, and how realistic optimism has fueled progress in the past—and can do so again today.

Music and the Holocaust - Tragedy, Hope and Legacy

Instructor: Emanuel Abramovits

Dates: Tuesday, 8/4/2026-8/25/2026

Time: 1:30 PM-3:00 PM

Method: Online **Wks:** 4

Music was heard in many ghettos, concentration camps, and partisan outposts of Nazi-controlled Europe. For many victims of the Holocaust, music was an important way of preserving and asserting their humanity. Learn the role that music played in the struggle for hope in the darkest of times. With support from audiovisuals and anecdotes, we'll learn stories about the artists who died in the Holocaust, those who survived, the fate of the instruments that have been restored and how the musical world was affected by WWII and the Holocaust.

What Makes the Grand Canyon "Grand?"

Instructor: Stephanie Slahor

Dates: Tuesday, 8/4/2026-8/25/2026

Time: 1:30 PM-3:00 PM

Method: Online **Wks:** 4

Arizona's Grand Canyon is one of the world's most famous wonders. We'll explore its geology, trails, ancient human history, modern human history, the Colorado River, and some of the plants and animals that inhabit its five Life Zones.

Improvisation - Part 2

Instructor: Robert Drake

Dates: Tuesday, 8/4/2026-8/25/2026

Time: 11:30 AM-1:00 PM **CANCELLED**

Method: Classroom **Wks:** 4

The Geography Behind the Headlines **FULL**

Instructor: June Converse

Dates: Tuesday, 8/4/2026-8/25/2026

Time: 11:30 AM-1:00 PM

Method: Classroom **Wks:** 4

Why do nations act the way they do? Why are some regions locked in conflict while others thrive? The answers often lie not in politics alone-but in geography. In this engaging and eye-opening class inspired by Prisoners of Geography by Tim Marshall, we'll explore how mountains, rivers, deserts, and coastlines quietly-but powerfully-shape global events, national strategies, and the balance of power. Together, we'll take a guided journey across key regions of the world-including Russia, China, the Middle East, Europe, Africa, and the United States-to uncover how geography influences everything from war and peace to trade, culture, and economic development. This class will have several sections that will continue the journey. You do not need to take in any order, each are stand alone sections covering different information.

The Decorative Arts of Islam: Geometry Calligraphy, and Sacred Pattern

Instructor: Sayyid Tirmizi **CANCELLED**

Dates: Tuesday, 8/4/2026-8/11/2026

Time: 11:30 AM-1:00 PM

Method: Flex **Wks:** 2

Wrap It Up! Memory Wire Bracelet Workshop

Instructor: Virginia Milner

Dates: Tuesday, 8/11/2026-8/11/2026

Time: 11:00 AM-1:00 PM

Method: Classroom **Wks:** 1

In this hands-on class, participants will learn how to work with memory wire, beads, spacers, and dangles to design a colorful, personalized wrap bracelet that coils comfortably around the wrist. Along the way, you'll discover techniques for balancing colors and textures, adding decorative accents, and creating secure finishes. Perfect for beginners and experienced jewelry makers alike, this versatile design is as fun to make as it is to wear.

WED

Let's Discuss Topics We Disagree On

Instructor: Alice Huang **CANCELLED**

Dates: Wednesday, 8/5/2026-8/26/2026

Time: 1:30 PM-3:00 PM

Method: Classroom **Wks:** 4

This course is for those who have already participated in any of the previous courses Alice Huang has led for OLLI and are familiar with the approach introduced in "How Can We Discuss Topics We Disagree On". Each week, we will try to engage constructively on a different topic, to gain insights from those we disagree with, and to build our understanding and skills for having these conversations. You will have a chance the first week to propose topics for the subsequent discussions. (Send an email to suggest any topics you would especially like to discuss the first week with people who disagree with you!)

Aging in Place: Planning for Real Life

Instructor: Stephanie Tarpley

Dates: Wednesday, 8/5/2026-8/26/2026

Time: 11:30 AM-1:00 PM

Method: Classroom **Wks:** 4

We spend years planning for retirement, but many people spend far less time thinking about how they want to live as they grow older. This course takes a practical and realistic look at aging in place and the many decisions, challenges, and opportunities that can come with it. Topics include staying socially connected, building support networks, caregiving realities, housing and senior living options, transportation, finances, planning, and adapting when life does not go as expected. Not everyone has access to expensive retirement communities or ideal situations, making flexibility, community connections, and informed decision making even more important. Through presentations, shared resources, practical examples, and

conversation, participants will explore ways to remain engaged, supported, and better prepared for the future.

Lawdogs and Outlaws of the Wild West

Instructor: Mark Randle

Dates: Wednesday, 8/5/2026-8/26/2026

Time: 11:30 AM-1:00 PM

Method: Classroom **Wks:** 4

Step into the rough-and-tumble world of the American West as we explore the lives of famous lawmen and notorious outlaws who became legends of their time. From Bat Masterson and Wyatt Earp to Jesse James and Billy the Kid, this course examines the stories behind the heroes and villains of the frontier. We'll also highlight some of the West's most infamous women outlaws and trailblazers who challenged expectations and left their own mark on history. Through stories, discussion, and historical context, we'll separate myth from reality in the Wild West.

The Silver Pharaoh: The Forgotten Discovery of an Intact Egyptian Tomb

Instructor: Michael McDavid

Dates: Wednesday, 8/5/2026-8/5/2026

Time: 1:30 PM-3:00 PM

Method: Hyflex **Wks:** 1

In 1939, on the eve of World War II, French archaeologists working in the ruins of the ancient city of Tanis made a remarkable discovery. They found an undisturbed tomb containing the mummies of five Egyptian rulers. Several of these burials included wonderful objects, including the spectacular solid gold funerary mask of Pharaoh Psusennes I. This discovery rivalled that of the better known "King Tut" in 1923; but because of the timing with the war, it went largely unnoticed around the world. In the session we will look at the details of the archaeological dig, some background on who this group of pharaohs was, and view images of many of the objects found in the tomb.

Fun With the Incredible iPhone Camera with AI Features

Instructor: Bob Siegmann

Dates: Wednesday, 8/5/2026-8/26/2026

Time: 1:30 PM-3:00 PM

Method: Classroom **Wks:** 4

Ready to take your iPhone photography to the next level? This 6-week course (one and a half hours per week) is designed for users who are already comfortable with everyday iPhone photography and want to explore more advanced AI features. Each session dives into powerful camera functions, smart AI tools, and hidden shortcuts that can dramatically improve your photos.

While we'll touch on key concepts from the beginner course, the focus here is deeper—helping you truly understand and use the iPhone's built-in AI and pro-level camera modes.

Mixed Genes and Englishmen: A Short History of the English DNA Profile

Instructor: Michael McDavid

Dates: Wednesday, 8/12/2026-8/12/2026

Time: 1:30 PM-3:00 PM

Method: Hyflex **Wks:** 1

The island of Britain has been continuously inhabited by "modern" humans for about 10,000 years according to the latest archaeological records. Recent DNA testing has shown that England's first population was "replaced" several times by later incursions of people from the continent. Today's English citizen whose ancestors have inhabited the island for many generations is a true genetic mix of forebears from across the world. In this session we will survey the different groups who settled in England, mixing with and replacing the previous people there over the millennia. Some of these "invaders" included the Bell Beaker people, Romans, Anglo-Saxons, Vikings, and the Normans. Each of them left genetic markers in the English population that are readily discernible today.

Smart Tax and Investment Strategies for Retirement

Instructor: Angela Rehkop

Dates: Wednesday, 8/19/2026-8/20/2026

Time: 10:00 AM-12:00 PM

Method: Classroom **Wks:** 2

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. Wed and Thurs, Aug 19 & 20, 10AM - 12PM.

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

Instructor: Angela Rehkop

Dates: Wednesday, 8/26/2026-8/27/2026

Time: 10:00 AM-12:00 PM

Method: Classroom **Wks:** 2

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. (10AM-12PM) Consecutive 2 day course.

Around the World in 60 minutes on Corroboree

Instructor: Eric Sponberg and Arliss Ryan

Dates: Wednesday, 8/26/2026-8/26/2026

Time: 10:00 AM-11:00 AM

Method: Classroom **Wks:** 1

In 2017-2023, Eric Sponberg and Arliss Ryan sailed around the world in their 35' sailboat Corroboree. The voyage covered 32,000 miles, and their adventures (and misadventures!) include sailing amidst tropical islands on balmy days, dodging hurricanes and lightning storms, encounters with dolphins and whales, and stargazing on magical nights far out at sea. Ashore, they visited rain forests, historic sites, big cities and the Australian Outback. They volunteered at local organizations and went on South African safaris. Most of all, they met generous people from an array of cultures and from all walks of life who helped and enlightened them along the way. They present their talk as a way to pay forward these many kindnesses and to inspire others to travel and learn about all the amazing people and places in our world. They welcome questions following their talk. Ask away!

THURS

Decisions? Decisions!! A How-to-Make-Better-Ones Workshop

Instructor: Stuart Zola

Dates: Thursday, 8/6/2026-8/6/2026

Time: 11:30 AM-1:00 PM

Method: Hyflex **Wks:** 1

Stuart Zola, a world-recognized neuroscientist, will introduce you to better quality decision-making using interactive activities and visual thinking. He'll also share a few secrets about how the brain helps manage your decision process. Workshop participants will build skills in weighing options, seeing the big picture, and identifying strategies important for making good decisions. The approach is encompassing – decision-making can be applied to any subject area (think: business, relationships, physical and emotional health, education, even lunchtime (pizza, or the salad?). In one of the most popular aspects of the Workshop, Dr. Zola brings together experiences and wisdom from different and unusual decision-makers, e.g., a professional poker player, a professional mountain climber, and a professional magician. Decision-making is not mechanical, it is personal, and in the oncoming world of artificial intelligence (AI), the skill of including the human factor in decision-making is going to be ever more important. You've made the right decision attending this session!

OLLI Ice Cream and Trivia - Thursday, August 6, 2026, 1:15PM

Instructor:

Dates: Thursday, 8/6/2026-8/6/2026

Time: 1:15 PM-2:30 PM

Method: Classroom **Wks:** 1

Join us for a fun afternoon of sweet treats, laughter, and friendly competition at OLLI Ice Cream and Trivia! We'll divide the classroom into teams and play some lighthearted trivia. Enjoy ice cream while getting to know fellow OLLI members in a relaxed and welcoming atmosphere. Whether you're a trivia expert, just coming for the fun, or simply there for the ice cream, this is a great opportunity to connect, laugh, and enjoy a summer afternoon together. This event is free to OLLI members, but be sure to register so we can plan for everyone.

Buddhist Art and Architecture of South Asia

Instructor: Sayyid Tirmizi **CANCELLED**

Dates: Thursday, 8/6/2026-8/27/2026

Time: 9:30 AM-11:00 AM

Method: Hyflex **Wks:** 4

What? We Have Two Different Memory Systems in the Brain?

Instructor: Stuart Zola

Dates: Thursday, 8/13/2026-8/13/2026

Time: 11:30 AM-1:00 PM

Method: Hyflex **Wks:** 1

Brain scientist, Stuart Zola, will first show how our everyday memory allows us to consciously recall the facts and events of our lives – a conversation we had a few hours ago, a phone conversation from yesterday, or a vacation we took years ago. But, in a real-life demonstration in class, each of you will see how quickly you forget everyday memory – you'll be amazed! Now - did you know that we all have another kind of memory ability? Habit memory - although we use it a lot, we are mostly unaware of it. In fact, you'll discover in class that you behave non-consciously more times a day than you can imagine! Habit memory has been one of the most important discoveries for understanding how the brain works. Our habit system might possibly be better than our everyday memory for retaining some kinds of information. This discovery could be important for people living with Alzheimer's and other dementias. You won't forget this session!

Really Strange Things People Do While Sleeping: The Science of Sleep

Instructor: Stuart Zola

Dates: Thursday, 8/20/2026-8/20/2026

Time: 11:30 AM-1:00 PM

Method: Hyflex **Wks:** 1

Sleep-deprived neuroscientist, Stuart Zola, will answer the question of why sleep is important. Why do we go through several different phases of sleep every night? How much sleep should we get? Are naps during the day a good idea? Can caffeine affect your sleep and cognition? What should we NOT do every night to get a good night's sleep? We'll discuss evidence-based information investigating the curious world of sleep, a bit about dreams, sleep disorders, and some of the strange things that people do in their sleep. Really strange things. Guaranteed - you will not fall asleep during this session!

Ikebana: Japanese Art of Flower Arrangement

Instructor: Nutan Ahuja

Dates: Thursday, 8/20/2026-8/20/2026

Time: 1:00 PM-3:00 PM

Method: Classroom **Wks:** 1

Ikebana, is an ancient Japanese art of flower arranging, guided by the desire to create harmony between flowers and their surroundings. More than merely decoration, the Ikebana way of flower arranging encourages to fully express by infusing each arrangement with a sense of space, motion, season, rhythm and emotion. 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.

Enneagram Connection Gathering

Instructor: Tony Holmes, MA

Dates: Thursday, 8/27/2026-8/27/2026

Time: 10:00 AM-12:00 PM

Method: Classroom **Wks:** 1

Reconnect with fellow past Enneagram participants for a relaxed and ongoing discussion designed to continue your personal journey. This free two-hour gathering is not a lecture, but an opportunity to gather and share experiences, ask lingering questions, discuss successes and challenges, exchange resources, suggest future gathering or class topics, and explore how the Enneagram continues to influence your daily life. The only requirement is having previously taken Part 1: Introduction to the Enneagram. Join us for meaningful discussion, connection, and continued growth in a casual social setting.

Tom Foolery: The Words & Music of Tom Lehrer

Instructor: Jeff Glazer

Dates: Thursday, 8/27/2026-8/27/2026

Time: 11:30 AM-1:00 PM

Method: Hyflex **Wks:** 1

Tom Lehrer was a writer of satirical songs during the 1950s and 1960s who developed an almost cult-like following over the years. This class will examine many of his best-known songs, from Fight Fiercely, Harvard and Poisoning Pigeons in the Park to The Elements and I'm Spending Hanukkah in Santa Monica. Since his passing in 2025, there has been renewed interest in his work. Along the way, you'll gain fascinating insights into his life and music, along with a couple of surprises.