July - August, 2024

**JULY 2024**

**MONDAY**

**Chair Yoga**

*Instructor*: Nutan Ahuja  
*Day*: Monday  
*Format*: Zoom  
*Dates*: 7/8/2024 - 8/19/2024  
*Time*: 10:00 AM – 11:00 AM

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.

**Musical Swans**

*Instructor*: Judith Cohen  
*Day*: Monday  
*Format*: Zoom  
*Dates*: 7/8/2024 - 7/15/2024  
*Time*: 01:30 PM – 03:00 PM

An annual ceremony dating back to the twelfth century and always held in late July, ROYAL SWAN-UPPING is one of Britain’s most charming and curious traditions — part avian census, part welfare check, and part ancient ritual. Help celebrate these magnificent creatures by joining us for a two-part class featuring a wide variety of works about swans — including a 1612 English madrigal, excerpts from Tchaikovsky’s beloved ballet music, and a haunting song by a contemporary Irish composer.

**TUESDAY**

**Ikebana**

*Instructor*: Nutan Ahuja  
*Day*: Tuesday  
*Format*: Classroom  
*Dates*: 7/9/2024 – 8/6/2024  
*Time*: 11:30 AM – 1:00 PM

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.

**Pinafore, Pirates and The Mikado**

*Instructor*: Peter Campos  
*Day*: Tuesday  
*Format*: Hyflex  
*Dates*: 7/9/2024 – 8/20/2024  
*Time*: 11:30 AM – 1:00 PM

Join me for a summer concert consisting of Gilbert and Sullivan’s most iconic and popular operetas: HMS Pinafore; The Pirates of Penzance; and The Mikado. Over the next seven weeks we will be entertained by the rapturous music of Sir Arthur Sullivan as he adapted the brilliant libretti of Sir William Gilbert to these works. Week 1 will be an introduction to the pair, their body of work, and to these three plays. Thereafter, we will devote two weeks to Act I and Act II respectively for each operetta in that order. I will provide you with lyrics so you may sing along if you wish. Note that for each performance, I will be using YouTube or DVD videos from various performing companies, including amateur groups. We will use traditional and some avant-garde

**It’s Your Story…Write On!**

*Instructor*: Georgia Lee  
*Day*: Monday  
*Format*: Classroom  
*Dates*: 7/8/2024 - 8/19/2024  
*Time*: 1:00 PM - 2:30 PM

"You should write a book!" Ever heard that from anyone? Writing the stories and memories of our lives doesn't have to be a daunting task, but the time to start is now. Through fun writing prompts, exercises, micromemoirs, and storytelling, we'll demystify the writing process, one story at a time. Whether you want to leave a legacy for your family and friends or just for yourself, this class will help your writing and communication skills. We'll include some literary trivia contests, with prizes for more fun. No prior writing experience required in this intimidation-free zone. Reading aloud is encouraged, but optional.
productions to illustrate the diversity of how G&S has been tackled for contemporary and current audiences.

**Improvisation Part 1**
*Instructor:* Robert Drake  
*Day:* Tuesday *Format:* Classroom  
*Dates:* 7/9/2024 – 8/20/2024  
*Time:* 11:30 AM – 1:00 PM

Learn the skills and techniques of improv comedy to be able both to laugh more and negotiate the world more easily! This session will teach you the fundamentals of improv and how to use them both to create stories, humor, and to communicate more easily. Limited to 15 students.

**Random Writing**
*Instructor:* Susan Soper  
*Day:* Tuesday *Format:* Online  
*Dates:* 7/9/2024 – 8/20/2024  
*Time:* 01:30 PM – 3:00 PM

Assignments will include fiction, non-fiction, memoir, interviews, observations turned to stories, letters, post-it notes, and more. Assignments have deadlines and strict word limits so everyone will have a chance to read their pieces each week.

**WEDNESDAY**

**Chair Yoga with Resistance Bands**
*Instructor:* Nutan Ahuja  
*Day:* Wednesday *Format:* Zoom  
*Dates:* 7/10/2024 - 8/21/2024  
*Time:* 10:00 AM – 11:00 AM

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.

**I Wanna Be Free**
*Instructor:* Denise Raynor  
*Day:* Wednesday *Format:* Hyflex  
*Dates:* 7/10/2024 – 8/21/2024  
*Time:* 11:30 Am – 1:00 PM

Fugitive slaves were the first abolitionists, simply by the act of escaping. We will examine how generations of attempts at freedom by enslaved individuals led to the abolitionist movement and eventually influenced Lincoln to write the Emancipation Proclamation. Rather than being given to them, African Americans fought hard for their freedom.

**The Gnostic Gospels: Heresy or Alternative Orthodoxy?**
*Instructor:* Beth Skinner  
*Day:* Wednesday *Format:* Online  
*Dates:* 7/10/2024 – 8/07/2024  
*Time:* 1:30 PM – 3:00 PM

Are the Gnostic Gospels censored materials, containing secrets removed from the Christian bible? Or are they alternative views of the "Jesus movement" which grew following the accounts of the resurrection? In this course we will explore the Gnostic Gospels and consider their differences from the notable "Four Gospels" of the Christian text as well as consider their distinctions from the traditional formations of the Christian religion.

**THURSDAY**

**Everyday Genetics**
*Instructor:* Ed Stephenson  
*Day:* Thursday *Format:* Classroom  
*Dates:* 7/11/2024 - 8/22/2024  
*Time:* 11:30 AM - 1:00 PM

An introductory class in Genetics, taught using examples from everyday life. Topics to be covered include phenotypes and genotypes; basic heredity; DNA, proteins and how they work; human genetic diseases; the genetics of viruses and cancer; the use of DNA in forensics, human ancestry and deep human history; and other topics. All relevant background will be covered - you do not need to remember any part of the high school biology class that you took many years ago.

**Contemporary Ethics 2**
*Instructor:* David Smith  
*Day:* Thursday *Format:* Online  
*Dates:* 7/11/2024 - 8/1/2024  
*Time:* 1:30 PM - 2:30 PM

An overview of moral theories in circulation today, including relativism, divine command theory, egoism, utilitarianism, and deontology, and application of those theories to contemporary moral issues. In Contemporary Ethics 1 we looked at abortion, war, and end of life decisions. In this series we examine media ethics, political ethics, and animal ethics. The series addresses both ethics and the law and includes discussion. Contemporary Ethics 1 is not a requirement. Join us!
As we understand the natural world better, we have only grown more fascinated by mysterious topics like the meaning of dreams; the existence of angels, demons, and extraterrestrials; and the power of the evil eye. With record interest inspiring curiosity, dread, and mockery, this course probes the Talmud, Jewish philosophy, and kabbalah to provide Jewish perspectives and guidance for those curious about these perennial questions.

**Music of the Season - Summer**
**Instructor:** Judith Cohen  
**Day:** Monday **Format:** Hyflex Online  
**Dates:** 8/5/2024 - 8/26/2024  
**Time:** 1:30 PM – 3:00 PM

It’s a new season, as young exuberant spring melts into golden summer — long, lazy days; awkward young animals maturing into dignified adults; fruits and berries and grains reaching their peak of lush abundance; and weather that is bright, and hot, and sometimes interrupted by fierce, destructive thunderstorms. We’ll explore how composers have depicted the many moods of summer over the centuries and around the world — from an anonymous English tunesmith of the 1260s, to the Italian Baroque genius Antonio Vivaldi, to the great 20th-century Americans, George and Ira Gershwin.

**SUMMER ONE-DAY COURSES**

**The Lost Colony of North Carolina**
**Instructor:** Flynn Warren  
**Day:** Thursday **Format:** Hyflex  
**Dates:** 7/11/2024 - 7/11/2024  
**Time:** 9:30 AM - 11:00 AM

England’s first attempt to colonize North America began in 1585 with establishment of a settlement on Roanoke Island in North Carolina’s Outer Banks. These colonists gave up and returned to England. A second attempt began in 1587 but disappeared by 1590. This talk will cover early colonization of the east coast of the US and efforts to discover the fate of the Lost Colony. Beginning in 1937, the Dare Stone and 48 other forged stones were brought to Emory Professor Heywood Pearce, Jr. Pearce fully accepted the legitimacy of all the stones until all but the original Dare Stone were proved fake in 1941. The stones are currently kept at Brenau University in Gainesville, GA.

**First Aid, CPR, AED (National Safety Council)**
**Instructor:** Jim Spano  
**Day:** Friday **Format:** Classroom  
**Dates:** 7/12/2024 - 7/12/2024  
**Time:** 9:30 AM - 2:30 PM

This hands-on practical Basic Life Support course provides each participant receives the practical skills and knowledge using the 3 “C” method of CHECK – CALL - CARE! Main emphasis is on acquiring skills to keep an injured victim alive until they can be transported/evaluated by medical qualified staff members. Each participant will receive a student book and pocket guide and 2 year certificate. Limited to 15 students per class.
**Defensive Driving Course: National Safety Council**  
**Instructor:** Jim Spano  
**Day:** Monday  
**Format:** Classroom  
**Dates:** 7/15/2024 - 7/15/2024  
**Time:** 9:30 AM - 2:30 PM  
NSC Defensive Driving Courses teach drivers how to recognize and react to immediate and potential hazardous driving situations and conditions. Our instructor-led, classroom courses provide collision prevention strategies and defensive driving techniques that focus on behavior, judgement, decision making and consequences.

**Climate change: with Action Comes Hope**  
**Instructor:** Clare Eby  
**Day:** Tuesday  
**Format:** Online  
**Dates:** 7/23/2024  
**Time:** 1:30 PM – 2:30 PM  
Should climate change make us depressed, or hopeful? Learn about causes and impact of climate change, with particular emphasis on Georgia. While climate change can certainly be dispiriting, recent developments give us all, especially American citizens, grounds for hope. Learn about recent legislation that helps the planet--and can put money in your wallet.

**Where Writers Get Their Ideas**  
**Instructor:** Michael Ludden  
**Day:** Tuesday  
**Format:** Classroom  
**Dates:** 8/1/2024  
**Time:** 10:00AM - 11:15AM  
Book and story ideas are no great mystery. It's all about keeping it real and paying attention to three things: simple concepts, using your personal experiences and - more often than you think - seeking out professional expertise.

**Pork, Peas, and Pone: A History of Southern Food**  
**Instructor:** Michael McDavid  
**Day:** Tuesday  
**Format:** Hyflex  
**Dates:** 8/6/2024  
**Time:** 1:30 PM – 3:00 PM  
When many people today consider the American South, they often think first of traditional Southern food. Southern classics like fried chicken, biscuits, collard greens, and coconut cake are known everywhere. In this course the instructor, a lifelong southerner who grew up eating traditional fare every day, will explore some of the many traditions and history of Southern cuisine. We will discuss different aspects of Southern cooking, such as food availability and regional differences. If you have ever wondered why Southerners traditionally loved cornbread, overcooked their vegetables, and skillet fried any meat available, this is the course for you.

**1913: An End and a Beginning**  
**Instructor:** Michael McDavid  
**Day:** Tuesday  
**Format:** Hyflex  
**Dates:** 8/13/2024  
**Time:** 1:30 PM – 3:00 PM  
1913 was a year about which books have been written. In many ways it was the end of the 19th century before the horrors of war engulfed the Western world. It was also the year in which some would say the 20th century was born. It was certainly the Indian summer for European royalty. In this course we will look at some of the major events of 1913 on both sides of the Atlantic. In the USA the Democrats returned to power in Washington with the election of Woodrow Wilson. The women's suffrage movement was fast gaining steam and the American art world was introduced to “modern art”. In Europe the dance scene was upended by Stravinsky's Rite of Spring while the Romanov tsars celebrated 300 years on the throne. And on both sides of the Atlantic automobiles were putting horses out to pasture. Come join us for a nostalgic look at a world long vanished but still with us.

**Only Hope: My Mother and the Holocaust Brought to Light**  
**Instructor:** Irv Lubliner  
**Day:** Thursday  
**Format:** Online  
**Dates:** 8/15/2024  
**Time:** 1:30 PM – 3:00 PM  
Before she passed away in 1974, Felicia Bornstein Lubliner wrote about her internment in Polish ghettos and two Nazi concentration camps, Auschwitz and Gross-Rosen. Her powerful stories have recently been published by her son, Irv Lubliner, an emeritus Southern Oregon University professor and OLLI instructor. He will share excerpts from Only Hope: A Survivors Stories of the Holocaust, shedding light on his mother’s experiences and indomitable spirit, as well as his experience as a child of Holocaust survivors and his process in bringing the book to fruition. This is followed by a Q & A session.
**Medicare Made Simple for 2025**  
**Instructor:** Bonnie Dobbs  
**Day:** Monday  
**Format:** Online  
**Dates:** 8/26/2024  
**Time:** 1:30 PM – 2:30 PM  
This workshop is a must if you are turning 65, over 65 and getting ready to retire, already on Medicare, or a caregiver for your loved one on Medicare. You will learn the basic parts of Medicare, what to do to prepare for Medicare, and how and when to do it. You will also learn about important changes coming up in 2025.

**Explore The Vibrant Tapestry Of Mexico City: An Affordable Getaway**  
**Instructor:** Howard Cohen  
**Day:** Tuesday  
**Format:** Hyflex  
**Dates:** 8/27/2024  
**Time:** 10:30 AM – 12:30 PM  
Discover the allure of Mexico City, a rising star in travel destinations. Just a short 3 hours and 45 minutes away, this bustling metropolis beckons with its rich cultural offerings, temperate climate, boutique accommodations, and mouthwatering cuisine. Renowned for boasting some of Latin America's finest museums and voted into the top 10 by Travel&Leisure magazine readers, Mexico's capital promises an invigorating escape.

**From their Tombs to our Museum: Mummies, Grave Robbers and What’s Next**  
**Instructor:** Michael McDavid  
**Day:** Tuesday  
**Format:** Hyflex  
**Dates:** 8/27/2024  
**Time:** 1:30 PM – 3:00 PM  
For centuries Westerners have been fascinated with the mummies from ancient Egypt. The ancient Egyptians practiced mumification of their dead for over 3,000 years. Because of the ideal climate and burial practices, many thousands of these mummies survived. In this one-day course we will examine the reasons why the ancient Egyptians devoted so much effort and treasure to mumify their dead, how they accomplished it, and the reasons why mummies are now found in museums around the world. We will also look at more recent controversies, such as the ethics and legalities of how museums acquire antiques and the repatriation of such to their original homelands.

**Switzerland: A Photographic Journey in The Swiss Alps**  
**Instructor:** Jeff Milsteen  
**Day:** Wednesday  
**Format:** Hyflex  
**Dates:** 8/28/2024  
**Time:** 11:30 AM – 1:00 PM  
Switzerland is known for a lot of things — neutrality, secretive bankers, Swiss Army knives, watches, chocolate, cheese fondue, Heidi — but the Alps, well, they provide some of the most beautiful scenery in the world. Join Jeff Milsteen for a photographic journey through the Jungfrau region, complete with mountains, waterfalls, cable cars, cogwheel trains, and cows... lots of cows! And if you’re lucky, you might also learn a little something about Switzerland!