



Osher Lifelong  
Learning Institute  
Emory Continuing Education

# Jan/Feb 2025 Courses

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## MONDAY

### [Buddhist Art and Architecture of South Asia](#)

**Instructor:** Sayyid Tirmizi

**Dates:** 1/13/2025 - 2/17/2025 **DOW:** Monday

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

For over 2000 years, Buddhism and Buddhist Art of South Asia have significantly contributed to the world of art, architecture, sculpture, and paintings. Because of its diversity and richness, it has excited art historians, tourists, and people around the world. This course will cover topics like the ancient caves of Ajanta and Ellora, iconic images of Buddha and Bodhisattvas, and the Tanka painting of Tibet.

### [Chair Yoga Monday](#)

**Instructor:** Nutan Ahuja

**Dates:** 1/6/2025 - 2/24/2025 **DOW:** Monday

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

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 well-being through breathing correctly and stretching in ways that will open up your body on the path to peace.

### [Basic Meditation](#)

**Instructor:** Cookie Rubin

**Dates:** 1/13/2025 - 2/10/2025 **DOW:** Monday

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

The class will include basic explanations of how to begin a meditation practice, encourage the continuation of one already in progress, and will include sitting posture,

breath work, notes on the benefits of meditation and simple techniques to establish a practice. I will help participants with selected readings, video clips, and guided meditation. Dress very comfortably.

### [Jazz History: A Listener's Guide - Pt 2](#)

**Instructor:** James Rozzi

**Dates:** 1/13/2025 - 3/3/2025 **DOW:** Monday

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

(Jazz History Part 1 is prerequisites for this class. In Part 1, we explored jazz's beginnings up through the early big band era.) Part 2 will cover big band jazz and small group swing, through the complex musical and social developments of 1940s bebop. 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.

### [Music of the Seasons: Winter](#)

**Instructor:** Judith Costello

**Dates:** 1/6/2025 - 2/3/2025 **DOW:** Monday

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

From classical ballet to film scores, from the grandeur of opera and concert stages to the intimacies of the recital hall and the jazz club, composers through the centuries have depicted both the shimmering beauty and the dark menace of Winter. Join us as over the four weeks of this course we'll shiver to the evocative chill of Vivaldi and Tchaikovsky, hear swirling snowflakes in a fanciful passage by Offenbach, and observe the Winter Solstice with a 21st-century piano work.

### [Maximizing Potential: Unmet Needs & Community](#)

**Instructor:** Tameka Anderson

**Dates:** 1/13/2025 - 2/24/2025 **DOW:** Monday

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

This course explores the critical role that identifying unmet needs and building strong communities play in personal and collective growth. It aims to equip participants with the tools and insights necessary to recognize and address gaps in their own lives and the lives of others, fostering a sense of belonging and empowering them to reach their highest potential.

## It's Your Story. Write On!

**Instructor:** Georgia Lee

**Dates:** 1/13/2025 - 3/3/2025 **DOW:** Monday

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

It's Your Story...Write On 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.

## Celebrating Black History in Classical Music

**Instructor:** Judith Costello

**Dates:** 2/3/2025 - 2/24/2025 **DOW:** Monday

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

While most of us can easily list the essential contributions of African-American musicians to the popular genres of jazz, R&B, rock'n'roll, gospel music, hip-hop, and rap (to name a few), we may be less familiar with groundbreaking Black musicians in the Western Classical tradition. In this course, offered during Black History Month 2025, we pay tribute to a few of the composers, conductors, and performers of African descent whose gifts have enriched American and world music since this country was young. Over the four weeks of this course, we'll hear a work by Joseph Bologne, Chevalier de Saint-Georges, who was Mozart's contemporary and friend; we'll learn about the violin virtuoso George Bridgetower, the dedicatee of Beethoven's "Kreutzer" Sonata; and we'll explore the abundant output of American works by formerly enslaved people and their descendants. Finally, we'll sample a variety of performances by 20th and 21st century Black singers, instrumentalists, and conductors.

## Hidden Gems in Recent Cinema

**Instructor:** Robin Bernat

**Dates:** 1/6/2025 - 2/17/2025 **DOW:** Monday

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

Hidden Gems in Recent Cinema In this 6-week course, participants will view films produced over the past 20 years that have received critical acclaim but not much commercial exposure. Perhaps pigeon-holed by the term art house cinema, these films deserve a second and third look. Participants will view two films each week on their own, then we will come together for an online discussion of them. Films are very deliberately paired by the instructor. Occasionally, last minute changes to the list of films need to be made if something becomes unavailable that had been available. We use Amazon Prime, Criterion.com, Kanopy.com and other streaming services for viewing. Sometimes films are available for free, sometimes a rental fee is required. Weekly film selection available online.

## **TUESDAY**

### The Search for an American Sound

**Instructor:** Emanuel Abramovits

**Dates:** 1/14/2025 - 2/4/2025 **DOW:** Tuesday

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

Since the 1890s, when Americans were beginning to develop their own traditions in classical music, composers have recognized the dilemma of creating the American sound. We'll explore how not only classical musicians, but also Broadway and Hollywood composers of different origins and ethnicities alternated in creating a sound that has been defined as evocative of these lands and its people. Aaron Copland, George Gershwin, William Grant Still, Florence Price, Alex North, Elmer Bernstein and others will be the protagonists of this lecture, supported with audiovisuals and anecdotes.

## [Art and Music: A Love Affair](#)

**Instructor:** Howard Cohen

**Dates:** 1/14/2025 - 2/11/2025 **DOW:** Tuesday

**Time:** 9:45 AM - 11:00 AM **Method:** Hyflex

Explore the captivating relationship between art and music in this dynamic 5-week course. From a 23rd-century BCE Cycladic clay sculpture of a harpist to the vibrant dancing figures of Keith Haring, artists have long drawn inspiration from music. We'll delve into the essential role of music across various art forms: Max Fleischer's iconic animations featuring Looney Tunes, Agnes DeMille's choreography for Rodgers and Hammerstein's musicals, and Camille Saint-Saëns' masterpieces crafted for violinist Pablo Sarasate. Discover how Thomas Hart Benton brought music to life in his mural for the Country Music Hall of Fame and the vital contributions of costume designers and set decorators in opera. Plus, we'll explore Vermeer's use of musical instruments in his genre paintings and Elmer Bernstein's prolific film scores. Join us for a sensory journey that celebrates the enchanting interplay of visual art and music!

## [Introduction to Italian 5](#)

**Instructor:** Antonella Giannasca

**Dates:** 1/14/2025 - 2/25/2025 **DOW:** Tuesday

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

This is your last level of the Italian course; you made it so far so we can say Congratulations. We will continue to learn the last and most important rules of the Italian grammar, tenses and useful information. Be ready to speak more and to enjoy your last chapter of learning the language. ci vediamo in classe!

## [Understanding Your Investments](#)

**Instructor:** Timothy Gelinas

**Dates:** 1/14/2025 - 2/25/2025 **DOW:** Tuesday

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

Unlock the doors to understanding and take control of your retirement. Tim will help you have the proper tools so that you can be confident in your decisions on key matters that affect your retirement. Topics will include Investments - Mutual Funds & Annuities, Estate Planning & Taxes, Making your money last, Long-Term Care, Asset Management, Proper Diversification and Inflation. The class includes a free, no obligation portfolio analysis.

## [Ikebana: Japanese Art of Flower Arrangement](#)

**Instructor:** Nutan Ahuja

**Dates:** 1/7/2025 - 1/28/2025 **DOW:** Tuesday

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

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.

## [The 2024 Election: The Good, The Bad, and The Ugly](#)

**Instructor:** Multiple Presenters

**Dates:** 1/14/2025 - 2/4/2025 **DOW:** Tuesday

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

The 2024 election was among the most critical and contentious in recent memory. This class will look at policy shifts to political strategies, what happened, why it happened, and what it means for the future. The GOOD: political reforms, grassroots movements, breakthroughs in civil discourse, and technology. The BAD: polarization, negative campaigning, voter suppression, misinformation, and challenges in election security. The UGLY: political extremism, violent rhetoric, disinformation shaped narratives

## [Intro to Italian 2](#)

**Instructor:** Antonella Giannasca

**Dates:** 1/14/2025 - 2/25/2025 **DOW:** Tuesday

**Time:** 12:00 PM - 1:30 PM **Method:** Zoom

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)

## [Intro to American Mah Jongg](#)

**Instructor:** Carol Camerino

**Dates:** 1/14/2025 - 2/4/2025 **DOW:** Tuesday

**Time:** 1:30 PM - 3:30 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.) \*Fee includes a National Mah Jongg League card in Large Print

## WEDNESDAY

### Alfred Hitchcock Part 4: The Master

**Instructor:** Colin Mackey

**Dates:** 1/15/2025 - 2/26/2025 **DOW:** Wednesday

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

Alfred Hitchcock is known to many as the Master of Suspense, but this sells his importance as a filmmaker short. Starting his film career in the silent era and working through the 1970's, Alfred Hitchcock was a groundbreaking innovator who helped develop the language of film and the narrative techniques that are standard today. In this four-part course, we will trace the career of Alfred Hitchcock by discussing one or two films a week. We will examine each film in the context of other films of the time, the growth of Hitchcock as a filmmaker, and the influence each film had on future directors. In Part 4, we will see Hitchcock at the peak of his accomplishments and follow him to the end of his career. Week detail, available in online description.

### Introduction to Italian 1 (Beginner)

**Instructor:** Alessandra Brisotto

**Dates:** 1/15/2025 - 2/26/2025 **DOW:** Wednesday

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

In this class, students will learn the very basic rules of Italian language and pronunciation, greetings, how to introduce each other, how to tell times, describe the weather, days of the week and months. Basic vocabulary, gender, and number rules. After this class, the student can recognize familiar words and very basic statements concerning him/herself, the family and immediate concrete surroundings. He /she can use single phrases and sentences in areas of immediate need, can ask and answer simple questions using the informal and formal expression. Can introduce him/herself and others and can ask and answer questions about personal details such as where he/she lives, people he/she knows and things he/she has. Students will purchase their own book: Italian Now! Level 1: L'italiano d'oggi! Second Edition by Marcel Danesi Ph.D. (Author)

### The Confederacy's Last Offensive: Hood's Tennessee Campaign of 1864

**Instructor:** Charles Richards

**Dates:** 1/15/2025 - 2/5/2025 **DOW:** Wednesday

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

In September of 1864, while the battered Confederate Army of Tennessee recuperated from the unsuccessful defense of Atlanta, President Jefferson Davis visited the army and met with its commander, General John B. Hood. The two men agreed that the Army of Tennessee could not stay immobile while Sherman rested his army within the defenses of Atlanta. So, the two men agreed upon an offensive action: Hood and the Army of Tennessee were to march north, cross the Chattahoochee west of Atlanta, and continue northward, threatening Sherman's supply line. Hood and Davis believed that Sherman would be compelled to follow, and that Hood could then find favorable ground to fight a defensive battle, perhaps in the vicinity of Gadsden, Alabama. At first, the movement was successful. Sherman did follow Hood's army, but declined to engage in a pitched battle, waiting to see what Hood might do. At some point, Hood abandoned the original plan and developed a much more grandiose concept: he and his army would invade Tennessee, capture Nashville, and then march into Kentucky, "to the banks of the Ohio River." What followed was a series of blunders and disasters, battles of unmatched intensity and bloodshed, decisive victory for the Union defenders of Tennessee, and the virtual destruction of the Confederate Army of Tennessee. More description online.

### Chair Yoga and Resistance Bands Wed.

**Instructor:** Nutan Ahuja

**Dates:** 1/8/2025 - 2/19/2025 **DOW:** Wednesday

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

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.

### How Minds Change

**Instructor:** Shai Robkin

**Dates:** 1/15/2025 - 2/26/2025 **DOW:** Wednesday

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

Can our minds change about any particular issue or political candidate? Can you convince someone else to change their mind? How do societies change their collective minds? This course explores emerging research into these questions and examines the underlying forces, many unknown to our conscious minds, that drive changes in individual and collective societal behaviors, focusing on the work of behavioral economists, social psychologists and neuroscientists. We'll also take a look at 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.

### Intermediate Italian Conversation

**Instructor:** Antonella Giannasca

**Dates:** 1/15/2025 - 2/26/2025 **DOW:** Wednesday

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

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.

### A Journey into the Semiotics of Advertising, the Subtle Art of Influence

**Instructor:** Robert Drake

**Dates:** 1/15/2025 - 2/26/2025 **DOW:** Wednesday

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

Explore the hidden language of advertisements in The Semiotics of Advertisement. Every day, signs, symbols, and icons shape your choices, often without your awareness. This engaging class will reveal the subtle art of influence that advertisers masterfully employ to guide your buying behavior. Through lively discussions and examples, you'll learn to spot these powerful semiotic cues. For those wanting to try your hand at uncovering examples, you, too, can share and showcase what you observe. Join us to sharpen your understanding of the unseen forces at play in modern advertising!

### Introduction to Evolution

**Instructor:** Ed Stephenson

**Dates:** 1/15/2025 - 2/26/2025 **DOW:** Wednesday

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

An introduction to the principles of biological evolution. We will examine topics such as biological diversity, fossils and the history of life on Earth, adaptation and natural selection, sexual selection, human and primate evolution, and others. The emphasis will be on the principles of the field as covered in a university class (but condensed and simplified here), and on evolution as a foundation of modern science. No background in biology is assumed or required.

### Four Pillars of Retirement

**Instructor:** Angela Rehkop

**Dates:** 2/5/2025 - 2/26/2025 **DOW:** Wednesday

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

Maximizing Social Security, developing a retirement income strategy, managing taxes, and developing a legacy plan. In the past, retirement often meant switching from a paycheck to a pension check, contacting Social Security to get benefits in motion, and maybe supplementing that income with the proceeds from downsizing a home or renting a property. But times have changed. Retirement can now mean piecing together a big puzzle, composed of a variety of different resources, to ensure you have enough to live on- and maybe have something left to pass on to heirs if that's one of your goals.

### Italian per Sharon

**Instructor:** Alessandra Brisotto

**Dates:** 1/15/2025 - 2/26/2025 **DOW:** Wednesday

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

This is a special class in memory of our friend and former classmate Sharon Pike. It is a conversational class for intermediate/advanced Italian students with different topics every week. This is not a class for beginners. It is recommended that you purchase the textbook Italian Now! Level 1: L'Italiano d'oggi! (Barron's Foreign Language Guides) if you do not already own it.  
Amazon.com: Italian Now! Level 1



## Neurobics- Give your mind the workout it deserves

**Instructor:** Harry Vardis

**Dates:** 1/15/2025 - 2/19/2025 **DOW:** Wednesday

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

Designed to keep your brain young, flexible, and agile, Neurobics is the ultimate mental fitness program. What exactly is Neurobics? This is a mental, brain, or neuron workout comprised of a set of exercises, problems, and mental puzzles that can improve mental performance. Lawrence Katz and Manning Rubin, neurobiologists at Duke University in Durham, North Carolina, came up with the concept. Neurobics is a science-backed brain workout that stimulates mental agility by engaging all five senses. Unlike traditional brain exercises, Neurobics challenges your brain with new sensory and movement activities that help form new connections. This course offers a fun way to boost your brain health, just like physical exercise keeps your body in shape! Why Neurobics? In a world focused on physical fitness, mental fitness often takes a back seat. But your brain needs regular exercise, too! Neurobics strengthens your mental agility, enhancing memory, focus, and creativity. Join us for a program specifically designed to help you stay sharp and vibrant. More information online.

## Italian for Fun! 1

**Instructor:** Antonella Giannasca

**Dates:** 1/15/2025 - 2/19/2025 **DOW:** Wednesday

**Time:** 11:45 AM - 12:45 PM **Method:** Zoom

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!

## Italian for Fun! 2

**Instructor:** Antonella Giannasca

**Dates:** 1/15/2025 - 2/19/2025 **DOW:** Wednesday

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

Have you been taking Italian, but you want to keep practicing the language through the summer? Do you want to speak, play and sing in Italian? 4 weeks of Italian with me, we will speak, listen and learn new expressions, words and vocabulary. This is not a class for Advanced Italian speaker.

## ObitKit: Live. Love. Laugh. Cry. Write it down!

**Instructor:** Susan Soper

**Dates:** 1/15/2025 - 2/5/2025 **DOW:** Wednesday

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

Be Prepared: no need to write your own obituary but it IS important to leave info for whoever will have that challenge — and honor. If you know from experience how paralyzing it is to write an obituary, this course might help in the future. It might also motivate you to leave information for your family, offering them how you want to be remembered and what about your life was especially meaningful. The class will include real examples of obits that show love, hate, humor, sadness, poetry and pictures. Some might surprise you. Class includes Workbook

## Fun with iPhone Photography: Unlocking Pro Camera and AI Features

**Instructor:** Bob Siegmann

**Dates:** 1/15/2025 - 2/19/2025 **DOW:** Wednesday

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

Ready to take your iPhone photography to the next level? This six-week course (one hour per week) dives deep into advanced 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 iPhone photography. Each week includes practical home exercises to reinforce what you've learned and build confidence with your camera's capabilities.

## **THURSDAY**

## Intermediate Italian 1

**Instructor:** Alessandra Brisotto

**Dates:** 1/16/2025 - 2/27/2025 **DOW:** Thursday

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

In this class students will learn ordinal numbers, more adjectives, new vocabulary, new expressions, some prepositions, and other common interrogative forms. They will also be able to learn and use the Present Perfect and the Imperfect Tenses. After this class, they will be able to understand and use familiar expressions and phrases, they will be able to interact in a simple way with other people.

## Partners of Authors and Why They Matter

**Instructor:** George DeMan; Jill Parks

**Dates:** 1/16/2025 - 2/6/2025 **DOW:** Thursday

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

This course explores the relationships of prominent fiction authors from the 19th and 20th centuries, many of whom had wives or partners who were equally renowned, and in some cases, literary figures themselves. These partnerships varied greatly in their impact on the authors' work—some served as hindrances, while others offered significant support. We will examine writers such as Mary Shelley, author of *Frankenstein*, and her husband Percy Bysshe Shelley; Zelda and F. Scott Fitzgerald; D.H. Lawrence and Frieda Lawrence; Ernest Hemingway and his various wives; Leo Tolstoy and his wife Sofia; Samuel Clemens (Mark Twain) and Olivia Clemens; among others. Through our discussions, we will analyze both the positive and negative dynamics within these literary partnerships

## Intermediate Italian 2

**Instructor:** Alessandra Brisotto

**Dates:** 1/16/2025 - 2/27/2025 **DOW:** Thursday

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

In this class, students will start learning how to use verbs. They will learn to create sentences to communicate with people. They will learn the present tense of regular verbs and some irregular verbs of common use. After this class, students can understand and use familiar everyday expressions and basic phrases aimed at the satisfaction of needs of a concrete type. Can interact in a simple way provided the other person talks slowly and clearly and is prepared to help.

## BRITAIN 102: History of the British Isles (1150-1900AD)

**Instructor:** Clive Gillon

**Dates:** 1/16/2025 - 2/27/2025 **DOW:** Thursday

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

Britain 102 explores the history of the British Isles from around 1150 to 1900 AD, covering key events from the rise of the Angevin Empire to the period just before World War I. Topics include the major royal dynasties (such as the Plantagenets, Tudors, Stuarts, and Hanovers), the expansion and impact of the British Empire, emigration trends, and the transformative effects of the Industrial Revolution. The course will utilize PowerPoint presentations and videos, and the instructor

will focus on broader historical trends, aiming to minimize emphasis on memorizing kings and battles

## The Planets of our Solar System

**Instructor:** Peter Edward Campos

**Dates:** 1/16/2025 - 2/27/2025 **DOW:** Thursday

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

Officially, there are eight main planets in our solar system (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, and Neptune); Pluto was demoted to “dwarf planet” status in 2006; I will cover Pluto alone in a separate, one-day, “lunch and learn” class. For this course, we will devote a class period to each of remaining planets (except Earth), examining information gleaned from spacecraft fly-bys, telescope imaging, and surface explorations. Marvel at some stunning images; learn about planetary facts, characteristics, and satellites; and consider what life might be like if it existed there. In addition, after our coverage of Mars we will learn about the asteroids, and after we finish with Neptune, we’ll explore the Trans-Neptunian Objects in the Kuiper Belt and the Oort Cloud.

## What Could They Be Thinking? Let's Find Out!

**Instructor:** Alice Huang

**Dates:** 1/16/2025 - 2/6/2025 **DOW:** Thursday

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

Are you tired of feeling like you can't talk with others about topics you disagree about, because you feel like even raising questions is likely to offend them or make the relationships uncomfortable? Would you like to learn more of the nuances of what people are thinking when they see things differently than you do? This is a workshop, for participants to consider and respond to this tendency to push people into mutually exclusive us-vs-them categories. We will consider what this does to public discourse, and then explore together the nuances of some topics of interest to the participants. Bring ideas to the first class of topics you would like to learn more about. (Max 16 Students) To stimulate your thinking, here are some possibilities: • Abortion • How to address gun violence • How to address gun violence • Immigration Wage disparities • Affirmative action

### [Art HERstory](#)

**Instructor:** Jane Herzig

**Dates:** 1/16/2025 - 3/27/2025 **DOW:** Thursday

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

Art HERstory with Jane Keller Herzig is an eleven-session course focuses on women painters, their lives. and output from the 1540's to the 1840's. For the most part, these genius women are not known, and the question as to why is central to the conversation. Each session encompasses an hour and a half: a slide lecture followed by a half hour discussion. Even though this course focuses on women artists, they could. not have become prominent without the support of powerful men. I address this aspect as well...it is not a one-sided conversation. The topics for the 11 sessions are available in the online description.

### [Appreciating Poetry: Art, Ethics, Mental Health](#)

**Instructor:** Greg Kelley

**Dates:** 1/16/2025 - 2/27/2025 **DOW:** Thursday

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

In this course, scholar Greg Kelley, with an Emory Ph.D. and over forty years of teaching experience, guides students through the art of reading and appreciating poetry. Through a series of carefully selected poems, Kelley will share his personal favorites and explain the deeper meanings and emotional resonance that make them timeless. In a collaborative roundtable format, students will refine their ability to read "between the lines," honing their inferential reading skills and learning to uncover the layers of truth, beauty, and moral depth within poetry. The central thesis of the course is that by delving into poetry, we enhance our capacity to recognize and value the profound and enduring qualities that shape our understanding of the world.

### [An Overview of Genesis](#)

**Instructor:** Carolyn Stephens

**Dates:** 1/16/2025 - 2/27/2025 **DOW:** Thursday

**Time:** 7:00 PM - 8:00 PM **Method:** Zoom

This 7-week overview of Genesis Chapters 1-17 - explore the various ways God instituted the "Beginnings" in creating the heavens and the earth as well as revealing His expressive Love for all of humanity. Night class.

### [March to Victory](#)

**Instructor:** Colonel (Retired) Larry Saul

**Dates:** 2/6/2025 - 3/6/2025 **DOW:** Thursday

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

Following the success of D-Day and the Campaign in Normandy, the Allies still had to liberate France, before they could concentrate on the Low Countries. We will take an intensive look at many of the actions of this pivotal timeframe for the battlefields of Europe during the Second World War. This course focuses on the ill-advised and tragic "Operation Market-Garden," an Allied attempt to drive through the Netherlands and into Germany, as well as the Battles of Aachen, the Huertgen Forest, and the Bulge, followed by the need to seize bridges over the Rhine, including the Bridge at Remagen.

## FRIDAY

### [Vivo Online Strength & Balance Classes](#)

**Instructor:** Vivo Personal Trainer

**Dates:** 1/10/2025 - 3/7/2025 **DOW:** Friday (MULTI)

**Time:** 9:00 AM - 11:00 AM **Method:** Online

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.



## ONE-DAY COURSES

### I Blame Florida

**Instructor:** Kelly Spillman

**Dates:** 1/6/2025 - 1/6/2025 **DOW:** Monday

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

Prepare to be moved and uplifted by Kelly Spillman's solo show, "I Blame Florida," a unique blend of humor and heartfelt storytelling. In this compelling presentation, Kelly dives into her personal battle with stage 4 colon cancer, a journey that she describes with both candor and comedic flair. While the show is undeniably funny, it also explores the profound challenges of dealing with a cancer diagnosis and what it means to confront a so-called "death sentence." Kelly's narrative is laced with humor, but it's the underlying message of hope and resilience that truly resonates with audiences. As she shares her experiences and coping strategies, Kelly illustrates how laughter can be a powerful tool in facing even the darkest of times...more description online.

### White Gold: Sugar, the plant that changed the World

**Instructor:** Michael McDavid (2 weeks)

**Dates:** 1/8/2025 & 1/15/2025 **DOW:** Wednesday

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

No edible plant has had a greater impact on human history than sugar. From its first domestication in India 2500 years ago, sugar cane cultivation would spread across Asia to the Mediterranean then on to the New World after 1492. By the 18th century sugar had become the most valuable commodity on the planet and would help spawn the Atlantic slave trade, European imperialism, and even the Industrial Revolution. Today sugar production remains one of the world's most important agricultural industries. In this two-session course we will trace the evolution of the "sugar trade", paying particular attention to its development in the New World, both in the Caribbean and South America, and later in North America.

### Tax Planning and Your Retirement

**Instructor:** Angela Rehkop (2 day course)

**Dates:** 1/8/2025 & 1/9/2025 **DOW:** Wednesday

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

Recent Revisions in the Tax Code, How Taxes Effect Medicare and Social Security, Strategies to Manage Tax Liability in Retirement. ncludes workbook.

### Get to know Pluto the "Planet"

**Instructor:** Peter Edward Campos

**Dates:** 1/9/2025 - 1/9/2025 **DOW:** Thursday

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

Our generation learned that our solar system consisted of nine planets; however, in 2006 Pluto was dropped from that list! What happened to our ninth planet? Why do some people still insist that Pluto be reinstated? What is Pluto like anyway? Join me on a journey to visit this long-lost planet (well, not LITERALLY) as we explore fascinating facts about Pluto, from its planetary discovery and demotion, through explorations by NASA's New Horizons spacecraft. Enjoy a free lunch as we address these, and other, issues about this fascinating astronomical body.

### Painting for Fun: A Relaxing Creative Experience

**Instructor:** Sarah Gearhart

**Dates:** 1/10/2025 - 1/10/2025 **DOW:** Friday

**Time:** 10:00 AM - 11:30 AM **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!

## [Introduction to Zentangle](#)

**Instructor:** Kathy Wright-Starr

**Dates:** 1/17/2025 - 1/17/2025 **DOW:** Friday

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

Come and learn the method and practice of Zentangle®. Zentangle® will help you discover a way to put aside your daily distractions and find your own creative spirit. What is Zentangle®? Zentangle® is a meditational art form that is easy to learn. It is a relaxing method of drawing beautiful images from structured patterns. Each structured pattern is created with deliberate strokes, one line at a time. The materials are simple - pen, paper, and pencil. Too many times we say we can't, but the reality is that "anything is possible, one line at a time." We will complete at least 2 paper tiles and learn at least 8 tangles before the class is done! (What are paper tiles? What are tangles? There are no mistakes in Zentangle - only amazing creations that flow from a place within produced one line at a time.

## [Presidential Greatness: Who Were the Greatest Presidents and Why?](#)

**Instructor:** Adam Stone

**Dates:** 1/22/2025 - 1/22/2025 **DOW:** Wednesday

**Time:** 12:00 PM - 1:00 PM **Method:** Classroom

Drawing on the academic fields of Political Science and History, we will explore presidential greatness. We will compare media and popular perceptions of the great presidents with how presidential greatness is approached with models and frameworks used by scholars who study the presidents and the presidency.

## [The Life and Legacy of Abraham Lincoln](#)

**Instructor:** Wendy Venet

**Dates:** 2/12/2025 - 2/12/2025 **DOW:** Tuesday

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

The year 2025 marks the 160th anniversary of Abraham Lincoln's death. This one-day class examines the life and legacy of America's greatest chief executive. We will consider Lincoln's role in preserving the Union and ending slavery. Additionally, we will explore the changing historical interpretations of Lincoln's presidency since 1865 and the image of Lincoln in popular culture.

## [The Meaning of Hijab-Muslim Headscarf](#)

**Instructor:** Heidi Tauscher

**Dates:** 2/18/2025 - 2/18/2025 **DOW:** Tuesday

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

In Arabic, hijab means "curtain." So, how did this term come to be embodied as the Muslim women's headscarf? And why has the Islamic veil become so controversial? This presentation will explore the evolution of the hijab as well as its changing meaning for both Muslims and Westerners today. From the Qur'anic directive for modesty to the many forms of Islamic sartorial coverings, many Muslim women have embraced hijab as a personal choice for piety, respect, and autonomy. Yet, Westerners have too often interpreted hijab as a sign of submission and oppression. We will explore these diverse perspectives with the aim of mutual understanding.

## [The Rosenwald Schools](#)

**Instructor:** Jeff Milsteen

**Dates:** 2/25/2025 - 2/25/2025 **DOW:** Tuesday

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

What happens when the Jewish president of Sears Roebuck and the leading African-American educator of his time combine forces to build thousands of schools for African-American children across the Jim Crow South? This is exactly what happened when Julius Rosenwald and Booker T. Washington hatched a plan that some have called the greatest act of social philanthropy in history. Register for a fascinating look at a movement that changed the lives of thousands of African-American children, including the likes of Maya Angelou, Medgar Evers and John Lewis.

## [You're the Top: 1930s Popular Culture as Elaborated by Cole Porter](#)

**Instructor:** Michael McDavid

**Dates:** 2/26/2025 - 2/26/2025 **DOW:** Wednesday

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

One of Cole Porter's most enduring songs, You're the Top, offers a fascinating glimpse into the world of the 1930s. It catalogs a "list" of people, places, and things that were in the news, on people's minds, or newly introduced. Some of the "tops" remain well known today while others were ephemeral and are long forgotten. If you're interested in a fun look at life in the '30s in the US and want to know more about Irene Bordoni or what was that moon over Mae West's shoulder, come join us for this nostalgic romp into another time and era.