

Upcoming Courses 2026

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MARCH

MONDAY

Chair Yoga Monday

Instructor: Nutan Ahuja **Wks: 4**

Date: 3/2/2026 - 3/23/2026 **DOW:** Monday

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

Chair Yoga is a way to Sit Your Way to Better Health. Chair yoga's therapeutic adaptive exercises work your body from head to toe. The simple and easy movements are great for people in any condition, to do anytime and anywhere. Chair Yoga promotes well-being through breathing correctly and stretching in ways that will open up your body on the path to peace.

Iconic Criminal Trials of the Twentieth Century

Instructor: Jeff Milsteen **Wks: 8**

Date: 3/30/2026 - 5/18/2026 **DOW:** Monday

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

We all remember the names - Sacco & Vanzetti, Leopold & Loeb, Leo Frank, Julius & Ethel Rosenberg, the Scopes Monkey Trial, the Chicago Seven, the Manson family and more - but how much do we really know about some of the most famous criminal trials of the twentieth century? This class will explore the history of jury trials in America in the context of many of the so-called "trials of the century," spectacles that captured the public's attention and shaped the future, for better or worse, of our criminal justice system. The evolving role and influence of the media in covering these trials will also be examined.

From Cattle Drive to The OK Corral, Westward Ho!

Instructor: Gerald W. Flinchum; Mark Randle **Wks: 4**

Date: 3/9/2026 - 3/30/2026 **DOW:** Monday

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

Step into the rugged life of the American cowboy and experience the adventure of a cattle drive across the open plains. Explore the infamous gunfight near the OK Corral—was it a matter of justice or cold-blooded murder? We'll also highlight the significant yet often overlooked contributions of Black cowboys and how they helped shape the history and culture of the American West.

When Precedent Breaks: Roe, Dobbs, and the Politics of Constitutional Interpretation

Instructor: Paul Zwier **Wks: 4**

Date: 3/9/2026 - 3/30/2026 **DOW:** Monday

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

This course uses Roe v. Wade and Dobbs v. Jackson Women's Health Organization as a lens to study competing theories of constitutional interpretation. Through close readings of the majority, concurring, and dissenting opinions, participants will examine how originalism, living constitutionalism, substantive due process, textualism, and doctrines of stare decisis shape the justices' approaches to abortion, privacy, and liberty. The course emphasizes analytical skills: identifying the interpretive commitments behind each opinion, comparing their treatment of history and precedent and evaluating their implications for the Court's role in a democratic system. The goal is not to resolve the abortion debate, but to understand how methodological choices drive constitutional outcomes.

Fine-Feathered Friend: Birds and Birdsong in Music

Instructor: Judith Costello **Wks: 4**

Date: 3/9/2026 - 3/30/2026 **DOW:** Monday

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

From barnyard chickens to village swallows, from waddling penguins to thieving magpies, from hummingbirds and ostriches to cuckoos and cranes and nightingales — composers have quoted and described all kinds of birds since at least the mid-1300s. And as recording technologies have become more available,

many composers in the 20th and 21st centuries have incorporated actual birdsongs into their works. Over this four-week class, we'll celebrate the coming of spring by listening to music of the season's first musical harbingers - the birds.

World Cinema

Instructor: Robin Bernat **Wks:** 6

Date: 3/9/2026 - 4/13/2026 **DOW:** Monday

Time: 3:00 PM - 4:00 PM **Method:** Online

For six weeks, students will view films from all over the globe. Similar to a book club, participants will view two films each week before meeting on Zoom for an hour-long discussion. Most films are critically acclaimed and, in this course, selected because they offer diverse world views. Most films are available for rental on Amazon while others are available for free on Kanopy.com.

Please Check our website for the weekly movie list.

TUESDAY

China. From Mao to Now

Instructor: Revzin Mike **Wks:** 4

Date: 3/3/2026 - 3/24/2026 **DOW:** Tuesday

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

We'll look at the dramatic evolution of China since the 1976 death of Mao Zedong, and see how life has changed for the Chinese people since the government ended some aspects of its rigid communist system. We'll also see what travel was like for foreign tourists when China first opened up, and hear some tips on traveling there today. Among the course topics: the end of the system in which jobs and housing were assigned by the government, the rise in living standards, the introduction of some free enterprise, the school system, religious freedoms and restrictions, rapid urbanization, the modernization of transportation systems, and U.S.-China relations. There will also be a few fun "pop quizzes" to test your knowledge of some surprising facts.

America's 250th Birthday: Artists who Reflected and Shaped the American Journey

Instructor: Bill Nigut **Wks:** 4

Date: 2/24/2026 - 3/31/2026 **DOW:** Tuesday

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

As we approach the 250th anniversary of the signing of the Declaration of Independence, we'll look at iconic artists who reflected American values, aspirations and the country's history. From the world of 20th Century music we'll explore the life and music of Leonard Bernstein, Aaron Copeland, Duke Ellington and George Gershwin. And we'll look at giants of theater who helped us understand better who we are and where we came from: August Wilson, Arthur Miller, Edward Albee and Tennessee Williams.

Hot Topics in Consumer Protection

Instructor: Marla Tepper **Wks:** 3

Date: 3/3/2026 - 3/24/2026 **DOW:** Tuesday

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

Fine print, bold promises, and sneaky tricks lurk in today's marketplace. This three-session course explores how government regulates the marketplace and emerging trends that affect consumers. Topics may include privacy issues in everyday life, advertising and influence in social media (including sponsored content and reviews), and predatory financial practices, such as junk fees, debt collection, and payday loans, with room to explore other timely issues.

An Adventure into Wine

Instructor: Herb Spasser **Wks:** 4

Date: 3/10/2026 - 3/31/2026 **DOW:** Tuesday

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

The wonderful world of wine becomes alive, exciting and familiar through lecture, Power Point slides and tasting. The correlation of the many factors inherent in wine production are discussed including the importance of vintages, the soil, the climate, and the quality of various producers. Our topics will include: The Wonderful Wines of Germany, California's Exciting Central Coast, America, America (God shed His Wine on Thee), and California's Heavy Hitters.

Entangled Couples

Instructor: Jill Parks; Molly Holcombe **Wks:** 2

Date: 3/24/2026 - 3/31/2026 **DOW:** Tuesday

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

Throughout history, certain partnerships have done more than share a life—they have altered the direction of art, politics, science, and popular culture. This class explores the extraordinary, complicated, and often combustible relationships between iconic couples whose creative or destructive bonds reshaped culture. From passionate collaborators to volatile muses, from partners in art to partners in crime, these couples reveal how intimacy can spark innovation, amplify genius, or ignite catastrophe. Four couples will be presented each week: their creative output, personal struggles, and lasting cultural impact. Week 1 – Frida Kahlo and Diego Rivera, Bonnie Parker and Clyde Barrow, Johnny Cash and June Carter Cash, Desi Arnaz and Lucille Ball. Week 2 – Frank Lloyd Wright and Mahmah Borthwick Cheney, John Lennon and Yoko Ono, Truman Capote and Harper Lee, Scott and Zelda Fitzgerald.

Nurturing your Grandchild with Special Needs

Instructor: Catherine Trapani **Wks:** 4

Date: 3/3/2026 - 3/24/2026 **DOW:** Tuesday

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

Grandparents can play a crucial role in the lives of their grandchildren with medical issues, learning differences, and behavioral challenges. Information on developmental disabilities, education, and therapeutic services, which are often needed, will be presented in accordance with the group's interests. Federal legislation, national associations, and support groups serving individuals with developmental disabilities will be reviewed. Most importantly, this course aims to provide a forum to discuss the challenges and triumphs encountered in supporting your children as they raise a child with special needs.

WEDNESDAY

Tax Planning and Your Retirement

Instructor: Angela Rehkop **Wks:** 2

Date: 3/4/2026 - 3/5/2026 **DOW:** Wednesday

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

Recent Revisions in the Tax Code, How Taxes Effect Medicare and Social Security, Strategies to Manage Tax Liability in Retirement. 2 week, 2 hours each class, includes workbook. March 4 and 5.

Chair Yoga and Resistance Bands WED

Instructor: Nutan Ahuja **Wks:** 4

Date: 3/4/2026 - 3/25/2026 **DOW:** Wednesday

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

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

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

Instructor: Angela Rehkop **Wks:** 2

Date: 3/11/2026 - 3/12/2026 **DOW:** Wednesday

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

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

Food Glorious Food

Instructor: Carol Finkelstein **Wks:** 3

Date: 3/4/2026 - 3/18/2026 **DOW:** Wednesday

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

Calling all adventurous food lovers and travelers. This three-week course explores the rich world of French food culture and language. Participants will learn essential vocabulary and traditions related to meals, table settings, kitchens, cheeses, wines, breads, and classic French dishes. You will also practice simple, practical French conversations for real life situations such as dining at restaurants, shopping at markets and supermarkets, celebrating holidays, and speaking at home. All levels of French experience are welcome. Before the first session, participants will receive a brief questionnaire so the instructor can tailor the class to your language experience. After each session, helpful summaries and resource links will be shared to support continued learning.

Brain Body BALANCE

Instructor: Sandy Bramlett **Wks:** 4

Date: 3/4/2026 - 3/25/2026 **DOW:** Wednesday

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

Falls are NOT a natural part of aging, falls can happen at EVERY AGE. The Good News is Fall Resilience is available to everyBODY! This course is an exploration and practice of sensory awareness, our hidden senses, and movements that support fall resilience (a.k.a. BALANCE). Balance is a complex series of cognitive and physical functions that allow us to walk upright, navigate in the world in all directions, and identify where our physical body is in space at any moment. The course includes exercises to improve physical strength and flexibility, while stimulating the brain's quickness and the hidden senses that help maintain BALANCE. In this course you'll learn and practice FALL RESILIENCE because, FALLS HAPPEN! Wear comfortable clothing to move about easily.

Alfred Hitchcock Part 1: The Talented Amateur

Instructor: Colin Mackey **Wks:** 7

Date: 3/11/2026 - 4/22/2026 **DOW:** Wednesday

Time: 11:30 AM - 1:00 PM **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 1, we will begin at the early stages of Hitchcock's career in which he was a self-described "talented amateur" to his emergence as one of the biggest names in cinema. As we will be watching key clips in class, it is not essential to view each film in its entirety.

THURSDAY

Lets Make Breathing Fun

Instructor: Ginger Rogers **Wks:** 4

Date: 3/5/2026 - 3/26/2026 **DOW:** Thursday

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

Let's Make Breathing Fun introduces participants to simple, practical ways breathing influences stress, focus, and overall vitality. Designed specifically for adult learners, this experiential course explores how everyday breathing patterns affect the nervous system—and how small, intentional changes can create meaningful improvements in well-being. Each session combines clear explanation, guided breathing practices, and opportunities for reflection and discussion. The emphasis is on curiosity and real-life application rather than performance or physical exertion. No prior experience is required. Participants will leave with a greater understanding of how breath supports resilience and clarity, along with easy-to-use tools they can integrate into daily routines to manage stress and support long-term quality of life.

[Understanding Head, Neck & Shoulder Pain: A](#)

[Practical Approach to Relief](#)

Instructor: Eve Smith **Wks:** 2

Date: 3/5/2026 - 3/12/2026 **DOW:** Thursday

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

In this experiential course, physical therapist, Chris Manella and Reiki and sound practitioner Eve Smith, guide participants through an exploration of head, neck, and shoulder pain. Drawing from their book on the roots of pain, this class blends science and energy awareness to help you understand why pain arises - and what you can do about it. Each session includes practical exercises to reduce tension, improve mobility, and support nervous system regulation. Participants will also learn how pain can show up energetically through patterns of stress, emotion, posture, and breath. You'll discover simple techniques to restore the body.

[Five Brilliant Women Artists the Dutch Golden Age](#)

Instructor: Jane Herzig **Wks:** 4

Date: 3/5/2026 - 3/26/2026 **DOW:** Thursday

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

Session 1 - Judith Leyster (1609-1660) was famous and lauded in her day, but was lost to history upon her death. She was rediscovered in the 1890's. Prior to that, her wonderful paintings were attributed to Frans Hals. Session 2 - There will be a brief survey of genre painting during the Dutch Golden Age of painting with a focus on two remarkable and innovative still-life painters, Clara Peters (1580's-1657?) and Maria van Oosterwyck (1630-1693) Session 3 - Maria Sibylla Merian ((1647-1717) is often called the founder of entomology. At the age of 13 she was the first person to record and paint the complete metamorphosis of the silkworm caterpillar. She was an exceptional printmaker and had the ability to depict her observations of nature with brilliance and accuracy. Session 4 – Rachel Ruysch (1664-1750) was the internationally acclaimed court painter for Johann Wilhelm, Elector Palatine. She was able to meld creatures and plants, from far off places, into her meticulously crafted floral still-life pieces.

[Bradbury Was Right: Prophecy of Fahrenheit 451](#)

Instructor: Colin Mackey **Wks:** 7

Date: 3/12/2026 - 4/23/2026 **DOW:** Thursday

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

In a weeklong frenzy in 1953, Ray Bradbury wrote his masterpiece Fahrenheit 451 in the midst of the Red Scare. While it is mostly seen as a cautionary tale about censorship, it was as much a cautionary tale of the rise of a new medium, television. Bradbury was terrified of what this new invention would do to the minds of the citizenry and how governments might exploit it. In this class, we will look at this aspect of his prediction of where this new technology might eventually lead by exploring the novel and watching films such as Pleasantville and The Truman Show that reflect many of his predictions. Each class will include an introduction of the film of the week, putting it in context and highlighting passages in the novel that it reflects. Then, we will open up for class discussion of the topic of the week.

[Beats, Bites, and Belonging - How Atlanta is Shaping American Race Culture](#)

Instructor: Brynn Bardacke **Wks:** 2

Date: 3/12/2026 - 3/19/2026 **DOW:** Thursday

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

Think you know Atlanta? If you've lived in "ATL" long enough, you've already enjoyed the city's spoils—music, arts, food, and museums aplenty. But there's more to discover. Join us for a deeper look at how Atlanta continues to play an important role in shaping American race culture. Known as the "City Too Busy to Hate," Atlanta rose to prominence during the civil rights movement, driving national conversations around Black politics and identity. Today, its diverse enclaves extend that influence far beyond Georgia, contributing to a vibrant, multiethnic American identity. In this two-day class, we'll explore Atlanta's hip-hop artists, the international flavors of Buford Highway, and Clarkston, "the most diverse square mile in America." We'll examine cultural artifacts—from music, movies, and books to social media - culminating in a thoughtful discussion about how we can all positively contribute to Atlanta's growing impact.

The Next Epidemic

Instructor: Steve Richardson **Wks:** 4

Date: 3/5/2026 - 3/26/2026 **DOW:** Thursday

Time: 1:30 PM - 3:00 PM **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, COVID19, 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 policy makers must confront in building a response. Participants will be able to help friends and colleagues better understand the stages and developments in the next outbreak.

Women in Jazz History

Instructor: Jill Parks; Molly Holcombe; Paul Tribble **Wk:** 2

Date: 3/19/2026 - 3/26/2026 **DOW:** Thursday

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

Jazz helped define the sound of the twentieth century—and women were central to its creation. This two-session course explores the remarkable contributions of female musicians and singers who shaped jazz during its formative years. Through carefully selected audio and video recordings, participants will hear the music and stories of iconic artists such as Ma Rainey, Lil Hardin Armstrong, Bessie Smith, Billie Holiday, Ella Fitzgerald, Mary Lou Williams, and others. Covering the vibrant era from the 1920s through the 1940s, the class invites you to relive the sounds of a transformative period in American culture and gain a deeper appreciation for the women whose talent and determination helped make jazz a lasting global art form.

APRIL

MONDAY

The Joyspan Project: Finding Genuine Joy in Retirement

Instructor: June Converse; Sally Marcus **Wks:** 7

Date: 4/6/2026 - 5/18/2026 **DOW:** Monday

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

Retirement isn't the end of something - it's the beginning of one of life's richest chapters. What about building a life beyond money and good health? These years can - and should -be filled with growth, creativity, new experiences, fresh connections, and most of all... genuine joy. In this class, we will look at the evidence supporting a joyful life but mostly this is a class of ACTION, of experimenting with ideas to find ways that fill your joy buckets. It's a call to challenge yourself to explore, grow, create, learn, connect and be joyful for a lifetime. NOTE: After each class, we invite you to bring a lunch and enjoy making connections in a variety of ways.

Jazz History: A Listener's Guide, Part 5

Instructor: James Rozzi **Wks:** 7

Date: 4/6/2026 - 5/18/2026 **DOW:** Monday

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

Jazz History Parts 1-3 are prerequisites for this class. 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 centuries in history. In Part 1, we explored jazz's beginnings through the 1940s big band era—via recordings, written histories, photos, and videos. Parts 2-4 covered the complexities of 1940s bebop through hard bop and West Coast jazz. 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 continued evolution of this multi-faceted musical genre from fusion up through today's multicultural offerings.

Chair Yoga Monday

Instructor: Nutan Ahuja **Wks:** 7

Date: 4/6/2026 - 5/18/2026 **DOW:** Monday

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

Chair Yoga is a way to Sit Your Way to Better Health. Chair yoga's therapeutic adaptive exercises work your body from head to toe. The simple and easy movements are great for people in any condition, to do anytime and anywhere. Chair Yoga promotes 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.

Rock and Roll and the British Invasion

Instructor: Tom Dell **Wks:** 6

Date: 4/6/2026 - 5/11/2026 **DOW:** Monday

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

Listen to and look at the British groups that changed music in America, and explore how their sound, style, and influence reshaped popular music. We'll also examine how American artists responded and adapted to compete with the new sounds from across the water, creating a dynamic musical exchange that defined an era.

A Brief Introduction to Wagner's Ring Cycle

Instructor: Judith Costello **Wks:** 7

Date: 4/6/2026 - 5/18/2026 **DOW:** Monday

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

Richard Wagner was, and remains, one of the most controversial composers in history - both reviled and revered. This is particularly true of his massive four-opera masterpiece *Der Ring des Nibelungen*, some 150 years after its first performance as a cycle.

Let's Discuss Topics We Disagree On

Instructor: Alice Huang **Wks:** 4

Date: 4/6/2026 - 4/27/2026 **DOW:** Monday

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

This course is for those who have already participated in any of the previous courses Alice Huang has led for OLLI -- an Intro Workshop, or any of the 4-week "Discussing Topics We Disagree On" workshops. We will choose topics that we disagree on but would like to discuss

in more depth and try to engage constructively with a different topic each week, in order to gain insights into those topics from those we disagree with, and to build our understanding and skills for having these conversations.

TUESDAY

Bollywood Yoga Fusion

Instructor: Nutan Ahuja **Wks:** 4

Date: 4/7/2026 - 4/28/2026 **DOW:** Tuesday

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

Bollywood Fusion Yoga blends the joy and energy of Bollywood-inspired dance with the grounding benefits of yoga. This dynamic class combines rhythmic movement, stretching, and mindful breathing to build strength, flexibility, and body awareness while uplifting the spirit. If you love music and dance but also want the calming and strengthening benefits of yoga, this class offers a fun, full-body workout that supports both physical and mental well-being.

A Feast of American Jewish Short Stories

Instructor: Bert & Jill Parks; Molly Holcombe **Wks:** 4

Date: 4/7/2026 - 4/28/2026 **DOW:** Tuesday

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

Jewish American writing emerged from the late-19th- and early-20th-century Eastern European immigrant experience, first focusing on poverty, displacement, and the struggle to preserve identity in America. As later generations entered the mainstream, the literature evolved—blending Yiddish sensibilities with American themes, voices, and settings. This class explores writers such as Saul Bellow, Isaac Bashevis Singer, Sholom Aleichem, Bernard Malamud, Philip Roth, Grace Paley, and Tillie Olsen, whose works range from philosophy and folklore to moral parable, identity, rebellion, and overlooked community voices. Together, they trace Jewish storytelling's journey from immigrant enclaves to a vital place in American literature—stories that continue to resonate today. (Full description online)

Improvisation 1

Instructor: Robert Drake **Wks:** 7

Date: 4/7/2026 - 5/19/2026 **DOW:** Tuesday

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

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.

Operettas

Instructor: John Bayne **Wks:** 6

Date: 4/7/2026 - 5/12/2026 **DOW:** Tuesday

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

Operettas--the term is diminutive and a bit disparaging--are (usually) comic works with spoken dialog. This Zoom course will discuss the most famous and popular operettas by composers including Franz Lehar, Arthur S. Sullivan, Sigmund Romberg, and Leonard Bernstein.

WEDNESDAY

Our Town and Selected Poems and Stories for Your Enjoyment

Instructor: Ross Friedman **Wks:** 7

Date: 4/8/2026 - 5/20/2026 **DOW:** Wednesday

Time: 9:45 AM - 11:15 AM **Method:** Classroom

While I've taught 17 classes at OLLI over the last decade on a variety of works of literature, I realize there are many new scholars to OLLI who have never taken one of my classes. So I'm offering this sampling of works by Frost, Oliver, Keillor, Poe, Shakespeare, Thoreau, songs by recent American songwriters, Wordsworth, Shihab Nye, Bradbury, Cavafy among others I enjoy—including an in-class reading of my favorite play, Thornton Wilder's Our Town--to those who would like to read and discuss great literature with an entertaining master teacher.

Chair Yoga and Resistance Bands WED

Instructor: Nutan Ahuja **Wks:** 7

Date: 4/1/2026 - 5/13/2026 **DOW:** Wednesday

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

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

The Irrational and More Part 4

Instructor: Shai Robkin **Wks:**

Date: 4/15/2026 - 5/20/2026 **DOW:** Wednesday

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

This course explores many of the ideas featured in the final episodes of the second season of the NBC/Peacock show "The Irrational." Participation in previous "The Irrational" classes not needed for participation in this class. Students need not watch the show to enjoy the class but doing so will enhance the experience. (The entire season or individual episodes can be purchased from Amazon and other streaming services). We will also examine some of the new and emerging research into the underlying forces, many unknown to our conscious minds, that drive individual and collective societal behaviors, focusing on the work of behavioral economists, social psychologists and neuroscientists. Where applicable, we'll see what behavioral scientists have to say about some of the most important and often divisive issues of the day and their possible implications for public policy.

Poems and Pictures of William Blake

Instructor: Greg Kelley **Wks:** 7

Date: 4/8/2026 - 5/20/2026 **DOW:** Wednesday

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

In the 1780s, the visionary poet and painter William Blake created an extraordinary method for printing both text and image from a single plate. This “illuminated printing” technique—each page hand-sewn into books and individually tinted with watercolor—produced works of remarkable beauty and rarity. Although Blake’s genius went largely unrecognized in his lifetime, these creations now stand among the most treasured achievements in British art and literature. In this course, we will explore several of Blake’s Songs of Innocence and Experience—poems that remain some of his most captivating and accessible works, offering profound insight into his unique spiritual and artistic vision. While no textbook is required, students may find it helpful to have the Dover Thrift Edition of Songs of Innocence and Experience (a 99-cent edition).

Navigating Dementia

Instructor: Roy Kerfoot **Wks:** 7

Date: 4/8/2026 - 5/20/2026 **DOW:** Wednesday

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

Dementia can be frightening. For many, their loved one’s affliction becomes the “Disease That Must Not Be Named”. This course is for anyone who’s loved one has or is suspected to have one of over 100 dementia types, including Alzheimer’s. Dementia caregiving is difficult. Caregivers are thrust into responsibilities and situations without training. They struggle with life and relationship changes that, at times, necessitate immediate response. Those responses may be complicated by denial, fear, or guilt. This course is an introduction on how to navigate the boulder-strewn, often-hidden path of dementia caregiving. The course will describe dementia, how it differs from normal aging, and major dementia types. It will discuss what to do if dementia is suspected, why and how to get a diagnosis, and what to do with that diagnosis. It will discuss caregiver priorities and what to do in certain scenarios. Lastly, it will describe various in-home and long-term care options.

Fun With the Incredible iPhone Camera

Instructor: Bob Siegmann **Wks:** 6

Date: 4/8/2026 - 5/13/2026 **DOW:** Wednesday

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

Are you acquainted with the use of the iPhone camera but want to know more about its many amazing new features. This hands on course helps you move beyond basic photos by exploring shooting modes such as portrait, night mode, panoramas, live photos, and video, along with practical tips for composition, lighting, editing, organizing, and sharing images. Through demonstrations, guided practice, and time for questions, participants will gain confidence using their iPhone to capture travel memories, everyday moments, and special occasions while having fun learning how to make the most of the powerful camera already in their pocket.

Improv II

Instructor: Robert Drake **Wks:** 7

Date: 4/8/2026 - 5/20/2026 **DOW:** Wednesday

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

Obtain more advanced techniques of improvisation and learn to better craft scenes, stories, and monologues in this highly interactive, performance-driven class that concludes with a performance in front your peers! The focus will now be on working more effectively with scene partners to heighten and develop what happens on stage. Limited to 15 students. Prerequisite: Improv 1

Weekly Guided Meditation: Clearing Self-Limiting Beliefs

Instructor: Neeta Nankani **Wks:** 6

Date: 4/8/2026 - 5/13/2026 **DOW:** Wednesday

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

Join a weekly guided meditation designed to help you release self-limiting beliefs and reconnect with your authentic self. Led by a professional life coach, each session will focus on a specific theme and include a reflective journey followed by a short meditation practice. Together, we’ll cultivate awareness, clarity, and personal growth as we align more fully with who we are meant to be.

[**Brain and Body Fitness Everyday Tools for a**](#)

[**Sharper Brain and Stronger Body**](#)

Instructor: Sandy Bramlett **Wks:** 6

Date: 4/8/2026 - 5/13/2026 **DOW:** Wednesday

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

This course is not a traditional exercise class, but rather an engaging exploration of how everyday movement and sensory stimulation can support brain health and physical vitality. Grounded in the science of neuroplasticity and neurogenesis, the class highlights how physical activity, especially when it challenges the brain, can enhance executive function, memory, imagination, and overall mental agility. Participants will learn about the consequences of physical and cognitive inactivity, and how targeted movement can slow age related cognitive decline. We'll discuss and experience the relationship between movement, the senses, and brain function through Ageless Grace, a brain and body fitness program consisting of 21 simple tools based on natural, everyday movements that are creative and fun, and include upbeat music. These seated activities are designed to stimulate core strength, joint mobility, spinal flexibility, balance, and breath, all while enhancing cognitive performance, memory and reaction time.

THURSDAY

[**Water Wars: Battles Over Our Most Precious Resource**](#)

Instructor: John Charles Clarke **Wks:** 7

Date: 4/2/2026 - 5/28/2026 **DOW:** Thursday

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

Water is the lifeblood of our planet. Throughout history to the present day, wars have been waged over this precious resource. The course will provide an overview of historical and modern-day conflicts over water including Israel and the Middle East, Cyprus, the American west, and the state of Georgia. Use of water as a weapon of war and threats from terrorism will also be covered. Note: No Class 4/7 or 4/21

[**Punic Wars: Carthage vs Rome**](#)

Instructor: Peter Campos **Wks:** 4

Date: 5/7/2026 - 5/28/2026 **DOW:** Thursday

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

2,000 years ago, Carthage was dominant in trade across the entire Mediterranean Sea, whereas Rome barely had conquered local tribes on the Italian peninsula. Carthage had a 500-year-old empire; Rome was just one of many city states. Carthage had a powerful navy and strong mercenary armies; Rome had no navy and struggled to maintain dominance over Etruscans and other conquered states. As Rome expanded, conflict between these two was inevitable; they clashed in three epic wars within a century: The Punic Wars. The outcome was the annihilation of Carthage and the elevation of Rome as the dominant power in the region for the next 600 years. We will examine what caused these wars, how they were executed, and why Rome was victorious in each. Travel around the Mediterranean, from modern Tunisia to Spain, Italy, and Alpine regions. We will entertain what our world would be like today had Rome lost one, two, or all three of these conflicts. The social, scientific, religious, linguistic, and legal ramifications are staggering!

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

Instructor: Nutan Ahuja **Wks:** 2

Date: 4/9/2026 - 4/16/2026 **DOW:** Thursday

Time: 1:00PM - 2:30PM **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. 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.

ITALIAN COURSES

Advanced Italian

Instructor: Alessandra Brisotto **Wks:** 7

Date: 4/7/2026 - 5/19/2026 **DOW:** Tuesday

Time: 11:15 AM - 12:30 PM **Method:** Classroom

Let's practice speaking Italian! This course is for students who have already been exposed to the language or who have attended Italian classes before. The course will focus on listening and speaking about everyday life, Italian culture, etc. No book required. just lots of desire to have fun! The classes will be mainly in Italian.

Italian Beginner 2

Instructor: Alessandra Brisotto **Wks:** 7

Date: 4/7/2026 - 5/19/2026 **DOW:** Tuesday

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

Lessons 8-13. Embark on your journey into the beautiful Italian language! This Beginner 2, introductory course uses *Italian Now! Level 1: L'Italiano d'oggi!* (Barron's Foreign Language Guides, by Marcel Danesi) as the required textbook and is designed for those with little or no prior experience. Through lively instruction, guided practice, and cultural context, students will develop a foundation in Italian vocabulary, pronunciation, and grammar.

Italian Intermediate 1

Instructor: Antonella Giannasca **Wks:** 7

Date: 4/7/2026 - 5/19/2026 **DOW:** Tuesday

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

Lessons 14-17. Embark on your journey into the beautiful Italian language! This introductory course uses *Italian Now! Level 1: L'Italiano d'oggi!* (Barron's Foreign Language Guides, by Marcel Danesi) as the required textbook. Through lively instruction, guided practice, and cultural context, students will develop a foundation in Italian vocabulary, pronunciation, and grammar.

ONE DAY COURSES

Go with OLLI - Atlanta Opera: The Marriage of Figaro (Sun. March 22, 3PM)

Instructor: **Wks:** 1

Date: 3/22/2026 - 3/22/2026 **DOW:** Sunday

Time: 3:00 PM - 6:30 PM **Method:** OffSite

Join fellow OLLI members for a delightful shared cultural experience. Limited tickets available, register now.

Disguises. Surprises. Compromises. Be prepared to laugh out loud. Mozart's *The Marriage of Figaro* is a brilliant and witty comedy that explores class, power, and human folly through dazzling music and unforgettable characters. Figaro and his beloved

Susanna must outsmart their scheming master in a fast-paced story filled with clever twists, romance, and humor. Both a musical masterpiece and a playful call for love, dignity, and justice, this timeless opera remains as entertaining and relevant today as it was at its 1786 premiere. Members will meet at the Cobb Energy Performing Arts Centre before the performance to retrieve their ticket.

National Safety Council Defensive Driving

Instructor: Jim Spano **Wks:** 1

Date: 3/16/2026 - 3/16/2026 **DOW:** Monday

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

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

The Relatable Fisherman - Uncovering the Socio-Political Themes in Jaws

Instructor: John Brown **Wks:** 1

Date: 3/26/2026 - 3/26/2026 **DOW:** Thursday

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

"The Relatable Fisherman" will be a great discussion getting us ready for summer film season, with Jaws being the original summer blockbuster. The first part of the course will be a lecture on the historical aspects of the production of the film. We will watch the non graphic scenes from the film, during the second portion of the class and pick out the themes we see in the movie's script and its characters that are so salient in our modern times. Specifically, when it comes to dynamics like capitalism and social class. A part of the course that will be student led where no answers or view points are incorrect.

First Aid, CPR, AED (National Safety Council)

Instructor: Jim Spano **Wks:** 1

Date: 4/10/2026 - 4/10/2026 **DOW:** Friday

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

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.

Enneagram Part 1 - Introduction & Path to Growth and Happiness

Instructor: Tony Holmes **Wks:** 1

Date: 4/9/2026 - 4/9/2026 **DOW:** Thursday

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

Part 1 is a mandatory prerequisite for all future Enneagram courses and introduces the core concepts and elements of the Enneagram through clear explanations and real life examples. True personal growth begins with self awareness and understanding how we and others see the world through our own lenses. By exploring unconscious fears, motivations, desires, and stress responses, participants learn how

these patterns shape behavior, relationships, and decision making. The Enneagram is a powerful and practical personality system that explains why people think, feel, and act in one of nine predictable types. Understanding this "why" is the first step toward managing emotions more effectively and creating positive change. This course provides foundational tools, exercises, and guidance to help participants identify their type and use the Enneagram to improve relationships, navigate life transitions, and move toward greater purpose and happiness.

Enneagram Part 2 – Key Elements for Life Success and Happiness

Instructor: Tony Holmes **Wks:** 1

Date: 4/16/2026 - 4/16/2026 **DOW:** Thursday

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. 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. Parts 1 & 2 are required for any additional Enneagram OLLI courses. Whether you seek a better relationship with your spouse/family/friends/colleagues, are working through a new life stage, or simply want to find your true self and happiness, this course will introduce the foundational concepts, real-life examples, and practical tools to use the Enneagram to energize and transform your life in the way that matters most to you

[The Great Escape: Saving the Louvres Treasures from the Nazis](#)

Instructor: Michael McDavid **Wks:** 1

Date: 4/21/2026 - 4/21/2026 **DOW:** Tuesday

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

As the likelihood of war steadily increased in 1939, the French government and the director of the Louvre, Paris' largest and most renowned museum, decided that the museum in the heart of the city should be evacuated and its treasures hidden, out of reach of Nazi "collectors" and German bombs. In a scenario worthy of novels and the cinema the priceless treasures of the museum were secretly packed, loaded on trucks, and spirited out of the city. Ultimately the paintings, statuary, and other objects spent the war safely hidden away in various sites around the country. In this one-session course we will look at the personalities responsible for this amazing, little-known feat and how they were able to bring it off. It's quite a story.

[Go with OLLI - Atlanta Opera: Turandot](#)

(Sun. May 3, 3PM)

Instructor: Wks: 1

Date: 5/3/2026 - 5/3/2026 **DOW:** Sunday

Time: 3:00 PM - 6:00 PM **Method:** OffSite

Join fellow OLLI members for a spectacular shared cultural experience. Limited tickets available, register early to secure your seat. Riddles. Romance. Revelation. Prepare to be swept away. Puccini's Turandot is a grand and dramatic opera set in legendary ancient China, where the mysterious Princess Turandot challenges her suitors with deadly riddles. When the bold Prince Calaf accepts the challenge, a powerful story of love, sacrifice, and transformation unfolds—culminating in the famous aria "Nessun Dorma." With sweeping orchestral music, stunning visuals, and an epic love story, Turandot is one of opera's most thrilling masterpieces. Members will meet at the Cobb Energy Performing Arts Centre before the performance to retrieve their ticket.

[National Safety Council Defensive Driving](#)

Instructor: Jim Spano **Wks:** 1

Date: 5/11/2026 - 5/11/2026 **DOW:** Monday

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

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

[Unearthing Highway 41](#)

Instructor: Chris Clott **Wks:** 1

Date: 5/26/2026 - 5/26/2026 **DOW:** Tuesday

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

U.S. Highway 41 stretches more than 2,000 miles from Michigan to Florida, crossing eight states and connecting major cities, small towns, farmland, and forests. In his book *Unearthing Highway 41*, author Chris Clot will share highlights from the book, including historical events, cultural landmarks that illustrate how the past and present intersect along Highway 41. He will also discuss sections of the journey that are especially meaningful for Atlantans, where Highway 41 has played an important role in the city's development and identity. Participants will gain a deeper appreciation for how a single highway can reveal the diverse and evolving story of America.

Osher Online™

SPRING OSHER ONLINE NRC COURSES

Osher Online brings together members from OLLIs across the country in engaging, live Zoom classes. Developed by the Osher National Resource Center (NRC) at Northwestern University, these courses are delivered by their program and supported by experienced moderators and technical staff.

Course Format & Details

- Length: 6 weeks
- Session Time: 1.5 hours per week
- Format: Live via Zoom (*sessions are not recorded – live attendance required*)
- Cost: \$75 per person, per course
- Membership Requirement: You must hold an active OLLI at Emory membership to enroll.
- OLLI at Emory is limited to 13 seats per course.

[More information available online.](#)

Ghosts in the White House (Diana Carlin PhD)

Instructor: Northwestern (Osher Online NRC) **Wks:** 6

Date: 3/30/2026 - 5/4/2026 **DOW:** Monday

Time: 3:00 PM - 4:30 PM **Method:** Online

The People Behind Presidential Speeches Have you ever wondered who writes presidential speeches? This course traces the evolution of speech writing from George Washington's administration to today. Yes, Hamilton helped draft Washington's Farewell Address, but no, Lincoln did not scribble the Gettysburg Address on an envelope. We will study the writing process presidents used and examine drafts from FDR, Truman, Eisenhower, Kennedy, Carter, and George H.W. Bush. We will view clips from speeches and from former White House speechwriters describing the process. [Click here to view promo video.](#)

Comic Book Literature (Arnold Blumberg, PhD)

Instructor: Northwestern (Osher Online NRC) **Wks:** 6

Date: 3/31/2026 - 5/5/2026 **DOW:** Tuesday

Time: 3:00 PM - 4:30 PM **Method:** Online

Comic Book Literature Comics (blending words and pictures to tell stories) stretch from cave paintings and the Bayeux Tapestry to today's Batman and Spider-Man. Far more than superhero tales, comics are a versatile literary artform, capturing intimate and epic stories, social issues, and cultural moments through panels and word balloons. In this course, we will trace their history, explore their power, and read and discuss works including Understanding Comics, Watchmen, Maus, Fun Home, and Persepolis. [Click here to view promo video.](#)

The Scopes Monkey Trial: Then and Now (Douglas Mishkin, JD)

Instructor: Northwestern (Osher Online NRC) **Wks:** 6

Date: 3/31/2026 - 5/5/2026 **DOW:** Tuesday

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

In July 1925, Clarence Darrow, William Jennings Bryan, and others converged on Dayton, Tennessee, for the Scopes Monkey Trial—an eight-day clash over religion, science, public education, free speech, and textbooks broadcast nationwide. One hundred years later, these debates continue. This course explores why the trial happened in Dayton, how Bryan and Darrow became involved, what occurred in the courtroom, whether Inherit the Wind reflects reality, who won and lost, and why it still matters today. [Click here to view promo video.](#)

A History of Street Art (Heather Shirey, PhD)

Instructor: Northwestern (Osher Online NRC) **Wks:** 6

Date: 4/1/2026 - 5/6/2026 **DOW:** Wednesday

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

Art in the streets (including graffiti, murals, stickers, and paste-ups) gives voice to marginalized communities, shapes urban environments, and challenges institutional norms. This course explores graffiti and street art in the U.S. and around the world, examining their histories, motivations, and social impact. Participants will consider the rise of global mural movements, efforts to preserve and present street art, and its evolving role in activism, community identity, and social change. [Click here for promotional video.](#)

[Siberia: Russia's Frozen Wasteland or Economic Heartland? \(Asya Pereltsvaig, PhD\)](#)

Instructor: Northwestern (Osher Online NRC) **Wks:** 6

Date: 4/1/2026 - 5/6/2026 **DOW:** Wednesday

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

Siberia covers three quarters of Russia's territory but is home to only a quarter of its population. Yet its role in shaping Russia as a vast and wealthy empire is profound. In this course, we will explore Siberia's economic significance, indigenous cultures, and history as a penal colony, along with its importance for climate change, environmental issues, and Russian-Chinese relations. We will also consider Siberia's role in both the rise and possible fragmentation of Russia. [Click here to view promo video.](#)

[The Lost Generation \(Ferda Asya, PhD\)](#)

Instructor: Northwestern (Osher Online NRC) **Wks:** 6

Date: 4/15/2026 - 5/20/2026 **DOW:** Wednesday

Time: 3:00 PM - 4:30 PM **Method:** Online

This course will examine the cultural transformations in thinking and living that reshaped America and Western Europe between World War I and the Great Depression. Known as the Roaring Twenties, the Jazz Age, and the Lost Generation, this period redefined values and norms. We will explore the vibrant world of 1920s Paris through F. Scott Fitzgerald's Babylon Revisited and Bernice Bobs Her Hair, Ernest Hemingway's The Sun Also Rises, and Gertrude Stein's The Autobiography of Alice B. Toklas, considering the lasting legacy of the era. [Click here to view promo video.](#)

[JFKs Quest for Peace: Lessons for Turbulent Times \(Charles Blum\)](#)

Instructor: Northwestern (Osher Online NRC) **Wks:** 6

Date: 4/2/2026 - 5/7/2026 **DOW:** Thursday

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

Throughout his 1000-day presidency, John Kennedy pursued peace through a broad spectrum of initiatives. He saw a connection between learning and leadership and sought to use military deterrence, diplomacy, and soft power in novel ways. In this course, we will explore how his character and life experiences were the origins of those efforts. We will evaluate his powers of

persuasion by listening to key speeches, and we will assess his successes and failures and their relevance to today's world. [Click here to view promo video.](#)

[AI for Regular People \(Hod Lipson, PhD & Melba Kurman\)](#)

Instructor: Northwestern (Osher Online NRC) **Wks:** 6

Date: 4/2/2026 - 5/7/2026 **DOW:** Thursday

Time: 7:00 PM - 8:30 PM **Method:** Online

AI for Regular People Back by popular demand, this updated course offers a clear, engaging introduction to Artificial Intelligence (AI) and how it's rapidly transforming our world. From self-driving cars to chatbots and precision medicine, we will explore how AI works, where it's headed, and what it means for society. No tech experience needed—just curiosity! With fresh examples and timely updates, participants will gain a solid understanding of the opportunities and challenges AI presents today.

[From Leo XIII to Leo XIV \(Oliva Espin, PhD\)](#)

Instructor: Northwestern (Osher Online NRC) **Wks:** 6

Date: 4/7/2026 - 5/12/2026 **DOW:** Tuesday

Time: 5:00 PM - 6:30 PM **Method:** Online

History of 20th and 21st Century Popes The death of Pope Francis and the election of the first US born Pope have been in the news repeatedly in the last few months, capturing the imagination of many people, including non-Catholics. Who are these men? What are their life stories? How were they similar to and different from each other? In this course, we will discuss the lives and dominant perspectives of the last ten Popes, exploring their most significant positions and their influence on world affairs. [Click here to view promo video.](#)

[Great Science Stories \(Johnnie Hendrickson, PhD\)](#)

Instructor: Northwestern (Osher Online NRC) **Wks:** 6

Date: 4/9/2026 - 5/14/2026 **DOW:** Thursday

Time: 3:00 PM - 4:30 PM **Method:** Online

Great Science Stories Science is full of surprises. Dyes, accidentally discovered, launched the modern pharmaceutical industry. A failed experiment opened the door to new physics. Discoveries are never just facts. They are moments of creativity, struggle, and chance with far[1]reaching consequences. In this

course, we will explore the human side of science, tracing breakthroughs in biology, chemistry, physics, and more. We will ask not only what was found, but how and why it matters. [Click here to view promo video.](#)

A Beautiful Brain (Scott Fulton)

Instructor: Northwestern (Osher Online NRC) **Wks: 6**

Date: 4/9/2026 - 5/14/2026 **DOW:** Thursday

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

Most conversations about aging focus on lifespan, but brainspan (how long our mind stays sharp) matters more. In this course, we will explore how the brain ages and what science reveals about protecting memory, balance, and clarity. Topics include normal changes versus early dementia, neuroplasticity, nutrition, sleep, stress, social ties, and purpose. Each session blends accessible science with self-tests and take-home practices. We will also build a personalized Cognitive Health Scorecard to track habits and strengthen resilience. [Click here to view promo video.](#)

Frank Lloyd Wright and Modern Architecture

(Jennifer Gray, PhD)

Instructor: Northwestern (Osher Online NRC) **Wks: 6**

Date: 4/21/2026 - 5/26/2026 **DOW:** Tuesday

Time: 7:00 PM - 8:30 PM **Method:** Online

Frank Lloyd Wright designed nearly 1,000 buildings and helped define modern architecture. This course explores highlights of his practice, from Prairie houses to Fallingwater and the Guggenheim Museum, alongside lesser-known projects like affordable housing and city planning. We'll examine how Wright's work reflected cultural shifts in technology, science, and politics, offering a deeper understanding of his lasting influence on architecture and modern design. Credit: Courtesy of the Frank Lloyd Wright Foundation. Credit: Andrew Pielage. [Click here to view promo video.](#)

Writing the Personal Essay: Finding Your Story

(Lisa Stolley, PhD)

Instructor: Northwestern (Osher Online NRC) **Wks: 6**

Date: 4/18/2026 - 5/23/2026 **DOW:** Saturday

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

The personal essay, one of the oldest forms of creative nonfiction, blends storytelling, reflection, and analysis to give voice to lived experience. In this course, we will explore the personal essay as both art and self-expression. Through readings, discussion, and writing exercises, we will study elements such as narrative arc, scene-setting, and reflection. We will draft our own essays, discovering how this enduring form helps us find our voices and tell our stories with clarity. [Click here to view promo video.](#)