

# Spring 2024 Courses

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## MONDAY

### Chair Yoga

**Instructors:** Nutan Ahuja**Day:** Monday **Sessions:** 7 **Format:** Online**Dates:** 4/1/2024 - 5/13/2024**Time:** 10:00 AM - 11:00 AM

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.

### Dissecting the Novel: The Extraordinary Life of Sam Hell: A Novel by Robert Dugoni

**Instructors:** June Converse**Day:** Monday **Sessions:** 7 **Format:** Classroom**Dates:** 4/8/2024 - 6/3/2024**Time:** 10:00 AM - 12:00 PM

What makes a bestseller a bestseller? Is it the plot or the characters or some mystical combination? Is there some subliminal expectation readers have that bestsellers exploit? Does it have to do with progressive escalation or our desire to escape from reality. Maybe it's schadenfreude? In this class, we read one bestselling novel and try to find that mystical power. We look at plot and arcs and marketing. We put on the hat of author, character, reader, and publisher. It's a book club on steroids. And, like magic, what you learn applies to all stories (TV, movies, books) and makes every experience that much deeper. Readers, writers, and any story lovers will enjoy this class. Book selection: The Extraordinary Life of Sam Hell by Robert Dugoni

### Educating the Eye (I): Dante's Divine Comedy and Our Journey towards Wholeness

**Instructors:** Daniel Christian**Day:** Monday **Sessions:** 6 **Format:** Online**Dates:** 4/8/2024 - 5/13/2024**Time:** 10:00 AM - 12:00 PM

Dante's Divine Comedy is not an ancient, dead text but rather is alive and well. It invites readers to pursue the "examined life" within a spirit of "serious joy." In preparation for joining Dante's pilgrimage, we will initially explore C. S. Lewis's A Grief Observed as a Dante-connected, literary stretching exercise. The following three classes will focus on Inferno, Purgatorio, and Paradiso respectively. Welcome to the journey...

### It's Your Story. Write On!

**Instructors:** Georgia Lee**Day:** Monday **Sessions:** 7 **Format:** Classroom**Dates:** 4/1/2024 - 5/13/2024**Time:** 1:00 PM - 2:30 PM

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

### Introduction to Spanish 2

**Instructors:** Marci Wieland**Day:** Monday **Sessions:** 6 **Format:** Online**Dates:** 5/6/2024 - 6/10/2024**Time:** 1:30 PM - 3:00 PM

In this class, students will start learning how to use verbs and new vocabulary to create simple, communicative sentences to talk about what people are like and what they do. They will learn the present tense of regular verbs and some high-frequency irregular verbs. We will practice using the present tense with topics such as food, health, clothing, weather, and hobbies. After this class, students will be able to use memorized verbs, vocabulary, and expressions to communicate basic information on common topics.

### Music of the Seasons: Spring

**Instructors:** Judith Costell

**Day:** Monday **Sessions:** 4 **Format:** Online

**Dates:** 5/6/2024 - 6/03/2024

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

Welcome the beauty and new life of the Vernal Equinox through music. Drawing from a dozen countries over five centuries — from the concert hall, the theatre stage, and the jazz club — this short course offers a variety of musical selections designed to celebrate the heady promise of the season.

### Women On Top: Films Directed by Women by Women 1938-2020

**Instructors:** Robin Bernat

**Day:** Monday **Sessions:** 7 **Format:** Online

**Dates:** 4/1/2024 - 5/13/2024

**Time:** 3:00 PM - 4:15 PM

We will watch and discuss films from the avant-garde to Hollywood productions directed primarily by women about women. Films include biographical films, comedies, films adapted from literature, and dramas celebrating and championing women's experiences.

Women on Top: 1. Vilgot Sjoman: I Am Curious Yellow (1967) Pascale Ferran: Lady Chatterly (2006) Hoopla 2. Howard Hawkes: Bringing Up Baby (1938) Peter Bogdanovich: What's Up Doc (1972) 3. Ingmar Bergman: Scenes from a Marriage (1974) Mia Hansen-Love: Things to Come (2016) 4. Marlene Gorris: Antonia's Line (1996) Pernille Fischer Christensen: Becoming Astrid (2018) 5. Sally Potter: Orlando (1992) Wash Westmoreland: Colette (2018) 6. Kelly Reichardt: Certain Women (2016) Mike Mills: Twentieth Century Women (2017) 7. Jane Campion: Bright Star (2009) Autumn de Wilde: Emma (2020). Video rental is required.

## TUESDAY

### Intro to Italian 3

**Instructors:** Antonella Giannasca

**Day:** Tuesday **Sessions:** 7 **Format:** Online

**Dates:** 4/9/2024 - 5/21/2024

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

This class is open to all those students who have taken the first two courses of Italian or that have been exposed to the language already and are familiar with the basic rules. If you are capable to have a basic conversation using present tense of the verbs, please join this fun class!

### The Most Important Election of Our Lives? Is Democracy at Risk? Really?

**Instructors:** Multiple Presenters

**Day:** Tuesday **Sessions:** **Format:** Hyflex

**Dates:** 4/30/2024 – 5/21/2024

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

Part 1 of this two-part series. Each week, the course will feature a different expert including university professors and industry experts. Topics will include money in politics; election forecasting; political ethics; the impact of media and social media; racism, strategic behavior of politicians and legislators and more. These professionals will challenge us to consider our current political environment with fact-based research and analysis. We will confront these critical election and political issues from different professional perspectives each week.

- Dr. Kerwin Swint, author, commentator, and award-winning professor of political science at Kennesaw State University, who has appeared on CNN, Fox News, the BBC, The View, the Wall Street Journal and more.
- Dr. Jefferey Lazarus, Professor of Political Science, Georgia State University whose research focuses on campaign finance.
- Dr. Adam Stone, Associate Professor of Political Science, former Co-Editor-in-Chief of Questions in Politics.
- Dr. Edward Queen, Emory University is an expert on issues related to professional and social ethics, religious and ethnic conflict, and civil society.

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

**Instructors:** Nutan Ahuja

**Day:** Tuesday **Sessions:** **Format:** Classroom

**Dates:** 4/9/2024 - 4/30/2024

**Time:** 11:30 AM – 1:00PM

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 Operas of Giuseppe Verdi](#)

**Instructors:** John Bayne

**Day:** Tuesday **Sessions:** **7** **Format:** Online

**Dates:** 4/2/2024 - 5/14/2024

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

Verdi was the eminent Italian opera composer of the second half of the 19th century. His first success, Nabucco in 1842, stirred audiences with its chorus of exiled Hebrews in Babylonian captivity, "Va, pensiero." It became a patriotic anthem during the 20-year struggle for Italian unification and remains so today. Other famous operas include Rigoletto, Il Trovatore, La Traviata, Aida, and Falstaff. In this Zoom class, we'll study most of Verdi's operas, using YouTube videos of great opera singers.

### [Civil War in the Western Theater Part 1](#)

**Instructors:** Michael K. Shaffer

**Day:** Tuesday **Sessions:** **4** **Format:** Online

**Dates:** 5/7/2024 - 5/28/2024

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

From the 1862 capture of Forts Henry and Donelson to 1864's March to the Sea, many pivotal campaigns and battles during the American Civil War took place in the Western Theater. This area of operations consisted of all the geographic territory west of the Appalachian Mountains to the Mississippi River. During this course, we will explore military action at Shiloh, Perryville, Stones River, Vicksburg, Chickamauga, Chattanooga, Atlanta, and many other battles! Students will also learn about the commanding officers involved in an area, which most historians agree decided the outcome of the war.

### [Adventures in Champagne and Sparkling Wines](#)

**Instructors:** Herbert Spasser

**Day:** Tuesday **Sessions:** **4** **Format:** Classroom

**Dates:** 4/2/2024 - 4/23/2024

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

This course will focus on some of the more important wine growing regions of the world. We will show similarities and differences due to various soils, climate, and wine making techniques. The topics will include, Champagne and Sparkling Wines, Alsace, Iberia (Spain and Portugal), and Napa. Appropriate wines will be tasted. All students must bring two wine glasses to class with them each week.

### [Harmonies of Cinema: Unveiling the Power of Modern Film Scores](#)

**Instructors:** Emanuel Abramovits

**Day:** Tuesday **Sessions:** **6** **Format:** Online

**Dates:** 4/9/2024 - 5/14/2024

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

More than ever, music is a fundamental component of a film's emotional force, and we'll explore what's behind the best film scores in today's evolving world. Anecdotes and superb audiovisuals will introduce us into the artistic and the business aspects of the music of Thomas Newman (American Beauty), Hans Zimmer (Interstellar), Rachel Portman (Emma), Justin Hurwitz (La La Land) and more composers of a fantastic new generation, who are allowing us "to see the films with new eyes and hear the films with new ears.

## **WEDNESDAY**

### [Rock and Roll in the Mid-60s](#)

**Instructors:** Tom Dell

**Day:** Wednesday **Sessions:** **7** **Format:** Classroom

**Dates:** 4/3/2024 - 5/15/2024

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

We will look and listen as Motown comes of age, watch the British as they invade our airways and ear canals. The Beatles, The Beach Boys and all of the groups that we grew up with and learned to dance to. This is one of the most creative times in American and British music and it is all here for your pleasure. Sex, drugs and Rock and Roll ruled the world of young people. We will try to remember as much of it as we can.

### [Chair Yoga and Resistance Bands](#)

**Instructors:** Nutan Ahuja

**Day:** Wednesday **Sessions:** 7 **Format:** Online

**Dates:** 4/3/2024 - 5/15/2024

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

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

### [Italian Conversation Intermediate Level](#)

**Instructors:** Antonella Giannasca

**Day:** Wednesday **Sessions:** 7 **Format:** Online

**Dates:** 4/10/2024 - 5/15/2024

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

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.

### [Introduction to Italian 2](#)

**Instructors:** Alessandra Brisotto

**Day:** Wednesday **Sessions:** 7 **Format:** Hyflex

**Dates:** 4/3/2024 - 5/15/2024

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

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. It is recommended that you purchase the textbook Italian Now! Level 1: Lâ italiano dâ oggi! (Barronâs Foreign Language Guides) if you do not already own it.

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

**Instructors:** Sayyid Tirmizi

**Day:** Wednesday **Sessions:** 7 **Format:** Hyflex

**Dates:** 4/3/2024 - 5/15/2024

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

For over 2000 years, South Asia has made a significant contribution to the world of art and architecture. It is also one of the oldest living civilizations with tradition and modernity, continuity and change, and unity in diversity. It also represents the world's major religious traditions: Hinduism, Buddhism, Islam, Sikhism, and Christianity. All these rich traditions have enriched Indian art and architecture culture, from ancient temples to medieval Taj Mahal to exotic miniature paintings. The course will walk you through the magnificent art pieces from the 7th to the 20th century.

### [British History 101](#)

**Instructors:** Clive Gillon

**Day:** Wednesday **Sessions:** 7 **Format:** Hyflex

**Dates:** 4/3/2024 - 5/15/2024

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

Join us for Britain 101, the first of two 7-week courses exploring the history of the British Isles. This course covers the period from about 500 BC to 1200 AD, taking you from the Celts to the Normans. We'll dive into the stories of invaders like the Romans, Anglo-Saxons, and Vikings, and discover how their influences shaped Britain.

### [Let's Travel to Italy](#)

**Instructors:** Antonella Giannasca

**Day:** Wednesday **Sessions:** 6 **Format:** Online

**Dates:** 4/10/2024 - 5/15/2024

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

Are you finally planning a trip to Italy after Covid? Do you want to learn the expressions and the words that will help you interact with locals? Do you want to learn how to order food, ask for directions, etc.? This is the class for you! Let's travel together to this beautiful country and discover the traditions and the culture of Italy. No grammar, no rules just practical sentences and suggestions. Get ready for your trip! Buon Viaggio.

### [Hitchcock Movies Part II: A Turn Inward](#)

**Instructors:** Collin Mackey

**Day:** Wednesday **Sessions:** 7 **Format:** Classroom

**Dates:** 4/3/2024 - 5/15/2024

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

Explore many of the early American films of Alfred Hitchcock. We will find that during this time as he wrestled for more control of his own productions, his subject matter took an introspective turn, where the conflicts are equal parts man vs. man and man vs. self-reflecting the tumultuous era of a world at war. As with Part I, this class will focus on placing each Hitchcock film both in its relevance in the career of the Master of Suspense, its advancement and influence in the history of cinema, and as a reflection of the time in which it was made. Since we will only be looking at a single film each week, there should be time for class discussion about each film. The films covered this session will be Saboteur, Shadow of a Doubt, Lifeboat, Spellbound, Notorious, The Paradine Case, and Rope.

### [Surviving Market Swings](#)

**Instructors:** Angela Rehkop

**Day:** Wednesday **Sessions:** 4 **Format:** Hyflex

**Dates:** 4/3/2024 - 4/24/2024

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

Discussing Events that Cause Volatility - How to develop a Sound Financial Strategy, Assess your Investment Options, Focusing on Fundamentals, Putting it all Together. Includes Workbook.

## THURSDAY

### [Intro To American Mah Jongg Part II](#)

**Instructors:** Carol Camerino

**Day:** Thursday **Sessions:** 4 **Format:** Classroom

**Dates:** 4/4/2024 - 4/25/2024

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

For participants of Carol's Intro to American Mah Jongg course, this program focuses on strategy and game play. After this program, participants should be prepared to confidently join in games with more experienced players. The Instructor will let you know what book you will need

### [Intro to Italian 1](#)

**Instructors:** Alessandra Brisotto

**Day:** Thursday **Sessions:** **Format:** Classroom

**Dates:** 4/4/2024 – 5/16/2024

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

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.

### [Self-Discovery II Continue your Journey](#)

**Instructors:** Enid Carlin

**Day:** Thursday **Sessions:** 5 **Format:** Classroom

**Dates:** 4/4/2024 - 5/2/2024

**Time:** 11:30 AM - 12:45 PM

Continue your journey towards a more profound self-awareness. "Self-Discovery II" is the sequel to our transformative journey into self-awareness. In this dynamic and interactive course, we'll delve deeper into uncovering your thoughts, emotions, goals, and values through engaging group discussions and introspective exercises. Join us for an insightful, fun, and creative exploration of your inner self. **Prerequisite:** A Guide to self-awareness (Enid Susan Carlin)

### [Issues in the News](#)

**Instructors:** Marty Bennett, Mary Whiteman

**Day:** Thursday **Sessions:** 4 **Format:** Hyflex

**Dates:** 4/2/2024 - 4/23/2024

**Time:** 11:30 AM – 12:45PM

Students will discuss political, economic, social and cultural issues in the news. Each week several major and enduring world, national and local issues will be thoroughly examined from multiple perspectives. Students can express themselves openly and confidently, and respectfully learn and understand the complexity of issues.

## **Intro to American Mah Jongg Part I (FULL)**

**Instructors:** Carol Camerino

**Day:** Thursday **Sessions:** 4 **Format:** Classroom

**Dates:** 4/4/2024 - 4/25/2024

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

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: Taught in American Mah Jongg and the rules of the National Mah Jongg League.)

## **Italian per Sharon**

**Instructors:** Alessandra Brisotto

**Day:** Thursday **Sessions:** **Format:** Classroom

**Dates:** 4/4/2024 – 5/16/2024

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

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.

## **ONE DAY COURSES**

### **Breaking Down Hypertension: Understanding the Silent Killer**

**Instructors:** Emory Medical Students

**Day:** Monday **Sessions:** 1 **Format:** Hyflex

**Dates:** 4/1/2024

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

Join a presentation with Emory Medical Students as they discuss Hypertension: Hypertension, commonly known as high blood pressure, silently affects millions worldwide, posing a significant health risk. In this presentation, we discuss the complexities of hypertension to equip our audience with a comprehensive understanding of its mechanisms, implications, and management.



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## **Marijuana Regulation: Consumer, Health, and Social Justice Issues**

**Instructors:** Marla Tepper

**Day:** Monday **Sessions:** 1 **Format:** Classroom

**Dates:** 4/8/2024

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

Participants will engage in a thought-provoking exploration of marijuana in this one-session course, where we delve into the unique challenges and opportunities of the booming industry for both medicinal and recreational purposes. Our focus is on the legal and regulatory frameworks shaping marijuana legalization, covering key areas such as product safety, labeling, and marketing. Dive deep into the evolving landscape of marijuana regulation, navigating the complexities of state, local, and federal laws, with a particular emphasis on the critical intersection of consumer protection and social justice.

## **Agatha Christie and Her Murderous Drugs**

**Instructors:** Flynn Warren

**Day:** Tuesday **Sessions:** 1 **Format:** Hyflex

**Dates:** 4/09/2024

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

Agatha Christie is the world's best-selling author of mystery novels. This presentation will cover Agatha's life and her career development. Ms. Christie worked as a pharmacy assistant in British hospitals during World Wars I and II. She learned drug knowledge that she then incorporated into many of her stories. This talk will cover many of the drugs she used and will emphasize those used for murder.

## **First Aid, CPR, AED (National Safety Council)**

**Instructors:** Jim Spano

**Day:** Friday **Sessions:** 1 **Format:** Classroom

**Dates:** 4/12/2024

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

This hands-on practical Basic Life Support course provides each participant receives the practical skills and knowledge using the 3 "C" method of CHECK – CALL - CARE! Main emphasis is on acquiring skills to keep an injured victim alive until they can be transported/evaluated by medical qualified staff members. Each participant will receive a student book and pocket guide and 2 year certificate. Limit 15 students.

### [Asa Candler & Coca-Colas Beginnings](#)

**Instructors:** Flynn Warren

**Day:** Tuesday **Sessions:** 1 **Format:** Hyflex

**Dates:** 4/16/2024

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

John Pemberton created Coca-Cola but Asa Candler made it into the product powerhouse that it is. This program will explain the creation and growth of Coca-Cola. Also discussed will be Candler's role in creating Emory University and his philanthropic and political activities for Atlanta.

### [Raymond Ahlquist: The Nobel Prize that should have been](#)

**Instructors:** Flynn Warren

**Day:** Tuesday **Sessions:** **Format:** Hyflex

**Dates:** 4/23/2024

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

For decades scientists had tried to understand how epinephrine could have both dilation and constriction effects in various body organs. Ahlquist, in 1948, came up with a descriptive and demonstrable explanation involving two different receptors; alpha and beta that showed how epinephrine could have both effects. Some challenged this explanation until 1968 when propranolol became available, and the alpha and beta receptors system was widely accepted. Ahlquist died before he could receive the Nobel Prize presented to other scientists based on his work.

### [Nobody Likes a Witch Hunt. Especially Not the Witches!](#)

**Instructors:** Jeff Milsteen

**Day:** Monday **Sessions:** 1 **Format:** Hyflex

**Dates:** 4/29/2024

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

We've been hearing a lot about "witch hunts" the last several years, but did you ever think about the origins of that phrase? Most think the phrase originates with the Salem Witch Trials, but its historical roots run much deeper and actual witch hunts continue to this day. Join Jeff Milsteen for this one-day course exploring the history, hysteria and spectacle (and even occasional humor!) of witch hunts. Please note — determining whether Donald Trump is in fact a witch being hunted is beyond the scope of this class!

### [Crawford Long: Discover of ether for surgical anesthesia](#)

**Instructors:** Flynn Warren

**Day:** Tuesday **Sessions:** 1 **Format:** Hyflex

**Dates:** 4/30/2024

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

Crawford Long was the first to use ether for surgical anesthesia, doing so in March of 1842. Long did not immediately publicize this discovery until after Boston surgeons used ether in 1846. This presentation will cover Dr. Long's career as a physician and pharmacist and explain the battle he had to fight to obtain recognition for his achievements. Aspects of modern anesthesia will also be discussed.

### [May Day Treasures: Crafting European-Inspired Jewelry](#)

**Instructors:** Virginia Milner

**Day:** Wednesday **Sessions:** 1 **Format:** Classroom

**Dates:** 5/1/2024

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

We will create a piece of jewelry inspired by the traditional European May Day celebration. We will also learn the history of May Day, discussing its European origins and how it has evolved in the United States. Supplies included.

### [Defensive Driving Course: National Safety Council](#)

**Instructors:** Jim Spano

**Day:** Monday **Sessions:** 1 **Format:** Classroom

**Dates:** 5/13/2024

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

NSC Defensive Driving Courses teach drivers how to recognize and react to immediate and potential hazardous driving situations and conditions. Our instructor-led, classroom courses provide collision prevention strategies and defensive driving techniques that focus on behavior, judgement, decision making and consequences.