

SUMMER

CATALOG

OLLI AT EMORY

JUNE • JULY • AUGUST 2026

Monday

Chair Yoga

Instructor: Nutan Ahuja **Method:** Online
Date: 6/1/2026-6/22/2026 **DOW:** Monday
Time: 10:00 AM-11:00 AM **Wks:** 4

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. (You can also sign-up for the Monday class and participate twice per week).

Spain's Delightfully Surprising History & Culture

Instructor: Eric Bussian **Method:** Hyflex
Date: 6/1/2026-6/29/2026 **DOW:** Monday
Time: 10:00 AM-11:00 AM **Wks:** 5

Where were the primary and most productive gold, silver and lead mines of the Roman Empire? Why does the Spanish language, based in Latin, contain so many Arabic words? Why would the Catholic Monarchs of Spain sponsor, an Italian navigator, to sail west across the Atlantic in search of a naval passage to the Far East? Although a student of Spanish language and culture since junior-high school days, during a 70-day journey throughout Spain I first learned the answer to these questions and many other surprising facts about the rich history and culture of the Spanish. I hope to share the joy and wonder I developed for Spain with the students who attend this course.

Music of the British Isles

Instructor: Judith Costello **Method:** Online
Date: 6/1/2026-6/22/2026 **DOW:** Monday
Time: 1:30 PM-3:00 PM **Wks:** 4

This four-week course includes works evoking and describing English, Welsh, Scottish and Irish landscapes, as well as traditional folk songs and dances capturing the essence of the people. We'll also listen to the lovely music originating in the surrounding small islands, such as the Orkneys and the Hebrides; and we'll celebrate great British composers from the 16th to the 20th centuries. Do pour yourself a nice cuppa and join us.

Tuesday

Building Habits of Happiness and Well-Being

Instructor: Robert Pawlicki **Method:** Hyflex
Date: 6/2/2026-6/9/2026 **DOW:** Tuesday
Time: 10:00 AM-11:00 AM **Wks:** 2

Happiness is not a random occurrence but a dynamic process that can be understood, cultivated, and sustained. In this two-session course, psychologist Robert Pawlicki draws upon decades of research and professional experience to examine the psychological and behavioral foundations of happiness and well-being. Participants will gain evidence-based insights and practical strategies shown by science to enhance life satisfaction, resilience, and overall well-being.

100 Years of Television

Instructor: Bill Nigut **Method:** Hyflex
Date: 6/2/2026-6/23/2026 **DOW:** Tuesday
Time: 11:30 AM-1:00 PM **Wks:** 4

We'll take a deep dive into the medium that has been our main source of entertainment for many decades. We'll explore how the technology has evolved from the first experimental broadcast in 1928 to the 95" home theaters of today.. And we'll look at how the shows we love have evolved, too. From Sid Caesar's Show of Shows, to The Honeymooners, to the so-called golden age of TV that brought us The Sopranos, Mad Men and so many others. For many of us, TV has grown up as we have, and it's brought us memories and companionship that we'll explore in our class.

Favorite French Operas

Instructor: John Bayne **Method:** Online
Date: 6/9/2026-6/30/2026 **DOW:** Tuesday
Time: 1:00 PM-2:00 PM **Wks:** 4

This course will survey famous and beloved operas by French composers. They include Bizet's Carmen, Saint-Saens's Samson et Dalila, and Debussy's Pelleas et Melisande, and others rarely performed, in the "grand opera" genre the French invented, five acts long with spectacular sets and an obligatory ballet. The Zoom class will feature music videos with great music, singers, and drama.

Wednesday

Chair Yoga and Resistance Bands WED

Instructor: Nutan Ahuja **Method:** Online
Date: 6/3/2026-6/24/2026 **DOW:** Wednesday
Time: 10:00 AM-11:00 AM **Wks:** 4

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.

Turning Points in Atlanta History

Instructor: Wendy Venet **Method:** Hyflex
Date: 6/3/2026-6/24/2026 **DOW:** Wednesday
Time: 11:30 AM-1:00 PM **Wks:** 4

Atlanta has been called many things: "a city built on hard work, hot air, and bluster"; "a city too busy to hate"; "a Black Mecca" or "a Black bubble," or "a Dream Deferred." How did Atlanta become the city it is today? This course engages Atlanta history by focusing on four turning points per class. The class begins with the founding of Atlanta in 1837 and ends with the Olympic Games in 1996.

Let's Discuss Topics We Disagree On

Instructor: Alice Huang **Method:** Classroom
Date: 6/3/2026-6/24/2026 **DOW:** Wednesday
Time: 1:30 PM-3:00 PM **Wks:** 4

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.

Biblical Jericho: Siege as Cultural Psychology

Instructor: Craig Miller **Method:** Cancelled
Date: 6/3/2026-6/24/2026 **DOW:** Wednesday
Time: 1:30 PM-3:00 PM **Wks:** 4

Introduction to Islam

Instructor: Hammad Ahmad **Method:** Hyflex
Date: 6/3/2026-6/24/2026 **DOW:** Wednesday
Time: 1:30 PM-2:30 PM **Wks:** 4

An Introduction to Islam, you will explore the full sweep of the religion of Islam. I will answer your critiques and most essential questions about the second-largest and fastest-growing religion in the world. We will discuss the basic tenets of Islam, followed by its sources (Quran, Sunnah, and Hadith), the life of Muhammad, a brief history of Islam, analyze the main Islamic sects and their origin, and the concept of Jihad in Islam. We will also learn about the Islamic understanding of Jesus, Mary, and the People of the Book. Finally, we will discuss Islam in the current world.



Thursday

Exploring the Art of Watercolor and Mixed Media Painting

Instructor: Jean Khoshbin **Method:** Classroom
Date: 6/11/2026-7/16/2026 **DOW:** Thursday
Time: 10:30 AM-12:30 PM **Wks:** 6

This course will explore the basic structure of creating a watercolor/mixed media painting including, composition, balance, color, and painting techniques. The course will cover combining watercolor with Gouache paint, acrylic, and ink to create a painting. Whether you're a beginner or an experienced artist seeking to expand your creative toolkit, this course will encourage exploration, confidence, and a personal artistic style.

Celebrated Women Artists in 18th-19th Century France

Instructor: Jane Herzig **Method:** Hyflex
Date: 6/4/2026-6/18/2026 **DOW:** Thursday
Time: 11:30 AM-1:00 PM **Wks:** 3

During this three-session course you will meet exceptional women artists who were able to navigate extreme political instability, while redefining art. Session One - An Uneven Playing Field with Barriers, Potholes and Moving Goal Posts. During this session we discover how a much-loved painting in a major museum, once thought to be the work of a famous 19th century male artist, was painted by a previously unknown woman. How the painting was re-attributed is a visual adventure. Also, during this session, we will become familiar with the barriers that women in France had to hurdle to become recognized artists. Session Two - Adélaïde Labille-Guiard (1749-1803) Labille-Guiard was an eminent portrait painter who lived in Paris before, during and after the French Revolution. How she survived is a tribute to her ability to network and negotiate a ruthless era. Session three- Elisabeth Vigée Le Brun (1755-1842) Contemporary of Labille-Guiard and portraitist of Marie Antoinette, Vigée Le Brun had to flee France during the French Revolution. During her 12 years of exile she maintained a successful career, while traveling across Europe, painting aristocracy and royalty.

Ikebana: Japanese Art of Flower Arrangement

Instructor: Nutan Ahuja **Method:** Classroom
Date: 6/4/2026-6/11/2026 **DOW:** Thursday
Time: 1:00 PM-2:30 PM **Wks:** 2

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.

Fun With the Incredible iPhone Camera with AI Features

Instructor: Bob Siegmann **Method:** Classroom
Date: 6/4/2026-6/25/2026 **DOW:** Thursday
Time: 1:30 PM-3:00 PM **Wks:** 4

Ready to take your iPhone photography to the next level? This 6-week course (one and a half hours per week) is designed for users who are already comfortable with everyday iPhone photography and want to explore more advanced AI features. Each session dives into powerful camera functions, smart AI tools, and hidden shortcuts that can dramatically improve your photos. While we'll touch on key concepts from the beginner course, the focus here is deeper—helping you truly understand and use the iPhone's built-in AI and pro-level camera modes. Ready to take your iPhone photography to the next level? This 6-week course (one and a half hours per week) is designed for users who are already comfortable with everyday iPhone photography and want to explore more advanced AI features. Each session dives into powerful camera functions, smart AI tools, and hidden shortcuts that can dramatically improve your photos. While we'll touch on key concepts from the beginner course, the focus here is deeper—helping you truly understand and use the iPhone's built-in AI and pro-level camera modes. No prior class is required—just a willingness to experiment and learn! Each week includes practical take-home photo assignments, emailed in and reviewed anonymously in the next class. This helps you gain confidence and put your new skills to use right away.

The 25 Top Film Scores of All Time!

Instructor: Emanuel Abramovits **Method:** Online

Date: 6/4/2026-7/9/2026 **DOW:** Thursday

Time: 1:30 PM-3:00 PM **Wks:** 6

The American Film Institute released a list of the best film scores, which includes many well-known classics and some surprises. The composers of those scores have something in common: a fascinating life and a solid career. Let's enjoy the ride through the process of creating those historical pieces that convey what the movie is trying to say without words and evoke an emotional response even the most brilliant dialogues and images cannot. Classics like *Gone with the Wind*, *Laura*, *To Kill a Mockingbird*, *Planet of The Apes*, *Jaws*, *Star Wars*, *Psycho*, other masterpieces and even some film scores that have become more popular than the films they soundtracked.

JULY

Monday

Vivo Online Strength & Balance Classes

Instructor: Impactive Inc. **Method:** Online App

Date: 7/6/2026-8/24/2026 **DOW:** Monday

Time: 9:00 AM-11:00 AM **Wks:** 8

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.

Classes are small, ensuring personalized attention, and are led by certified personal trainers with expertise in working with older adults. These trainers provide modified exercises to accommodate each participant's specific fitness needs. Vivo offers two 45-minute sessions per week and includes one-on-one assessments before the course starts to establish a baseline of your abilities. At the end of the program, a final assessment will track your progress and results. Whether you're new to exercise or already have an established routine, Vivo is designed to help you achieve your fitness goals and enhance your overall well-being. Vivo is an online program, where you will pick the class day and time that works best for your schedule. Before the first days of class, Team Vivo will reach out and schedule your baseline assessment.

Chair Yoga

Instructor: Nutan Ahuja **Method:** Online

Date: 7/13/2026-8/24/2026 **DOW:** Monday

Time: 10:00 AM-11:00 AM **Wks:** 7

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.

Great Whales and Tiny Minnows: Marine Creatures in Music

Instructor: Judith Costello **Method:** Online

Date: 7/6/2026-7/13/2026 **DOW:** Monday

Time: 1:30 PM-3:00 PM **Wks:** 2

Whether you swim with the dolphins, go fly-casting for trout, spend the day on an orca-spotting boat, or simply enjoy gazing at fish in an aquarium, you're sure to hear music in this two-week course to suit your fishy fancies. Our selections range from the whimsical to the profound, from film scores (*Moby Dick*, *Jaws*) to Schubert's beloved "Trout" Quintet, and from a calm, peaceful manatee to a "Neurotic Goldfish."

It's Your Story. Write It!

Instructor: Georgia Lee **Method:** Classroom

Date: 7/6/2026-8/17/2026 **DOW:** Monday

Time: 1:30 PM-3:00 PM **Wks:** 7

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.

Tuesday

The Science of Well-Being Around the World

Instructor: Robert Pawlicki **Method:** Hyflex

Date: 7/7/2026-7/14/2026 **DOW:** Tuesday

Time: 10:00 AM-11:00 AM **Wks:** 2

The endlessly fascinating pursuit of happiness takes countless forms across cultures and generations. In this lively three-session OLLI course, psychologist Robert Pawlicki invites you to explore the forces that shape a nation's joy—and its despair. Discover why some countries flourish in well-being while others struggle, and what these global insights reveal about our own paths to happiness.

PLAN-A-PARTY WORKSHOP

Instructor: Frances Reed **Method:** Classroom

Date: 7/21/2026-7/28/2026 **DOW:** Tuesday

Time: 10:30 AM-1:30 PM **Wks:** 2

We'll start at the beginning and plan your party together: In this two-part workshop, we'll discuss themes, compile guest lists, compose invitations, devise menus, brainstorm décor, and address any particular challenges you might anticipate. Our second session will be devoted to set-up: preparing the space, arranging flowers, setting the table, presentation and service, lighting, music, and assorted niceties (favors, anyone?)... and then we'll have a little party of our own! Please join us! Aspiring and experienced hosts and hostesses welcomed.

Wednesday

Let's Discuss Topics We Disagree On

Instructor: Alice Huang **Method:** Classroom

Date: 7/8/2026-7/29/2026 **DOW:** Wednesday

Time: 1:30 PM-3:00 PM **Wks:** 4

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.

Chair Yoga and Resistance Bands

Instructor: Nutan Ahuja **Method:** Online

Date: 7/8/2026-8/19/2026 **DOW:** Wednesday

Time: 10:00 AM-11:00 AM **Wks:** 7

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.

Thursday

Rummaging Through America's Attic: The Smithsonian

Instructor: Jeff Milsteen **Method:** Hyflex

Date: 7/9/2026-7/30/2026 **DOW:** Thursday

Time: 11:30 AM-12:30 PM **Wks:** 4

Join Jeff Milsteen for a stroll through the past, present and future of the largest museum complex in the world. Most of us have fond memories of spending a family vacation being dragged down the mall on a hot summer day in Washington D.C. Whether you were the one doing the dragging or the one being dragged, or even if you've never visited any of the Smithsonian's museums, you will enjoy this stroll through the fascinating history of the institution, learning how it was founded, how it is governed and the scope of its collections. We'll also explore some of the more interesting, and even bizarre, artifacts currently held in the Smithsonian's vast collection.

Ikebana: Japanese Art of Flower Arrangement

Instructor: Nutan Ahuja **Method:** Classroom

Date: 7/9/2026-7/16/2026 **DOW:** Thursday

Time: 1:00 PM-3:00 PM **Wks:** 2

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.

AUGUST

Monday

Thrive Salon? Longevity Lit Book Club

Instructor: Carol Camerino **Method:** Classroom

Date: 8/3/2026-8/17/2026 **DOW:** Monday

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

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

Sullivan Without Gilbert

Instructor: Judith Costello **Method:** Online

Date: 8/3/2026-8/24/2026 **DOW:** Monday

Time: 1:30 PM-3:00 PM **Wks:** 4

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

Tuesday

Rediscovering Optimism in Today's World

Instructor: Robert Pawlicki **Method:** Hyflex

Date: 8/4/2026-8/11/2026 **DOW:** Tuesday

Time: 10:00 AM-11:00 AM **Wks:** 2

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

how realistic optimism has fueled progress in the past—and can do so again today.

Improvisation - Part 2

Instructor: Robert Drake **Method:** Classroom

Date: 8/4/2026-8/25/2026 **DOW:** Tuesday

Time: 11:30 AM-1:00 PM **Wks:** 4

Come learn to work with others to tell hilarious stories that stretch the narrative! You'll laugh, you'll grow more confident in your spontaneity and storytelling ability, plus have a great time.

What Makes the Grand Canyon "Grand?"

Instructor: Stephanie Slahor **Method:** Online

Date: 8/4/2026-8/25/2026 **DOW:** Tuesday

Time: 1:30 PM-3:00 PM **Wks:** 4

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

Music and the Holocaust - Tragedy, Hope and Legacy

Instructor: Emanuel Abramovits **Method:** Online

Date: 8/4/2026-8/25/2026 **DOW:** Tuesday

Time: 1:30 PM-3:00 PM **Wks:** 4

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

Wednesday

Let's Discuss Topics We Disagree On

Instructor: Alice Huang **Method:** Classroom

Date: 8/5/2026-8/26/2026 **DOW:** Wednesday

Time: 1:30 PM-3:00 PM **Wks:** 4

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.

Lawdogs and Outlaws of the Wild West

Instructor: Mark Randle **Method:** Classroom

Date: 8/5/2026-8/26/2026 **DOW:** Wednesday

Time: 11:30 AM-1:00 PM **Wks:** 4

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

Aging in Place: Planning for Real Life

Instructor: Stephanie Tarpley **Method:** Classroom

Date: 8/5/2026-8/26/2026 **DOW:** Wednesday

Time: 11:30 AM-1:00 PM **Wks:** 4

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

Smart Tax and Investment Strategies for Retirement

Instructor: Angela Rehkop **Method:** Classroom

Date: 8/19/2026-8/20/2026 **DOW:** Wednesday

Time: 10:00 AM-12:00 PM **Wks:** 2

A Two-Day Workshop to Help You Preserve, Grow, and Protect Your Retirement Income Day 1: "Tax Planning in Retirement – Understanding How Taxes Really Work" How different types of retirement income are taxed (Social Security, pensions, IRAs, etc.), Tax brackets in retirement and their impact on withdrawal strategies, Managing Required Minimum Distributions (RMDs), Roth conversions, charitable giving, and other tax-savvy tools, Avoiding common tax pitfalls that reduce retirement income Day 2: "Investment Fundamentals – Building Confidence and Clarity" Understanding the basic types of investments: stocks, bonds, mutual funds, ETFs, The role of diversification, risk, and return in a retirement portfolio, Balancing income needs with long-term growth, Simple strategies to stay informed and in control

Investments & Estate Planning

Instructor: Angela Rehkop **Method:** Classroom

Date: 8/26/2026-8/27/2026 **DOW:** Wednesday

Time: 10:00 AM-12:00 PM **Wks:** 2

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



Broadway
IN
NEW YORK CITY
WITH BILL NIGUT
MARCH 19 – 22, 2027

Join OLLI at Emory and Bill Nigut for an unforgettable Broadway adventure filled with world-class theater, sightseeing, great food, and special experiences in the heart of New York City!

- 4 BROADWAY SHOWS
- MIDTOWN SIGHTSEEING
- MoMA & MUSEUM OF BROADWAY
- BREAKFAST DAILY & DINNER EACH EVENING
- FREE TIME TO EXPLORE NYC

Plus! A SPECIAL DINNER AT THE FAMOUS SARDI'S RESTAURANT

SPACE IS LIMITED TO APPROXIMATELY 40 TRAVELERS
This invitation is being sent to Bill's former students first before it is announced to the broader OLLI membership.
FIRST-COME, FIRST-SERVED BASIS.

\$3,328
PER TRAVELER
(DOUBLE OCCUPANCY)
Price good through June 18, 2026

LEARN MORE OR RESERVE YOUR SPACE:
1-888-310-7121
REFERENCE TOURCENTER ID: TARPLEY-665

ONE DAY COURSES

Painting for Fun: A Relaxing Creative Experience

Instructor: Sarah Gearhart **Method:** Classroom

Date: 6/3/2026-6/3/2026 **DOW:** Wednesday

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

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!

Building Trust Across Communities: What We Learn from the Peace Corp

Instructor: Jody Olsen **Method:** Hyflex

Date: 6/3/2026-6/3/2026 **DOW:** Wednesday

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

We can rebuild community connections by respecting and trusting others and acknowledging our own vulnerabilities. Peace Corps' 64 years of service in 142 countries succeed by individual Americans integrating into host country communities through trust and respect. This model can be applied here at home to renew connections across individual and community differences.

VIVO Free Info Session - Staying Strong and Independent

Instructor: Impactive Inc. **Method:** Online

Date: 6/4/2026-6/4/2026 **DOW:** Thursday

Time: 10:00 AM-11:00 AM **Wks:** 1

Staying Strong and Independent: What the Science Shows (and What to Do About It) Summer Info Session "Staying Strong and Independent: What the Science Shows (and What to Do About It)" This session explores the growing body of research on strength training and its role in supporting healthy aging. Participants will learn how strength impacts mobility, balance, metabolic health, and overall independence, along with practical ways to incorporate it into daily life. We will also examine what happens to the body as we age, including the natural loss of muscle mass (sarcopenia), and discuss simple, research-backed strategies to address it—particularly through strength training and nutrition. Additional benefits, including the

connection between strength training and cognitive health, will be introduced to provide a more complete picture of how movement supports overall well-being. The session includes a brief, guided class demonstration to help participants experience how strength training can be adapted for different levels and abilities, followed by time for questions and discussion. Free Webinar for more information about the program Staying Strong and Independent: What the Science Shows (and What to Do About It)

Go with OLLI: Twilight of the Gods

Instructor: **Method:** OffSite **FULL**

Date: 6/7/2026-6/7/2026 **DOW:** Sunday

Time: 2:00 PM-5:00 PM **Wks:** 1

Join fellow OLLI members for an unforgettable operatic experience as the epic struggle between good and evil reaches its dramatic conclusion in The Atlanta Opera, Richard Wagner's Twilight of the Gods (Götterdämmerung).

Adventures in Wire Wrapping

Instructor: Virginia Milner **Method:** Classroom

Date: 6/16/2026-6/16/2026 **DOW:** Tuesday

Time: 12:00 PM-2:00 PM **Wks:** 1

This hands-on workshop offers step-by-step instruction for creating beautiful wire jewelry designs. Students will learn solderless wire linking techniques to craft unique bracelets, necklaces, and more, along with methods to create freeform accents. Participants will select from a variety of wire, stones, crystals, beads, and findings to complete their pieces—all materials and tools are provided.

Painting for Fun: A Relaxing Creative Experience

Instructor: Sarah Gearhart **Method:** Classroom

Date: 6/30/2026-6/30/2026 **DOW:** Tuesday

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

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!

Discussing Topics We Disagree On - One- Day Workshop

Instructor: Alice Huang **Method:** Classroom
Date: 7/1/2026-7/1/2026 **DOW:** Wednesday
Time: 1:30 PM-3:00 PM **Wks:** 1

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.

First Aid, CPR, AED (National Safety Council)

Instructor: Jim Spano **Method:** Classroom
Date: 7/10/2026-7/10/2026 **DOW:** Friday
Time: 9:30 AM-2:30 PM **Wks:** 1

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.

National Safety Council Defensive Driving

Instructor: Jim Spano **Method:** Classroom
Date: 7/13/2026-7/13/2026 **DOW:** Monday
Time: 9:30 AM-2:30 PM **Wks:** 1

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.



Royal Dogs Across the Ages

Instructor: Michael McDavid **Method:** Hyflex
Date: 7/15/2026-7/15/2026 **DOW:** Wednesday
Time: 1:30 PM-3:00 PM **Wks:** 1

Every dog is family royalty, but some have actual royal owners. In this one-session class we will survey royal pooches and their masters and mistresses from across the centuries. If you love dogs and want to learn more about those privileged canines who lived in castles and palaces, come join us for this fun hour and a half session.

OLLI SCAD Dior Exhibit Tour: Crafting Fashion

Instructor: **Method:** FULL
Date: 7/15/2026-7/15/2026 **DOW:** Wednesday
Time: 11:00 AM-1:00 PM **Wks:** 1

The Innocence Project: A Story of Justice, Wrongful Conviction, and Freedom

Instructor: **Method:** Classroom
Date: 7/16/2026-7/16/2026 **DOW:** Thursday
Time: 10:00 AM-11:00 AM **Wks:** 1

Come learn to work with others to tell hilarious stories that stretch the narrative! You'll laugh, you'll grow more confident in your spontaneity and story telling ability, plus have a great time.

Uncle Billy's Return to Atlanta: The Southern Tour of General William T Sherman

Instructor: Michael McDavid **Method:** Hyflex
Date: 7/22/2026-7/22/2026 **DOW:** Wednesday
Time: 1:30 PM-3:00 PM **Wks:** 1

In 1864 in the celebrated – or infamous – March to the Sea, Union General William T Sherman left Atlanta a smoking ruin, devoid of population. By 1879 the city was well into recovery mode as a transportation and economic hub of the South. That year Sherman, as Commanding General of the US Army, undertook a tour of military installations in southern states, including Atlanta. In this one-session course we will look at the events of the tour, especially the general's reception in Atlanta. We will also consider the long-term impact of the March to the Sea and Sherman's eventual demonization among many Southerners.

Discussing Topics We Disagree On - One- Day Workshop

Instructor: Alice Huang **Method:** Classroom
Date: 7/31/2026-7/31/2026 **DOW:** Friday
Time: 1:30 PM-3:00 PM **Wks:** 1

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.

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

Instructor: Michael McDavid **Method:** Hyflex
Date: 8/5/2026-8/5/2026 **DOW:** Wednesday
Time: 1:30 PM-3:00 PM **Wks:** 1

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

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

Instructor: Stuart Zola **Method:** Hyflex
Date: 8/6/2026-8/6/2026 **DOW:** Thursday
Time: 11:30 AM-1:00 PM **Wks:** 1

Stuart Zola, a world-recognized neuroscientist, will introduce you to better quality decision-making using interactive activities and visual thinking. He'll also share a few secrets about how the brain helps manage your decision process. Workshop participants will build skills in weighing options, seeing the big picture, and identifying strategies important for making good decisions. The approach is encompassing -- decision-making can be applied to any subject area (think: business, relationships, physical and emotional health, education, even lunchtime (pizza, or the salad?). In one of the most popular aspects of the Workshop, Dr. Zola brings together experiences and wisdom from different

and unusual decision-makers, e.g., a professional poker player, a professional mountain climber, and a professional magician. Decision-making is not mechanical, it is personal, and in the oncoming world of artificial intelligence (AI), the skill of including the human factor in decision-making is going to be ever more important. You've made the right decision attending this session!

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

Instructor: **Method:** Classroom
Date: 8/6/2026-8/6/2026 **DOW:** Thursday
Time: 1:15 PM-2:30 PM **Wks:** 1

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

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

Instructor: Michael McDavid **Method:** Hyflex
Date: 8/12/2026-8/12/2026 **DOW:** Wednesday
Time: 1:30 PM-3:00 PM **Wks:** 1

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

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

Instructor: Stuart Zola **Method:** Hyflex

Date: 8/13/2026-8/13/2026 **DOW:** Thursday

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

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

Ikebana: Japanese Art of Flower Arrangement

Instructor: Nutan Ahuja **Method:** Classroom

Date: 8/20/2026-8/20/2026 **DOW:** Thursday

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

Ikebana, is an ancient Japanese art of flower arranging, guided by the desire to create harmony between flowers and their surroundings. More than merely decoration, the Ikebana way of flower arranging encourages to fully express by infusing each arrangement with a sense of space, motion, season, rhythm and emotion. Students need to bring a tall vase (approx. 8-12 inch tall), Shears and any fresh leaves with 2-3 stems. Fresh Flowers will be provided.

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

Instructor: Stuart Zola **Method:** Hyflex

Date: 8/20/2026-8/20/2026 **DOW:** Thursday

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

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

strange things. Guaranteed - you will not fall asleep during this session!

Enneagram Connection Gathering

Instructor: Tony Holmes, MA **Method:** Classroom

Date: 8/27/2026-8/27/2026 **DOW:** Thursday

Time: 10:00 AM-12:00 PM **Wks:** 1

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.

VIVO Free Info Session - Staying Strong and Independent

Instructor: **Method:** Online

Date: 8/31/2026-8/31/2026 **DOW:** Monday

Time: 11:00 AM-12:00 PM **Wks:** 1

Staying Strong and Independent: What the Science Shows (and What to Do About It) Summer Info Session "Staying Strong and Independent: What the Science Shows (and What to Do About It)" This session explores the growing body of research on strength training and its role in supporting healthy aging. Participants will learn how strength impacts mobility, balance, metabolic health, and overall independence, along with practical ways to incorporate it into daily life. We will also examine what happens to the body as we age, including the natural loss of muscle mass (sarcopenia), and discuss simple, research-backed strategies to address it—particularly through strength training and nutrition. Additional benefits, including the connection between strength training and cognitive health, will be introduced to provide a more complete picture of how movement supports overall well-being. The session includes a brief, guided class demonstration to help participants experience how strength training can be adapted for different levels and abilities, followed by time for questions and discussion. Free Webinar for more information about the program Staying Strong and Independent: What the Science Shows (and What to Do About It)

Osher Online

in collaboration with Northwestern University
School of Professional Studies

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.

Class Size: OLLI at Emory is limited to **13 seats per course**.

Refund Policy: No refunds will be issued **within 7 business days** of the course start date.

(OSHEROnline) Discovering Portugal

Instructor: (Osher Online NRC) **Method:** Online Osher

Date: 7/7/2026-8/11/2026 **DOW:** Tuesday

Time: 1:00 PM-2:30 PM **Wks:** 6

In this course, we will explore how a tiny nation – Portugal – played an outsized role in world history. We will examine Portugal's fifteenth and sixteenth century maritime expansion (once called the "Discoveries"), as well as its central role in the transatlantic trade in enslaved people. We will trace how Portugal, once a fringe region of the Roman Empire, emerged as the only independent kingdom on the Iberian Peninsula as Castile grew into Spain. We will follow Portugal's rise as a global power, with outposts stretching from Brazil to Japan, and then its decline as rival empires overtook it – culminating in twentieth century poverty under Europe's longest dictatorship. Finally, we will consider how this past continues to shape Portuguese identity and culture in the decades since a revolution ushered in democracy. As we survey Portugal's landscapes, art and architecture, and food, we will see why record numbers of Americans are now visiting the country.

(OSHEROnline) Canals and the Making of the Modern World

Instructor: (Osher Online NRC) **Method:** Online Osher

Date: 7/8/2026-8/12/2026 **DOW:** Wednesday

Time: 11:00 AM-12:30 PM **Wks:** 6

When the Erie Canal opened in 1825, it revolutionized American travel and transportation, but its inspiration came from Europe's earlier canal networks. In this course, we will trace the development of French, British, and Irish canals in the 17th and 18th centuries. We will follow the story into the 19th century as we turn to American canals, especially in New York and Pennsylvania. Along the way, we will explore how canals reflect the politics and aspirations of different nations and why they still matter for global shipping today. Whether we are drawn to engineering marvels, the people who built them, or the pleasure of drifting along a canal or hiking a towpath, we will deepen our appreciation of canals' importance and beauty.

(OSHEROnline) Endless Grounds: Coffee's Social, Economic, and Cultural Life

Instructor: (Osher Online NRC) **Method:** Online Osher

Date: 7/9/2026-8/13/2026 **DOW:** Thursday

Time: 11:00 AM-12:30 PM **Wks:** 6

Coffee will provide a lively lens on major past and present issues, including climate change, social life, health, global North–South differences, social and economic justice, tourism, and slavery. We will begin "from the ground up," tracing coffee from planting and processing through shipping and, ultimately, the beverage in our cups - part of nearly two billion cups consumed daily worldwide. We will explore coffee's global history and its shift from an elite drink to an everyday staple. Drawing on current research, we will examine coffee and health, as well as practical questions such as how more income might reach farmers and how coffee production might adapt to a changing climate. The instructor will share firsthand experiences from coffee farms around the world, discuss a range of brewing methods, and demonstrate how coffee is brewed. Sessions will be interactive, with time for questions throughout.

(OSHEROnline) The Indispensable Founder: George Washington

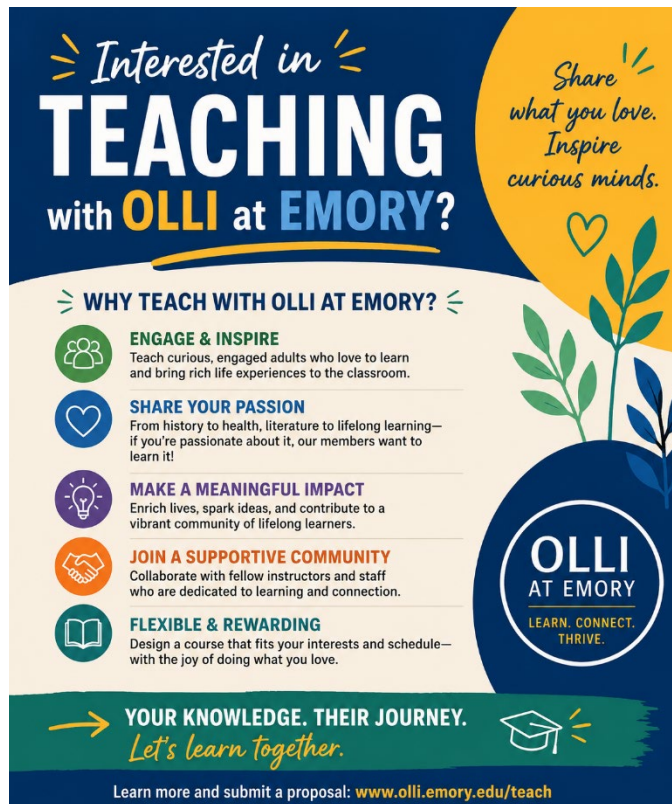
Instructor: (Osher Online NRC) **Method:** Online Osher
Date: 7/13/2026-8/17/2026 **DOW:** Monday
Time: 1:00 PM-2:30 PM **Wks:** 6

As America celebrates 250 years of independence, this course will examine the indispensable founder, George Washington. We will explore Washington's life and political leadership as well as his work as a farmer, entrepreneur, and architect. We will also review the groundbreaking work of the Mount Vernon Ladies' Association (MVLA) which has owned and managed George Washington's Mount Vernon since 1858. In that year, an intrepid group of women (who had no right to vote or own property) came together to save George Washington's home, after both the Federal Government and Commonwealth of Virginia had refused to help. MVLA formation marked the birth of the historic preservation movement.

(OSHEROnline) Women Architects and Designers

Instructor: (Osher Online NRC) **Method:** Online Osher
Date: 7/15/2026-8/19/2026 **DOW:** Wednesday
Time: 1:00 PM-2:30 PM **Wks:** 6

Often overlooked in traditional design and architecture courses, twentieth century women designers profoundly shaped the way we perceive, experience, and enjoy our built environments, interiors, and decorative objects. In this course, we will explore the work and influence of such designers and architects as Elsie de Wolfe, Eileen Gray, Lilly Reich, Charlotte Perriand, Dorothy Draper, Ray Eames, Zaha Hadid, and others. Their lives and the beauty of their enduring designs are documented within the context of the social and political issues they faced, as they left their unmistakable imprints upon twentieth century design.



Interested in **TEACHING** with **OLLI** at **EMORY**?

Share what you love.
Inspire curious minds.

WHY TEACH WITH OLLI AT EMORY?

- ENGAGE & INSPIRE**
Teach curious, engaged adults who love to learn and bring rich life experiences to the classroom.
- SHARE YOUR PASSION**
From history to health, literature to lifelong learning—if you're passionate about it, our members want to learn it!
- MAKE A MEANINGFUL IMPACT**
Enrich lives, spark ideas, and contribute to a vibrant community of lifelong learners.
- JOIN A SUPPORTIVE COMMUNITY**
Collaborate with fellow instructors and staff who are dedicated to learning and connection.
- FLEXIBLE & REWARDING**
Design a course that fits your interests and schedule—with the joy of doing what you love.

OLLI AT EMORY
LEARN. CONNECT. THRIVE.

→ **YOUR KNOWLEDGE. THEIR JOURNEY.**
Let's learn together.

Learn more and submit a proposal: www.oli.emory.edu/teach



OLLI Ice Cream and **TRIVIA**

Scoops of fun. Loads of laughs. Great company!

THURSDAY,
AUGUST 6, 2026

1:15PM - 2:30PM

Come for the ice cream,
stay for the fun!

ALL ARE WELCOME!

OLLI
LIFELONG LEARNING
LIFELONG FUN