

The Spotlight

Sept. 17th, 2015

Fall, 2015

Nov. 5, 2015

The Blessings of Summer

Blessings are both joyful gifts and powerful lessons. As the Summer Session of Lifespan Academy comes to an end, I want to share with all of you the joyful gifts and powerful lessons our blessings have bestowed upon us.

You stayed with us

The most amazing blessing—and lesson—you have taught me is your commitment and perseverance. You never left or gave up. Each week more of you came back to the Lifespan family and brought your ideas, your enthusiasm and your willingness to work for our community. We had 70 of you registered for our summer session. The best part is more of you stayed for lunch and joined in good food, great conversation and lots of community. You all know that I have a lot of energy—but you topped me during this session. Every week was a renewal and while part of me was ready for a break, I was *almost* sad to see the session end. I thank you for staying with us.

We learned more about each other

The Lifespan Member Potpourri was a huge hit. We learned things about our Fred Scheer and Frank Gleason, our young, old timers and got to know Stuart Arey, one of our Board Members. We also met one of our newest instructors, Meagan Jain, and heard her vision for an inter-generational world. The recordings are up on the website under “Listen to a Life” if you missed any of the interviews.

Age is not a number

The greatest blessing you offered this summer was the lesson that age is not a number. It's a state of mind. Listening to all of you talk about your lives, both in the past and the present, I see people living life to the fullest with great joy. The message for anyone thinking about getting involved in Lifespan, we know how to have fun!

Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. ~Samuel Ullman

The Promise of Fall

We are taking your blessings and lessons to heart. If age is irrelevant to living a full and joyful life—then look out for our Fall Session! These workshops are all about making your own choices and deciding how **you** want to live your life! And while you're at it, decide what you want to leave behind.

Older but still getting wiser

Our “Older but Still Getting Wiser” series is a great example of making choices. Live life your way. Want to stay in your own home? Learn about adaptive design. Want to downsize to move up? We can handle that too. Senior Scams? Not us. And be sure to read about the Medicare Updates session. This series is AWESOME and you can get **all the details on page 6**.

Engage your spirit, find your talent or expand your mind

We give you a chance for all three. We are very excited about our **Spirituality Series (page 3)**, our **Art classes (page 4 and 5)** and our **Android for Humans class (page 4)**. And that is only the beginning. Make sure you take the time to look at everything we have going on every Thursday!

And now to God, who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine (Ephesians 3:20)

Thank you to our Individual donors!

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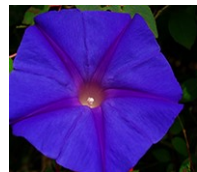
Thank you DeKalb Senior Provider Network Exhibitors

Alternative Plans Asset Preservation
Assisted Living Locators
CBC Bank (Reverse Mortgage)
Fountainview Center
Griswold Home Care
Options for Senior America

Personal Care Inc.
Senior Provisions
Smooth Mooove Senior Relocation
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Want to sponsor a snack or event at our Fall Session?
Visit our Sponsor Page at lifspanatlanta.com/sponsors or call Peggy at 404-237-7307
to see what is possible!

Sep. 17 through Nov. 5, 2015
Second Ponce de Leon Baptist Church
2715 Peachtree Road, Atlanta, GA 30305



MORNING GLORY
10:00 to 12:15 pm

10:00 to 11:00 AM

Current Economics in Everyday Life - Ferd Levy

Dr. Ferd Levy returns to lead a lively discussion on economic problems and solutions, as well as other topics that impact our bottom line.

Listen to Life – Lifespan Stories - Cele Covatta, Interviewer

Enjoy hearing from more of your Lifespan Family members as they talk about their lives and their experiences. Learn their dreams and goals, obstacles they overcame, pivotal moments and how they found their joy. And if you miss this class, don't worry, all of the interviews are on our website. Take a listen to the stories from last session at lifespanatlanta.com/listen-to-a-life/. Wait until you hear who is going to be interviewed next!

Fall into Gardening - Jeanne Merritt with the North Fulton Master Gardeners



“Fall” into gardening with the North Fulton Master Gardeners! Yes, they are coming back to share their expertise and creativity with us – all we need for our Fall Gardening.

Spirituality Series

This series will be presented by several faith leaders from different traditions within the Lifespan family. The various clergy will be talking about spiritual formation in the broadest sense, discussing a topic, experience or focus that is of interest to them and has informed their particular faith tradition. We are excited to have them all joining us. Look for more details on our website lifespanatlanta.com.

Rev. Craig Goodrich - Trinity Presbyterian Church

Dr. David King - Holy Spirit Catholic Church

Dr. John McCard - St. Martins in the Fields Episcopal Church

Dr. Charles Qualls - 2nd Ponce Baptist Church

Rabbi Rosenthal - Ahavath Achim Synagogue

Rev. Jill Ulrici - Covenant Presbyterian Church

Rev. Julie Wright - Peachtree Road United Methodist Church

Tai Chi

Tai Chi, an ancient mind-body practice, is brought to us by Dawud Rasheed. Join us for gentle stretching and strengthening exercises that will help improve balance and energy flow. There is a fee of \$25 with registration, or \$50 for Tai Chi only.

11:15 AM to 12:15 PM

We Interrupt this Broadcast – Richard Botters

Richard Botters will facilitate a fascinating exploration of how and why everyday items, expressions, and customs we take for granted have come into existence.

Town Hall Meeting – Dusty Miller and Ray Nixon

Ray and Dusty will lead a discussion of current events, using a town hall format. These two are Lifespan favorites and we are sure to have a lively discussion.

The Art Studio – Norma Pitzer and Mimi Roberts

The Art Studio will provide an opportunity for students to increase their competence in controlling their media to produce increasingly refined drawings and drawing-based watercolors. We will have class compositional problems to solve in the different techniques, and will share still life set-ups to include simple objects, plant materials, and patterned fabrics.



I Remember – Rosemary Glenn and Jerry Sawyer

The always popular I Remember Class returns. Bring your memories and experiences, paper and pen to write the stories you want your children and grandchildren to know about and enjoy. We spend class time sharing what we write. Rosemary and Jerry will show you how to bring your stories to life.

Line Dancing—Rose Haven

Join the fun as Rose Haven leads low risk, low impact line dancing to get both your mind and body active. It's become a favorite! There is a fee of \$25 with registration, or \$50 for Line Dancing only.



**Afternoon
Delight**
1:30 to 3:00 pm



Bridge for Fun

Enjoy playing bridge? Bring three friends or be a fourth! Come on in and join.

Bridge free with Fall Session Registration

Mahjong

Want to play Mahjong? Want to learn Mahjong? Come on in one afternoon and see what it's about.

Mahjong free with Fall Session Registration



Calling all Fancy Workers

Attention all knitters, would-be knitters, and other handwork enthusiasts! Join us for a post-lunch session of handwork and sociability. If you don't know how to knit, instructors will be available. Bring your own materials. If you have none, we will have a limited amount of yarn, needles, patterns, etc. for beginners.

Knitting workshop is free with Fall Session Registration.

Android for Humans!!

Bring your **android phone or your android tablet** and join us for 8 weeks of class. You will make friends with your device and be able to do all the things you want to do!

Lear about *Android*, apps, apps and more apps, how Google can be your friend, and how to get the most out of those great cameras!!

WE ALWAYS HAVE FUN!!!!

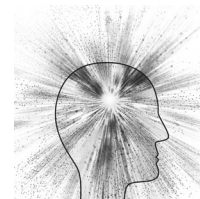
Android class is free with Fall Session Registration or \$50 for Android Class only!





Ageless Art

This is not your mother's art class!!
Come and participate in a totally unique ART EXPERIENCE.
Find out how to use art to live a full and joyous life.
Stop scoffing, come join us and learn to think outside the box.



Want to learn if you can find your artist and art can find you? Join us for Ageless Art.

Want to create things that you can use in your everyday life? Make your own paper and create your own journal with it? Join us for Ageless Art.

Want to see how experienced and beginning artists can harness the elements of earth, fire, wind and water to create art? Join us for Ageless Art.

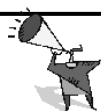
Want to come to an art class that is really an experience? Join us for Ageless Art.

Want to interact with college age young people who have a passion for art and for an inter-generational experience? Join us for Ageless Art.

Want to find out what we will do with fire? Join us for Ageless Art.

This class is \$25 with Full Fall Registration and \$50 for Ageless Art alone.

Other Things to Remember!



Blood Pressure Checks and Flu Shots:

Trimark Health Services will be providing free blood pressure checks from 12 to 1 pm. They will also provide Flu shots on a date to be announced.

Magazine/Book Exchange:

Bring magazines or books for others to enjoy. Help yourself to what others have brought and return the book when you have finished.

AARP Smart Driver™

September 25th, 2015

Attend the AARP Smart Driver™ Course to learn about normal age-related physical changes and how to adjust your driving to compensate, as well as how to reduce your chances of receiving a traffic violation, getting into an accident, or becoming injured.

This class will be offered at Trinity Presbyterian Church and taught by Lifespan's own dynamic instructor, Stuart Arey. The class is from 9 am to 4 pm and the cost is \$15 for AARP members and \$20 for non-members. To register, call the Lifespan office at 404-237-7307.

Lifespan Book Club—Mondays at 12:00 Noon

September 28- The Round House by Louise Erdrich

Reviewer: Betsy Harrell

October 26- Fever by Mary Beth Keane

Reviewer: Meg Taylor

November 30—A Novel of Zelda Fitzgerald by Therese Anne Fowler

Reviewer: Vera Sepe

OLDER BUT STILL GETTING WISER

We are taking your blessings and lessons to heart. If age is irrelevant to living a full and joyful life—then this series gives you all the tools you need to live your life on your terms. And while you're at it, decide what you want to leave behind.



September 17th – Medicare Education Talk:
Co-Sponsored by Lifespan and Seniors Provisions



Keith Nabb, Owner and President of Affordable Medicare Solutions, will present all of the changes and updates in Medicare for 2016. Keith will use his knowledge of Medicare and his well known, engaging style to help us understand the changes we need to know.

This event is FREE and OPEN TO THE PUBLIC, but space is limited.

If you are registering only for this free event, contact Senior Provisions at 678-925-0223 to register.

If you are registering for other Lifespan Classes, simply select Older But Still Getting Wiser on your registration form and send it to Lifespan Resources, 3003 Howell Mill Rd., NW, Atlanta, GA 30312 or call the office at 404-237-7307.

September 24th – Adaptive Designs – Hans Hentschel

Hans will be discussing design principles and aging in place strategies for staying in your own home. He is an architect and is a Certified Aging in Place Specialist.

October 1st – Basic Estate Planning - Chris Brannon- Elder Law Attorney, Brannon + Black, LLC

This program provides an overview for a wide variety of topics including Wills, Powers of Attorney, Advance Directives for Health Care & Guardianship. We will also discuss Long Term Care Option & Costs.

October 8th - Sizing Down for Moving Up: Simplifying, Organizing, Right-sizing - Terri and Jimmy Stephens REAL ORDER, LLC.

Learn "right-sizing" tips from seasoned organizing and move management pros. Whether moving or staying put, you need a plan to deal with a lifetime accumulation of possessions. Learn how to let go and not allow your stuff to hold you captive to the life you want to live!

October 15th – Senior Scams - Paul Black- Elder Law Attorney with Brannon + Black, LLC

Recognizing, Preventing, and Responding to Scams Against Seniors: In our work with older and vulnerable clients and their families, we frequently encounter instances of scams and financial abuse against seniors.

October 22nd – Your Ethical Legacy – Joseph K. Beach, JD – Merritt and Watson

Your ethical legacy explored by attorney Joe Beach may provide some interesting surprises. Explore this topic with Joe who will also share some ideas about how to demystify advance directives.

October 29th – Caregivers Need Care, Too—MaryLou Vergara – ARC Area Agency on Aging

So you think you are all alone and no one is coming? That's the way many caregivers feel, at least part of the time. Take back your life—and still provide wonderful care for your loved one.

November 5th – Susan Soper – Live, Laugh, Love, Write it Down

Everybody has a fabulous story and you need to be sure to tell yours. Join Susan Soper from The ObitKit.com. for this participatory workshop where you will learn how to leave the single most fabulous obituary that you can imagine. Learn how to live, laugh, love and write it down. It's all about the stories.

LIFESPAN Academy Registration Form -Fall Session September 17th through November 5th, 2015
Send all registrations & checks to: LIFESPAN 3003 Howell Mill Rd. NW, Atlanta, GA 30327 - 404-237-7307

Name _____ Phone _____

Address _____ City _____ Zip _____

Email: _____ Congregation _____

First-time participant? ____ Yes ____ No

	Yes	Cost
Are you registering for the full day session?		
Yes for all 8 sessions		59
I prefer to pay the weekly rate at \$10 per week		10

Morning Glory:

Classes 10:00 - 11:00 AM - Select ONE

Current Economics	
Listen to a Life - Lifespan Stories	
Fall into Gardening	
Spirituality Series	
Tai Chi - Dawud Rasheed -	

Are you registering for Tai Chi?		
Yes with Full Day Registration		25
I prefer to register only for Tai Chi		50

Classes 11:15 AM - 12:15 PM - Select ONE

Art Studio - Norma Pitzer and Mimi Roberts	
We Interrupt this Broadcast - Richard Botters	
Current Events Town Hall Meeting - Dusty Miller & Ray Nixon	
I Remember - Rosemary Glenn and Jerry Sawyer	
Line Dancing - Rose Haven	

Are you registering for Line Dancing?		
Yes with Full Day Registration		25
I prefer to register only for Line Dancing		50

LUNCHES

Are you paying for your lunches in advance?		
Yes with Full Day Registration		76
I prefer to pay weekly for my lunches		9.50
Are you paying for lunch for a teacher?		
Yes - and Thank You		9.50

Afternoon Delight:

I am ONLY attending the afternoon session		50
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Classes: 1:30 PM - 3:00 PM - Select ONE

Bridge For Fun	
Mahjong	
Calling all Fancy Workers - Jeanne Merritt	
Ageless Art - Meagan Jain	
Android for Humans - Peggy Palmiter	
The Wise Elder Series: Older but Still Wiser	

Are you registering for Ageless Art with the full day registration?		
Yes with Full Day Registration		25

Do You wish to make a donation to Lifespan - THANK YOU		
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Add up all of the costs checked -	TOTAL	
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Congregational Affiliates

Ahavath Achim Synagogue
Cathedral of St. Philip
Cathedral of Christ the King
First Presbyterian Church
Holy Spirit Catholic Church
Northside Dr. Baptist Church
Northside United Methodist Church
Peachtree Presbyterian Church
Peachtree Road United Methodist Church
Second Ponce de Leon Baptist Church
St. Anne's Episcopal Church
St. Dunstan's Episcopal Church
St. James United Methodist Church
St. Luke Lutheran Church
St. Martin in the Fields Episcopal Church
Temple Sinai
Trinity Presbyterian Church
The Temple
Wieuca Road Baptist Church

How to find us.

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Or www.lifespanatlanta.org

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peggy@lifespanatlanta.com
info@lifespanatlanta.com

(phone) 404-237-7307 (fax) 404-237-6080

Program Days and Hours

Office Hours: 9:30 AM to 4 PM, M-Thurs
Medical Escort Rides: Tues and Wednesdays
Adult Education: Thursdays