

Great Things in Spring

Spring Session of Lifespan Academy
Teaching and Learning Together
April 14, through June 2, 2016

Peachtree Presbyterian Church
3434 Roswell Road, NW
Atlanta, GA 30305

10:00 to 11:00 am

Current Economics

Dr. Ferd Levy returns with his class on Current Economics. Class discussions revolve around daily economic issues mentioned in the Wall Street Journal, the New York Times, the New Yorker and other applicable publications.

Listen to a Life

Cele Covatta, our interviewer extraordinaire and Secretary of the Board of Directors, will once again interview more of our Lifespan family members. It's amazing what you will learn about the people you know and love.

Spring into Gardening



We have a wonderful series with Mitch Ford, a gardener for over 25 years. Mitch has his own business where he uses his knowledge of Georgia's plants and climate to help his clients in have their dream garden, including design, ponds and stone work. Suggestions for topics are welcome. Come ask the "plant whisperer."

Spirituality Series

We will welcome speakers from the Islamic Speakers Bureau and the Shambhala Center. We are looking forward to this interfaith approach to our spirituality series this session.

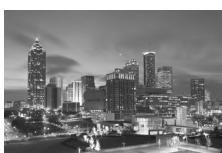
Tai Chi

Tai Chi helps improve balance because it targets all the physical components needed to stay upright. Gayle Christian is our new Tai Chi instructor. Gayle is a certified instructor in Tai Chi for arthritis and fall prevention. We welcome her to Lifespan. There is a fee of \$25 with registration, or \$50 for Tai Chi only.

11:15 to 12:15 pm

Ageless Grace:

Continue with the wonderful program provided by Lori Trachtenberg. Join Lori for movement with meaning to find comfort and ease in your body. Aerobics, strength training, flexibility, & balance all while *Movin' & Groovin'* to the hits of the 40's, 50's, and 60's through today. Perfect for all ages and fitness abilities, standing or seated. There is a fee of \$25 with registration, or \$50 for Ageless Grace only.



Amazing Atlanta:

We have a number of folks coming to talk about all of the interesting things going on in our city. Craig Dominey from the Georgia Film Office will tell us about all of the filming going on all around the city and the state. The folks from the Fox Theater Foundation are bringing their Fox in a Box, a photographic display of the history of the Fox Theater. Then we will hear about the great work of the Carter Center from one of their speakers. And there is more coming after that!

Digital Photography

Peggy Palmiter will offer a class on how to take great photos, edit your photos, save your photos, send your photos and print your photos. We will spend time on basic photography skills using digital equipment and then help you figure out how to manage all those photos once you take them.

Art History—High Renaissance in Italy

Marilyn Morton will continue the journey through the Renaissance in Italy. We will be discussing how all the innovations of the 15th century start to flower into a mature style that will spread all over Europe.

I Remember

It's Your Life! 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 Glenn and Jerry Sawyer will show you how to bring your stories to life.

Line Dancing

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



The fee for any of the three activity sessions (Tai Chi, Ageless Grace and Line Dancing) is \$25 for any one or two in addition to the full registration of \$59 OR \$50 for any one class without registration.



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 full Session Registration of \$59.

Mahjong

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

Mahjong free with full Session Registration of \$59.

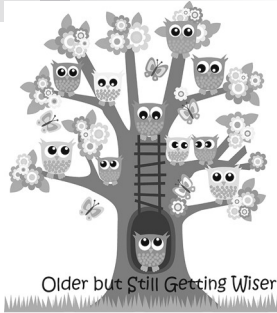


Calling all Fancy Workers



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 full Session Registration of \$59.



OLDER BUT STILL GETTING WISER

Our Older but Still Getting Wiser Series is all about living life your way! You may not have a choice about growing older, but this series proves you have a choice about *how* you do it.

This is the theme of our Older but Still Getting Wiser series and it is getting rave reviews!! Our line up for the Spring Session is no exception.

April 14th: Title: When did Noah build the Ark? Before the Rain

You love your home and all of your things. Your dining room table belonged to your grandparents and you curated your art collection over years of international travel. Don't let your treasures stress you out. In this interactive session, learn ways to prepare to transition from your current home to a smaller, safer residence. Bret Rachlin and Jacki Jones, Caring Transitions - caringtransitionsnorthmetroatl.com.

April 21st: Investing and finance

Charlie Rea, Lifespan Resources Board Member and Finance Committee Chair, and Financial Advisor with Edward Jones Investments, will host a brief presentation on the current markets and be available to answer your questions about investment products and strategies that are particularly important to retirees living on a fixed income and those planning their estate or inheritance.

April 28th: Levels of Care

Ever wonder what all of those "levels of care" really mean to you. Join Jeannie Christian from Senior Provisions as she explains all and helps you navigate your choices.

May 5th: Hospice Care and why you should care

Anne Serrie, the Volunteer Coordinator from Hospice Atlanta will come and tell us about Hospice, what it is really about, and how it provides us all with the ability to choose our end of life quality of life. And we will even have a good time.

May 12th: "Everything you always wanted to know about wills, trusts, and estates* (*But were afraid to ask). Let Brian Becker, Treasurer of Lifespan's Board of Directors, Attorney and Certified Financial Planner (CFP®), give you the highlights about how to manage your money, your estate and all of the other things that matter most to you.

May 19th We will have a program on family mediation. More to come.

May 26th - What's in a photograph? Where are your memories? In your pictures! And where exactly are your pictures? Hummmm. Peggy Palmiter will lead a panel discussion about the power of the photograph, why photos elicit memories and how to make sure yours are preserved.

June 2nd The DeKalb Senior Provider Network will help us with an exhibit event—starting during lunch and then continuing through the afternoon. Learn about Senior Living Communities, Senior Centers, and Home Care service agencies in our area...and pick up a few goodies as well.

More coming on our website—lifespanatlanta.org. Or call us at 404-237-7307.



50% off—LUNCH AND A PROGRAM!

Join us for lunch and stay for our Older But Still Getting Wiser (OBSGW) Program from 1:30 to 3:00. The price is normally \$20, but we are have a super, duper offer of 50% off—Lunch & OBSGW for \$10.



LIFESPAN Academy Registration -Spring Session - April 14th through June 2nd 2016

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

CLASS SELECTION

Morning Glory: Classes 10:00 - 11:00 AM - Select ONE **Check**

Current Economics - Ferd Levy	
Listen to a Life: Legacy Interviews - Cele Covatta	
Spring Into Gardening - Mitch Ford	
Spirituality Series	
Tai Chi - Gayle Christian	

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

Amazing Atlanta Series	
Art History - Marilyn Morton	
I Remember - Jerry Sawyer and Rosemary Glenn	
Digital Photography - Peggy Palmiter	
Line Dancing - Rose Haven	
Ageless Grace - Lori Trachtenberg	

Are you registering for Tai Chi, Ageless Grace or Line Dancing or any two?	YES	
Yes with Full Day Registration		25
I will register for only one of those classes without the full day registration.		50

Afternoon Delight: 1:30 to 3:00 - Select one

Older But Still Getting Wiser	
Mahjong	
Bridge	
Fancy Workers	

LUNCHES

Are you paying for your lunches in advance?	YES	
Yes with Full Day Registration - all 8 lunches		76
I prefer to pay weekly for my lunches - Paying for April 14th lunch Please remember to make your reservation by the prior Monday at 4 pm		9.50
Are you paying for lunch for a teacher?		
Yes - and Thank You		9.50

FINAL TOTAL

Do You wish to give a little love to the bottom line? - THANK YOU		
DONATION TO LIFESPAN		
Add up all of the costs - TOTAL		