

Fun in the Summer

Summer Session of Lifespan Academy
Teaching and Learning Together
July 7, 2016 through August 11, 2016

Trinity Presbyterian Church
3003 Howell Mill Rd., NW
Atlanta, GA 30327

NEW LOCATION

10:00 to 11:00 am

Lifespan Show and Tell

Members of the Lifespan family will be doing "Show and Tell" to teach all of us new skills - from cooking for one, to learning world history through stamps from other countries. And the rumor is that we will have a musical performance from some of our own.

Women of Georgia

This class will discuss women and their roles at various eras in Georgia history. For each era Frances Harrold will talk about a particular woman in detail, while at the same time describing the overall character of women's issues for that period.

Spirituality Series—Feeding the Spirit by Giving Back

We feed our spirits with so much more than prayer and scripture. In these six sessions we will have speakers who can tell us all the ways we can give back (not just with money) to make a difference.

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 trained under Dr. Paul Lam, is a premier instructor and is certified in Tai Chi for arthritis and fall prevention. 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 perfect for all ages and fitness abilities, standing or seated. There is a fee of \$25 with registration, or \$50 for Ageless Grace only.

Authors Alive:

We have 6 authors coming to talk about their books.

July 7th - Grace Hawthorne - Waterproof Justice

July 14th - Jan Schroeder - Travel Writer

July 21st - Wendy Venet - A Changing Wind: Commerce and Conflict in Civil War Atlanta

July 28th - Mitchell Anderson - Food and Thought: Recipes and Conversations with Mitchell Anderson

August 4th - Mal Wilkinson - My Year in Harper and Tales of Harper

August 11th - Connie Hamell - presently finishing her novel. Great writers, great conversations.

Fun with Technology

Peggy Palmiter will explore all of the ways technology can help us have fun, from the Wii to mind games, to all of those games you can add to your device. We promise nothing that feels like "work."

Travel at Any Age

We will hear from our Lifespan members some of their favorite travel tips and tricks. Also AAA Travel will talk about cruises, regional destinations, National Parks and Alaska.

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 2:30 pm

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.

Older but Still Getting Wiser (1:30 to 2:30 pm)

You may not have a choice about growing older, but this series proves you have a choice about *how* you do it. And our Summer Session of OBSGW is no exception.

This session we are emphasizing FUN!! We have worked hard to bring you serious and educational programming in our Older But Still Getting Wiser series. This time we are going in a different direction. It's summer after all and we think it's time to spread our wings and just plain has some crazy kind of fun. So take a risk with us and join us for a unique set of afternoon activities.



July 7th we lead off with Alexa Forman who will be joining us for a Classic Movie Session with a Beach/ Pool Theme!! Some of you will remember Alexa, who last summer did a full 6 week series on Turner Classic Movies. While we can't have the treat of Alexa joining us all session, she agreed to join us for one session and we thought she should lead it off!!

On July 14th we move to adult coloring. Before you decide this is ridiculous and not for you, take a minute to visit our website (lifespantlanta.com) and read about the meditative and stress reducing benefits of adult art/ coloring. You may be surprised.

July 21st we have a photo booth day. Bring yourselves, your pets, your family, whomever you would like and get a photo. We aren't promising portrait quality, but we think we can do pretty well at getting photos you will be happy to have.

July 28th—Dancing Studio— Want to learn a new dance? Come and join us for some afternoon dance steps. And we may have the advice of our own Rose Haven.

August 4th—Surprise!!! Come and see what you might learn and who you might meet.

August 11th—GAME DAY!! We will wrap it all up with a great game day where we will have tables with every kind of fun game we can think of.

LIFESPAN Academy Registration -Summer Session - July 7th through August 11th 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

Lifespan Show and Tell	
Spirituality Series - I Like Giving	
Tai Chi - Gayle Christian	
Women in Georgia - Frances Harrold	

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

Authors Alive	
Ageless Grace - Lori Trachtenberg	
Line Dancing - Rose Haven	
Technology Fun - Peggy Palmiter	
Travel at Any Age	

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 2:30- Select one

Older But Still Getting Wiser	
Mahjong	

LUNCHES

Are you paying for your lunches in advance?	YES
Yes with Full Day Registration - all 6 lunches	57
I prefer to pay weekly for my lunches - Paying for July 7 th 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

Do You wish to give a donation to Lifespan?		
DONATION TO LIFESPAN		

FINAL TOTAL:	Add up all of the costs -	TOTAL		
--------------	---------------------------	-------	--	--