

The Spotlight

July 7, 2016

Summer, 2016

August 11, 2016

From the Director

Fun in the Summer!

The Summer Session of Lifespan Academy is really all about fun—and taking the time to remember the things that are most important in our lives.

So with that in mind, we have put together a program that is truly about having a good time and experiencing as much joy as we can. We are not trying to fill your head with knowledge and facts. Rather we are going to see how hard you can laugh and where you are ticklish. It's also about being together as a community and enjoying each other—warts and all!

We have a wonderful author series where you can listen to authors talk about their books and their lives.

Our own family members will share things they know and have experienced. Lu Allgood will talk about cooking for one, the Richters will show us how stamps can tell us history of other countries and some of our folks will entertain us with a concert. And we will be celebrating Women in Georgia, with Frances Harrold.

Tai Chi? Line Dancing? Ageless Grace? Try any or all of them.

Want to travel? Come and hear our travel series from AAA and have Lifespan members share their travel tips and tricks.

Join Alexa Foreman for one session on classic movies with a beach/pool theme.

Come and pose in our photo booth and get photos for friends and family. The backdrops will be fun and the props even more so.

Find out about technology that is *only* for fun.

Join us for dancing in the afternoon, with advice from our own Rose Haven.

Come for adult coloring and show off your coloring skills. Adult coloring is the new craze with major health benefits.

Join us for game day!

But perhaps the most important thing about this session is the reminder to each of us to pay attention to the things that are most important in our lives. Sometimes we can get carried away with worry or anxiety or concerns and we spend our time thinking about what may have happened in the past or what may happen to us in the future. When we fall into that trap, we are losing our *present, precious moments. And those we cannot get back.*

So, when you think about whether or not you can make it to our Summer Session, remember that there is a community there waiting to greet you, embrace you and make you laugh. That's why I decided to share my

WE ARE AT TRINITY PRESBYTERIAN
CHURCH THIS SUMMER!!
3003 HOWEL MILL RD, NW,
ATLANTA, GA 30327

Life is short,
And we do not have much time
To gladden the hearts of those who
travel the way with us.
So...be swift to love,
and make haste to be kind.
And the blessing of God,
who made us,
who loves us,
and who travels with us
be with you now and forever.

Read about the MET ANGEL CAMPAIGN inside!!!



The MET Angel Campaign Begins NOW!

The MET Story is coming out on all of our channels!

We are in the midst of putting together the MET story, in video, photos, quotes and heart felt stories from our drivers and riders. Several of our riders and drivers volunteered for 6 hours of video filming so they could help us tell the story of our Medical Escort Transportation program. We are grateful for their time and their efforts.

And now we need to get the story out there and let everyone know what how much our elders appreciate this program and how much our volunteers enjoy participating.

WE NEED YOUR HELP!

We need your help to spread the word about the program and the videos and stories as we put them out there. We know that some of you are out there in social media land, and we could really use your efforts. Here are some of the things you can do.

1. Tell your friends on Facebook to like our MET video posts and share them with their friends. It's all about reach, reach, reach.
2. Share our photos and videos on your Instagram Account—We know that some of you have one.
3. Tweet us—and everyone else you can think of. Re-tweet our tweets to the video and the stories.
4. Forward the emails we send you about our MET Angel Campaign.
5. Send folks to our website and look for the MET Angels link in the sidebar and at the top of the page.

Thank you, thank you, thank you, thank you!!!!





Be an MET Angel!

Our Medical Escort Transportation (MET) Program
Needs MORE Angels!

How to become an MET Angel:

Call the office to volunteer

Get a friend to call the office to volunteer.

Send in your \$50 check with MET in the subject line.

Go online and donate \$50.

We have talked about our MET program in many of our newsletters. On our website you can learn all about the program and hear from both our volunteers and our drivers. If you haven't done so before, you may want to look now.

We are launching our MET Angel campaign this summer because we need more MET Angels. So how do you become an MET Angel? Here's how.

- Become a volunteer driver!!!!
- Refer a friend who becomes a volunteer driver!!!
- Donate \$50 to the MET program

Any of these things will make you an MET Angel. And if you do these things, or if you are already one of our MET Angels, we will be sending you one of our MET Angels as a thank you.

AARP Smart Driver™ August 31, 2016

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 Stratton Leedy, our new AARP Smart Driver instructor. 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.

BOOK CLUB 2016

Meets at 12:00 noon - Trinity Presbyterian Church
D130—Next to Lifespan Offices
3003 Howell Mill Rd, NW Atlanta, GA 30327

6/27 - The Nightingale by Kristin Hannah Terri
Reviewer: Suzy Poole

7/25 - Gutenberg's Apprentice by Alex Christie
Reviewer: Hennie Rodts

8/20-All the Light We Cannot See by Anthony Doerr
Reviewer: Frank Gleason



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 have 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 (lifespandatlanta.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		
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Technology Tuesdays

Technology Tuesdays are back this summer, with both a morning and afternoon class. We will meet at Trinity Presbyterian Church, 3003 Howell Mill Rd, NW, Atlanta, GA 30327, in room D-130, right next to the Lifespan Offices.

There will be 5 weeks of classes July 5th, 12th, 26th, August 2nd and 9th.

(We will not have class on July 19th)

10 to 11:30—iPad or iPhone Class

We bring back one of our favorites, with 5 weeks of iPad/ iPhone class.

- Learn to manage your apple id
- Syncing—apple and non-apple.
- More multi-touch gestures.
- Applications—learn about whatsapp
- You too can have silly emoticons any time.
- Which browser takes you to the Internet
- Facetime and Skype
- Learn to Manage your data plan.

1:30 to 3:00—Windows 10—Don't be afraid.

If you are trying to decide about Windows 10, this class is for you. Learn why you might want to upgrade and why you don't need to be afraid—at least not as afraid.

Windows 10 has many new features that can help you use your computer or laptop, and if you are trying to decide what you want to purchase for your next computer device, this class could really help.

- Get comfortable with Windows 10
- Understand the quick access menu
- Learn the Quick Access View in File Explorer
- Schedule those pesky updates
- New Keyboard Shortcuts
- Solitaire is back—but tricky to find
- Make friends with Cortana
- Have fun with voice commands
- Customize your desktop
- AND MORE.....

Technology Tuesdays Registration Form

Classes are next door to Lifespan Offices at Trinity Presbyterian Church
Lifespan Resources, 3003 Howell Mill Rd, NW, Atlanta, GA 30327

There will be 5 weeks of classes July 5th, 12th, 26th, August 2nd and 9th.

(We will not have class on July 19th)

Name: _____ Phone: _____

Address: _____

Email: _____

Select Class—\$50 for a iPad OR Windows 10 class, \$80 for BOTH iPad and Windows 10 class.

_____ 10:00 to 11:30—iPad/ iPhone Class

_____ 1:30 to 3:00—Windows 10 Class

Make Check out to Lifespan Resources and mail to 3003 Howell Mill Rd, NW, Atlanta, GA 30327



**3003 Howell Mill Rd., NW
Atlanta, GA 30327
(404) 237-7307**

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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

* A Special Thank you to our congregations who support us financially or with in-kind support.

How to find us.

Website: www.lifespanatlanta.com
Or www.lifespanatlanta.org

Emails: zandra@lifespanatlanta.com
peggy@lifespanatlanta.com
info@lifespanatlanta.com

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

Program Days and Hours

Office Hours:

9:30 AM to 4:00 PM, Monday through Thursday

Medical Escort Rides: Tuesdays and Wednesdays

Adult Education: Thursdays