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 with 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 loosing 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

**Read about the MET ANGEL CAMPAIGN inside!!!**
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!

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
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
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.|

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 (lifespanatlanta.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

<table>
<thead>
<tr>
<th>Are you registering for the full day session?</th>
<th>YES</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Yes for all 8 sessions</td>
<td></td>
<td>59</td>
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<tr>
<td>I prefer to pay the weekly rate at $10 per week</td>
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<td>10</td>
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CLASS SELECTION

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

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<th>Check</th>
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<tr>
<td>Lifespan Show and Tell</td>
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<tr>
<td>Spirituality Series - I Like Giving</td>
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<tr>
<td>Tai Chi - Gayle Christian</td>
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<td>Women in Georgia - Frances Harrold</td>
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Classes 11:15 AM - 12:15 PM - Select ONE

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<th>Check</th>
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<tr>
<td>Authors Alive</td>
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<tr>
<td>Ageless Grace - Lori Trachtenberg</td>
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<tr>
<td>Line Dancing - Rose Haven</td>
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<tr>
<td>Technology Fun - Peggy Palmiter</td>
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<td>Travel at Any Age</td>
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Are you registering for Tai Chi, Ageless Grace or Line Dancing or any two? YES

<table>
<thead>
<tr>
<th>Are you registering for Tai Chi, Ageless Grace or Line Dancing or any two?</th>
<th>YES</th>
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<tbody>
<tr>
<td>Yes with Full Day Registration</td>
<td>25</td>
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<td>I will register for only one of those classes without the full day registration.</td>
<td>50</td>
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Afternoon Delight: 1:30 to 2:30- Select one

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<th>Check</th>
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<tr>
<td>Older But Still Getting Wiser</td>
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<tr>
<td>Mahjong</td>
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LUNCHES

Are you paying for your lunches in advance? YES

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<th>Are you paying for your lunches in advance?</th>
<th>YES</th>
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<tr>
<td>Yes with Full Day Registration - all 6 lunches</td>
<td>57</td>
</tr>
<tr>
<td>I prefer to pay weekly for my lunches - Paying for July 7th lunch Please remember to make your reservation by the prior Monday at 4 pm</td>
<td>9.50</td>
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</table>

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
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......

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**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
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

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

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