

Sep. 15 through Nov. 3, 2016
Second Ponce de Leon Baptist Church
2715 Peachtree Road, Atlanta, GA 30305



MORNING GLORY
10:00 to 12:15 pm

10:00 AM 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.

Older But Still Getting Wiser

We are trying something new with our OBSGW series this session. Rather than having it in the afternoon, we decided to make it part of our morning series of classes. We have a great line up of speakers planned, starting off with Charles Josey who will be talking about "Capturing Your Story." We will learn about brain food, get a visit from our downsizing folks and maybe have some get to hear some more Southern Humorists. We promise to keep you interested and entertained. Look on the website for details on the speakers.

Spirituality Series- Women in the Bible

There are some truly amazing women in the Bible. This group of speakers, from a variety of faith traditions, will give us some insights into the women in the Bible. You may be surprised at what you will learn.

Art Studio—Norma Pitzer and Mimi Roberts—Part One

Here is your chance to really dig into your artistic talents with Norma and Mimi. They thought all of you artists might appreciate a little more time to really get going on your various projects. So they decided to offer their Art Studio session for both the 10 and the 11:15 class times. You can come for one, or just stay for the morning.

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 AM to 12:15 PM

More Treasures from the Smithsonian – Richard Botters

Richard Botters, a Lifespan favorite, will be joining us again this session. Come join us as we continue the Smithsonian tour through American history that we began several years ago at Lifespan. Our country's story through the Smithsonian's collection of iconic and symbolic American Artifacts.

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, particularly considering this most interesting election season.

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.

11:15 to 12:15 Con't**Art Studio—Norma Pitzer and Mimi Roberts—Part Two**

Here is your chance to really dig into your artistic talents with Norma and Mimi. They thought all of you artists might appreciate a little more time to really get going on your various projects. So they decided to offer their Art Studio session for both the 10 and the 11:15 class times. You can come for one, or just stay for the morning.

Ageless Grace—Lori Trachtenberg

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.

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.

1:30 to 2:30 PM AFTERNOON DELIGHT!!!**Talking Pictures—Alexa Foreman**

Alexa is joining us again and will take us on another cinematic journey through history!! Wait until you see what she has in store for us this time. And if you want to make some suggestions, just call us and let us know what you think would be interesting.

Technology Learning Center—All Things Apple—Peggy Palmiter

This session we will be talking about all things Apple, or all thing "i." That includes the iPad, the iPhone, the iPad mini, the iPad Air—all mobile Apple devices. We will discuss all the tips and tricks for your device, as well as how to sync and organize your information.

**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 or \$50 for Mahjong Only!

**Other Things to Remember!****Blood Pressure Checks and Flu Shots:**

We will have blood pressure checks and flu shots provided by Trimark. A specific date for flu shots will be announced during the session.

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.

LIFESPAN Academy Registration -Fall Session - Sept 15th thru November 3rd, 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

PLEASE SELECT YOUR CLASSES:

| 10:00 am to 11:00 am | |
|--|--|
| Current Economics—Ferd Levy | |
| Older But Still Getting Wiser Series | |
| Spirituality Series—Women in the Bible | |
| Art Studio—Session I—Norma Pitzer and Mimi Roberts | |
| Tai Chi—Gayle Christian | |

| 11:15 am to 12:15 pm | |
|---|--|
| Items in the Smithsonian—Richard Botters | |
| Town Hall Meeting—Ray Nixon and Dusty Miller | |
| I Remember—Rosemary Glenn and Jerry Sawyer | |
| Art Studio—Session II—Norma Pitzer and Mimi Roberts | |
| Line Dancing—Rose Haven | |
| Ageless Grace—Lori Trachtenberg | |

| 1:30 to 2:30 pm | |
|---|--|
| Talking Pictures—Alexa Foreman | |
| Technology Learning Center—Peggy Palmiter | |
| Mahjong | |

PAYMENT—Please check all that apply:

| CLASSES: | | |
|--|---------|--|
| Full day of classes for all 8 weeks | \$59.00 | |
| Full day of classes AND any 1 or 2 of the activity classes: Line dancing, Tai Chi, or Ageless Grace | \$84.00 | |
| Any ONE CLASS for 8 weeks | \$50.00 | |
| Pay per week—first payment for Sept 15th | \$10.00 | |

| LUNCH: | | |
|--|---------|--|
| Lunch for all 8 weeks | \$76.00 | |
| Lunch for first class and weekly there after | \$ 9.50 | |
| Teacher Lunch Donation | \$ 9.50 | |

| DONATION | | |
|----------------------|---------|--|
| Donation to Lifespan | | |
| MET Angel Donation | \$50.00 | |

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| Total—Please add up all the items checked above. | | |
| TOTAL | | |