

The Spotlight

September 14, 2017

Fall, 2017

November 2, 2017

The ONLY question for fall session

Most of you know that I spent last week on vacation in Michigan, letting my brain rest and my soul enjoy the sound of Lake Michigan waves. While I was there visiting friends, I wrote a small piece that was due to one of our congregational newsletters about the upcoming Fall Session of Lifespan Academy. I read it to everyone to get their feedback and I heard my friends say things like "Wow, you have those classes for that price?" "I'd sign up for that." "Those are your instructors?" Those comments made me realize how much we take for granted at Lifespan Academy. So it seemed important to take a minute and count our blessings.

We appreciate that most of our instructors have been professors, or teachers or instructors in other programs and institutions.

We are grateful that some of our instructors have worked for television stations, have PhDs, run their own businesses and still find time to work with Lifespan.

We are truly lucky that our instructors are *smart, talented older adults* (those terms are not mutually exclusive) who are willing to **DONATE** their time to offer classes at Lifespan Academy.

We are thankful that our content can give you the tools you need to take charge of your life as you age, allowing you to **DO IT YOUR WAY** including the folks from the Georgia Tech Assistive Technology Center.

We are in awe that our activity classes are available to you for a nominal additional cost and they are taught by amazing, talented instructors who are committed to their craft and run businesses of their own.

We are proud that there is **NOWHERE** in the greater Atlanta area where you can get so much quality content for the price we charge.

We cherish that in addition to amazing content, great choices, and lots of fun, we also have something that other educational programs do not.....a community.

The work we do at Lifespan is to educate and provide strong content, but also to *care* for our participants, whether they are part of Lifespan Academy or recipients of our Medical Escort Transportation Program.

So take a moment and look at the content of Fall Session on pages 4 and 5. You know Richard Botters, Julie Wright, Ray Nixon, Dusty Miller, Rose Haven, Ferd Levy, Tina Rasheed, Jerry Saywer, Rosemary Glenn, and Alexa Foreman. There are even more than that! So fill out the registration form and SEND IT IN NOW! Don't miss out on a caring, learning community gathering on September 14th.

Peggy Palmiter

is why haven't you signed up yet?

Donations Through July, 2017

Thank you to our Individual donors!

Lorraine Andrews
Lida Askew
Bettie Banks
Miriam Bellis
Lori Benis
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Richard Botters
Marilyn Cates
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Trinity Presbyterian Church

Support Lifespan



**BECOME A LIFESPAN
FUNDLY FUNDRAISER!!**



MET Angel ● active

Lifespan Academy ● active

We have a new way to promote Lifespan – and maybe also raise a little money!!! Before you decide not to read on, it's not as bad as it sounds, it has been proven to make a difference for many nonprofits, and we can make it fun for you as well. We know that many of you are already great supporters of Lifespan, and that's why I think you would be great at this effort.

As you know from the information we shared in the Summer Spotlight, fundraising and contributions play a major role in supporting Lifespan. We apply for grants and have a small grant from the Jewish Federation for our MET Program. We charge a registration fee for Lifespan Academy. But all of these things don't cover the costs to provide the programs. That's why we get into fund raising. I thought this might be an easy and almost painless way to help Lifespan and it really has been proven to be a great tool for nonprofit organizations. Plus, we believe it will increase our visibility and help us to grow both programs.

So we are giving Peer 2 Peer fundraising a try.

We have a Fundly account and I have created two campaigns for Lifespan, one for Academy and one for MET. Our pages are www.fundly.com/met-angel and www.fundly.com/lifespan-academy. You can take a look and see what you think. At the bottom right you will see a button, "become a fundraiser." When you click the button you can build your own page to be a Lifespan fundraiser, where you can add any other photos or videos you like. We also have more we can make available for you.

It probably sounds confusing, but we promise to help you set it up. We have had a couple of Fundly page building sessions, and are ready to have even more. Fundly pages work like individual websites that you put together where you talk about why you support Lifespan and what you do there. Then you can place your page on Facebook or, if you are not a Facebook person, you can send your page by email. It's a way to ask people who support you to support things you care about. Won't you join us in this new effort? Just call Peggy at the office (404) 237-7307) and sign up for a Fundly Page Building Session.

WINTER WONDERLAND HOLIDAY AUCTION

We are having a holiday celebration and auction on Wednesday, December 6th at Trinity Presbyterian Church. We will have good food, good fun and a wonderful auction. But we need your help. We know that you have items you could donate for our auction. Paintings, jewelry, a weekend get away location - things that will make our silent auction a huge success.

When you are trying to decide if something is a good donation, ask yourself a question. Would you bid on that? If you answer is yes, bring it on down to the office and we can see if it will fit in with our other items. Thanks for your support!!!





FALL SESSION

Sep. 14 through Nov. 2, 2017

Second Ponce de Leon Baptist Church
2715 Peachtree Road, Atlanta, GA 30305

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. We know that many of you enjoy Fred's lively discussions, as well as a chance to debate with each other. Come and enjoy.

Older But Still Getting Wiser

This session is going to be a combination of a lot of things! We have some fun stuff - like a band and Trees Atlanta—as well as other things that can help you manage your life as you age. We will get a presentation from the Georgia Tech Assistive Technology and Environmental Access lab, who will talk about the new assistive innovations available. Katie Permabeti, from ARC Area Agency on Aging will talk about Framing Aging and the impact of ageism. Jane von Seggern's band has agreed to play for this class, and we are planning on asking our own Fred Scheer to share one of his travelogues.

Spirituality Series

The first four weeks of this series will be a variety of topics. We will welcome Robin Raflo Hurtado's return from Piedmont 60 Plus, as she leads us in meditation. We also will have David Ott, an historian and bible scholar from Redeemer Lutheran Church and colleague of Richard Botters. Mr. Ott will be discussing the 500th Anniversary of the Protestant Reformation. The last four weeks, Rev Julie Wright, Associate Minister at Peachtree Road United Methodist Church will be offering a four week session on forgiveness. We are grateful for their contributions.

Tai Chi—Tina Rasheed

We have been thrilled to have Tina Rasheed continue with Lifespan and bring us her wonderful classes. I keep hearing how great she is and you should all join in. There is a fee of \$25 with registration, or \$50 for Tai Chi only if you are taking the full 8 weeks. If you are registered for the regular Fall Session, and would like to drop in for just the day, it's \$5. If you are paying weekly for Tai Chi only it is \$15 per week.

11:15 AM to 12:15 PM

Words that Moved A Nation—Richard Botters

Our favorite historian Richard will look at our most famous documents and talk about how words moved a nation.

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. We are sure to have a lively discussion, particularly considering this most interesting election season.

I Remember – Rosemary Glenn and Jerry Sawyer

Rosemary and Jerry are willing to make themselves available for all of your stories again this session. Bring your personal stories in and share them with the group. And you be able to read some to our full group.

Line Dancing—Rose Haven

Join the fun as Rose 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 if you are taking the full 8 weeks. If you are registered for the regular Fall Session, and would like to drop in for just the day, it's \$5. If you are paying weekly for Line Dancing only it is \$15 per week.

1:30 to 2:30 PM AFTERNOON DELIGHT!!!

Classic Movies—Alexa Foreman



Alexa is joining us again to talk about classic movies! You will have to make sure that you get a good night's sleep on Wednesdays so you can be sure to stay through the afternoon on Thursday. The last I heard Alexa was talking Hitchcock!!

iPad and iPhone Class —Peggy Palmiter

We continue our iPad and iPhone journey. Some of you have been in this class for a while, but still keep coming because you learn more each time. Some of you are going to be new to our group and you will be welcome to our journey. We make sure the class is tailored to your skills, experience and what you want to know!! Come and have fun.



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!



Flu Shots:

We will have flu shots available during the session. Details about the date to come.

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.

Fall Session Photo Day!



October 12th is our Fall Session photo day!! Everyone so enjoyed doing the photo booth this summer and creating our canvas, that we decided to have one session of photos during the fall. Maybe we will do another canvas—or maybe we will make a bunch of prints for you to take home. We are always looking for good photos that can tell everyone what a great time we have at Lifespan. This session we are going to get creative. And you can bring your family to participate!!

HAPPY HALLOWEEN

We will have our **Halloween celebration at lunch on Thursday, October 26th.** Start thinking about your costume for the contest, your table decorations and what games you would like to play. We will have some new entertainment for the day as well. You may not want to bob for apples, but we promise to have some activities that will be fun for all.



FALL GATHERING



Our traditional fall gathering will be held on **Wednesday, November 8th, 2017, at Trinity Presbyterian Church, in Williams Hall. The event will be from 11:30 to 1:30.** We will be doing the traditional turkey lunch with people bringing their favorite dishes to pass. Come together to celebrate the holidays, enjoy turkey and fixings and have a little fun entertainment. Please put it on your calendars.

AARP Smart Driver™

November 8, 2017



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 AARP Smart Driver instructor. The class is from 9 am to 4 pm and the cost is \$15 for AARP members (with your AARP card) and \$20 for non-members. To register, call the Lifespan office at 404-237-7307.

BOOK CLUB 2017

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



9/25 Plainsong by Kent Haruf - Reviewer: Cele Covatta

Set in the fictional town of Holt, Colorado, **Plainsong** tells the interlocking stories of some of the fascinating inhabitants. These fictional inhabitants find themselves faced with complex choices, made more rigorous by the social pressures of the tight community within which they must work out their own solutions.

10/30 The Japanese Lover by Isabel Allende—Review: Renee Rux

A magical and sweeping love story and multi generational epic that stretches from San Francisco in the present day to Poland and the United States during WWII.

LIFESPAN Academy Registration -Fall Session - Sept 14th thru November 2nd 2017

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	
Tai Chi—Tina Rasheed	

11:15 am to 12:15 pm	
Town Hall Meeting—Ray Nixon and Dusty Miller	
Words that Moved a Nation—Richard Botters	
I Remember—Rosemary Glenn and Jerry Sawyer	
Line Dancing—Rose Haven	

1:30 to 2:30 pm	
Talking Pictures—Alexa Foreman	
iPad and iPhone —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 or Tai Chi for all 8 weeks	\$84.00	
Any ONE CLASS for 8 weeks	\$50.00	
Paying Weekly Non Activity Class	\$10.00	
Paying Weekly full day plus an Activity Class	\$15.00	
Single Day drop in to Activity Class	\$5.00	

LUNCH:		
Lunch for all 8 weeks - \$9.50 each week	\$76.00	
Lunch for first class and weekly there after	\$10.00	
Teacher Lunch Donation	\$10.00	

DONATION		
Donation to Lifespan		
MET Angel Donation	\$50.00	

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



**3003 Howell Mill Rd., NW
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St. James United Methodist Church
St. Luke Lutheran Church
St. Martin in the Fields Episcopal Church
Temple Sinai
Trinity Presbyterian Church
The Temple
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How to find us.

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Or www.lifespanatlanta.org

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

Program Days and Hours

Office Hours: 9:30 AM to 4 PM, M-Thurs
Medical Escort Rides: Tues and Wednesdays
Adult Education: Thursdays