

**SPRING SESSION OF LIFESPAN ACADEMY**  
**April 12, 2018 through May 31, 2018**  
**Peachtree Presbyterian Church, 3434 Roswell Rd, NW, Atlanta, GA 30305**

**10:00 AM to 11:00 AM**

**STORIES FOR LIFESPAN:**

**Listen to a Life – Cele Covatta, Interviewer**

Cele has four great interviews planned this session, with Rose Haven, Zandra Matthews, Steve Walton, and Jane Mitchell. These are all members of the Lifespan family you probably think you already know. Well, come and find out more.

**Toastmasters and Storytellers:**

During the other four classes we will be hearing from some local storytellers and toastmasters as they practice their speaking skills on all of us at Lifespan.

**TECHNOLOGY LEARNING CENTER:**

**Calling all Androids—Peggy Palmiter**

Our Android users are finally getting their fair share. The first four weeks of this session will be on Android devices—phones and tablets. You should bring your device and then a huge bushel basket of patience, as every android device and version is slightly different. But we wanted to take care of our Android folks as well, so after a four week class during the session break, we decided to finish it off in the first four weeks of the Spring Session.

**Technology Questions and Answers—Peggy and Friends**

It doesn't matter what device you have, just bring it to these four sessions along with your questions. Sometimes you don't want to take a whole class just to ask that one question that has been bugging the heck out of you! So come to any of these four sessions and ask our experts. We will have several folks who have some good experience with their devices available to try and answer your dilemmas.

**Tai Chi - Tina Rasheed**

Come and join Tina's popular Tai Chi Class. She is a favorite of Lifespan. There is much more about her on Page 4.

**SAIL: Stay Active and Independent for Life - Lori Trachtenberg**

Join Lori for a new movement class, approved by the National Council on Aging, for folks like us. Get more info on Page 4.

**11:15 AM to 12:15 PM**

**Older but Still Getting Wiser**

This session will begin with Lois Ricci coming to talk about Lifelong Communities: What are they and where are they? We are sure you will enjoy this kick off. After that we will hear from our fictional characters, Mr and Mrs. Lifespan, as they journey through their new beginning. You will hear about the ways they face the "radical ambiguities" of aging and the solutions they find. You might find some of their solutions useful to you. Finally, we will end with a discussion from the Senior Living Communities around us, and talk about where we are and how we got here. Come and join in—you will learn a lot and also have a great time.

## **Spirituality Series – Rev. Scott Tucker, Pastor for Grand Adults at Peachtree Presbyterian**

Rev Tucker is joining us again for our Spirituality series. He will be talking about a variety of different topics, including the Future of Faith—how worship has changed and where it is headed.

### **Line Dancing – Rose Haven**

Rose Haven is back with her Line Dancers extraordinaire. This is an amazing line dancing class where they always have fun. If you think you already know all about Rose, **check out the info on Page 4** and come to her Listen to a Life interview with Cele.

**1:30 PM to 2:30 PM**

### **Mahjong**

Come and join the group and play along. Don't know how? Want to learn? Folks are more than willing to teach.

~~iPad and iPhone Class~~ **Pad and Phone Class** - ~~Peggy Painter~~ **Peggy Painter** offering an iPad and iPhone class. We welcome anyone at any level of experience. This class content is driven by your questions!!! This class only is \$50 for the 8 week session, or included in your full registration. You can't go wrong.

### **Classic Movies—Alexa Foreman**

We have four weeks of Alexa this session! She will join us on May 10, 17th, 24th and 31st. She is absolutely THRILLED to share her documentary on Mary Astor, that has been accepted at the April TCM Classic Film Festival in Hollywood! YAY Alexa. The next week she will take a closer look at Mary Astor and then tackle Charles Coburn and Katherine Hepburn the last two weeks. We are pleased to have her back.

### **I Remember – Rosemary Glenn**

The I Remember group has decided to meet three times during the Spring Session in the afternoon. It keeps all of the members working on their writing, helping each other and talking about their stories. But it also allows them to attend some of the morning sessions that they find interesting. We will let you know the exact dates as the session moves along. Just call the office and we will give you more specifics.



#### **AARP Smart Driver™**

**May 9, 2018**

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.

## LIFESPAN ACADEMY IS ON THE MOVE

We are thrilled to have THREE movement classes this session! First is our Tai Chi class. We are adding a new class called SAIL: Stay Active and Independent for Life. And as always, we have our Line Dancers. Here is the scoop on all of it. These classes cost an additional \$25 with regular registration or \$50 for any activity class only.

### TAI CHI: Tina Rasheed

We are pleased that our own Tina Rasheed will be leading us in Tai Chi.

Tina has a 26-year career as a public health researcher at the Morehouse School of Medicine and has applied her mission as a martial artist to bridge the health disparity gap by teaching self-applied health enhancement techniques such as Qigong and Tai Chi as a strategy to promote health and prevent disease. Tai chi is a gentle exercise program that is a part of Traditional Chinese Medicine (TCM). Derived from the martial arts, tai chi is composed of slow, deliberate movements composed of mental focus, deep breathing, and stretching which enhance physical health and emotional well-being. Chi (energy) generated through breathing and movement then travels via the meridian system to nourish and regenerate internal organs and systems. Regular Tai Chi practice enhances respiration, balance, circulation, digestive system and promotes regular sleep.

# Tai Chi

### SAIL: Lori Trachtenberg



a strength, balance, and fitness class for adults 65+

#### What you will get in your SAIL Class:

- ✦ One hour of fun, energizing exercise
- ✦ Exercises that are adapted for your individual physical abilities, you can sit or stand & still benefit
- ✦ Activities specifically designed to help maintain & improve your balance
- ✦ Free Copy of "Stay Active and Independent for Life: An Information Guide for Adults 65+"
- ✦ Fun. Laughter. Friends. & Fitness *(and maybe a chocolate treat!)*

**IT WORKS:** You'll have stronger muscles, better balance, & more confidence, so you can stay ACTIVE & INDEPENDENT while preventing falls

**IT'S SAFE:** Instructors are experienced & skilled, and exercises have been tested with older adults & proven effective (approved by National Council On Aging)

**IT'S FUN:** You'll make new friends, hear great music, & get a boost of energy in every class to help you live with joy & enthusiasm

### LINE DANCING: Rose Haven

Our own Rose Haven will be bringing us line dancing for the spring session. Rose Haven has been a line dance instructor since 1992. Rose is the founder and director of two award winning competition dance teams. Rose brings all that line dancing expertise to her Lifespan low-impact, low-risk line dancing class. Enjoy the music and the moves.



LIFESPAN Academy Registration -2018 Spring Session - April 12, thru May 31, 2018  
 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	
STORIES FOR ALL:	
Legacy Interviews April 12th, 19th, May 3rd and 10th	
Toastmasters and story tellers rest of the session	
TECHNOLOGY LEARNING CENTER:	
Calling all Androids April 12th through May 3rd	
Technology Q&A May 10th through May 31st	
SAIL: Lori Trachtenberg	
Tai Chi—Tina Rasheed	

11:15 am to 12:15 pm	
Spirituality Series—Rev Scott Tucker from Peachtree Presbyterian	
Older But Still Getting Wiser - Where and how to spend your third act.	
Line Dancing—Rose Haven	

1:30 to 3:00 pm	
iPad and iPhone Class—Peggy Palmiter	
Classic Movies - Mary Astor Documentary to get started! Alexa Foreman	
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 SAIL—TOTAL	\$84.00	
Any ONE CLASS for 8 weeks	\$50.00	
Pay per week—first payment for January 12th	\$10.00	
Pay Per week - Activity Class Included for Jan 12th	\$13.00	

LUNCH:		
Lunch for all 8 weeks	\$76.00	
Lunch for first class	\$ 9.50	
Teacher Lunch Donation	\$ 9.50	

DONATION		
Donation to Lifespan		

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