This summer we would like to suggest a simple goal - Find moments of joy and share them.

Peggy Palmiter

We would like to invite you to our summer program and ask you to have some fun and spread a little joy. We are living in a time of great upheaval, often resulting in feelings of anxiety, anger or withdrawal. For some of us it makes the personal challenges we might be facing even more daunting. I was reading an article recently about positive psychology - which basically means the study of conditions that contribute to the optimal functioning of people. The growth of this movement in psychology has been, in part, because it fills a need.

The article went on to talk about how research suggests that we experience three times more positive experiences than negative, and yet we tend to focus on the negative. “The research found that people who habitually tend to talk to people they are close with about the good things that are happening to them also tend to feel happier and more satisfied with life. Also, the more these people shared their happiness with someone on a given day, the happier and more satisfied they were on that particular day. “

So this summer our session is going with joy. I started looking around and found a couple of articles that give us some very specific suggestions about how we can spread joy.

SMILE AT PEOPLE AND HUG THEM - This is my go-to position at Lifespan, so you all know I have great confidence in the ability of this behavior to spread joy. I know it does that for me.

GIVE GENUINE COMPLIMENTS - It’s amazing what a difference it can make when you compliment someone. Don’t try to fake it, because that doesn’t measure up, but the real thing can make a HUGE difference to someone else, and then you in return.

PRACTICE KINDNESS– Enough said here. There is nothing quite like a little kindness.

BE IMPECCABLE WITH YOUR WORDS - Once you speak you can’t take it back. Filter the harsh and release the positive.

EXPRESS YOUR GRATITUDE - There is so much we take for granted. Gratefulness is discussed much more as well, and that is definitely to fill a need.

REPLACE THE JUDGEMENT and PUT YOURSELF IN THE OTHER PERSONS SHOES– Things always look a little different from this position and you may find yourself finding solutions rather than problems.

JOIN THE SUMMER SESSION OF LIFESPAN ACADEMY: This session we have several ways for you to experience joy and share it. Check out our Atlanta Theatre to Go performance on page 4. And the Atlanta History Tours as well (tickets are limited, so sign up soon). And fun summer reading is also an option, as well as joining the ukulele group and dulcimer band members. You can even bring your devices to our clinic and feel joy with technology. OK, that may be going a little far, but pick one and join us.

WE LOOK FORWARD TO SEEING YOU THERE
10:00 AM to 11:00 AM

SUMMER READING FOR EVERYONE

Summer Reading Series: We are trying some different things for our summer reading series. We will have two weeks that are called “Your Favorite Series.” Bring a sample of your favorite book series and share a sample during class to explain why you love it so much.

The other sessions will be a discussion of some short stories. We are collecting suggestions of favorites, so feel free to call the office and tell us yours. Some under consideration are the stories of Tom Hanks in his book of short stories Uncommon Type. We are also exploring The Collected Stories of Diane Williams, where each story is no longer than 2 pages. “I don’t like to have it all wrapped up,” she said. “Hardly anything that matters in life is that easy.” Then we are exploring The Story Project, which has an entire collection of humorous short stories from other countries. Put in your suggestions and selections will be announced prior to each week’s class.

SPIRITUALITY

Our spirituality series this summer is about JOY and GIVING. It seems hard to find our own personal joy at this time in our country when there is more looking inward than reaching out to those on the margins. Come join our speakers during this session who will talk about finding personal joy and offering support to those in need, as we live our faith in a difficult time. We have speakers from several of our supporting congregations, so stay tuned for the details in our upcoming emails.

TAI CHI

Tina Rasheed is back this session to lead us in another fantastic Tai Chi series. We appreciate her years of experience as well as her sensitivity to our needs and to teach us to bridge the health disparity gap with these amazing techniques.

11:15 AM to 12:15 PM

TOAT - Teaching Older Adults Technology

TOAT is a new program at Lifespan that will offer technology services to our older adults all the way from individual coaching to free device clinics. The first class will describe the program, offer individual coaching and arrange the schedule for the following weeks. For more details– See page 5.

FINDING JOY - AND HAVING FUN - This is our pride and joy this session.

Atlanta Theatre to Go

We are welcoming Atlanta Theatre to Go on July 18th, when they will be performing their Summer production – Make Yourself Uncomfortable. It’s a medley about “normal” situations. Get a better glimpse on page 4.

Atlanta History Center Tours

We are all going to pile in the Trinity Presbyterian bus and take our selves to the Atlanta History Center this session - not once, but twice. Join us on July 25th and August 15th for our 2 hour tours. More information on Page 4.

Ukulele and Dulcimer Band

Our ukulele players will team up with some members of the Hometown Dulcimer Band to sing and play. They will bring a few percussion instruments for all of us so we can play as well and not let them have all the fun. They are going to be playing on August 1st at 10 am.
LINE DANCING - Nancy Anthony

Nancy Anthony is back to lead our line dancers. She has amazing energy and the group just keeps growing! This class will continue even on Atlanta History Center Tour days. This is an amazing line dancing class where they always have fun.

1:30 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.

UKULELE CLASS

Come join our wonderful ukulele group! They are learning how to play, but most importantly they are truly finding fun and joy. Jump in any time.

We thought a small schedule grid might help you keep track of when all the exciting events are happening. Sign up for the full session and pick and choose whatever you want to do each week.

<table>
<thead>
<tr>
<th>July 11</th>
<th>July 18</th>
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BOOK CLUB 2019

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

June 24 - My Dear Hamilton: A Novel of Eliza Schuyler Hamilton by Laura Kamoie and Stephanie Dray. Reviewer: Mimi Roberts.

July 29 - The Tea Girl of Hummingbird Lane by Lisa See. Reviewer: Meg Taylor.

August 26 - Home for Unwanted Girls by Joanna Goodman. Reviewer Cele Covatta

AARP Smart Driver™

August 7, 2019

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 with an hour lunch. Lunch will not be provided. The cost is $15 for AARP members and $20 for non-members. To register, call the Lifespan office at 404-237-7307.
Join us for the Atlanta Theatre To Go Mainstage performance
July 18th at 11:15 am.

MAKE YOURSELF
N
COMFORTABLE

Hilariously funny and high on energy, Atlanta Theatre-To-Go brings a medley of plays about “normal” situations that go downhill fast, leaving the audience in stitches! If you like to laugh, this play is for you!

Allstar Cast: BJ Barrett I Lory Cox I Devin Ellery I Phyllis Giller I Steven Miller
Kristi Taylor I Marcus Weathersby
Directed by: Dr. James Nelson
Playwrights: Hank Kimmel I Bill Purdy I Steve Pryor

Included with your Summer Registration or $15 for the performance only.
Part of Summer Session, located at Trinity Presbyterian Church, 3003 Howell Mill Rd, NW, Atlanta, GA 30327

Atlanta History Center Tours
We are excited to take another road trip with Lifespan Academy! We had an opportunity to take a trip previously when we went on the Beltline Tour. This time we will all be going together to the Atlanta History Center for two 2 hour trips. We felt that shorter trips on two occasions were better for our folks than spending a longer time at the center.

Our Trip on July 25th will be leaving Trinity at 9:30 and we will be back to the church by lunch at 12:30. This trip will include times for folks to see the Cyclorama, as many of you either haven’t seen it or want another go at it to see it all. We will provide details on the trip as the time gets closer. Tickets are $13.

The trip on August 15th will be a more flexible chance to see the new things at the History Center. We will have an itinerary for you to view ahead of time so you can better choose how you would like to spend your couple of hours at this amazing history center.

MAKE YOUR RESERVATION NOW. TICKETS LIMITED.
Lifespan is committed to helping older adults take full advantage of the wonders of technology. Our goal is to make sure you have as much or as little technology in your life as you desire to keep you happy and connected. There is a world of information and fun out there and we want all of you to enjoy it to the fullest. That’s the goal of Tender Learning Tech - a full range of technology services tenderly and patiently offered to older adults who want to be connected, with safety in mind. Here is our range of services:

INDIVIDUAL COACHING AND CLASSES: Some of us just learn better when we are the only ones in the class! And some of us just need individual coaching to be able to learn this new technology. So we offer individual sessions. Call the office and inquire about an appointment with one of our coaches. Fee: $75 for 1 1/2 hours.

TECHNOLOGY CLASSES: We have offered technology classes at Lifespan Academy for many years and we are hoping to increase our offerings. We have classes at various times on the iPad/ iPhone, Android devices, Windows 10, Safety and Security and Using Social Media. Our classes are paced to our students and work to answer the questions most important to you. Call the office and check what’s coming up on the schedule. Fee: $50 for a 6 week session.

TECHNOLOGY CLINICS: We have technology clinics. That means—bring your device, any device and tell us your problem. We will analyze the problem, see what you need to solve the problem and make recommendations. In some cases we can fix the problem right then and there. Call us for a schedule of the next clinics and sign up to get some free advice. Fee: Free

TECHNOLOGY HOUSE CALLS: Sometimes the only answer is to “lay on hands.” When your printer and your computer won’t talk to each other, or when you just can’t get all that “smart” technology to work right, or your wi-fi network is just not cooperating—it’s time for a technology house call. We provide troubleshooting, set up smart devices, make sure your Internet connection is right for you, and, most importantly, we make sure that all of your security features are working to protect you. Think you might need some additional mobile technology? Let us help you sort that out and select the phone, tablet or smart device that will work best for you. And then we can help you set it up. Fee: $100 for the first hour and $50 for successive hours.

SUBSCRIPTION PLANS: If you wish that you could just call someone with that question, you might be a perfect person for our convenient and affordable subscription plans. After we have made a house call, we can offer you a monthly subscription to keep everything up to speed. For $10 per month for one device, $18 per month for two devices and $25 per month for three or more devices, you have someone available to answer your questions. Just call and we will try to answer or log in to see if we can help you figure it out.

Lifespan Resources, 3003 Howell Mill Rd NW, Atlanta, GA 30327 lifespanatlanta.org CALL LIFESPAN TODAY at 404-237-7307 TO LEARN MORE
LIFESPAN Academy Registration -2019 Summer Session - July 11, thru August 15, 2019
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:

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<th>Time</th>
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<td>10:00 am to 11:00 am</td>
<td>Summer Reading Series (Except July 25th and August 15th)</td>
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<td>Spirituality—Finding Joy (Except July 25th and August 15th)</td>
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<td>Tai Chi</td>
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<td>11:15 am to 12:15 pm</td>
<td>TOAT Series—Clinics and Coaching (Except July 25th and August 15th)</td>
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<td>Let Us Entertain You (Except July 25th and August 15th)</td>
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<td>LINE DANCING—Rose Haven</td>
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<td>Ukulele Group</td>
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<td>Mahjong</td>
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PAYMENT—Please check all that apply:

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<tr>
<td>Full day of classes for all 6 weeks</td>
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<td>Any ONE CLASS for 8 weeks</td>
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<td>Donation to Lifespan</td>
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Total—Please add up all the items checked above.

TOTAL
Lida Askew  
Lori Benis  
Clare Berry  
Kay Botters  
James Clegg  
Cele Covatta  
Marie Davis  
John DeMicco  
Rosa Maria Domiguez  
Bill Easterlin  
Wyn Engle  
Helen Faser  
Rosemary Glenn  
Rhoda Greenfield  
Marion Groover  
Susan Gwinner  
Nathalie Halpern  
Pearce Hardwick  
Frances Harrold  
Leslie Herman  
Patricia Hickson  
Linda Hill  
Yvonne Honeycutt  
Mr. & Mrs. Richard Howerton  
Douglas Ikelman  
Jane Kilgore  
George Kirkland  
Tony Lazzaro  
Bobbie Limardo  
Jim Link  
Charles Lord  
Helen Loyless  
Katrina Mabon  
Marianne McConnel  
Faye McKay-Clegg  
Jane Mitchell  
Lenore Morin  
Thu Nguyen-Saunders  
Paul and Stella Richter  
Helen Ross  
Ada Shorr  
Patricia Spackman  
Roslyn Stephenson  
Dolores Tugwell  
Anna White

In Memory of Jerry Sawyer  
Given by Pearce Hardwick  
Given by George Kirkland

In Memory of Roz Krengel  
Given by Jim Link

In Memory of Frank Gleason  
Given by George Kirkland

In Honor of Peggy Palmiter  
Given by Richard Howerton

In Honor of Lifespan Staff  
Given by Kay Botters

In Honor of Jeanne Merritt  
Given by M.T. Patchel

MET Driver and Coordinator Thank You
We have been blessed with some amazing MET volunteers. Some of you have been with us for a long
 time and some of you are brand new. We ABSOLUTELY would not have this program without you.
YOU CAN BECOME A DRIVER TODAY!! RIDERS NEED YOU!

Patty Brooker  
Kendle Campbell  
Beth Cooper  
Lynne Fuqua  
Sally Gable  
Judy Glauner  
Linda Hill  
Rob Howe  
Richard Howerton  
Betty Jeter  
Jenkins John  
Johnson Donnell  
Camille Lefkowitz  
Jim Link  
Tom Mahaffey  
Esther Margol  
John McIntosh  
Toby Propst  
Christopher Rex  
Maria Schiffer  
Helen Sherman  
Dana Tollerson  
Amy Tropfenbaum  
Sandra Valentine  
Lesley Wheeler

Financial Contributions
DeKalb Senior Provider Network  
Northside Drive Baptist Church  
Northside United Methodist Church  
Peachtree Road United Methodist Church  
Personal Care  
Renaissance at Peachtree  
Gene Rubel - Digital Device Dr  
St. Anne’s Episcopal Church  
St. Martins in the Fields Episcopal Church  
Trinity Presbyterian Church—Impact Grant  
The Renaissance on Peachtree  
Vinings Cumberland Rotary Club  
Yellowlees Foundation—Community Foundation

In-Kind Contributions of all kinds:
Aging Life Care  
Belmont Village Buckhead  
Captel Phones  
Cloud Troupe, Gary Secor  
Dignity Memorial  
Halcyon Hospice  
Mindful Transitions  
Peachtree Road United Methodist Church  
Peachtree Presbyterian Church  
Piedmont Sixty Plus  
Second Ponce Baptist Church  
Synergy Health Care  
Trinity Presbyterian Church
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
* - Financial or in-kind support

How to find us.

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

Emails:
peggy@lifespanatlanta.com
danita@lifespanatlanta.com

(phone) 404-237-7307

Program Days and Hours

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