



SPOTLIGHT on LIFESPAN

Summer
2019

Find Joy and Share It

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.

PRATICE 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

SUMMER SESSION OF LIFESPAN ACADEMY
July 11, 2019 through August 15, 2019
Trinity Presbyterian Church, 3003 Howell Mill Rd NW Atlanta, GA 30327

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.

July 11	July 18	July 25	Aug1	Aug 8	Aug 15
10:00	10:00	10:00	10:00	10:00	10:00
Summer Reading	Summer Reading	Atlanta History Center	Uke and Band	Summer Reading	Atlanta History Center
Spirituality	Spirituality		Spirituality	Spirituality	
Tai Chi	Tai Chi	Tai Chi	Tai Chi	Tai Chi	Tai Chi
11:15	11:15	11:15	11:15	11:15	11:15
TOAT	Atlanta Theatre to Go	Atlanta History Center	TOAT	TOAT	Atlanta History Center
Fun			Summer Reading	Fun	
Line Dancing	Line Dancing	Line Dancing	Line Dancing	Line Dancing	Line Dancing

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 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 | Lory Cox | Devin Ellery | Phyllis Giller | Steven Miller
Kristi Taylor | Marcus Weathersby

Directed by: Dr. James Nelson

Playwrights: Hank Kimmel | Bill Purdy | Steve Pryor



Atlanta Theatre-To-Go

**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 TOAT—Teaching Older Adults Technology

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:



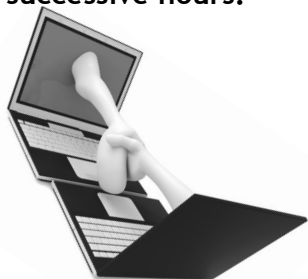
INDIVIDUAL COACHING AND CLASSES: Some of us just learn better when we are the only ones in the class! And some of us just need individual coaching to be able to learn this new technology. So we offer individual sessions. Call the office and inquire about an appointment with one of our coaches. Fee: \$75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

10:00 am to 11:00 am	
Summer Reading Series (Except July 25th and August 15th)	
Spirituality—Finding Joy (Except July 25th and August 15th)	
Tai Chi	

11:15 am to 12:15 pm	
TOAT Series—Clinics and Coaching (Except July 25th and August 15th)	
Let Us Entertain You (Except July 25th and August 15th)	
LINE DANCING—Rose Haven	

1:30 to 3:00 pm	
Ukulele Group	
Mahjong	

PAYMENT—Please check all that apply:

CLASSES:		
Full day of classes for all 6 weeks	\$59.00	
Full day of classes AND Tai Chi or Line Dancing TOTAL	\$84.00	
Any ONE CLASS for 8 weeks	\$50.00	
Pay per week—first payment for July 11th	\$10.00	
Pay Per week - Activity Class Included for July 11th	\$13.00	

Atlanta History Center Trips		
July 25th	\$13.00	
August 15th	\$13.00	

LUNCH:		
Lunch for all 6 weeks (\$9.50 in advance, \$10 on site)	\$57.00	
Lunch for first class	\$10.00	
Teacher Lunch Donation	\$10.00	

DONATION		
Donation to Lifespan		

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

Donations through April 2019

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In Honor of Lifespan Staff

Given by Kay Botters

In Honor of Jeanne Merritt

Given by M.T. Patchel

THANKS DONORS

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
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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