



SPOTLIGHT on Fall 2019 LIFESPAN

Fall Homecoming

We are thrilled with our classes for this Fall Session of Lifespan Academy, as well as all of the other fun things going on at Lifespan! I decided to use this front article to give you some of the highlights.

Atlanta Theatre to Go (ATTG)

We are so happy to have ATTG back at Lifespan Academy. This time we are hosting a 4 week workshop with them called Act Up! Lois Koepke, the ATTG Executive Director will be teaching this great series. Bring out the actor in you. See more on Page 4.

New Classes

We have French for Fun this session. Learn common French phrases and find yourself speaking French. Get healthy in Older But Still Getting Wiser with meditation and nutrition information, including a health fair. Know how to play Hand and Foot? Join our new card group and we'll teach you. Don't worry, the favorites return as well. More on Page 2.

TOAST is Ready — get out the butter

Maybe we are taking the analogy too far, but our Teaching Older Adults Smart Technology services are ready for you! We have coaching, classes, clinics, and in home support, just waiting for your questions. Call NOW to get your appointment. More on Page 5 or call 404-237-7307.

Mini Lifespan Academy on the Road

We are no longer just in Buckhead! We think that our selection of classes is good enough to take on the road. Want us to come to your senior center? We are now planning classes outside of our traditional Buckhead locations. Just call the office to learn more. 404-237-7307.

Agape Tablet Pilot Project

We will be working with a small group of older adults at the Agape Ragtime program utilizing tablets to connect to the online world. We are excited about this pilot opportunity to increase access to technology among older adults.

At Lifespan Resources we never, ever stop looking for ways to build communities that welcome us as we age. We continue to build, serve, plan, suggest, teach, offer, support, embrace and stand with all of our older adult members. You never know where you might find us next. Or what we might be up to. Have some of your own ideas? Give us a call and tell us what you think. And if you aren't joining in yet—Get involved and see what happens next..

Peggy Palmiter

FALL SESSION OF LIFESPAN ACADEMY
September 12, 2019 through October 31, 2019
Second Ponce de Leon Baptist Church, 2715 Peachtree Rd NE, Atlanta, Ga 30305

10:00 AM to 11:00 AM

French for Fun - Nayera Salam

French for Fun ... A refresher course for beginners. Five amusing dialogues will introduce the students to basic French grammar and simple vocabulary. Handouts will include dialogue texts, grammar exercises and answers to the exercises. Additionally, students will have access to a link to listen to each of the dialogues.



What's NEW!!

Town Hall – Ray Nixon

Ray will be leading a town hall discussion of current events. Our only request for this discussion is that everyone exercise something called “kind candor.” We all have our opinions and want to express them, but it is so important to do it with kindness. And we know that Ray will lead us with his usual courtesy and decorum. Join the discussion.

Tai Chi -Tina Rasheed

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.

10 am to 11 am — October 10th, 17th, 24th and 31st

Atlanta Theatre to Go — Act Up:

We are so happy to welcome back Atlanta Theatre to Go for their ‘Act Up’ workshop. For four weeks you can experience your dream of being an actor! This is your chance to get those acting lessons you’ve always wanted! Or maybe to renew your joy of acting and theatre that you put aside as life went on. **See more details on Page 4.**



11:15 AM to 12:15 PM

Words that Moved a Nation Continued—Richard Botters

Richard is going to continue his journey through the wisdom of our Presidents. This session he will take a look at the documents, speeches, literature and music that inspired the American people during the presidential terms of Lyndon Johnson to George Bush.



Older But Still Getting Wiser OBSGW

We are thrilled about our OBSGW lineup this fall. We have some great sessions where we hope to give you information to help you age well. We will be talking about meditation and teaching you how to do it. We will be discussing healthy eating that isn't only about kale. We have a health fair planned for October 3rd and Jim Fox is bringing his Dementia 101 class. We promise learning and laughter together. It's real at Lifespan.

LINE DANCING - Nancy Anthony

Nancy Anthony is back to lead our line dancers. She has amazing energy and the group just keeps growing! This is an amazing line dancing class where they always have fun.



1:30 to 2:30 PM**TOAST—Teaching Older Adults Smart Technology****Sept 12 through October 3rd - iPad/ iPhone Class**

First four weeks will be iPad/ iPhone Class. You will need to have an Apple mobile device to make the best use of the class. We tailor our classes to your questions, so think about what you really want to know about before we begin.



October 10th through October 31st—Android Class This class will cover mobile devices with the Android operating system. We include both tablets and phones, but we usually have a majority of phone owners in our class. This class requires your patience as every Android device is made a little differently than every other, but we take the time to help you with what you need.

Make sure you check which class you need on the registration form so we will know if there are enough of you to offer both classes.

MAHJONG

Come and join the group and play along. Don't know how? Want to learn? Everyone is welcome and our players are more than willing to teach.

UKULELE GROUP

Come join our wonderful ukulele group! Anyone can join in, even if you are just beginning—or haven't even begun yet! Here is a wonderful example of the fun we have and why you want to join this group. You can be a strummer!

We had a great session in the summer with the ukulele group and the dulcimer band group. Sign up and have FUN while you learn a new skill. NO PRIOR EXPERIENCE REQUIRED

**1:30 to 3:00 pm - Let's Play HAND AND FOOT!!**

Ever enjoyed the card game "Hand and Foot?" This fun and exciting card game, based on Canasta, is on the afternoon schedule for our Fall Session. If none of the other afternoon activities are your cup of tea, come and learn to play Hand and Foot. It's not hard to learn and as my family would happily testify, it can be hours and hours of fun.

Atlanta Theatre to Go—Act Up

As ATTG describes it, “Learn how to act by emoting, understanding how to interpret a character and simple stage direction. Participants will learn how to prepare and perform in a short play or reading.” And if you are willing, you will get to show what you have learned to the rest of Lifespan Academy on the last day of the session!

Check out the photos of their performance during our summer session and some examples of their previous Act Up workshops. Join us for the Fall Session and experience this wonderful class.



Join **Act Up** This Fall Session of Academy and **YOU** become Part of the Cast!!!



LIFESPAN TOAST—Teaching Older Adults Smart Technology

Lifespan is committed to helping older adults take full advantage of the wonders of technology. That's the goal of TOAST- a full range of technology services offered to older adults who want to be connected, with safety in mind. Here is our range of services:



INDIVIDUAL COACHING AND CLASSES: Learn better one on one? No problem. You can get coached on any device you want. Fee: \$75 for 1 1/2 hours.

TECHNOLOGY CLASSES: We have technology classes on the iPad/ iPhone, Android, Windows 10, Facebook, Instagram, and many more. Check our Lifespan Academy schedule for what's coming. Or call and see if we can offer a class at your home or organization. Fee: \$50 for a 6 week session.



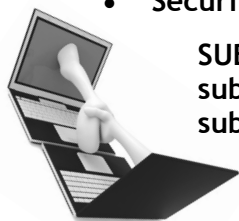
TECHNOLOGY CLINICS: Bring your device, any device and tell us your problem. We will analyze the problem, see what you need to solve the problem and make recommendations. FEE: Free

TECHNOLOGY HOUSE CALLS: Everyone needs a house call sometimes. We handle:

- Printers
- Wi Fi
- Smart Technology
- Security

- Purchasing a computer
- Virus Protection
- Syncing devices

FEE: \$100 for the first hour and \$50 for each successive hour.



SUBSCRIPTION PLANS: 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.

\$10/ month for one device
\$18/ month for two devices
\$25/ month for three or more devices

One Month Free
if Pay Annually

CALL LIFESPAN TODAY at 404-237-7307 TO LEARN MORE OR fill out the form below and send it in to Lifespan Resources, 3003 Howell Mill Rd NW, Atlanta, GA 30327

TOAST SERVICE REQUEST FORM

Name _____

Address _____ City _____ Zip _____

Phone Number _____ Email Address _____

DEVICES—all you have

- | | |
|---|--|
| <input type="checkbox"/> iPad | <input type="checkbox"/> Computer/MAC |
| <input type="checkbox"/> iPhone | <input type="checkbox"/> Computer/ Windows |
| <input type="checkbox"/> Android Phone | <input type="checkbox"/> Network |
| <input type="checkbox"/> Android Tablet | <input type="checkbox"/> Other _____ |

SERVICES interested in

- | |
|--|
| <input type="checkbox"/> Classes |
| <input type="checkbox"/> Individual Coaching |
| <input type="checkbox"/> House Call |
| <input type="checkbox"/> Technology Clinic |

Donations through July 2019

Lida Askew
Rosalind Aussenberg
Lori Benis
Clare Berry
Kay Botters
Marilyn Cates
James Clegg
Cele Covatta
Marie Davis
Mary Delmas
John DeMicco
Rosaura Dominguez
Katherine Dougherty
Bill Easterlin

Wyn Engle
Helen Faser
Rosemary Glenn
Rhoda Greenfield
Marion Groover
Susan Gwinner
Nathalie Halpern
Anne Haltiwanger
Pearce Hardwick
Frances Harrold
Leslie Herman
Patricia Hickson
Linda Hill
Yvonne Honeycutt

Mr & Mrs. Richard Howerton
Douglas Ikelman
Margaret Jackson
John Jenkins
Ursula Johnson
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
Jackie Pirkle
Mimi Roberts
Paul and Stella Richter
Helen Ross
Doris Shelton
Ada Shorr
Patricia Spackman
Roslyn Stephenson
Margaret Taylor
Dolores Tugwell
Anna White

2019 Donations Given in Memory

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 Memory of Harriette Nelson

Iven by Carolyn Gold
Given By Jeanne Merritt

2019 Donations Given in Honor

In Honor of Peggy Palmiter

Given by Mr and Mrs Richard Howerton

In Honor of Lifespan Staff

Given by Kay Botters

In Honor of Jeanne Merritt

Given by M.T. Patchel

THANKS DONORS

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



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

September 30 - *The Second Mrs. Hockaday*: by Susan Rivers. Reviewer: Hennie Rodts

October 28th - *Varina* by Charles Frazier. Reviewer: Cele Covatta



AARP Smart Driver™

November 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.

LIFESPAN Academy Registration -2019 Fall Session - September 12th, thru October 31st, 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:** We are at 2nd Ponce de Leon Baptist Church, 2715 Peachtree Rd NE, 30305

10:00 am to 11:00 am	
Town Hall – Ray Nixon	
French for Fun – Nayera Salam	
Tai Chi –Tina Rasheed	

10:00 am to 11:00 am October 10th, 17th, 24th and 31st	
Atlanta Theatre to Go–Act Up – Lois Koepke	

11:15 am to 12:15 pm	
Words that Moved a Nation – Richard Botters	
Older but Still Getting Wiser	
Line Dancing – Nancy Anthony	

1:30 pm to 3:00 pm	
Ukulele Group	
Mahjong	
TOAST: iPad/ iPhone–September 12th through October 3rd	
Android–October 10th through October 31st	
Hand and Foot	

PAYMENT–Please check all that apply:

CLASSES:		
Full day of classes for all 8 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	

LUNCH:		
Lunch for all 8 weeks (\$9.50 in advance, \$10 on site)	\$76.00	
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		



**3003 Howell Mill Rd., NW
Atlanta, GA 30327
(404) 237-7307**

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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