



**Lifespan Academy is Now Lifespan OnLine (LOL)  
And Don't we all need to Laugh Out Loud??**

Lifespan Resources has been providing educational programming for older adults since 1981. And we are continuing to offer programs during these extraordinary times. We are now totally virtual! So you can join us anytime from anywhere. We offer classes every day and you can pick and choose your favorites. See below for more information about our Winter Session classes. **ALL THIS FOR \$59 (\$84 TO INCLUDE TAI CHI OR LINE DANCING).**

**More on our website at [lifespanatlanta.org](http://lifespanatlanta.org) or call 404-237-7307 or 404-788-8232**

**MONDAYS: Starting January 11th**

**1:30: Technology Training with Peggy Palmiter:** Peggy will offer 4 weeks of Windows 10 training and 4 weeks of all things Apple.

**TUESDAYS: Starting January 12th**

**10:30: Around our National Parks in 30 Days: Part 1—with Richard Botters**

Each week you will take a virtual tour of every single National Park. You want more info? Visit the website.

**1:30: Interesting Topics:** come and hear Lifespan members talk about new and interesting topics from tapestries to tiles. More info to come.

**WEDNESDAYS; Starting January 13th**

**10:30: Tai Chi with Tina Rasheed:** Not sure about Tai Chi? Listen to what some of Tina's students have to say about it, and watch a session on our website. You'll be convinced.

**1:30: The Movie Club:** Join Alexa Foreman in discussions about classic movies. We will watch the movies ahead of time (they will be available on the event page in digital format) and then Alexa will lead our discussion. As you know, Alexa, from Turner Classic Movies, is a walking encyclopedia of classic movie information.

**THURSDAYS: Starting January 14th**

**10:30: The Atlanta Beltline—Lucy Bigham**

Come Join Lucy, an Atlanta Beltline expert, as she takes 8 weeks to tell us everything we ever wanted to know about this amazing Atlanta project.

**1:30: Line Dancing with Rose Haven**

We have conquered the vagaries of Zoom and offer *live* line dancing. Come join in and remember that no one can see how you dance. Just Have Fun.

**FRIDAYS: Starting January 15th**

**10:45: Zentangle with Hilary Smith:**

Come spend an hour and a half in this class and become the meditative artist you didn't know you were. Watch the video on the website for more information.

**Want to know more? Visit [Lifespanatlanta.org](http://Lifespanatlanta.org) Winter Classes.  
Want to register? Visit [Lifespanatlanta.org](http://Lifespanatlanta.org) Winter Registration.**

