

# Classes

---

## 10:00 AM—11:00 AM

---

### L1. Tai Chi

This balance exercise for mind and body done regularly can reduce risk of falls and injury, improve circulation, flexibility, posture, blood pressure and heart rate as well as reduce stress and increase energy. This form of “movement meditation” involves slow, rhythmic movements while breathing deeply. Dawud Rasheed, experienced Tai Chi and Yoga instructor will combine his expertise to offer this class that will cost \$20 for Lunch n Learn registrants or \$35 for non-registrants. Ten students needed to offer the class.

### L2. Cooking and Gardening

This class, taught by Rena Sartain, includes planting for fall and winterizing your garden. Learn how to use Fall vegetables for soups and main dishes. Use your herbs to make Salsas and Pestos and create gifts from your garden and your kitchen.

Class topics include:

“Your Fall Garden” – A new beginning! Planting and transplanting.

“Cooking with Herbs” – Be healthy and happy with fresh salsas and pestos and other easy treats in your frig.

“Comfort Food” – Easy and freezable soups that are healthy, quick and delicious to stock in the freezer.

“What to Plant for Winter” plus alternate ways to garden until spring returns. Includes information on orchids and “over wintering plants.”

“The Joy of Rustic Cooking” – Resottos and Tabulis as a main dish – delicious and healthy with a beautiful and easy presentation.

“Winterizing Your Garden” – Putting your babies to bed for the winter.

“Creative and Cost Effective Gifts” with goodies from your garden. Includes chocolate bark, baskets and winter flowers.

### L3. Information From the Consumer Action Center (4 weeks only)

Volunteers from the Consumer Action Center will give you updated information you need to keep your life running smoothly. Topics include:

“Do I Have to Mess With This Now?” – Be sure your affairs are in order.

“Budgeting for Today and Next Week” – Practical means of keeping up with your money.

“You and Your Credit” – What is a credit score? What’s a good one? How can I improve mine?

“Q & A with Fran Mitchell, Director of Clark Howard’s Consumer Action Center” – Ask any consumer question you have.

### L4. Atlanta Treasures

Atlanta has many treasures. Join us again to explore some well known and little known places of interest and find out how they were started and what they are doing now. Places include The Herndon Home, Margaret Mitchell House, High Museum of Art, Federal Reserve Bank, Atlanta Preservation Center, National Museum of Patriotism, Oakland Cemetery and the newest - Atlantic Station.

### L5. Atlanta Opera

This class will study in depth the upcoming season of Atlanta Opera. The study will include an overview of each opera as well as the music and historical input. We will be joined by several members from the Atlanta Opera. Operas included are Elixir of Love – Donizeth; Orfeo and Iridici; Orefeo and Euridice – Gluck; Aida – Verdi; Magic Flute – Mozart. Bryan Franklin will lead this class.

### L6. Spanish Conversation Continues

Aidan Wilber will help us converse in Spanish by teaching a fun conversation class. Aidan, a UGA alumnus and former teacher at Lovett School, has studied in Valencia, Spain and will also share those experiences. No beginners please.

### L7. Literature as an Aid in Understanding People and Managing

This interesting class will be taught by Ferd Levy, a retired Georgia Tech professor where he served as Dean of the College of Management for five years. Dr. Levy served on the faculties of several universities, including the City University of Hong Kong. The course consists of the discussion of seven major plays that deal directly with behavior and its effect on organizations broadly defined. Each class will discuss a major play describing human behavior. The plays are: “Death of a Salesman”, “Julius Caesar”, “The Glass Menagerie”, “Come Back Little Sheba”, “Master Harold and the Boys”, “Speed the Plow” and “All My Sons”. Class participants should read the assigned play before each class and come prepared to discuss it. No play should take longer than two hours to read.

---

## 11:15 AM—12:15 PM

---

### L8. I Remember

It’s your life! Bring your memories and experiences, paper and pen to write the stories you would like your children and grandchildren to know about and enjoy. We spend class time sharing what we write. Ruth Barnwell has much experience in leading you through the process.

### L9. The Bible in America

This class will be a survey of the place which the Bible has occupied in American life. Patterns of biblical interpretation and cultural influences will be presented. Rev. William W. Givens, a retired minister and counselor, will lead this class. He is a member of Wieuca Road Baptist Church where he teaches a Sunday School class and co-teaches a Bible study group.



*Rose Haven leads students in our line dancing class.*

### **L10. Line Dancing**

Join the Fun as Rose Haven leads low risk, low impact line dancing to get both your mind and body active. There is an additional fee of \$20.00 for LIFESPAN participants and \$35 for those not registered for Lunch n Learn. Ten students must register to cover the costs of the class. Visit [www.atlantalincedance.com](http://www.atlantalincedance.com).

### **L11. A Pictorial History of Buckhead**

Susan Kessler Barnard, a local author on Buckhead history, will tell the history of Buckhead from the Archaic Period (8000 – 6000 B.C.) to the opening of Lenox Square in 1962. The history will come alive through a series of old maps and photographs.

### **L12. Town Hall Meeting**

For a global update, come to this class. Ray Nixon and Dusty Miller will lead this class along with distinguished guests. Topics will include:

- “Two Views of Foreign Policy”
- “Preparing for Disasters and Pandemics”
- “President Obama and the Middle East”
- “Turmoil in Latin America”
- “Malthusianism and the Global Economy”
- “Piracy and the Law of the Sea”

---

### **12:30 PM – Lunch**

---

Lunch is offered for \$7.00 and is by reservation and PREPAYMENT only, or you may bring your lunch. Drinks are 50 cents.

---

### **1:30–3:30 PM**

---

### **L13. Art with Anne**

Well known talented local artist, Anne McDonald, returns to guide other interested artists and art students through techniques of watercolor and other media of your choice.

### **L14. Bridge for Fun**

Bring three friends or meet three new friends and join us for an afternoon of bridge each Thursday from 1:30 to 3:30 PM. We provide the tables and you provide the challenge, fun and friendship. If you would like to be a part of a new foursome, call the LIFESPAN office.

### **L15. Movie Matinee**

Keep up with movies that you may have missed at the best bargain in town. We show the latest in award winning movies, as well as your suggestions.

## **Thanksgiving Luncheon**

**Wednesday, November 18, 12:00 noon**

**Trinity Presbyterian Church,  
3003 Howell Mill Rd. NW**

Join us for a Thanksgiving luncheon. We will provide the turkey and dressing. Please call the LIFESPAN office to make a reservation and tell us what you will bring to add to the festivities. Nola Frink, pianist, will share her talent to add to the fun. Please mark reservations on registration form and your calendar on Wednesday, November 18, at Trinity Presbyterian Church, 3003 Howell Mill Rd. NW, Atlanta, 30327.

Join us as we give thanks for all of the special people in our lives.

## **Invitation from Grand Adults**

### **Tea Dance at Peachtree Presbyterian Church**

*On Sunday, November 8, the Grand Adults of Peachtree Presbyterian Church are sponsoring a Tea Dance and would love for you to join them. You will be dancing to the big-band sound of the Modernaires. The event is*

*5PM to 7PM in the Fellowship Hall of the church at 3434 Roswell Road NW. There is no fee for the dance.*

*Let us know you are coming on the registration form and we will pass the information on to Dr. Stephen Huntley, Minister of Grand Adults.*



# Registration

Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Congregation \_\_\_\_\_

Are you a first-time participant?  Yes  No  
 Be a Lunch 'N Learn Teacher's Aide?  Yes  No  
 Need a ride?  Yes  No Provide a ride?  Yes  No

Lunch 'N Learn Registration Fee (covers all Thursday L 'N L) classes) \$48.00 \_\_\_\_\_  
 Lunch for Sept. 17 \$7.00 \_\_\_\_\_  
 Late Registration Fee is \$5.00 effective Tues., Sept. 8, 2009 \$5.00 \_\_\_\_\_

L 'N L 10:00—11:00 AM

- L1. Tai Chi \$20.00 \_\_\_\_\_
- L2. Cooking and Gardening
- L3. Information From the Consumer Action Center
- L4. Atlanta Treasures
- L5. Atlanta Opera
- L6. Spanish Conversation Continues
- L7. Literature as an Aid in Understanding People

L 'N L 11:15 AM—12:15 PM

- L8. I Remember
- L9. The Bible in America
- L10. Line Dancing
- L11. A Pictorial History of Buckhead
- L12. Town Hall Meeting

\$20.00 \_\_\_\_\_

L 'N L 1:30—3:30 PM

- L13. Art with Anne
- L14. Bridge for Fun
- L15. Movie Matinee

COMMUNITY EVENTS

- S1. Lunch At Lenbrook, Sept. 3, 2009 - 12 noon
- S2. Book Club, Monday, Sept., 21, 2009 - 12:00 noon
- S3. Flu Immunizations, Sept., 24 - **Circle one:** 9AM 10AM 11AM 12PM
- S4. AARP Safe Driving Program - **Circle one:** Oct 5&6 Nov 12&13
- S5. Fall Gathering of Friends, Oct. 15, 2009 - 12:30PM \$7 \_\_\_\_\_
- S6. Tea Dance, Nov., 8, 2009 - 5-7PM
- S7. Card & Game Party, Nov. 12, 2009 - 1:30 - 3:30PM
- S8. Thanksgiving Potluck, Nov. 18, 2009 - 12:00 noon
- S9. Thank You Holiday Party, Dec. 3, 2009 - 2:00PM

Buy a Lunch for a Teacher!  One: \$7.00  Two: \$14.00 \_\_\_\_\_  
 Donation to LIFESPAN Resources \_\_\_\_\_  
 (please indicate amount)

**Total Amount:** \_\_\_\_\_  
**Check payable to LIFESPAN Resources**

Send all checks to: LIFESPAN Resources, 3003 Howell Mill Road, N.W., Atlanta, GA 30327

# Registration

Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Congregation \_\_\_\_\_

Are you a first-time participant?  Yes  No  
 Be a Lunch 'N Learn Teacher's Aide?  Yes  No  
 Need a ride?  Yes  No Provide a ride?  Yes  No

Lunch 'N Learn Registration Fee (covers all Thursday L 'N L) classes) \$48.00 \_\_\_\_\_  
 Lunch for Sept. 17 \$7.00 \_\_\_\_\_  
 Late Registration Fee is \$5.00 effective Tues., Sept. 8, 2009 \$5.00 \_\_\_\_\_

L 'N L 10:00—11:00 AM

- L1. Tai Chi \$20.00 \_\_\_\_\_
- L2. Cooking and Gardening
- L3. Information From the Consumer Action Center
- L4. Atlanta Treasures
- L5. Atlanta Opera
- L6. Spanish Conversation Continues
- L7. Literature as an Aid in Understanding People

L 'N L 11:15 AM—12:15 PM

- L8. I Remember
- L9. The Bible in America
- L10. Line Dancing
- L11. A Pictorial History of Buckhead
- L12. Town Hall Meeting

\$20.00 \_\_\_\_\_

L 'N L 1:30—3:30 PM

- L13. Art with Anne
- L14. Bridge for Fun
- L15. Movie Matinee

COMMUNITY EVENTS

- S1. Lunch At Lenbrook, Sept. 3, 2009 - 12 noon
- S2. Book Club, Monday, Sept., 21, 2009 - 12:00 noon
- S3. Flu Immunizations, Sept., 24 - **Circle one:** 9AM 10AM 11AM 12PM
- S4. AARP Safe Driving Program - **Circle one:** Oct 5&6 Nov 12&13
- S5. Fall Gathering of Friends, Oct. 15, 2009 - 12:30PM \$7 \_\_\_\_\_
- S6. Tea Dance, Nov., 8, 2009 - 5-7PM
- S7. Card & Game Party, Nov. 12, 2009 - 1:30 - 3:30PM
- S8. Thanksgiving Potluck, Nov. 18, 2009 - 12:00 noon
- S9. Thank You Holiday Party, Dec. 3, 2009 - 2:00PM

Buy a Lunch for a Teacher!  One: \$7.00  Two: \$14.00 \_\_\_\_\_  
 Donation to LIFESPAN Resources \_\_\_\_\_  
 (please indicate amount)

**Total Amount:** \_\_\_\_\_  
**Check payable to LIFESPAN Resources**

Send all checks to: LIFESPAN Resources, 3003 Howell Mill Road, N.W., Atlanta, GA 30327