

ELM Fall 2021 In Person/Virtual Classes

Registration for Fall 2021 begins on August 23.

In person classes are on Tuesdays only.

Tuesdays - September 14-November 2 (7 weeks – No class on October 5)

Virtual Classes are various times on

Mondays, Wednesdays and Thursdays -

September 13-November 4 (8 weeks)

You may register for up to 3 in person classes and as many Virtual classes as you want for the \$50.00 Fall session fee.

Continue to scroll down for the Virtual classes.

Tuesday In Person ELM Classes

One-Hour Morning Classes 9:30-10:30

Course # 102 Eight Weeks to Wellness

***Rm # 253**

Would you like to learn how to avoid cancer, heart disease or diabetes? Each week we will discuss different topics that will help you learn how to do just that! Topics covered include, nutrition and supplements, toxicity and deficiency, self-assessment and so much more!

Instructors: *Dr. Justin Tinsley, DC & Kelli Tinsley* Class size (25)

Course # 103 Line Dance - High Beginner/Improver

***Rm # 301**

Dance on in to high beginner/improver line dance, where you'll continue to practice basic line dance steps and learn additional steps, sequences, and transitions. Improve your technique while you dance to a variety of music types. This class is for the line dancer who knows the basic line dance steps and has some dance experience.

Leather or suede soled shoes, or dance shoes are recommended.

Instructors: *Linda and Vann Prater* Class size (15)

Course # 104 Retirement Success

***Rm # 303**

This class is designed to be fun and interactive as well as informative.

Mutual Funds and annuities can be integral parts of a sound retirement plan, how you use them will determine your financial stability and peace of mind. There is a lot of information and misinformation about these investments and you will learn the good and the bad about both. Everyone chose to attend this class to learn, so please don't

ELM Fall 2021 In Person/Virtual Classes

hesitate to ask questions! Each participant will receive a complimentary personal financial review, which will allow them to address any of the pitfalls or areas of concern in their retirement picture. Instructor: **Tim Gelin** Class size (25)

Course # 105 Examining Our “Funny” Bone Storytelling *Rm # 255

Join us as we learn the art of storytelling and enjoy the stories told by international storytellers and also by our classmates who choose to tell their stories. Together we will “tell the tales” and “spin the yams” of yesterday and today of stories including nursery rhymes, fables, limericks, shaggy dog stories, movies and music that influence our lives. Because seniors are societies consummate storytellers, we will also examine how to create humorous stories about ourselves and family members in order to pass on our legacy. We welcome all seniors who enjoy listening to stories. Storytelling is Our Native Language. Instructor: **Dr. Mark Levine** Class size (20)

Course # 106 Strength Training & Balance *Rm # 252

All fitness levels are welcome. Improve your quality of life. This class is designed specifically for seniors and can improve strength and balance as well as increase bone density. You will learn the proper technique to perform these exercises. It's never too late to build muscle! Bring your own weights (3 to 8 lbs.) to class. Instructor: **Theresa Kalven** Class size (20)

One-Hour Morning Classes 10:45-11:45

Course # 200 Book Review w/CCPL *Rm # 303

Each week a different staff member from Cobb County Public Library will share favorite books and provide reading recommendations on topics that range from fiction, history, inspiration, travel and more. This class can expand your knowledge on a new topic and broaden your reading repertoire by introducing you to new authors or genres. Facilitator: Terri Tresp Class size (25)

Course # 201 Laughter is My Best Anti-aging Remedy *Rm #255

You Need to Laugh, and since research shows that laughter contributes to living longer, this class will help you live “forever”(or not). So, all you immortals, get away from “it all” for an hour each week and laugh at the: vintage comedians (comedy teams) we love and remember, words we use, games we play and “Crazy” situations we experience as seniors. Learn how to create humor and find out if you are still as “sharp as a tack”. Join us and share the humor and laughter we need, because Laughter is My Best Anti-aging Remedy. Instructor: **Dr. Mark Levine** Class size (20)

ELM Fall 2021 In Person/Virtual Classes

Course # 202 Line Dance - Beginner

*Rm # 301

This beginning line dance class is great fun and great exercise. Learn basic line dance steps, sequences, and terminology. Dance to a variety of music types. Get lively, move with confidence, and stay fit while having fun. Leather or suede soled shoes, or dance shoes are recommended.

Instructors: **Linda and Vann Prater** Class size (15)

Course # 203 Savvy Seniors

*Rm # 252

Come learn and laugh with us. We offer a different topic and presenter each week. This is a “fun” and “informational” class that covers many topics of interest to Seniors. Our presenters in the past have been amazed at how SAVVY our Seniors really are, and learning has been a two-way experience. In the past we have covered: Travel, technology, history, health, legal issues, law enforcement and Georgia Park System. Medical Forensics and Oakland Cemetery were two of the favorite presentations.

Instructor: **Barbara Key** Class size (40)

Course # 204 Sudoku

*Rm # 253

Sudoku is a logic puzzle that helps the mind stay sharp and is fun to solve. This course is geared to someone who has never played Sudoku and wants to learn the proper solving techniques. If you already play Sudoku at the easy or medium difficulty level, this class will be of benefit to you. Each week we will solve an easy puzzle as a class. I will walk you through the most efficient approach to every puzzle. If you have a puzzle that you could not complete, bring it to class and I will show you and/or the class the next step to take. Sudoku is fun and the range of difficulty for Sudoku puzzles means there are puzzles to enjoy as you progress from beginner to whatever level you enjoy most. Instructor: **Marvin Dudek** Class size (10)

Course # 205 Tax and Retirement Planning for 2021 and Beyond *Rm # 330

Join us for an information-packed, fun, and highly educational experience. Learn about NEW and Proposed Retirement and Tax changes that may significantly impact your retirement income and taxes in 2021 and beyond. This class will explore what you can do to keep more of your money from going to Uncle Sam, both now and in the future. IRA's and 401k's have recently had many rule changes. Due to a new DC Administration, many more changes are being proposed. Taxes on Capital Gains and Dividend Income may get dramatically worse. Other topics that will be discussed include: How these changes may mean you need to update your Estate Planning documents, including Wills and Trusts. What are the alternatives to Long Term Care? Bring your notepad, this class is packed with strategies! Your ELM instructor has a passion for education and has been teaching Retirement, Tax and Estate Planning for over 25 years.

Instructor: **Randy Yeomans** Class size (25)

ELM Fall 2021 In Person/Virtual Classes

Two-Hour Morning Classes 9:30-11:30

Course # 300 A Hard Days Night - The Story of the Beatles

***Rm # 263**

The Beatles are widely regarded as the most influential rock and roll band of all time. They were first in most of the things we associate with rock & roll since the 60's. They were the phenomenon that invented stadium sized concerts. In this class we will explore the different periods of their music and observe the things that shaped their lives which was reflected in their music. We will look at the following general periods in their career as The Beatles:

1. 1957 - 1962 The early years
 2. 1963 Their association with Brian Epstein and George Martin and their first album
 3. 1964 Their first appearances in the USA
 4. 1965 The release of the Rubber Soul album and the evolution from "I want to hold your hand" to adult themes
 5. 1966 - 1967 Sgt. Peppers Lonely Hearts Club Band changed how albums were made
 6. 1968 - 1970 Let It Be: The end of the band and the beginning of their individual careers
- Rock & Roll has always been about counter culture. It was the opposite of institutions and social conventions that were the domain of "adults". **Warning:** part of the story of The Beatles (indeed all rock & roll) involves mention of sex, drugs, rock & roll and profanity. The instructor will tell the unabridged story without any sugarcoating.
Instructor: **Rod Daugherty** Class size (50)

Course # 301 Art of Literature

***Rm # 251**

This class session we will cover three English novels from the early 20th century, The Good Soldier by Ford Madox Ford, E.M. Forster's A Passage to India and Mrs. Dalloway by Virginia Woolf. Each work will receive attention for its quality and its use of fictional techniques to produce an enjoyable and enriching reading experience. Our time together will allow for spirited and fun discussions on what we see and feel from the pages before us, among other topics. Come join! Come see!
Instructor: **Jeff Plowman** Class size (35)

Course # 302 Beginning Acrylics

***Rm # 306**

This class is acrylic painting instruction for beginners. No previous experience necessary. A recommended supply list will be provided prior to the beginning of class.
Instructors: **Kate Posey & Joan Rockwell** Class size (10)

Course # 303 Chair Caning

***Rm # 305**

You will learn how to cane your chair or stool. The project should be cleaned and ready to cane in either herringbone or French cane method.

Pay instructor for supplies. Call instructor with questions.

Herklotz 770-434-5383; Jarman 770-424-1198.

Instructors: Elaine & Richard Herklotz, & Susan Jarman Class size (12)

ELM Fall 2021 In Person/Virtual Classes

Course # 304 Crochet

*Rm # 328

Learn the basics of Crochet or bring your own crochet project to work on while in the company of fellow crocheters. For beginners bring a skein of yarn, a number 8 crochet hook and your curiosity.

Instructor: **Chris Poole** Class size (10)

Course # 305 Mexican Train Dominoes for ALL

*Rm # 256

A fun game played with dominoes and enjoyed by all ages. No memory work required. No experience needed. Beginners through experienced players welcome. We use double 12 dominoes and follow written instructions.

Instructor: **Kay Simms** Class size (25)

Course # 306 Stained Glass Lead Came Method or Foil *Rm # 329

Learn the lead came or foil methods of doing stained glass. Hands on training. **A \$20 supply fee is due on the first day of class, paid to the instructor.** The lead came will be available to purchase at cost. Students MAY NOT take both AM & PM classes in same session. For more information call the instructor at (770) 401-4026.

Instructors: **Norman Marinoff & Warren Stang** Class size (8)

One-Hour Afternoon Classes 1:00-2:00

Course # 400 Exploring Genealogy - Plus Sites & Forms

*Rm # 303

Join us having fun with YOUR ancestors; briefly how to start, then help finding where they were from, what they did and how many came here.. We will use informative ideas to find who, what, when, where and why.

Instructors: **Bob and Sally Hatfield** Class size (25)

Course # 401 Introduction to Beading

*Rm #325

Beading is a very special way to create personalized pieces of jewelry for yourself or to give as gifts. A small part of the maker is in every piece. This class will teach how to make bracelets/necklaces/earrings/rings using a variety of beads. The intent of the class is to give the students basic skills to complete these projects and create projects on their own. Although the class is scheduled from 1-2PM, I can stay in the classroom until 3PM. Instructor will provide beads for the first piece – students will then be requested to buy beads of their choice for the rest of the classes. **Supply fee of \$12 payable the first day of class.** Will not include working with seed beads.

Instructor: **Rebecca Johnson** Class size (8)

ELM Fall 2021 In Person/Virtual Classes

Two-Hour Afternoon Classes 1:00-3:00

Course # 500 Bridge for FUN

***Rm # 256**

Knowledge & experience of Bridge is necessary. Have fun playing. Cards and score pads are provided. There is no instruction in this class.

Facilitators: **Debbie Butler & Susan White** Class size (40)

Course # 501 Hand & Foot Canasta for FUN

***Rm # 253**

This class is for experienced players to enjoy an afternoon playing and meeting other experienced players. There is no instruction in this class.

Instructors: **Barbara Turriglio** Class size (24)

Course # 502 Card Stamping

***Rm #305**

Have you ever received a handmade card? Come learn how to make your own all occasion cards from "Get Well Wishes", to "Thinking of You", or "Happy Birthday". Each week we will make two cards. **Supply fee of \$20 will be collected by instructor on the first day of class.** Instructor: **Linda Boisjolie** Class size (20)

Course # 503 Collage Art

***Rm # 306**

Learning a new art form may seem daunting, but fear not — a pair of scissors, a glue stick, and a pile of books and magazines can provide hours of fun. You don't have to be able to draw or paint to create art that is beautiful, or funny, or quirky, or whatever you want it to be. We'll look at the work of some contemporary collage artists and explore some of the endless possibilities with projects including works on paper or canvas, journal covers and embellishments, personalized greeting cards, and simple mini-books. There will be a \$10 supply fee due the first day of class.

Instructor: **Anne Steinhauer** Class size (10)

Course # 504 Knitting Without Needles

***Rm # 328**

Have you always wanted to learn to knit but, just couldn't get the hang of it? Loom knitting is the answer! It's not hard to learn and it's easy on your hands. This is basic knitting. We will make hats and scarves to start. You will make something in our first class! Advanced students welcome, you can go on to learn new things. **A \$5 supply fee is due to the instructor at the first class.** Call Bonnie with any questions 678-760-4198. Instructors: **Bonnie Anderson & Sylvia Dawson** Class size (10)

Course # 505 More about the 16th Century

***Rm # 251**

This class covers the history of the world during the sixteenth century. Due to European exploration and colonization, this was the first century in history when the continents of Europe, East Asia, Sub-Saharan Africa, and the Americas were connected by diplomacy and trade. This course completes our series of world history century by

ELM Fall 2021 In Person/Virtual Classes

century from Ancient Centuries up to the year 1600. Instructor: **Jack Le Moine** Class size (40)

Course # 506 Pine Needle Basket Coil and Chat

***Rm # 255**

Join other experienced coilers for some coiling and conversation. Work on your own project at your own pace. Share ideas and fun time with friends. There will not be instruction in this class.

Facilitators: **Judi Purvis and Frances Carpenter** Class size (15)

Course # 507 Stained Glass Copper Foil Method

***Rm # 329**

Learn while making great gifts. 10% lecture, 90% hands on training. Beginners and novices get special attention, intermediates, advanced, and pros get help when required. **\$20 supply fee due on first day of class to instructor.** Students MAY NOT take both AM & PM classes in same session.

Instructor: **David Danko** Class size (8)

Virtual Classes

Monday classes via Zoom

MON 1

Introduction to the Baha'i Faith

9:30 - 10:30 am

Instructor: Dr. Roger K. Doost

The Baha'i Faith came to existence in the Middle of 19th century when racism, nationalism, religious fanaticism, mistrust among nations and the like were at their peak, and the majority of world's population were illiterate. Its teachings begin with the oneness of God, oneness of humanity, and oneness of the essence of all faiths. Come explore the twelve major Baha'i principles on the path to world peace and human brotherhood.

Class size (20)

MON 2

Write Your Life Story

10:00-11:00 am

Instructor: Josh Langston

You've talked about it long enough. Now it's time to get busy! Join best-selling author Josh Langston for an informative and engaging approach to memoir writing. You may not want to focus on your own life, and that's fine; there are plenty of stories to tell. Find

ELM Fall 2021 In Person/Virtual Classes

out how to fashion yours in the most intriguing way.

Students will need a computer and access to the Internet. They will also need some sort of word processor. And, I'd like all students to get a copy of my memoir textbook-- ***The Naked Truth***. It's available from Amazon in both paperback and ebook versions. Here's the link: <https://www.amazon.com/dp/B07B6GMS21> It appears to be on sale now for some reason. **Class size (12)**

MON 3

The Unseen Israel Expanded, Part 4

1:00-2:00 pm

Instructor: Tim Gelinis

Reach the conclusion of this INCREDIBLE journey as we complete the exploration of central Israel. This course is Part 4 of a 4-part series designed to invigorate your love for God & open your eyes to the spiritual relevance of these physical locations. Allow yourself to be moved by the history & Heart of God as our incredible journey concludes. See places rarely seen on traditional tourist trips. **Class size (25)**

MON 4

Evolution of Rock & Roll the 70's Part 2

1:00-2:30 (90 minute class)

Instructor: Rod Daugherty

The sub-categories of rock & roll and popular music in general exploded in the 1970's compared to previous decades resulting in significantly more and varied styles. In this 8-week class we will explore the proliferation of rock & roll genre's in the 1970's. You will learn about bands and artists that were important to the evolution of popular music in the 70's (and beyond), perhaps many of which you have never heard. Topics include the artists and their music, the evolution of the music and music technology compared to the 60's, recording industry people and how society both played a part and was in turn impacted by rock & roll. **Note:** there were so many new styles and artists the instructor split this class on the 70's into two parts. This is a continuation of Evolution of Rock & Roll the 70's from the Spring term of 2021 but if you missed the part 1 it does not preclude you from taking part 2.

Be warned, as with all the classes on rock & roll it sometimes references profanity and subjects that might make some people uncomfortable. **Class size (30)**

ELM Fall 2021 In Person/Virtual Classes

Wednesday Classes via Zoom

WED 1

Current Events

9:30 – 10:30 am

Instructor: Howard Fields

Do you have an opinion concerning what is going on in the world around you? Would you be willing to share with other people who may agree or disagree with you in a collegial environment? Then you would enjoy the session on “Current Events”. You can bring virtually any issue to the session and the folks there will listen and share their opinions. This is a place where controversial issues are discussed in a civil manner. Come and join. Class size (25)

WED 2

Econ Fun01

9:30-10:30 am

Instructor: Shai Robkin

This is a class for those who don't think learning about economics and discussing current economic issues can be fun. There's no textbook; the only homework is to listen to “The Indicator,” a short (always less than 10 minutes) daily podcast that presents current economic-related issues in an incredibly entertaining fashion <https://www.npr.org/podcasts/510325/the-indicator-from-planet-money>. We'll discuss the fascinating questions raised in these podcasts. We'll also explore the behavioral economic factors that relate to the specific issues presented and the most current (and surprising) behavioral science findings from around the world. **Class size (25)**

WED 3

Game Changers & Aging in Place

1:00-2:00 pm

Instructor: Brandt Ross

Part 1 - “Game Changers”

Four classes – “history not the way we learned it in grammar school. We learned names and dates and disliked history. We never learned the great stories about the history of the “greatest country in the history of the world”. Including our flaws and failures which must be part of the stories.

Stories include:

“9/11”- the 20th anniversary “we must never forget”; The Erie Canal”...this “ditch” changed the country; “Women of the West”...”some of the women survivors, trailblazers

ELM Fall 2021 In Person/Virtual Classes

and leaders”; “The Dust Bowl “ (when the sky turned black). All stories include folk guitar and contemporaneous folk songs.

Part 2- “Aging in place is an illusion”

Four classes – “Aging in place is an illusion” – why? “I love my home” (bulletin: your home doesn’t love you and I will tell you why). The four classes spell out why you should transition to a senior residence before “you have to”; (you can be early or late but never on time); and how to do it in an orderly way; how to select the proper residence and what you need to know; what it will cost you and how you should figure affordability; “case studies of friends and family and what they faced”; and the last class: “Living with strangers”...moving to a senior residence and why it really is not so different.

Classes are taught by a senior with no credentials other than having lived in two senior residences over the course of 7 years; and someone who has downsized and disposed of 3000 ft. of “stuff”; sold a home; visited over 20 senior residences in the Southeast; lost a home to a hurricane; and tried to assist many seniors in their transition over the course of 6 years. Classes include some humor and folk songs to lighten a difficult subject. **Class size (40)**

Thursday Classes via Zoom

THR 1

DECODING, DECEPTION, AND DOUBLE-CROSS

How a Few Hundred Helped Win the Second World War

11:00 am-12:00 pm

Instructor: Bill Fisher

There’s an old saying that the Second World War was won with: British Brains, American Brawn, and Russian Blood. There’s indeed a lot of truth in this expression. This series of classes will take you into a series of clandestine operations, largely British- managed, where several hundred people changed the outcome in favor of the Allies. The big payoff was the successful invasion of northern France that we know as D-Day. The people involve a wide range of characters: from Cambridge and Oxford professors, on-the-run Polish mathematicians, to an eclectic group of eccentrics of varied nationalities who were turncoats to the Nazi cause. The skills involved range from complex mathematics, to incredible intuitive thinking, to outright lying. Some of names and places might be vaguely familiar like Alan Turing at Bletchley Park and an encryption machine known as Enigma, but most have been relegated to the dust bin of popular history. These classes seek to bring light to all of their contributions and legacies which range from the modern digital computer to the not-so-fictional character of James Bond. Eight one-hour Zoom sessions including video clips. **Class size (25)**

ELM Fall 2021 In Person/Virtual Classes

THR 2

Cliffhanger Conversations

1:30-2:30 pm

Instructor: Lisa Helmick

There is nothing like a good cliffhanger and there are many authors who are masters of leaving their readers with their minds reeling! In this class, we will read and talk about how the plot of each story leads to suspenseful endings AND give you a chance to predict, (if the story WERE to continue), what you would expect to happen next. We will learn about the “types” of suspense and how they are developed as we read and talk about eight short stories. (They are NOT all “scary” stories!) We will learn how the different types of irony can have an impact on your thinking. **Class size (25)**

THR 3

Shakin’ It Up With Shakespeare!

3:00-4:00 pm

Instructor: Lisa Helmick

If you are in need of a little “iambic pentameter” in your life, this might just be the class for you. We will take some time to refresh our memories about William Shakespeare’s life and then dig in to some of his sonnets and ONE play—*The Taming of the Shrew*. It’s a classic with an unforgettable “leading lady”. Very likely, we would be working through the play in a “reader’s theatre” style—which definitely brings it more to life. We will cover some literary and theatrical elements so that more of his work will make “sense” as we work through some sonnets and the play. Shakespeare is one of my favorites to teach—join me on this eight-week adventure. **Class size (25)**