

THE BULLI-TIN

WINTER 2025

Newsletter of the Brenau University Learning & Leisure Institute

Lifelong Learning that Nourishes the Body, Mind, and Spirit

By Tim Bryant

*“Nothing will work unless you do.”
– Maya Angelou*

Maya Angelou’s observation lives in harmony with BULLI’s guiding values and the spirit of the BULLI mission to provide educational courses and programs that inspire mature adults to continue to be mentally and physically active. BULLI constantly explores creative offerings that help us to live out the BULLI mission. Hopefully, you find that regular participation in BULLI programming positively contributes to your well-being and enhances the efforts you make in your continued lifework and interactions with others.

In this edition of our newsletter, we highlight a new small group fitness program that BULLI is piloting during our upcoming winter and spring sessions. Vivo is a live, online, interactive small



BULLI Members at the Atlanta Botanical Garden in Gainesville on Oct. 18, 2024.

group fitness program that is customized to your fitness level and helps you build strength and community. The Vivo approach was originally piloted with the

Duke University OLLI program and is now expanding to other similar lifelong

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WINTER REGISTRATION open through January 1.
See page 11 for details.

Brenau University Learning & Leisure Institute
Lifelong Learning that Nourishes the Body, Mind and Spirit



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2024-2025 REMAINING SCHEDULE

WINTER 2025:
JANUARY 6 - FEBRUARY 21

SPRING 2025:
MARCH 17 - APRIL 25

SUMMER 2025 J-TERM:
JUNE 2 - 20



WINTER DATES TO NOTE

REGISTRATION DEADLINE:
January 1, 2025

**EARLY BIRD REGISTRATION
THROUGH:** December 2,
2024

OFFICE CLOSED:
December 18 – January 1
for Brenau Winter Break
and January 20 for Martin
Luther King, Jr. Day

Lifelong Learning, from page 1

learning programs.

Vivo is the recipient of a National Institutes of Health (NIH) grant to study its science-based training strategy and personalized online small-group format for older adults. At its heart, Vivo exercise sessions consist of cognitive, balance, and strength exercises informed by the latest science and research on exercise for older adults. BULLI is initially offering two Vivo sections, a Monday-

Wednesday section and a Tuesday-Thursday section. Each section is limited to no more than ten participants so that individualized attention is maintained in a small-group environment. Further Vivo course details are provided within this newsletter. You may also reach out to the BULLI office for more information.

We are excited to provide this opportunity to interested BULLI members and believe that it compliments well BULLI's mantra – *Lifelong Learning that Nourishes the Body, Mind, and Spirit.*

IN MEMORIAM

We are sad to share news of the passing of Betty Hampton on Tuesday, September 17. Betty was 95 and a founding member of BULLI. A lifelong member of BULLI, constant presence at BULLI classes and events, and friend to many; we will miss her dearly.

BULLI MISSION:

BULLI provides educational courses and programs that inspire mature adults to continue to be mentally and physically active in a welcoming environment as an outreach of Brenau University.

BULLI VISION:

BULLI is a model lifelong learning community, accessible to and meeting the needs of a diverse and growing population of mature adults.

BULLI VALUES:

BULLI is a place where members value

1. Respect for diverse people, ideas, voices, and perspectives;
2. Lifelong intellectual stimulation and growth;
3. Physical activity and wellbeing;
4. Innovation and adaptability to a changing environment; and
5. Social engagement opportunities.

WELCOME TO BULLI

More than 30 years ago, a group of Hall County residents gathered to talk about the idea of a lifelong learning program at Brenau University. The group included local visionaries and business leaders, lifelong Gainesville residents and others who were new to the area.

Today, their shared vision lives on in Brenau University Learning & Leisure Institute (BULLI), which continues a rich history of providing learning experiences, leisure activities and travel opportunities for members to explore new ideas, enhance creativity and engage their minds.

Offering members proactive ways to promote social connections, develop meaning and pursue the thrill of personal discovery is at the heart of what we do.

We invite you to become a part of the BULLI family.

SPECIAL INTEREST GROUPS

A Special Interest Group (SIG) makes the lifelong learning experience richer, bringing together people with common interests and promoting community and friendship as members develop skills, knowledge and experiences.

- **BULLI HIKING CLUB**

Members hike throughout Northeast Georgia. Each hike is graded for difficulty, and most outings end with the participants enjoying lunch together. To join the group, contact Tim Bryant at tbryant3@brenau.edu. Chris Mattick serves as coordinator of the BULLI Hiking Club.

- **BULLI BARDS**

The Bards is a poetry group that meets regularly so that members can read and share poetry and hone their poetry skills. If you are interested, contact Bill Early at billearly@charter.net.

- **BULLI READS**

Our book club members gather on the Brenau campus to discuss their favorite fiction and nonfiction books at 3:30 p.m. on the third Tuesday of every month, except December and July. Our members volunteer to be discussion group leaders. BULLI members are invited to share in conversations about books and to enjoy the fellowship of other reading enthusiasts. For details, contact Virginia Hale at halev@earthlink.net.

What is BULLI?

Knowledge and Education

Fun and Excitement

Companionship and Sense of Belonging

Friendship

Travel Opportunities

Health Benefits

What are you waiting for? Join BULLI Today!

For more information, call 770.531.3175 or visit www.brenau.edu/lifetimestudy

BULLI – Where Intellectual Curiosity Meets Friendship and Fun!

BULLI WINTER 2025: JANUARY 6 – FEBRUARY 21

BULLI courses are noncredit, having no exams and no prerequisites. It's learning for the joy of it. **You may take as many three-week courses as you wish for \$30 per course, or six-week courses for \$50 per course.** Instructors include university professors, community experts and qualified BULLI members who enjoy sharing their knowledge and skills with others. In-person and online courses are offered

for the 2025 winter session. Participants who register by December 2, are eligible to receive an *early bird discount* using coupon code BULLI10 to receive 10% off course fees and the winter prorated membership dues (for those who have not previously paid their dues for the 2024-25 program year). Other fees and special programs offered are not eligible for the discount.

THINGS YOU SHOULD KNOW

HOW DO I BECOME A MEMBER?

BULLI is supported through its membership dues and is open to anyone who is interested in becoming a member. **Prorated winter membership dues are \$115.** Members become part of a vibrant learning community and receive the following benefits for the duration of their membership:

- Parking on the Brenau campus.
- Exclusive access to BULLI Special Interest Groups (SIGs).
- Reduced-priced BULLI courses.
- Special program opportunities.
- ConneXions.
- Curriculum catalog each term (fall, winter, spring, J-Term).
- E-Bits email newsletter.
- Discounted membership at the Brenau Fitness Center.
- Library privileges (including computer use) at the Brenau Trustee Library.

HOW DO I REGISTER FOR COURSES?

You may register:

- Online at brenau.edu/lifetimestudy,
- Email at tbryant3@brenau.edu,
- In person at 424 Academy St.,
- Fax at 770-531-2054,
- Postal mail to 500 Washington St. #115
Gainesville, Ga 30501

See the enclosed registration form on page 11, which includes additional details. Participants who register by December 2, are eligible to receive an early bird discount using **coupon code BULLI10** to receive 10% off course fees and winter prorated membership dues. A \$30 fee will be charged for returned checks. Our mailing address is Brenau University, Center for Lifetime Study, 500 Washington St. SE #115, Gainesville, GA 30501.

COURSE REGISTRATION: Registration on a space-available basis will be accepted up until the course registration deadline. Once a course reaches full enrollment, you have the option of being placed on a waitlist. If a course seat opens, you will be contacted to officially be moved into the course and charged for the course at that point.

COURSE CANCELLATION: Although unlikely, a course may be canceled due to under enrollment or other circumstances beyond BULLI's control. Members will be notified by email of any cancellation and have the option to transfer their registration to another course, request a credit to their ACTIVE account, donate their fee or request a refund.

COURSE DROP POLICY: A written or emailed request (tbryant3@brenau.edu) to drop a course for a refund or credit to your ACTIVE account will be honored up to one week before a course begins. There will be a \$5 administrative fee.

COURSE TRANSFER POLICY: Course transfers may be requested. A \$5 administrative fee will be charged. Send all inquiries and schedule change requests to tbryant3@brenau.edu.

WINTER 2025 ACTIVITIES AND WEATHER CLOSINGS:

- In-person, remote and hybrid courses are clearly indicated in the winter session course schedule within this newsletter. In-person courses for all BULLI members are hosted on Brenau's historic Gainesville campus, Gainesville First United Methodist Church, and the Northeast Georgia History Center. Remote courses are hosted on Zoom.
- Prior to participating in BULLI special interest groups, BULLI members must register online for their desired special interest group once during the program year, just like they would register for a BULLI course. There is no extra charge for BULLI members to participate in a special interest group.
- In the event of inclement weather, you will need to watch the news or listen to the radio for school closings. Since we have members located in a number of outlying areas, BULLI classes and other activities are canceled when either Brenau University or Hall County Schools are closed. This also applies to remote Zoom courses, as we tend to experience spotty power and internet outages in our region during inclement weather. Closings can also be checked by calling the BULLI Office at 770-531-3175.

Please contact the Center for Lifetime Study at 770-531-3175 with your questions.
You may also email questions to tbryant3@brenau.edu.

FREE AND OPEN TO THE PUBLIC

Advances in Medical Education and the Impact on Northeast Georgia

**7 PM Tuesday,
November 12, 2024**

Register in advance at
brenau.edu/Delzell
to receive
the Zoom
link for
this program.

This informative talk features John E. Delzell, Jr., MD MSPH, Vice President for Northeast Georgia Health System and the Carol Healan Burrell Professor of Medical Education. Dr. Delzell discusses the Graduate Medical Education program at Northeast Georgia Medical Center in Gainesville and provides an overview NGMC training programs and their impact



John E. Delzell Jr. MD MSPH

on Northeast Georgia communities. Additionally, Dr. Delzell shares exciting changes to healthcare education in our region, including the new University of Georgia School of Medicine and how NGMC will be involved with UGA.



**Learning &
Leisure Institute**

INFORMATION: Tim Bryant | tbryant3@brenau.edu | 770.538.4705



MONDAY

BUILD YOUR STRENGTH WITH VIVO

SECTION 1 – Meets Monday & Wednesday

ZOOM

18 remote sessions (2 personal assessments and 16 fitness classes)

Cost: \$180

9:00 - 9:45 a.m.

TEN WEEK M/W SCHEDULE:

- **Week 1 – Personal Baseline Assessment – Week of January 6**
- **Weeks 2-9 – Monday/Wednesday Fitness Classes – January 13, 15, 20, 22, 27, 29, February 3, 5, 10, 12, 17, 19, 24, 26, March 3, 5**
- **Week 10 – Personal Final Assessment – Week of March 10**

Muscle strength and balance are critical to maintaining health and independence as we age. Without additional strength training, most older adults will suffer a loss of muscle mass and strength that can negatively impact their balance and mobility. Vivo, a live, online, interactive small group fitness program customized to your fitness level, helps you build strength and community.

Vivo exercise sessions consist of cognitive, balance, and strength exercises informed by the latest science and research on exercise for older adults. Vivo is the recipient of a National Institutes of Health (NIH) grant to study its science-based training strategy and personalized online small-group format for older adults. Classes are small and instruction is individualized. Certified personal trainers, skilled in working with older adults, provide modified exercises to meet each student's fitness needs. Classes meet online twice per week for 45 minutes. Participants will receive personal one-on-one assessments before exercise classes begin to establish a baseline for their abilities. Following the conclusion of the exercise classes, a final assessment will be provided to measure your results. Whether you are new to exercise or exercise regularly, Vivo will help you build your strength and improve your fitness and mobility.

SCHEDULE NOTE: The full program is ten weeks, with the first week starting January 6 reserved to conduct baseline assessments. Classes begin the following week starting on Monday, January 13 and will run through Wednesday, March 5. Follow up assessments will take place the following week, starting March 10.

REGISTRATION DEADLINE

NOTE: This course has a registration deadline of December 18 (independent from our published regular winter session registration deadline for all other winter course offerings) so that welcome kits containing necessary items can be mailed to course participants and individual baseline assessment meetings can be scheduled prior to the beginning of the fitness class sessions.

ROCK AND ROLL MUSES

GAINESVILLE FIRST UMC

Six in-person sessions

Cost: \$50

11:00 a.m. - 12:15 p.m.

January 6, 13, 27, February 3, 10, 17

This course offers a special look at the men and women who inspired the songs written and played by artists Paul McCartney, The Rolling Stones, The Hollies, Leonard Cohen and many others.

Tom Dell has played rock 'n' roll, rhythm and blues, and some country since 1957 in dives and clubs on the East Coast and Atlanta. He served in the Marines and graduated from Georgia State University. Since retiring in 2013, he developed a series of fourteen courses for senior citizens covering the origins and history of Rock and Roll. He has presented his courses to senior citizens in the Emory University OLLI program, Central Dekalb Senior Center, Perimeter Adult Learning (PALS) in Dunwoody, Brenau University's BULLI program, Senior University of Greater Atlanta SUGA, Seniors Enriched Living (SEL) in Roswell and Alpharetta as well as various men's and women's clubs in Atlanta. He owned a stereo store in the 1970s and spent more than 30 years in the telecommunications industry.

THE PARABLES OF JESUS

GAINESVILLE FIRST UMC

Six in-person sessions

Cost: \$50

12:30 - 1:45 p.m.

January 6, 13, 27, February 3, 10, 17

This course takes a close look at the most famous teachings of Jesus scattered through the gospels. We will also discuss why stories have such power in traditions worldwide and why they still resonate throughout time.

Bill Coates has degrees in English, Religion and History, and a Ph.D. in American literature. Mostly he loves people and loves teaching.

WINTER 2025 BULLI COURSE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:00-9:45 a.m.	ZOOM Build Your Strength With Vivo: SECTION 1: M/W <i>Certified Personal Trainer</i> 10 Weeks – See course description for full schedule	ZOOM Build Your Strength With Vivo: SECTION 2: T/TH <i>Certified Personal Trainer</i> 10 Weeks – See course description for full schedule	ZOOM Build Your Strength With Vivo: SECTION 1: M/W See course description for full schedule	ZOOM Build Your Strength With Vivo: SECTION 2: T/TH See course description for full schedule
11 a.m.-12:15 p.m.	GFUMC Rock and Roll Muses <i>Tom Dell</i> Jan 6, 13, 27, Feb 3, 10, 17	LINWOOD NATURE PRESERVE If You Build It, They Will Come: A Garden of Native Plants <i>Karen Smith</i> Jan 7, 14, 21	GFUMC Our Universe: From Alpha To Omega <i>Jeff Jones</i> Jan 8, 15, 22	NE GEORGIA HISTORY CENTER Why Does Healthcare Cost So Much?! <i>Tony Herdener</i> Jan 9, 16, 23
12:30-1:45 p.m.	GFUMC The Parables of Jesus <i>Bill Coates</i> Jan 6, 13, 27, Feb 3, 10, 17	BRENAU TRUSTEE LIBRARY Cardiac Health: The State of the Art in 2025 <i>Michael Lipsitt</i> Jan 7, 14, 21	GFUMC Opera Is A Contact Sport <i>John LaForge</i> Jan 8, 15, 22	NE GEORGIA HISTORY CENTER The Supreme Court and Free Speech, Guns, and Abortion <i>John Girardeau</i> Jan 9, 16, 23
2-3:15 p.m.		BRENAU TRUSTEE LIBRARY American Mah Jongg <i>Robin Freeman</i> Jan 7, 14, 21, 28, Feb 4, 11 *(Meets from 2-4 p.m.)		BRENAU TRUSTEE LIBRARY Finding Whitman Under Our Boot Soles <i>Nancy Story</i> Jan 9, 16, 23, 30, Feb 6, 13
3:30-4:45 p.m.	ZOOM Anti-Heroes and Femme Fatales <i>Denise Lee</i> Jan 6, 13, 27, Feb 3, 10, 17		ZOOM Transcending Loss: Spark Your Fire With Creativity <i>Evelyn Asher</i> Jan 8, 15, 22, 29 Feb 5, 12	

 = In Person  = Remote

ANTI-HEROES AND FEMME FATALES

ZOOM

Six remote sessions

Cost: \$50

3:30 - 4:45 p.m.

January 6, 13, 27, February 3, 10, 17

Join us in an exploration of the dark and shadowy side of the movies, as we discuss six examples of film noir. Hard-boiled detectives, mysterious femmes fatales, sinister suspects, and amoral opportunists

are the traditional characters, and labyrinthine plots abound. Film noir is not just a genre, it's very much a distinctive style. Each week, you'll watch a movie* before the class, and then we'll discuss it in detail during the class session. We'll begin with a classic, *The Maltese Falcon* (1941), then move on to *Double Indemnity* (1944), *The Killers* (1946), *Out of the Past* (1949), *Kiss Me Deadly* (1955), and *Chinatown* (1974). Roundtable discussion is at the heart of the course as we try to untangle what makes these movies great. Whether you are

a fan of mystery, suspense, classic films, or the technical side of movie-making, this course is sure to lure you into a maze of intrigue.

*NOTE: Should a film be unavailable for streaming by the time of the course, the instructor will notify participants of a substitute for that week.

Denise Lee has taught previous BULLI courses on topics ranging from literature to women in technology to BULLI at the Movies. Prior to her career as a tech writer and trainer, Denise taught English

and composition for Brenau and UGA. She holds a B.A. and an M.A. in English and completed coursework for a doctorate in adult education.

TUESDAY

BUILD YOUR STRENGTH WITH VIVO

SECTION 2 – Meets Tuesday & Thursday

ZOOM

18 remote sessions (2 personal assessments and 16 fitness classes)

Cost: \$180

9:00 - 9:45 a.m.

TEN WEEK T/TH SCHEDULE:

- **Week 1 – Personal Baseline Assessment – Week of January 6**
- **Weeks 2-9 – Tuesday/Thursday Fitness Classes – January 14, 16, 21, 23, 28, 30, February 4, 6, 11, 13, 18, 20, 25, 27, March 4, 6**
- **Week 10 – Personal Final Assessment – Week of March 10**

Muscle strength and balance are critical to maintaining health and independence as we age. Without additional strength training, most older adults will suffer a loss of muscle mass and strength that can negatively impact their balance and mobility. Vivo, a live, online, interactive small group fitness program customized to your fitness level, helps you build strength and community.

Vivo exercise sessions consist of cognitive, balance, and strength exercises informed by the latest science and research on exercise for older adults. Vivo is the recipient of a National Institutes of Health (NIH) grant to study its science-based training strategy and personalized online small-group format for older adults. Classes are small and instruction is individualized. Certified personal trainers, skilled in working with older adults, provide modified exercises to meet each student's fitness needs. Classes meet online twice per week for 45 minutes. Participants will receive personal one-on-one assessments before exercise

classes begin to establish a baseline for their abilities. Following the conclusion of the exercise classes, a final assessment will be provided to measure your results. Whether you are new to exercise or exercise regularly, Vivo will help you build your strength and improve your fitness and mobility.

SCHEDULE NOTE: *The full program is ten weeks long, with the first week starting January 6 reserved to conduct baseline assessments. Classes begin the following week starting on Tuesday, January 14 and will run through Thursday, March 6. Follow up assessments will take place the following week, starting March 10.*

REGISTRATION DEADLINE

NOTE: *This course has a Registration Deadline of December 18 (independent from our published regular winter session registration deadline for all other winter course offerings) so that welcome kits containing necessary items can be mailed to course participants and individual baseline assessment meetings can be scheduled prior to the beginning of the fitness class sessions.*

IF YOU BUILD IT, THEY WILL COME: A GARDEN OF NATIVE PLANTS

LINWOOD NATURE PRESERVE

Three in-person sessions

Cost: \$30

11:00 a.m. - 12:15 p.m.

January 7, 14, 21

This course consists of a three-part discussion of native plants and their importance to humans and non-humans. Class members will learn a variety of approaches to creating their own native garden. Our classroom at the Linwood Nature Preserve serves as the setting for all three class meetings.

A former resident of Connecticut and a graduate of the University of Connecticut's School of Agriculture,

Karen Smith moved with her family to Georgia just before the Olympics were held here. After retirement from the Gwinnett County school system, Karen began to explore the world of native plants with the strong urging of church friends and hiking buddies. As a member of the Georgia Native Plant Society, the Georgia Botanic Society, Georgia Forest Watch and Bird Georgia, Karen has become more and more intrigued by the interdependence of Life on this planet. Her volunteer time at the Linwood Nature Preserve has allowed her to expand her knowledge of Georgia's native plants as well as meet many like-minded people.

CARDIAC HEALTH: THE STATE OF THE ART IN 2025

BRENAU TRUSTEE LIBRARY

Three in-person sessions

Cost: \$30

12:30 - 1:45 p.m.

January 7, 14, 21

This is a continuation of the Current Trends in Cardiology course taught by Dr. Lipsitt in the fall. A review of cardiac essentials, newer developments, and future expectations for good cardiac health for those age 55 and over will be shared and discussed in this course. Among the topics that will be reviewed and new information introduced are coronary artery disease, hypertension, congestive heart failure, arrhythmias, valvular heart disease, exercise, and nutrition.

Michael Lipsitt MD FACC is a retired interventional cardiologist. He trained from 1976 to 1982 at Emory University in internal medicine and cardiology. Based in Gwinnett County, he practiced at Saint Joseph's Hospital in Atlanta, Gwinnett Medical Center, and Eastside Medical Center in Snellville for 40 years from 1982 to 2022.

AMERICAN MAH JONGG

BRENAU TRUSTEE LIBRARY

Six in-person sessions

Cost: \$50

2:00 – 4:00 p.m. (Two hour class sessions)

January 7, 14, 21, 28, February 4, 11

American Mah Jongg is a game for four players that uses tiles and an annual published game card. This will be a hands-on structured course consisting of the fundamentals, the tile, the National Mah Jongg league card, and striving for the winning hand. Beginners and people who need a refresher are welcome. Class sessions will include instruction and playing combined to get a true hands-on experience on playing American Mah Jongg.

Robin Freeman recently retired from AT&T Information Technology work. She has been playing American Mah Jongg for fourteen years on a regular basis and teaching Mah Jongg for over three years.

WEDNESDAY

BUILD YOUR STRENGTH WITH VIVO

SECTION 1 – Meets Monday & Wednesday

ZOOM

18 remote sessions (2 personal assessments and 16 fitness classes)

Cost: \$180

9:00 - 9:45 a.m.

TEN WEEK M/W SCHEDULE: Please see Monday's course description for full details

OUR UNIVERSE: FROM ALPHA TO OMEGA

GAINESVILLE FIRST UMC

Three in-person sessions

Cost: \$30

11:00 a.m. – 12:15 p.m.

January 8, 15, 22

We will learn down-to-earth lessons about life here in Gainesville by looking deeply into the evolution

of our universe. We will go beyond the materialist view and see how consciousness, thought, intention, memory and foresight add meaning and purpose to the story of our lives in this miraculous Universe.

Jeff Jones is a retired physician and self-proclaimed science nerd who has had a lifelong fascination with the Universe. He has taught many BULLI courses over the years. Jeff welcomes everyone to his classes. You don't need to have any special disciplinary knowledge to come, enjoy and participate in the discussions.

OPERA IS A CONTACT SPORT

GAINESVILLE FIRST UMC

Three in-person sessions

Cost: \$30

12:30 – 1:45 p.m.

January 8, 15, 22

This course explores the history of opera and its role in western culture from its origins in the Renaissance through the 20th century. Explore how opera went from being a humble musical portrayal of Greek drama to spectacular stage productions full of ornate sets and dramatic elements that took Europe by storm. Discover epic tales of love, lust, betrayal, murder, and intrigue as told through the music, and learn how the works of great composers transformed opera into the highest art form of the 19th and early 20th centuries that is still popular today. Highlighted operas include works by Handel, Mozart, Verdi, Wagner, Puccini, and others.

John LaForge is Director of Worship Arts at Gainesville First United Methodist Church and Artistic Director and Conductor of the Lanier Chamber Singers. Prior to moving to Gainesville in 2012, he had an extensive career singing with opera companies and symphony orchestras throughout the United States and in Europe. He has considerable experience performing oratorio and art song repertoire and appears regularly as a soloist in metro Atlanta and throughout the Southeast.

TRANSCENDING LOSS: SPARK YOUR FIRE WITH CREATIVITY

ZOOM

Six remote sessions

Cost: \$50

3:30 – 4:45 p.m.

January 8, 15, 22, 29, February 5, 12

Meditation, poetry readings, and creating a collage will highlight each week's gathering. Class members will need to bring a minimal number of materials with them each week for our creative activities.

Required Supplies: A journal or multi-media paper, scissors, glue stick, old magazines, mail advertisements, and photos. Black markers or felt pen help accent features in our collage making.

Evelyn Asher, author and visual artist, is lead facilitator for Ekphrasis for the Masses at the Quinlan Visual Arts Center that is co-sponsored by BULLI. She hosts a series of free-write, poetry, and collage workshops through her Wisdom Collective. Evelyn delights in gathering people who surprise themselves through collage storytelling. She is an active member of the International Women Writers Guild

THURSDAY

BUILD YOUR STRENGTH WITH VIVO

SECTION 2 – Meets Tuesday & Thursday

ZOOM

18 remote sessions (2 personal assessments and 16 fitness classes)

Cost: \$180

9:00 - 9:45 a.m.

TEN WEEK T/TH SCHEDULE: Please see Tuesday's course description for full details

WHY DOES HEALTHCARE COST SO MUCH?!

NORTHEAST GEORGIA
HISTORY CENTER

Three in-person sessions

Cost: \$30

11:00 a.m. - 12:15 p.m.

January 9, 16, 23

This course is intended to provide students with a broad history of healthcare finance and government policies that help create the Healthcare system we enjoy today. Healthcare finance is complex, and focus will be to transition from high level policy to application in hospital, clinic and specialty providers. We will also share how healthcare bills are "processed" and what goes into financially operating a healthcare organization. The course objective is for attendees to better appreciate factors affecting healthcare costs and related attempts to reduce costs.

Tony Herdener earned his MBA and CPA Certificate in the late 70's and began his career with Ernst & Ernst in the Pacific NW. From his experience in auditing healthcare, he progressed forward in the role of VP Finance/CFO over the last 30 years, most recently serving as Northeast Georgia Health System CFO for over 20 years prior to retiring in 2018. He is married to Cathy, enjoys travel and living on the lake. He has two grown children and 4 wonderful grandkids.

THE SUPREME COURT AND FREE SPEECH, GUNS, AND ABORTION

NORTHEAST GEORGIA
HISTORY CENTER

Three in-person sessions

Cost: \$30

12:30 - 1:45 p.m.

January 9, 16, 23

2024 has been a year of important Supreme Court decisions that have gotten much public interest. The subjects included free speech, guns, abortion and others. In each of these areas the Court had to "interpret" a portion or portions of the U.S.

BULLI SCENES



Chinese Culture, Customs, Language, and Calligraphy Fall 2024 BULLI Course

Constitution. How does it go about in doing that? This course will consider some of these decisions and how the Court goes about "interpreting" the Constitution.

John Girardeau is a retired Superior Court judge. He graduated from Emory University and Emory University Law School. Prior to moving to Gainesville to practice law he served in the U.S. Air Force, was a member of a U.S. Senate staff in Washington, D.C. and a Law Assistant to a Georgia Supreme Court justice.

FINDING WHITMAN UNDER OUR BOOT SOLES

BRENAU TRUSTEE LIBRARY

Six in-person sessions

Cost: \$50

2:00 - 3:15 p.m.

January 9, 16, 23, 30, February 6, 13

The course will be an introduction to the mesmerizing poetry of Walt Whitman, arguably the greatest American poet. We will be reading a number of selections from *Leaves of Grass* and also some writings from his diary and journal. We will draw insights from his biography and examine his continuing influence on modern and contemporary writers.

Nancy Story earned her B.A. from LaGrange College with a double major in English and Social Work. Then, from the University of Georgia, she earned a Master's degree in Social Work with a specialization in gerontology. She later returned to UGA to earn an M.A. in English and a Ph.D. in English Education. She has taught English on the faculty at Brenau University, North Hall High School and the University of North Georgia.



BULLI Winter 2025 Course Registration PLEASE PRINT

FOR BULLI OFFICE USE ONLY
PMT _____

Please complete and review all parts of this form. Unsigned, incomplete or illegible forms will be returned without being processed. If you have questions, contact Tim Bryant at tbryant3@brenau.edu or 770.531.3175.

Table with 3 columns: Register, IN PERSON, ONLINE, POSTAL MAIL. Each column contains registration details for that method.

Membership Information section containing fields for membership status, name, address, phone, and birthdate. Includes a list of volunteer opportunities and a photo policy statement.

Course Information section with a table for listing courses. Columns include Course Title, Location, and Course Cost (\$30 or \$50). Includes an alternate course field.

REGISTRATION DEADLINE IS JANUARY 1, 2025

Payment section containing instructions for check and credit card payments, a payment summary table, and fields for card number, name, and signature.





Learning & Leisure Institute

Mailing address:
500 Washington St. SE, Box 115
Gainesville, Georgia 30501

2024-2025 Remaining Schedule

WINTER 2025:

JANUARY 6 - FEBRUARY 21

SPRING 2025:

MARCH 17 - APRIL 25

SUMMER 2025 J-TERM:

JUNE 2 - 20

– THE BULLI PROMISE –
BULLI provides mature adults with
intellectually challenging and
socially rewarding programs in
a welcoming environment.

