

SEL SUMMER 2026 COURSES

July 7 – August 12, 2026

Tuesday – In-Person
Wednesday – via Zoom

TUESDAY CLASSES (IN-PERSON)

Held at St. Thomas Aquinas Catholic Church, Alpharetta, GA

TUE – 1A

9:30am – 10:30am

NEW TOPICS! *Living Healthy Lives*

Instructor: Dr. Janet Young

This summer Dr. Janet returns to present a 6-week course to take a holistic look at health. This course is designed to educate, enlighten and empower participants to make healthier lifestyle choices for the mind, body and spirit.

TUE – 1B

9:30am – 10:30am

NEW! *How to Get More Out of Your Reading*

Instructor: Different presenters each week

Authors of various genres will talk about the things that make their genre choices stick out, and what makes those genres what they are, in order to help you choose books you'll like and get more out of the time you spend reading.

7/07 - Mike Shaw: Literary Fiction and Nonfiction

7/14 - George Weinstein: Historical Fiction

7/21 - Kim Conrey: Romance

7/28 - Dr. Beverly Armento: Memoir

8/04 - Katherine Nichols: Suspense

8/11 - Chuck Storla: Cozy Mysteries

TUE – 2A

11:00am – 12:00pm

History as we Learned it from the Broadway Musical (last offered Winter 2022)

Instructor: Betsy Jones

I really enjoyed teaching the History of the Broadway Musical class this past quarter and like many of you, I hated to see the class end. Sooooo... let's go the other way around. Let's see how much history we can learn from some of the great Broadway Musical performances.

What did Hamilton, Jefferson and Madison really agree on 'In the Room Where it Happened?' Why did the peasants of Argentina fall in love with Evita?

Perhaps we should be grateful that there was a Broadway musical titled *Parade* that allows us to keep the memory of Leo Frank alive. Was life in an orphanage during the Depression really, as Annie sings, 'A Hard Knock Life?' What can we learn about the cause of a revolution from the stories told in *1776*, *Les Miserables* and *Fiddler on the Roof*?

So ...expect a bit of political history, mixed in with a bit of social history and a few biographical stories along with a weekly selection of Broadway melodies and let's see what we can learn!

TUE – 2B

11:00am – 12:00pm

NEW! How Tea Changed the World

Instructor: Donna Longino

Come learn how tea grew from a simple medicinal plant to an economic force that shaped the world. The class will explore tea's humble roots and impact in China as well as how it grew to become a driving force in the creation of the British Empire. Learn how tea was the main character in the greatest case of industrial espionage ever recorded, took center stage in the politics of India, and played a supporting role in the American Revolution. The delicious beverage has impacted all four corners of the globe and the quest for its refreshing and lucrative properties can still be felt today. After this class, drinking a "cuppa" or enjoying an iced tea will be infused with new meaning.

TUE – 2C

11:00am – 12:00pm

A Journey Through the Pharmacy To Discovering Better Health (last offered Spring 2026)

Instructor: Rocky Beeland

Come discover areas of the pharmacy world that can enhance your everyday health and well-being! This adventure will explore areas such as: Over-The-Counter Products (OTCs), dietary supplements (vitamins, herbs, natural products), vaccines, medication management, and general pharmacy tips and tidbits. Inquisitive seekers are encouraged to ask questions during each class as this deepens the experience for everyone. Join us!

WEDNESDAY CLASSES (ONLINE - ZOOM)

WED – 1Z

9:30am – 10:30am

NEW! Heirlooms or Headaches?

Instructor: Natalie Silver

A guide on how to determine what to keep, toss, donate or force an heir to take.

1. Introduction – Current Trends. Different Platforms for Selling
2. Treasure Hunt
3. Inventory – How to Value what you’ve got
4. Antique Booths & Estate Sales
5. Make a Plan
6. Seller Success

WED – 2Z

11:00am – 12:00 pm

NEW! Intro to Geology

Instructor: Marty Andrejko

The class will give students a foundational understanding of Earth materials, processes, geologic time, plate tectonics and how geology affects society.

- Week 1: What is Geology?
- Week 2: Earth’s Structure and Plate Tectonics
- Week 3: Minerals and Rocks
- Week 4: Geologic Time and Fossils
- Week 5: Surface Processes: Weathering, Erosion and Water
- Week 6: Geology and Society

WED – 3Z

1:00pm – 2:00pm

NEW! Developing a Growth Mindset

Instructor: Chuck Hall

By participating in Seniors Enriched Learning, you’ve already taken an important step to developing a Growth Mindset. Growth Mindset is often associated with skill development for young people, or ways to help people in business advance in their careers. In this unique class, we’ll apply Growth Mindset strategies to living life more abundantly later in life.

Drawing on psychologist Carol Dweck's research and the latest science on lifelong neuroplasticity, “Developing a Growth Mindset” explores one central idea: the belief that we

can continue to learn and grow isn't just inspiring — it's supported by evidence that shows we do better by continuing to grow.

Together, we'll examine the habits of thinking that hold us back — the inner voice that says things like “I'm too old for this” — and explore practical ways to shift those patterns. This course doesn't pretend difficulty doesn't exist. It helps us discover that we have more room to grow than we may believe.

Topics include:

- Fixed vs. growth mindset — and how to recognize both in yourself
- What brain science tells us about learning in the second half of life
- How self-talk shapes what we believe is possible
- Building resilience through loss, change, and the unexpected
- The quiet courage of trying something new

No prior knowledge needed — only an open mind.