



FALL 2015 CLASSES & EVENTS





From the director

Marc Freedman is the founder of encore.org (formerly Civic Ventures) that annually awards the Purpose Prize to people over 60 who "combine passion and experience for social good." In a series of books and articles, Freedman challenges his readers to re-think aging and retirement in the light of longer lives and new patterns of work. He has called attention to the potential value in engaging 64 million baby boomers to solve persistent social problems. He notes, however, that to unleash that potential we must enact changes in social policy and create institutions to meet the needs created by shifting demographics. In a May 2015 article in the Wall Street Journal, Freedman suggests that we must "Design schools for the second half of life" that differ from current models of continuing education. Freedman writes, "Nearly 50 years ago, we pioneered lifelong learning for seniors—a notable advance,

but let's face it: All too often these programs are great for mental stimulation but ill-suited to launching individuals into new life chapters. Catching up on the Renaissance masters or mapping your family's genealogy can take you only so far." Freedman argues that we now need "a system of easily accessible and affordable opportunities" to help "people retool to continue to earn an income, maintain a sense of engagement, and adapt to fresh challenges by teaching them new skills and helping them plan their encore careers." Instead of crowding our formal education into the first couple of decades of life, Freedman encourages us to create opportunities to pursue practical education designed to train older adults for new work that will yield passion and a paycheck.

Freedman once described the Center for Creative Retirement (now OLLI at UNC Asheville) as providing "an array of learning, service, leadership development, and retraining opportunities to older adults" and the "closest existing entity" to his vision for a "breakthrough institution" to "integrate" the talents of the aging population to make them available to the wider community. In our Life Transitions programs Paths to Creative Retirement and Creative Retirement Exploration Weekend, our members design and lead workshops that attract a national audience of people seeking guidance for designing a purposeful "second act." In Leadership Asheville Seniors and through the Civic Engagement Committee's Call to Action, our members find volunteer opportunities in the wider community, doing everything from organizing fund-raising events to tutoring middle school students to sorting bulk items for our local food bank. But let's face it; Freedman's implicit criticism of lifelong learning institutes misses the degree to which people "re-tool" themselves at all levels of participation and service in an organization like ours. Our members are only able to enjoy the mental stimulation found in "catching up on the Renaissance masters" because other members have adapted their lifetimes of talents to design curriculum, organize courses, and share a passion with a discerning and inquisitive audience. OLLI as a whole is a "warehouse of intellectual capital" where the leaders of our advisory committees bring their talents as planners, accountants, researchers, and teachers to help us manage an organization that makes a positive difference in people's lives. We continue to consider how we live up to our founding vision of providing a variety of learning and service opportunities. We consistently seek to understand and respond to the needs of a population that can expect longer lives and has evolving needs for education and opportunity. We launch people into new friendships, new thinking, and new activities. Our organization has evolved because of the leadership, resilience, and expertise of members willing and able to provide a significant "social good" that has meaning for the participants and the wider community. And the Renaissance Masters and family genealogy are part of that journey. How will you help us write our next chapter?

Catherine Frank

Catherine Frank, Executive Director, OLLI at UNC Asheville





Retire creatively

COLLEGE FOR SENIORS is your opportunity to learn something just for the fun of it. Courses in this program are taught by members who have passion and professional expertise as well by UNC Asheville faculty and independent scholars in our area. Courses range from Shakespeare to iPhones, political analysis to collage, yoga to opera. We offer four terms throughout the year, each one with different courses and opportunities.

LIFE TRANSITIONS PROGRAMS include Paths to Creative Retirement (Paths), Creative Retirement Exploration Weekend (CREW), Exploring CCRCs, and The Gift of Time. These programs are structured as thought-provoking seminars and workshops designed to challenge and inspire you to make the retirement phase of your life as fulfilling as you had always hoped and to help you find the tools to navigate change.

WORKSHOPS provide short-term, concentrated, hands-on learning opportunities for those with busy schedules looking for evening and weekend offerings. Whether you want to learn new computer skills or how to make jewelry, there is a workshop for you. You don't have to be an OLLI member to participate.

LEADERSHIP ASHEVILLE SENIORS is your chance to become engaged within the Asheville community. This program consists of a series of day-long seminars held at various sites in Buncombe County. Each of the sessions in the nine-week program acquaints you with the area's history, people, institutions, and challenges by providing opportunities to meet with community leaders, activists, and politicians. One of the main goals of the program is to open the door to civic engagement and volunteering for participants eager to bring a lifetime of experience to improve their community.

fall 2015 events calendar contents

AUGUST

- 7 Fall 2015 catalog available online
- 9 Carolinas' Nature Photographers, 5:30 pm
- 12 f/32 Photography Group, 7 pm
- 15 Asheville History Center Lecture, 2 pm
- 18 OLLI Fall 2015 registration
- Blue Ridge Orchestra Open Rehearsal, 7 pm 19
- 20 Storytelling Event, 7:15 pm
- 21 Opera Talk, 3 pm
- 26 Blue Ridge Orchestra Open Rehearsal, 7 pm
- 28-30 Paths to Creative Retirement Workshop (Reuter Center closed to all other activities)
- 30 Autumn Players Readers Theatre, 2:30 pm

SEPTEMBER

- 1 World Affairs Council, 7:30 pm
- 2 Blue Ridge Orchestra Open Rehearsal, 7 pm
- 3 STEM Lecture, 4:30 pm
- 3 Astronomy Club of Asheville, 7 pm
- 4 Opera Talk, 3 pm
- 7 **OLLI Office and Reuter Center** closed for Labor Day
- 9 Leadership Asheville Seniors begins
- 9 Blue Ridge Orchestra Open Rehearsal, 7 pm
- 9 f/32 Photography Group, 7 pm
- 11 Chamber Music Chat, 3 pm
- 13 Carolinas' Nature Photographers, 5:30 pm
- 15 Leadership Asheville Forum, 6 pm
- 15 Elisha Mitchell Audubon Society, 7 pm
- 16 Blue Ridge Orchestra Open Rehearsal, 7 pm
- 18 New Member Welcome, 10 am
- 18 Inside the Music, 1:30 pm
- 18 Symphony Talk with Daniel Meyer, 3 pm
- 21 Fall 2015 CFS courses begin, 9 am
- 23 Blue Ridge Orchestra Open Rehearsal, 7 pm
- 25 Fab Friday Lunch and Learn Lecture, 11:30 am
- 29 STEM Lecture, 4:30 pm
- 30 Center for Jewish Studies Lecture, 7 pm

OCTOBER

- 1 Astronomy Club of Asheville, 7 pm
- 2 Fab Friday Lunch and Learn Lecture, 11:30 am
- 2 Safe Driving Program, 1 pm (registration required)
- 2 NC Stage Behind the Scenes, 1:30 pm
- 4 Sundays with Brevard Music Center, 3 pm
- 6 World Affairs Council, 7:30 pm
- 7 Blue Ridge Orchestra Open Rehearsal, 7 pm
- 9 Fab Friday Lunch and Learn Lecture, 11:30 am
- 9 Chamber Music Chat, 3 pm
- 11 Carolinas' Nature Photographers, 5:30 pm
- 13 STEM Lecture, 4:30 pm
- Blue Ridge Orchestra Open Rehearsal, 7 pm 14

14 f/32 Photography Group, 7 pm

- 15 Advance Care Planning Workshop, 7 pm
- 16 Fab Friday Lunch and Learn Lecture, 11:30 am
- New to Medicare Information Session, 2 pm (registration required)
- 16 Symphony Talk with Daniel Meyer, 3 pm
- 20 Free Heart Health Screening, 2 pm (registration required)
- 20 Elisha Mitchell Audubon Society, 7 pm
- 21 Blue Ridge Orchestra Open Rehearsal, 7 pm
- 23 Fab Friday Lunch and Learn Lecture, 11:30 am
- Safe Driving Program, 11:30 am 23 (registration required)
- 23 Opera Talk, 3 pm
- 25 Asheville Living Treasures Recognition Ceremony, 1:30 pm
- Free Heart Health Screening, 2 pm 27 (registration required)
- 27 STEM Lecture, 4:30 pm
- 28 Blue Ridge Orchestra Open Rehearsal, 7 pm
- 30 Fab Friday Lunch and Learn Lecture, 11:30 am
- 30 Free Heart Health Screening, 11:30 am (registration required)

NOVEMBER

- Sundays with Brevard Music Center, 1 pm
- Autumn Players Readers Theatre, 2:30 pm 1
- 3 World Affairs Council, 7:30 pm
- 5 Astronomy Club of Asheville, 7 pm
- 6 Fab Friday Lunch and Learn Lecture, 11:30 am
- 6 NC Stage Behind the Scenes, 1:30 pm
- 8 Elegy Holocaust Remembrance Concert, 5 pm
- 8 Carolinas' Nature Photographers, 5:30 pm
- 9 Winter 2016 catalog available on-line
- 10 STEM Lecture, 4:30 pm
- 11 Blue Ridge Orchestra Open Rehearsal, 7 pm
- 13 CFS Fall 2015 term ends
- 13 OLLI Art Bazaar, 12 pm
- 14 OLLI Art Bazaar, 10 am
- 17 Elisha Mitchell Audubon Society, 7 pm
- 18 OLLI Winter 2016 registration
- 18 Blue Ridge Orchestra Open Rehearsal, 7 pm
- 20 Chamber Music Chat, 1:15 pm
- Symphony Talk with Daniel Meyer, 3 pm
- 25-27 OLLI Office and Reuter Center closed for Thanksgiving

DECEMBER

- 1 World Affairs Council, 7:30 pm
- 2 Blue Ridge Orchestra Open Rehearsal, 7 pm
- 3 Astronomy Club of Asheville, 7 pm
- Opera Talk, 3 pm
- Reuter Center Singers Holiday Concert, 7 pm

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OLLI Steering Council 2015-2016

Chair: Patrick Chitwood

Chair-Elect: Catherine Jordon

Secretary: Jacob Cohen Past Chair: Judy LaMée

OLLI Executive Director: Catherine Frank

Committee Chairs

Civic Engagement: Sarah Reincke

College for Seniors: Dennis Murphy &

Bobbie Rockwell

Facilities: Barry Mundt Finance: Terry Reincke

Inclusion: Steve Kaagan

Life Transitions: Dave Castel

Marketing: Kirk Borland

Membership: Sandy Bowles &

Kathleen Mainardi

Nominating: Catherine Jordon Planning: Barbara Von Hauzen

Mission: OLLI at UNC Asheville's mission is to provide opportunities to thrive in life's second half through programs in lifelong learning, leadership, community service, and research.

olli membership

Your gateway to OLLI at UNC Asheville (OLLI) programs and events is annual membership. A fee of \$70 covers the membership period of August 1, 2015 to July 31, 2016. Member benefits include:

- UNC Asheville parking pass
- UNC Asheville photo ID (OneCard)
- UNC Asheville Ramsey Library borrowing privileges
- Quarterly course catalogs
- OLLI at UNC Asheville weekly electronic newsletter
- Rental use of the Reuter Center for personal events after one year of membership

PARKING: OLLI members may park in any white-lined space (not marked as visitor parking) on campus, provided they display a current OLLI parking decal on their rear window. Please be aware of the parking lot on Campus View Drive, a short walk from the Reuter Center. Complete a vehicle registration form in the OLLI office to obtain your decal. If you sell or trade your vehicle, please remove your decal or provide a bill of sale to the OLLI staff to obtain a free replacement decal. There is a \$20 replacement fee for lost decals or for individual members who need more than one decal.

NAMETAGS: Leave your name on the list at the desk outside the Reuter Center office, and we will make you a nametag. Wearing a nametag at all OLLI events and classes helps people get to know you.

ONECARDS: OLLI members may obtain a OneCard, the official UNC Asheville photo ID card, in Highsmith University Union. With a OneCard you may receive UNC Asheville discounts at local businesses and at university special events. You may deposit funds on the OneCard either in the OneCard office or in automatic deposit machines in Highsmith Union or Ramsey Library to be used in many of the campus dining venues, including the Reuter Café. If you obtain an annual sticker for your OneCard through UNC Asheville Police, you may ride Asheville Transit at no cost.

- Use of UNC Asheville wireless Internet
- Access to :

Special Interest Groups (SIGS, p. 5)
Activities, Programs, and Special Events (p. 5-9)
College for Seniors (p. 14-46)
UNC Asheville Health & Fitness Center (p. 5)

RAMSEY LIBRARY: OLLI members have borrowing privileges at UNC Asheville's Ramsey Library. The OneCard is your library card. Please be aware OLLI members do not have access to online resources.

WIRELESS INTERNET ACCESS: You may register to use the campus wireless network by stopping by the Reuter Center front desk and asking for a voucher code and instructions to register your devices. Please note that each device must be registered in order to use the wireless network, which is encrypted and secure.

DINING OPTIONS: The Reuter Café on the Center's lower level is open during College for Seniors Fall, Winter and Spring terms, from mid-morning to mid-afternoon, and there are soda and snack vending machines on the Center's lower level. You may also dine at the Lifestyle Dining Hall in Brown Hall, Highsmith Union Food Court, Rosetta's Kitchenette in the Sherrill Center, Argo Tea in Ramsey Library, and the DownUnder in Overlook Residence Hall.

NEED MORE INFORMATION? Check out these resources:

OLLI Website: www.olliasheville.com
Campus Map: www.unca.edu/campusmap
UNC Asheville Events: www.unca.edu/calendar
The Reuter Center Office—Open weekdays, 8 am to 5 pm
828-251-6140

registration—fall 2015 term

INITIATE your OLLI membership (or proceed to the next step if you are already a 2015-16 member)

- Complete membership form, p. 23 or 25
- Pay \$70 membership fee and receive membership from August 1, 2015 through July 31, 2016
- Mail in or drop off form and payment at the Reuter Center office anytime (Cash or check payable to OLLI only—we do not accept debit or credit cards)

REGISTER for classes starting August 18, 8 am (please note that OLLI members line up early to get their first choice of courses)

Note: Registration forms will be processed in order of date received at the Reuter Center on or after August 18. Forms submitted during registration on August 18 will be processed before registrations mailed or received prior to August 18.

- View catalog (hard copy or online at www.olliasheville.com)
- Complete registration form, p. 23 or 25
- Mail in or drop off at the Reuter Center office with payment (Cash or check payable to OLLI only—we do not accept debit or credit cards)
- To apply for a scholarship for College for Seniors program fees, submit a scholarship application with your registration form. See p. 14 for details

RECEIVE registration confirmation sent Friday, September 4, and again on Monday, September 14

Add/Drop begins Tuesday, September 8, 8 am, and continues through the second meeting of a course

activities&programs

Involving yourself with the OLLI at UNC Asheville community is stimulating, challenging, and fun. In addition to classes we offer through the College for Seniors and Workshops, OLLI offers a wide variety of opportunities to learn and socialize.

Seniors' Health Insurance Information Program

Older adults need accurate information about Medicare and insurance. If you would like to help seniors in our community with these often confusing and intimidating issues, the Seniors' Health Insurance Information Program (SHIIP) needs you. Contact OLLI member Kenn Haring at kennharing@charter.net for more information; this project is offered as a partnership between OLLI and the Council on Aging of Buncombe County (coabc.org).

Reuter Center Singers

The Reuter Center Singers, directed by Chuck Taft, study and perform classical, popular, and show tunes. They rehearse on Mondays, 6:15 – 8:15 pm and perform regularly. Register by calling 828-251-6140. Participants must be OLLI members. There is a \$40 fee for music, payable to the Reuter Center Singers treasurer at your first meeting. Contact Robert Dutnell (rhdutnell@gmail.com) for more information.

Health and Fitness Center Membership

Fee: \$350 annually

OLLI members are invited to join the UNC Asheville Health and Fitness Center with facilities in the Sherrill Center and the Justice Center on campus. Use the registration form on page 23 or 25 to join. You will be asked to fill out an additional form outlining the terms of the membership, including information about hours of access. Membership is valid for one year from the date of enrollment. For more information, contact Ann Cadle at 828-251-6384 or acadle@unca.edu.

special interest groups—SIGs

Once you're an OLLI member, you may join Special Interest Groups (SIGs) as another way to learn and develop friendships based on shared interests. All SIGs are approved and evaluated by the Membership Committee and are member-organized. To find detailed information about SIGs and how to initiate a SIG, call 828-251-6140 or visit our website at www.olliasheville.com and look for SIGs under "Center Groups."

Apple Users

2nd Fridays, 1:30-3:30 pm Contact: Paula Withrow, 828-350-8406, pvwithrow@aol.com or Bob Mellor, 828-253-5031, bob.mellor@charter.net

Fridays, 1-4 pm Contact: Diane Chambers, 828-271-4645, pdchambers@charter.net or Michelle Breen, michellemichelle831@gmail.com

Beer on Tap

2nd Wednesdays, 4:30 pm Contact: Debra Benjamin, 828-708-3402, debrabenjamin100@gmail.com

Bridge Buddies

Tuesdays, 2-5 pm Contact: Debra Benjamin, 828-708-3402, debrabenjamin100@gmail.com

Bridge for Fun

1st & 3rd Wednesdays, 2-5 pm Contact: Patricia Grace, 828-505-0046, or Marti Saltzman, 828-712-7502, mmarti28801@gmail.com

Bridge Grads

Thursdays, 2-5 pm Contact: Nina Hansen, 828-299-7711, hansenn@charter.net or Kay Harrold, 828-257-4027, karonharrold@gmail.com

Conversing in Spanish

1st & 3rd Wednesdays, 4 pm Contact: Gracemarie Warren, grc022412@gmail.com

Elders Fierce for Justice

Call or email for meeting times Contact: Steve Kaagan, 517-980-6426, skaagan@msu.edu

Financial Strategies in Retirement

1st Fridays, 1:30 pm Contact: Kate Beatty, 828-231-7710. kkbmom@yahoo.com

The Forum: Dialogue to Challenge **Our Thinking**

Fridays, 1 pm Contact: Eugene Jaroslaw, 828-255-9925, ejwestwood@gmail.com

Hooks and Needles

1st & 3rd Mondays, 2-4 pm Contact: Janet Hutchins, janet01803@ gmail.com

Intermediate Bridge

Fridays, 1-4 pm Contact: Ruth Hall, 541-490-6460. ruth2458@gmail.com

Meditation

2nd and 4th Mondays, 4:15 pm Contact: Eileen Ayers, eileena97@gmail.com

Men's Wisdom Works

Call or email for meeting times Contact: Curry First, 828-450-1118, cfirst@mac.com

Poetry Lovers

3rd Fridays, 1:30-3:30 pm Contact: Karen Depew, karendepew@ yahoo.com

Stories for the Third Act

3rd Tuesdays, 4:30-6 pm Contact: Sarah Larson, 828-450-5462, sarahlarso@gmail.com

Texas Hold'Em Poker

Mondays, 4:15 – 6 pm Contact: Bruce Iones, 828-338-0265, bruce e jones@yahoo.com

Tile Clickers (Mah Jongg) Wednesdays, 2-5 pm Contact: Rosemary Walton, 828-667-8979, rh68@bellsouth.net

Wine Tasting

2nd Sundays, 6 pm at a member's home Contact: Ulana Mellor, 828-253-5031, Ulana.Mellor@charter.net

Wine Tasting II

3rd Sundays, 7 pm at a member's home Contact: Kathleen Mainardi, 828-633-2119, kkmainardi@gmail.com

Women's Groups

Call or email for meeting times Contact: Bobbie Bowen, 828-693-1523, ravery09@gmail.com

A Writers' Gathering

2nd & 4th Thursdays, 4:15 pm Contact: John Himmelheber, jxhimmelheber@gmail.com

special events—fall 2015

These events are open to the public and held at the Reuter Center. Most are free. Call 828-251-6140 for additional details.

Advance Care Planning Workshop

An advance care planning (ACP) workshop is scheduled for Thursday, October 15, 7-9 pm. The event is open to adults of all ages and will feature a panel whose members are experienced in addressing end-of-life issues. Discussion will include communicating your treatment wishes to loved ones and to medical personnel, ethical and legal issues, and the uses of advance directives. Ample time will be reserved for questions and assistance will be provided for anyone wishing to complete a legally valid advance directive, including the notarization required in North Carolina, using the NC ACP "Short Form."

Mark your calendar for Friday, November 13, 12-6 pm and Saturday, November 14, 10 am - 2 pm for the Third Annual OLLI Art Bazaar, where you will discover a showcase of members' talents in painting, photography, jewelry, textiles, and much more. Member exhibitors will have a wide variety of handcrafted items on display and for sale. This is a perfect event to find one of a kind items and to begin holiday shopping!

Asheville History Center Lectures

Asheville History Center's Lecture Series introduces engaging speakers who expand the public's understanding of Western North Carolina history through discussion of events, people, and issues. During the Center's exhibition cycle from May through October, speakers will come to the Reuter Center to present unique perspectives on the center's exhibition "Bartram's Journey: The 1775 Journey of William Bartram to Western North Carolina."

- Saturday, August 15, 2 pm: Dr. Jim Costa, Highlands Biological Station executive director, Western Carolina biology faculty, and NC Bartram Trail Society board member, will examine Bartram's influence on naturalists such as Darwin and the larger scientific community, as well and literary figures like Wordsworth and Coleridge.
- Saturday, September 12, 2 pm: Tom Earnhardt, writer and host of UNC-TV's Exploring North Carolina, will present "Where the Land is the Star," a talk related to Bartram's 1792 publication Bartram's Travels, which details and illustrates the landscape of Western North Carolina.

Asheville Living Treasures Program

Asheville Living Treasures' (ALT) is an organization whose mission is to honor elders of Asheville and Buncombe County who have devoted their lives to making our communities a better place to live. ALT publicly honors selected older adults and their achievements and records their stories for future generations. Any person, age 70 or older, residing in Asheville/Buncombe County is eligible for nomination. The fall recognition ceremony honoring the Treasures is scheduled for Sunday, October 25, 1:30 pm. For more information visit ashevillelivingtreasures.com or contact ALT Chair, Carmen Ramos-Kennedy: ashevillelivingtreasures@gmail.com or 828-423-6476.

Astronomy Club of Asheville

The Astronomy Club of Asheville meets the first Thursday of each month, 7 pm, with an interesting lineup of speakers and topics. OLLI members may attend the club meetings and star gazes, with club members on hand to advise and assist them in the basics of astronomy and the techniques of observing celestial phenomena. For more information visit the club's website at www.astroasheville.org

- Thursday, September 3: Indy Kochte, NASA Science Operations Specialist. "NASA's New Horizons Mission"
- Thursday, October 1: Speaker and topic to be announced
- Thursday, November 5: Stephen Danford, UNC Greensboro professor of physics and astronomy, "The Search for Life in the Solar System"
- Thursday, December 3: Annual Club Holiday Social and Auction

Autumn Players Readers Theatre

The Autumn Players is a troupe of seasoned actors associated with the Asheville Community Theatre. The group is dedicated to taking the theatre experience into the community. Readings of great literature by experienced performers can spark deep understanding and kindle lasting interest. Performances begin at 2:30 pm. and tickets are \$6 at the door.

- **Sunday, August 30:** Two one act plays, *The Browning Version* by Terence Rattigan and Goodbye Howard by Romulus Linney, directed by Jim Reid
- Sunday, November 1: The Winslow Boy by Terence Rattigan, directed by Anita Chapman

Blue Ridge Orchestra

The Blue Ridge Orchestra presents quality performances of renowned symphonic works in intimate locations across Western North Carolina. The Orchestra will hold open rehearsals on Wednesday nights in OLLI's Manheimer Room. OLLI members are welcome to drop in and listen at 7 pm, August 19, 26; September 2, 9, 16, 23; October 7, 14, 21, 28; November 11, 18; and December 2. For more information, visit www.blueridgeorchestra.org

The Carolinas' Nature Photographers Association

The Carolinas' Nature Photographers Association (CNPA) was founded in 1992 to promote nature photography in the Carolinas, to help conserve and preserve the diverse natural ecosystems in the Carolinas, and to educate those interested in nature and wildlife photography. The CNPA-Asheville Region's goal is to develop a group that will more fully experience the beauty of Western North Carolina through photography. Activities in the Asheville region include photo outings, seminars, workshops, exhibits, photo contests, image critiques, and monthly meetings at the Reuter Center, held on the second Sunday of each month, with a social at 5:30 pm, and a meeting 6-8 pm.

For more information please go to: www.cnpa-asheville.org

- Sunday, August 9: Members' Showcase: "Travel Photography"
- Sunday, September 13: Image Critiques
- Sunday, October 11: David Hartfield, "Landscapes: from Intimate to Grand Vistas"
- **Sunday, November 8**: Member Portfolio Challenge Presentations

special events—fall 2015 continued

Center for Jewish Studies Lecture: "Riffing on Scripture" On Wednesday, September 30, 7 pm, Jay Jacoby, former UNC Asheville adjunct professor of language and literature and popular College for Seniors instructor, will present a lecture titled "Riffing on Scripture: Artistic License and the Bible." The discussion will focus on some of the aesthetic liberties taken by various biblical illustrators and how these liberties communicate the artists' agendas and their audience's culture. The lecture is sponsored by the Center for Jewish Studies and OLLI.

Chamber Music Chat

Offered by Pan Harmonia, Chamber Music Chat is a new lecture series sure to delight! Pan Harmonia is an independent repertory company based in Asheville and directed by flutist Kate Steinbeck. Now in its sixteenth season, Pan Harmonia is nationally recognized for its unique work and superb artistry. Meet the musicians of Pan Harmonia in these informal sessions. Learn about their process and inspiration, the music they love and more!

- Friday, September 11, 3 pm: Flutist and artistic director Kate Steinbeck discusses the upcoming Pan Harmonia season
- Friday, October 9, 3 pm: Flutist Kate Steinbeck and pianist Ivan Seng peform
- Friday, November 20, 1:15-2:30 pm: Flutist Kate Steinbeck and clarinetist Fred Lemmons perform

Elegy Holocaust Remembrance Concert

Sunday, **November 8, 5 pm**, Pan Harmonia presents *Elegy*, an annual Holocaust Remembrance Concert celebrating the power of the human spirit to triumph over adversity through music. The concert is presented in commemoration of Kristallnacht or the Night of Broken Glass, a coordinated attack on Jewish people and their property in Nazi Germany and Austria throughout the night of November 9, 1938. *Elegy* is a production of Pan Harmonia and is made possible through the generosity of the Weiner Family Foundation. For more information, visit the Pan Harmonia website: www.pan-harmonia.org

Elisha Mitchell Audubon Society

The mission of the Elisha Mitchell Audubon Society (EMAS) is to promote birding and an appreciation of all nature, and to preserve wildlife and natural ecosystems. EMAS offers free educational programs on the third Tuesday of the month, 7 pm.

- Tuesday, September 15, 7 pm: Lori Williams, wildlife diversity biologist for the NC Wildlife Resources Commission, "The Fascinating Hellbender Salamander"
- Tuesday, October 20, 7 pm: Kim Brand, Bird Friendly Communities Coordinator for Audubon North Carolina, "Gardening for Birds"
- Tuesday, November 17, 7 pm: Emilie Travis and Katherine Caldwell, Wildlife Resources Commission, "Bats of North Carolina"

f/32 Photography

f/32 is a diverse group that shares an appreciation and love of photography. Members range from amateurs who like to take point-and-shoot snapshots to working professional photographers. At monthly meetings, they share their work, learn new methods, and keep abreast of the latest industry news and equipment. OLLI members are offered free membership in f/32. Attend on Wednesdays, August 12, September 9, and October 14,

7 pm. For more information: www.f32nc.com

Free Heart Health Screenings

Love your heart for the sake of your loved ones! Are you between the ages of 40-75 and interested in getting your blood pressure and cholesterol checked? For more information and to schedule an appointment, call the MAHEC Community Screening Nurse for Healthy Heart Buncombe: 828-257-4471; it is helpful if you call several days in advance. Screenings take about fifteen minutes and are scheduled at the Reuter Center Room 205 for the following dates and times: Tuesday, October 20, 2-4 pm, Tuesday, October 27, 2-5 pm, and Friday, October 30, 11:30 am-1:30 pm.

Inside the Music

On September 18, 1:30 pm, mark your calendar to attend this presentation on the powerful voices of the Asheville Choral Society (ACS). "Inside the Music" is a conversation with the conductor and also a performance by soloists from the upcoming ACS event. Artistic director and conductor Dr. Melodie Galloway (UNC Asheville music department chair and director of choral activities) will be sharing insights about the music and gifted singers and instrumentalists that will be performing.

Leadership Asheville Forum presents Gina Sanchez

With stock markets going up, stock markets going down, the Federal Reserve raising interest rates, the European Central Bank lowering interest rates, what's an investor to do? Gina Sanchez, founder and chairwoman of Chantico Global, LLC, guest host on CNBC, and accomplished institutional money manager, will be sharing her insights to aid investors in navigating these uncertain times. Please join us on Tuesday, September 15, 6 pm, for an economic outlook followed by an open question and answer session with Sanchez. This event is hosted by OLLI and Leadership Asheville Forum, and sponsored by Colton Groome and Company. It is free and open to the public.

New Member Welcome

Are you new to OLLI at UNC Asheville and the Reuter Center? Are you returning after being gone awhile? Come to the New Member Welcome on Friday, September 18, 10 am, to learn about all that OLLI has to offer and about ways to get involved. Meet other members and get to know our community of teachers and learners.

New to Medicare Class

Are you new to Medicare? Are you confused by the many choices? Unbiased and accurate information is available from trained volunteers from the North Carolina Seniors' Health Insurance Information Program (SHIIP). A free class will be held on **Friday**, October 16, 2-4 pm in the Reuter Center. The class will provide important information to assist you in understanding how Medicare works and what you need to do to obtain benefits and save money. Registration fills quickly, so reserve your space by registering online at www.coabc.org or calling the Council on Aging of Buncombe County at 828-277-8288.

NC Stage Behind the Scenes

Join NC Stage artistic director and co-founder Charlie Flynn-McIver as he takes you behind the scenes of the professional productions of NC Stage, Asheville's downtown professional theatre. We'll look into the themes of the plays, the rehearsal process and the design process, talk to actors, directors and designers, and even see a scene or two from an upcoming show. Get an insider's view of the workings of a professional theatre. Lectures are scheduled for Fridays, October 2 and November 6, 1:30 pm. For more information about NC Stage, visit www.ncstage.org

special events—fall 2015 continued

Opera Talks

Asheville Lyric Opera (ALO) brings great stories and music to life on Asheville's premiere theatrical stage, the Diana Wortham Theatre. Come to the Reuter Center to enjoy a behind the scenes journey as ALO general director David Craig Starkey and a cast of industry professionals guide you through their operatic world. Mark your calendar to attend these lively and informative musical presentations. For more information about ALO or to purchase tickets for a performance, visit ashevillelyric.org

- Friday, August 21, 3 pm: "David Craig Starkey & Friends," ALO's general and artistic director David Craig Starkey and special guest artists will present a recital
- Friday, September 4, 3 pm: "Special Guest Recital," a recital featuring an ALO special guest
- Friday, October 23, 3 pm: "Barber of Seville Preview," ALO will present a lecture and special highlights from its production of Barber of Seville
- Friday, December 4, 3 pm: "2016 Sneak Peek Show," a preview of ALO's 2016 season, with a special concert featuring highlights of upcoming productions

Reuter Center Singers Holiday Concert

The Reuter Center Singers, OLLI's in-house choral group directed by Chuck Taft, study and perform classical, popular, and show tunes. Mark your calendar to attend the Holiday Concert on **Monday**, **December 7, 7 pm.** Donations to support the group are welcome.

Safe Driving Program

Friday, October 2, 1-5 pm and Friday, October 23, 11:30 am-3:30 pm, AARP, in partnership with OLLI, will offer safe driving refresher courses designed to help mature drivers remain safely on today's faster, more challenging highways. The four-hour AARP Driver Safety course teaches valuable defensive driving techniques and provides a refresher about the rules of the road and tips for avoiding crashes. The cost of the course is \$15 for AARP members and \$20 for non-members. To register for the October 2 course, contact Celeste Selwyn, csel@mindspring.com or 828-708-7404. For the October 23 course, contact Jan Stephanides, stephanidesj@gmail.com or 828-443-1051.

STEM Series Lecture

The theme of the STEM lecture series for the academic year 2015-2016 is "Multidisciplinary Programs." Each lecture will highlight how different STEM disciplines interact in a unified program to achieve mutually beneficial success.

- Thursday, September 3, 2015, 4:30 pm: Ameena Batada and Ellen Garrison, UNC Asheville health & wellness department, "New Developments in Health & Wellness"
- Tuesday, September 29, 4:30 pm: Patrick Bahls, UNC Asheville mathematics department, "Oulipo—Mathematics and Creative Writing'
- Tuesday, October 13, 4:30 pm: Richard Weiner, OLLI instructor, "Energy Sources"
- Tuesday, October 27, 4:30 pm: Richard, Weiner, OLLI instructor, "Hydraulic Fracturing (Fracking)"
- Tuesday, November 10, 4:30 pm: Daniel Frayne and Blake Fagan, Mountain Area Health Education Center (MAHEC) Division of Family Medicine, "The US Health Care System—The Only Developed Country Where Maternal Deaths Are On The Rise"

Storytelling Event

Thursday, August 20, 7:15 pm, Stories on Asheville's Front Porch presents True Stories Told Live at the Reuter Center. This storytelling event has a theme of A Twist of Fate. Enjoy OLLI member storytellers Ann Karson, David Castel, Fran Fedor, Chuck Fink, James Hilderbrandt, Sarah Larson, Mike Sena, and creator of the Jonesborough Storytelling Guild & Member of Asheville's Front Porch Board of Directors David Joe Miller. Tickets \$5 at the door.

Sundays with Brevard Music Center

The Brevard Music Center, in partnership with OLLI, presents performances by Brevard Music Center artist faculty members. For more information about Brevard Music Center, visit their website at www.brevardmusic.org

- Sunday, October 4, 3 pm: Violinist Benjamin Sung and cellist Benjamin Karp will perform works by Ravel and Kodaly
- Sunday, November 1, 1 pm: Pianist Donna Lee and cellist Keith Robinson will perform works by Bach, Debussy, Piazzola, and Brahms

Symphony Talks with Daniel Meyer

The best way to enjoy the Asheville Symphony Orchestra's Masterworks Concerts is to come to the Symphony Talk for the inside scoop on the music, composers, and soloists. Asheville Symphony Orchestra's music director and conductor Daniel Meyer will speak about the performance for the next evening's concert and local music aficionado Chip Kaufmann will speak about the composers. Come early to get a seat; this popular series is very well attended. For more information about the Asheville Symphony Orchestra, or to find out how to purchase tickets for performances at the Thomas Wolfe Auditorium, visit ashevillesymphony.org.

- Friday, September 18, 3 pm: Three Dance Episodes from Leonard Bernstein's On the Town, Soprano Angela Brown and the World Premiere of Richard Danielpour's Love's Exquisite Freedom with text by Maya Angelou and opera arias from Giuseppe Verdi, and Howard Hanson's Symphony No. 2 "Romantic"
- Friday, October 16, 3 pm: Osvaldo Golijov's Sidereus, Max Bruch's Violin Concerto No. 1 with violinist David Kim, and Robert Schumann's Symphony No. 2
- Friday, November 20, 3 pm: Franz Joseph Haydn's Sinfonia Concertante, op. 84 and Gustav Holst's The Planets

World Affairs Council

The World Affairs Council (WAC) presents fascinating lectures and discussions that aim to advance international awareness and foster Western North Carolina's global ties. OLLI members receive a discount on WAC annual membership fee. Meetings offer a lively line up of topics and compelling presenters yet to be announced and are scheduled for Tuesdays, September 1, October 6, November 3, and December 1, 7:30 pm. For more information visit the World Affairs Council website at www.main.nc.us/wac

fabulous fridays

Members and guests are invited to enjoy stimulating presentations and dynamic question-and-answer sessions from local experts about everything from music to travel and medications to wellness. Purchase lunch from the Reuter Café or bring your own brown bag to enjoy during the talk. This series is organized by the Health Education Series Committee and the Lunch and Learn Committee. Fridays, 11:30 am – 1:15 pm, Reuter Center Manheimer Room. Free and open to the public.

September 25: Black Mountain College

Black Mountain College (1933-1957) existed for a mere twenty-four years, but in that short time this small experimental college in the Appalachian Mountains just outside of Asheville produced a legacy that makes it central to American culture in multiple ways. While the college was often thought of as an art school, the arts were just one important aspect of an overarching liberal arts curriculum. Black Mountain College influenced American culture through advances in educational practice, the visual and performing arts, and literature. Alice Sebrell, the program director for the Black Mountain College Museum + Arts Center, will offer an overview of the people who had such an impact and the legacy they have left behind.

October 2: Chronic Pain Management

In this talk, Carriedelle Wilson Fusco will explore the advantages and disadvantages of using controlled substances, short vs. long acting preparations, use of random drug screens, pain "agreements," and protecting your medications from diversion. Fusco holds a master's degree in nursing from Vanderbilt University and is board certified as a family nurse practitioner. She has worked at the Mission Emergency Department and has been with the MAHEC Family Health Center for the past few years where she manages the pain clinic and provides both medication management and group visits for patients with chronic and acute pain issues. She also teaches residents, community physicians, and other learners about the management of pain.

October 9: The Theatre Scene in Asheville

Asheville has a robust offering of cultural activities for the resident and visitor alike, and theatre is no exception. Artistic director and cofounder of NC Stage Company Charlie Flynn-McIver will host a panel discussion with representatives from different theatre groups in the area ranging from larger more established companies like Asheville Community Theatre, Southern Appalachian Repertory Theatre, and Flat Rock Playhouse, to the smaller, newer organizations like Different Strokes Theatre Collective and The Magnetic Theatre. There's something for everyone when it comes to theatre in Asheville, so come join the conversation and see what's here!

October 16: Accountable Care and Health Care Delivery

According to the Centers for Medicare and Medicaid Services, an accountable care organization involves "groups of doctors, hospitals, and other health care providers, who come together voluntarily to give coordinated high quality care to their Medicare patients. The goal of coordinated care is to ensure that patients, especially the chronically ill, get the right care at the right time, while avoiding unnecessary duplication of services and preventing medical errors." Dr. Bradley Fuller served for twenty-five years as an adjunct professor at St. Joseph's University in health administration, and has expertise in health policy, managed care, aging services, organization design, management theory, and psychology. His long-range view of the need to improve health care delivery should make for an informative session.

October 23: The Mountains-to-Sea Trail Across **North Carolina**

Walking through our state is a study in contrast: Fraser fir trees and pelicans, old grist and textile mills, working cotton and tobacco farms, Revolutionary War sites and two British cemeteries with flying Union Jacks. Danny Bernstein will recount the highlights, challenges, and people of the Mountains-to-Sea Trail (MST). Her slide presentation and stories will captivate the curious and adventurous, the hiker and biker, and the history and culture buff. Danny's mission is to get people out of their cars and hiking. She's a hike leader and outdoor writer, working on her fourth book. A committed hiker for over forty years, she completed the Appalachian Trail, all the trails in the Smokies, and, of course, the Mountains-to-Sea Trail. In her previous life, she was a software developer and college professor. Her motto is "No place is too far to walk if you have the time." Her books will be available for sale.

October 30: The Healing Power of Pets: Fact, Fiction, or Somewhere in Between?

Two thirds of American homes include a pet, and some of our deepest relationships are with companion animals. In recent vears many claims have been made about the medical benefits of pet ownership and the benefits of animals in clinical settings such as hospitals and nursing homes. Dr. Hal Herzog, professor of psychology at Western Carolina University, will address the impact of pets on human health and happiness, the current state of research on the effectiveness of animal assisted therapies, and the question of why humans keep pets.

November 6: RiverLink

RiverLink was established in 1987 and is the only non-profit exclusively focused on the French Broad River basin. The organization spearheads the economic and environmental revitalization of the French Broad by providing permanent public access to the river through conservation and recreation easements, reclaiming contaminated lands for public use and enjoyment, greenway development, creating public no-fee, no-reservation overnight camping sites along the river, adaptive reuse of historic structures, educating 5,000 students about the French Broad River watershed's importance, and empowering more than 1,700 volunteers each year. Karen Cragnolin, executive director of RiverLink, will discuss the past, present and future of the French Broad River and the implementation of RiverLink's Wilma Dykeman RiverWay Plan.

workshops

Welcome fall with one-day and weekend workshops that fit your interests and schedule. OLLI membership is not required. Workshops are open to the public and have limited space. Register on catalog page 23 or 25. For additional information or to register by phone call 828-251-6140. Visa and MasterCard payments are accepted. Refunds are available until 14 days before the workshop; \$10/person fee is non-refundable.

Mushrooms of the Southern Appalachians

CRN# 60110 Wednesday & Friday, September 2 & 4 Wednesday: 9 am – 1 pm, Friday: 9 am – 4 pm Fee: \$85/person

Our mountains abound with mushrooms, but these beautiful organisms are often overlooked and misunderstood. In this two-part workshop we search for fungi in their natural habitat, learn how to collect specimens, make a spore print, use a dichotomous key identification, and discuss the essential role of fungi in forest ecology. Participants must be able to walk (at a slow pace) on a trail for 1/2 to 1 mile. Mushroom availability is dependent on rain conditions during the summer. Materials fee: \$6 for supplies, payable to the instructors at the first meeting.

Charlotte Caplan (ccaplan7@gmail.com) has been learning about fungi for nearly forty years and is a past-president of the Asheville Mushroom Club. She loves to introduce others to these fascinating and beautiful organisms; for several years she has taught a class on fungi for the NC Arboretum's Blue Ridge Naturalist program.

Beginners Seed Beading Jewelry

CRN# 60109 Saturday, September 12, 10 am – 4 pm Fee: \$55/person Make a beautiful bracelet for yourself or to give as a gift. In this workshop you learn the spiral rope stitch. You are provided with all the beads you need for a sample bracelet. Participants will leave with at least one finished piece of jewelry. You must be able to thread a needle and be prepared to do small detailed work. Please note that instructions are provided for right-handers, so left-handers may need to use their right hand. Materials fee: \$22 per student, payable to the instructor, to cover the cost of beads, thread, needle, and magnets.

Linda Burns (burnspet@aol.com) has taught elementary and middle school. She fell in love with seed beading twenty years ago and looks forward to sharing her joy and passion.

The Art of Listening

CRN# 60115 Saturday, October 3, 1 - 4 pmFee: \$45/person This workshop is for those who want to develop their "reflective" listening skills the art of listening to someone with empathy. Listening is simple but not easy and is an important human act. We discover our instincts to be helpful by offering our understanding, knowledge, and advice from our frame of reference. Suspending judgment is not easy and takes practice. Students will learn the need to set aside activity, thoughts, etc. to attend to another human being in an empathic manner.

lan Rudick (comefth@frontier.com) has a master's degree in counseling from the University of Virginia. Since 1994 he has owned a marketing business called Come From the Heart. Ian and his wife moved to Asheville in 2013.

Carving Faces on Walking Sticks

CRN# 60117 Saturday & Sunday, October 10 & 11, Saturday: 10 am – 4 pm; Sunday: 1 – 4 pm Fee: \$80/person

Discover how to carve a face in a walking stick in a step-by-step approach using five basic woodcarving tools. You will learn to create the facial features and hair of a wood "spirit" / wizard / mountain man. By the end of the workshop, participants will take home their own walking stick as well as knowledge of what the instructor considers the best types of trees for walking sticks. Prior woodcarving experience is not required. Materials fee: \$10/person for walking stick, payable to the instructor. Tools will be provided, or students can bring their own.

Richard Hall (hallclan1@gmail.com) has been creating traditional Appalachian woodcrafts for thirty years. With family roots in the Tennessee and North Georgia mountains, he took an early interest in the "old ways" of working wood. Through his art, he seeks to preserve the heritage of the mountain folks who came before us.

Get Big with Paint

CRN# 60111 Saturday & Sunday, October 17 & 18, 12 – 4 pm each day Fee: \$115/member; \$125/non-member Discover the joys of creating large-scale paintings in a supportive environment. Through a series of exercises, instructor Ursula Gullow will encourage students to paint more freely and create large works of art effortlessly. **Materials cost**: The instructor will provide a detailed materials list prior to start of the workshop. If a participant is buying all new brushes and paint, materials could cost \$80-\$125.

Ursula Gullow (ursulagullow@gmail.com) is an experienced teacher and awardwinning painter who has been exhibiting her work nationally for over ten years. In 2006 she traveled to Iceland for a painting residency with the Gil Society and in 2009 was awarded a Regional Artists Project Grant through the North Carolina Arts Council. www.ursulagullow.com

Creating a Soul Garden to Enhance Your Life

CRN# 60112 Saturday, October 24, 9 am - 5 pmFee: \$65/person Learn to expand your connection to your soul and apply basic Feng Shui and Five Elements principles to create a miniature "soul garden" (11") to take home. You may find that you can use this perspective in other areas of your life, e.g. health, home, finance, relationships. The soul garden will serve as a reminder to stay tuned to your soul's guidance. This is an energizing workshop that can transform your life. Materials **fee**: \$10/person for supplies, payable to the instructor.

Su shen Huang (myneedle47@hotmail.com) has integrated her passion for science, psychology, and spirituality into a holistic healing and life coaching service. Her love of world travel and exploration of diverse cultures has enhanced her skills as an inspiring teacher, coach, and compassionate healer.

Artful Knitting Outside the Lines

CRN# 60113 Saturday, October 31, 10 am – 4 pm Fee: \$65/person Would you like to knit, purl, and think creatively? Then this is the workshop for you. Learn three techniques: flowers and other three dimensional embellishments, entrelac, and domino knitting. You'll have time to practice each technique with instructor guidance. At the end of the day, share your work and see additional free-spirited examples to try. A free reunion one month later will inspire you to put the techniques to work and share your results. This class is for the advanced beginners or intermediate knitter. Participants should be able to knit and purl and have some experience reading patterns.

Judi Jetson (judi@judijetson.com) is a fool for fiber. She spins, knits, dyes, and weaves. Working in bold colors and textures, she loves to teach locally and at John C. Campbell Folk School. Judi is also a fiber activist and founder of Local Cloth, a non-profit growing our fiber economy. www.judijetson.com

Basic Photographic Image Management

CRN# 60108 Saturday, October 31. 1 - 5:30 pmFee: \$55/person Learn how to organize and manage your photo files so you can easily find your images. Also discover how to create backup systems to prevent accidental loss. We will cover basic computer workflow methods related to image handling, starting with your camera, creating folder systems, converting IPEG images to TIFF, understanding image size and resolution (dpi/ppi), storing and archiving images, and preparing files with Photoshop Elements.

Tim Barnwell (barnwellphoto@hotmail.com) has been a professional photographer for more than thirty years. His career includes time as a photography instructor and as executive director of Appalachian Photographic Workshops. His images have appeared in dozens of magazines, and he has authored four photographic books. www.barnwellphoto.com

Needle Felted Holiday Ornaments

CRN# 60116 Saturday, November 7, 10 am - 2 pmFee: \$55/person Give an original gift this season; decorate your home with unusual handmade ornaments. Wool can be transformed into any shape or design by simply poking it with a needle. Use your imagination to create pieces that can be displayed all year round. Materials fee: \$20 (payable to the instructor) for wool and needles to keep.

Donna Trunk (donna.trunk@vahoo.com) is a fiber artist and teacher living in the Asheville area. She has taught fiber arts in New York for the last ten years in her studio, libraries, and schools. She has exhibited and sold her work in galleries in the Northeast, Asheville, and St. John US Virgin Islands.

Image Inspired Writing

CRN# 60114 Saturday, November 14. 9 am - 4 pm Fee: \$65/person Let words inspire your art; let art inspire your words. Combine mindfulness with creativity. We will create a visioning collage with materials provided. If it grabs you, you grab it. Put your intuition to work. Then let the images inspire your writing. Interplays of making art and writing continue throughout the day. This is a course for artists, writers, musicians, and all types of explorers! **Materials fee:** \$5/person for craft supplies payable to instructor.

Victoria Rose (wildwordsartist@gmail.com) finds joy in dancing and beauty in nature. Her workshops encourage the process of letting your words be wildly free to express your heart's desire. Her work has appeared in multiple publications and literary magazines. www.wildwordsartist.com

life transitions programs

Members and staff of OLLI at UNC Asheville collaborate to offer unique and innovative programs to help participants navigate major life transitions. Payment options for all Life Transitions programs include cash, check, Visa, or MasterCard. For questions or to register over the phone, contact Laurel Jernigan, 828-250-3871/ljerniga@unca.edu

The Gift of Time program encourages participants to think about how to plan and communicate end of life wishes to spouses, partners, children, and parents. Trained facilitators and expert speakers, combined with the support of a group of peers, make this program truly unique.

More Information: www.olliasheville.com/gift-of-time

"I wanted to give myself the opportunity to look at this part of my life as a gift, not just for me but for my children. I already felt blessed, but this [program] is a gift"



Exploring Continuing Care Retirement Communities

(CCRCs) helps participants assemble the relevant information and ask the right questions to see whether the CCRC is a living option that meets their needs. The course includes expert speakers and site visits to local CCRCs.

More Information: www.olliasheville.com/exploring-ccrcs

"All wonderful ...but especially useful to consider these issues with other concerned, explorative people from different backgrounds, genders. The more minds to consider a big change the better!"



Paths to Creative Retirement (Paths), held twice each year, helps participants create a meaningful retirement based on their values and priorities. Sessions are facilitated by trained OLLI members in large and small groups. More Information: www.PathstoCreativeRetirement.com

"I view 'Paths' as a program that got me going on a path. Taking steps and knowing that you have more flexibility to learn, experiment, and change course as you start the transition."



The Creative Retirement Exploration Weekend (CREW)

focuses specifically on relocating in retirement—whether to Asheville or anywhere else. Our optional Sunday program is for those who are considering Asheville for relocation.

More Information: www.AshevilleCREW.com

"Excellent program design with seasoned presenters; participatory exercises; modules that flowed well; content that was all relevant to this process of deciding."



Leadership Asheville Seniors (LAS)

Every fall, OLLI offers this learning and civic engagement program, which is planned and led by its graduates and community members. LAS provides participants with a multi-faceted view of Asheville and Buncombe County. Through discussions with community leaders in distinctive venues, newcomers and longtime residents alike can gain new perspectives and consider ways to contribute their diverse experiences and talents for the good of the community. Each day of the nine-week program offers an insider's view of topics concerning our community, including history, environment, government, food insecurity, the arts, the economy, education, health, and poverty.



Dates: Wednesdays, 8:30 am - 3:30 pm September 9 - November 4, 2015

Cost: \$400 (scholarships available up to 75%)

Payment: Cash, checks payable to OLLI, Visa or MasterCard

Registration: Open to OLLI members only. Visit www.olliasheville.com/LAS for registration form and more information

Questions? Contact Laurel Jernigan at ljerniga@unca.edu or 828-250-3871

Why take LAS? Ask the alumni...

"Great way to be introduced to Asheville and how things work, what the challenges are and what the successes are."

"Exposure to many facets of Asheville/Buncombe County that I probably would have never encountered or discovered on my own."

"It gave me several options for volunteering. It also gave me connections to call upon."

Call To Action

OLLI's Civic Engagement Committee seeks to identify, define, and develop sustainable plans of action that address signature social issues in greater Asheville and engage and provide significant volunteer experiences among the OLLI membership community.

http://olliasheville.com/community-volunteering

A CALL TO ACTION: EDUCATION

Working with the Asheville City Schools Foundation, we provide OLLI tutors, mentors, class assistants, and special events helpers. OLLI **Volunteers are needed for the Education Call to Action!** The 2015 OLLI Call to Action for Asheville City Schools Kick Off event will take place in **August** and will include information on how to be involved. Look for an announcement in OLLI's weekly e-newsletter in early August.



A CALL TO ACTION: FOOD INSECURITY

The Call to Action for food insecurity began in 2013 and continues today. OLLI volunteers support MANNA FoodBank through monthly workdays. Join other OLLI members to help MANNA combat hunger and make new friends in the process!

For more information, contact Laurel Jernigan at 828-250-3871 or ljerniga@unca.edu.

The College for Seniors (CFS) is a lifelong learning program offering more than 350 courses annually during four terms:

Fall: September 21 – November 13, 2015 (registration begins August 18) **Winter:** January 11 – February 22, 2016 (registration begins November 18)

Spring: March 21 – May 13, 2016 (registration begins February 24) **Summer:** June 20 – August 1, 2016 (registration begins May 24)

Fall 2015 September 21 – November 13

NOTE: Be sure to check dates listed for each course.

Fee: \$115 for the term

This flat fee allows you to register for up to three courses, listed on pp. 18-46, during the initial phase of registration. Schedules will be sent on September 4 and 14. After you receive your schedule, you may add additional courses without cost. Courses may be added prior to the start of the second class period in the course.

Add/drop begins Tuesday, September 8, 8 am

If you cannot attend a course in which you enrolled, please work with office staff to drop the course so someone else may attend.

OLLI Membership is required to enroll in CFS classes

REFUNDS: Cancellation must be received by 3 pm, Friday, September 18, for a full refund. This applies to ALL fees for CFS classes.

Course Information

In addition to the course descriptions in this catalog, there are details for many CFS courses on course web pages on the OLLI website. To reach the listing of courses with web pages, go to: olliasheville.com/courses. On this page, you can type in an instructor's name and find information such as course outlines, reading lists, materials lists, and instructor background.

Class Reps

If you are interested in helping new members become acclimated, assisting instructors in class, and ensuring that classes operate smoothly, consider being a Class Rep! Check the box for being a Rep in the CFS section on the registration form. For more information, contact Jessika Bond at 828-251-6140.

Scholarships

Scholarships are available to partially cover the expense of the term; the annual OLLI membership fee is the member's responsibility. Applications are available in Room 208 of the Reuter Center and on OLLI's website. To ensure the best choice of courses, submit scholarship applications along with the registration form as early in the registration period as possible. For additional information, call 828-251-6140.

Teaching in College for Seniors

At the heart of the College for Seniors program are dedicated volunteer instructors. While many instructors are retired academics, others with no formal teaching background have successfully facilitated learning experiences centered on areas of passionate interest or expertise. Please call Herb Gunn, OLLI Program Manager, at 828-251-6873 for more information. Information and proposal forms are available on the OLLI website at: olliasheville.com/forms

Course Proposal Due Dates:

October 15 for Spring 2016 January 22 for Summer 2016 April 15 for Fall 2016 July 15 for Winter 2017

Adverse Weather Policy

OLLI classes, events, meetings, and other activities will be canceled or delayed when UNC Asheville classes are canceled or delayed for adverse weather. By 8 am on bad weather days, the OLLI staff will post specific program information on our outgoing messages at 828-251-6140 and on our website at olliasheville.com. We will, if possible, send an email to OLLI members by 8 am explaining how weather will affect events scheduled on bad weather days.

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Fall 2015 Calendar

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Don't forget to add **Fabulous Fridays** programs to your schedule...

Every Friday, **September 25-November 7** 11:30 am - 1:15 pm in the **Manheimer Room** See page 9 for details

New **Member** Welcome

Friday, September 18, 10 am

Learn about programs & activities

Find ways to participate in our community of learners

Meet new friends

workshops

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9 am-1 pm & Friday, September 4,
9 am-4 pm
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10 am-4 pm
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Mondays, 9-10 am

Classical Pilates

CRN # 60004

8 weeks: September 21, 28, October 5, 12, 19, 26, November 2, 9 Mondays, 9-10 am

We will study the foundation of the Pilates method for people new to Pilates or wishing to focus on core principles. Core strength, alignment, stretching, breathing, and control are taught using mat exercises. No prior experience is required. Participants must be comfortable working on the floor and able to get up and down without assistance. Bring your own exercise mat; comfortable clothing is suggested.

Kristine Angelacos (kristine@nothome.org) started practicing Pilates in 2001. She has studied under various Pilates masters, including Cathy Zisman, Tom McCook and Wahida Sharman. After moving to Asheville, Kristine completed certification under Penelope Barrow of PURE Pilates of Asheville.

Mondays, 9-11 am

Tap Dancing for Fun

CRN # 60002 8 weeks: September 21, 28, October 5, 12, 19, 26, November 2, 9 Mondays, 9-11 am

With the emphasis on fun, we will go over the basic steps, learn some new ones, and in the process, learn a new dance routine. This course is for people who have always wanted to tap or review what they learned as children, and get some exercise. Tap shoes are required; contact the instructor for more information about what to bring.

Mary Walker (20mlwalker14@gmail.com) is a graduate of Ohio University with thirty years' experience as a teacher and librarian. She taught English in Japan, China, and Slovakia. She has extensive experience as a tap dancing teacher and has performed at nursing homes and assisted living facilities.

Eat Healthy / Get Active

CRN # 60003

8 weeks: September 21, 28,

October 5, 12, 19, 26, November 2, 9

(\$20)

Mondays, 9-11 am

This course is a combination of classroom healthful eating instruction and group exercise class. The Eat Healthy classroom program covers a variety of healthful eating topics. The exercise portion is a combination cardio and strength training course taught in a circuit format. Participants work at their own pace and learn to use a variety of equipment. The course is appropriate for beginners and those with chronic diseases, although it can be modified to be more challenging for regular exercisers. Please contact the instructor for equipment needs.

Betsy Gorman (brewerbg@hotmail.com) is a registered nurse and personal trainer with a master's degree in exercise physiology. After eighteen years working in the operating room, Betsy decided to work to keep people healthy instead of helping them once they were sick. Since moving to Asheville, she has worked in the wellness industry as a personal trainer, group exercise instructor, nutrition educator, and health coach.

Landscape Challenges for Western North Carolina Homesites

CRN # 60005 6 weeks: September 21, 28, October 5, 12, 19, 26 Mondays, 9-11 am

Landscaping in the mountains presents unique challenges such as dealing with slopes, managing storm water runoff, and being "fire wise." In this course we will integrate science with practical information to help homeowners understand these challenges, analyze their own properties, and develop strategies for smart landscaping to get the most for their time and money while helping preserve our mountain environment.

Debbie Green (dxgree@wm.edu) is a certified NC State Extension Master Gardener volunteer for Buncombe County and retired college professor who has gardened in Western North Carolina for the past ten years. Debbie will be joined by a team of several other Extension Master Gardener volunteers.

Mondays, 9-11 am continued

War and World History

CRN # 60006

8 weeks: September 21, 28, October 5, 12, 19, 26, November 2, 9

Mondays, 9-11 am

Despite its horrific effects, war has always been a powerful driving force behind invention and innovation. The Greek philosopher Heraclitus said, "War is the father of all things." Some exaggeration perhaps, but many aspects of civilization arise directly from developments in warfare. Warfare is an integral part of every human culture and society. Winston Churchill said that few of the major unresolved issues between nations have ever been settled by anything other than war—and by its consequences in victory or defeat.

Bert Lockwood served in the US Army, working with Dr. Wernher von Braun in the Army's Missile and Space Program and with the Secretary of the Army at the Pentagon. He was associate professor of engineering at the US Military Academy, commander of Picatinny Arsenal and later worked in the defense industry. He attended West Point, the University of Michigan, and Columbia University.

The Long Story in Short Literature

CRN # 60007

8 weeks: September 21, 28, October 5, 12, 19, 26, November 2, 9

Mondays, 9-11 am

We will analyze selected stories, music lyrics, and poems to show how structure and detail reveal meaning and purpose in a literary work. Questions regarding truth, knowledge, understanding, and conflict/resolution will be discussed in relation to the literature. Reading selections will be assigned prior to each class. While this course is a follow-up to a fall 2014 College for Seniors course, it is not necessary to have taken that course to enjoy this one. Reading selections covered will be different.

Margaret Roland (mroland_28655@yahoo.com) has a BS in English with a focus on secondary education and an MA in reading education from Appalachian State University. She taught English and social studies for twenty years in the public school systems of North Carolina and Florida.

Quilting Christmas Projects

CRN # 60008

7 weeks: September 21, 28, October 12, 19, 26, November 2, 9

Mondays, 9-11 am

In this course the instructor will introduce basic quilting techniques and the tools involved. Participants will complete at least one project and create quilt blocks for Christmas-themed objects using traditional piecing, paper piecing, and machine appliqué. Depending on individual progress, homework may be required. Knowledge of basic sewing and a sewing machine is required. Materials costs: \$50-\$75 depending on materials participants have on hand. The instructor will provide a list of materials needed.

Kathy Jacobs (kij2505@yahoo.com) holds a BA in humanities from Eckerd College and an MEd from Georgia State University. She worked in the human services area before retiring. Kathy has ten years of quilting experience and has taken classes in lap quilting, machine piecing and quilting, paper piecing, free motion quilting, Dresden Plate, machine appliqué, and French Braid quilting.

Mondays, 9 am-12 pm

Grilling with Mars and Venus

CRN # 60009

4 weeks: September 21, 28,

October 5, 12

Mondays, 9 am-12 pm Location: Instructors' home This is a **beginner level course** for participants inexperienced at grilling. We will explore pros/cons of charcoal versus gas grills and tools needed for successful grilling. Menus are designed to complement the grilling techniques. Participants will grill meat, fish, poultry, vegetables, fruits, and pizzas and then sit down to feast on their efforts. The course will be held at the instructors' home, about ten minutes from the Reuter Center. Participants must commit to attend all four classes, and must be able to stand for twoand-a-half hours at a time and move about in tight quarters. Food fee: \$80, payable to the instructors at the first class.

Dennis Murphy (murphdennisw@gmail.com) and Sheila Murphy (murphy.sheila.a@gmail.com) (also known as Mars and Venus) have taught cooking courses at the College for Seniors for eight years and have been cooking together for more than forty years. They have attended cooking courses in various parts of the world, most recently at the International Academy of Italian Cuisine in Luca.

Mondays, 11:30 am-1 pm

MELT for Well-Being and Better Health



CRN # 60010

8 weeks: September 21, 28,

October 5, 12, 19, 26, November 2, 9

Mondays, 11:30 am-1 pm

MELT is a simple, self-care technique that helps you take better care of your connective tissue, the fluid-based, flexible scaffolding of your body. Daily living causes connective tissue to become dehydrated and less supportive, leading to pain and inflammation. You will learn the basic principles of using rollers and balls to improve hydration and provide better support for muscles, bones, joints, organs, and nerves. MELT balls and rollers will be provided for use during sessions. Students must be able to get up and down off the floor. **Materials needed:** Yoga-type clothing and a yoga mat.

Terry Peters (terryptrs@yahoo.com), a lifelong educator, is a certified MELT instructor, training directly with Sue Hitzmann, MELT founder and author of *The MELT Method* – *A Breakthrough Self Treatment System*. Terry is also a 300-hour Yoga Alliance Certified instructor in the Krishnamacharya tradition with advanced certification.

Body Sampler: Qigong, Aerobics, and Yoga



CRN # 60011

8 weeks: September 21, 28,

October 5, 12, 19, 26, November 2, 9

Mondays, 11:30 am-1 pm **Location: 468 Sherrill**

Class sessions start out with a qigong warm-up to get you moving and harmonize the energies in the body. The next segment will be dance aerobics and exercises done to music from the '30s through modern day. The final segment will be chair yoga to get you stretched out and ready for the rest of your day.

Liz Ridley (lizridley@hotmail.com) has been teaching senior exercise classes for twenty years. She is certified to teach chair yoga and older adult exercise by the Silver Sneakers organization, t'ai chi by Dr. Paul Lam's T'ai Chi for Health Institute and Pilates by Balanced Body Pilates.

Mondays, 11:30 am-1:30 pm

How the Mind Works

CRN # 60012

8 weeks: September 21, 28, October 5, 12, 19, 26, November 2, 9

Mondays, 11:30 am-1:30 pm

What is the mind for? The answer is both revealing and surprising. This course will provide an introduction to the nature and function of the human mind from the perspective of contemporary psychological theory. Topics include: nature and function of mind, representational/computational theory of mind, dual process theory, mind and brain, the extended mind, the development of expertise, and mind (neuro) myths.

Reinhard W. Lindner (rlindner48@gmail.com) received his PhD in cognition from the University of Connecticut. He taught courses in learning and cognition in higher education for twenty-five years and served as department chair for seven. His research focused on self-regulated learning and the development of expertise.

Alexander Technique: Exploring Habit and Choice



CRN # 60013

8 weeks: September 21, 28,

October 5, 12, 19, 26, November 2, 9

Mondays, 11:30 am-1:30 pm

The Alexander Technique teaches you how to stop getting in your own way. Update your "mental map" of the body so you can sit, stand, and move with better balance and efficiency. More importantly, distinguish habits of effort and inflexible thinking that impede the lightness of mental, emotional, and physical being that is your birthright. Learn to cultivate directed thinking for more expansion and ease in every situation.

Michèle Drivon (consciousalignment@gmail.com) has studied the Alexander Technique for fifteen years and continues to be in awe of its capacity to illuminate and enliven. Certified to teach by international standards (1600 hours over three years), Michèle continues to study with skillful teachers near and far.

The History of Lighthouses: Bonfires to Satellites

CRN # 60014

8 weeks: September 21, 28, October 5, 12, 19, 26, November 2, 9

Mondays, 11:30 am-1:30 pm

In this overview of lighthouses of the world, we will look at the lighthouse keeper's life, the architecture and technical aspects of lighthouses such as lens and fog signals and lighthouse administration. We will examine the creative re-use of light stations, lightships, and minor aids to navigation, all with humor, music, and visuals. Special attention will be given to the seven lighthouses that dot the coast of North Carolina. Although not as grand as the "coastal ladies," we'll tiptoe among the "little guys" (or gals) on the inland waters

Wayne Wheeler (wswheeler3@yahoo.com) is a retired Coast Guard officer and president and founder of the United States Lighthouse Society.

Mondays, 11:30 am-1:30 pm continued

From Forts to Ferries on the **Virginia Frontier**

CRN # 60015 8 weeks: September 21, 28, October 5, 12, 19, 26, November 2, 9

Mondays, 11:30 am-1:30 pm

In this introduction to colonial frontier history, we will discover what happened to several families who migrated along the Great Wagon Road from Pennsylvania to Virginia, starting in the 1740s. We will compare family narratives with passages from modern novels, covering such topics as warfare, Indian captivity, politics, competing land companies, and the struggle to survive. Stories based on the lives of Mary Draper (1732 – 1815) and her husband William Ingles (1729–1782) are part of the materials to be covered. **Recommended text:** Follow the River, James Alexander Thom. ISBN-13: 978-0345338549. Cost \$7.99

Ellen Brown (inglesferry@gmail.com) became fascinated by stories about her own ancestors and went on to become an expert in Appalachian frontier history. Since earning her MA in history in 2003, she has launched a career as a public historian, assisting others with research and writing.

Beginning French 1A

CRN # 60016

8 weeks: September 21, 28, October 5, 12, 19, 26, November 2, 9

Mondays, 11:30 am-1:30 pm

This is a beginning level course; no prior experience with French is assumed or needed. Basic French vocabulary and grammar will be introduced through a variety of listening, speaking, reading, and writing activities. We will follow a college level beginning French textbook, but at a pace consistent with class needs. Participants are encouraged to join in reading and speaking practice in a friendly atmosphere in class. Homework to reinforce lessons is requested and corrected in class. Cultural topics will also be incorporated formally and informally. **Required text:** Points de DéPart, Mary Ellen Scullen, Cathy Pons, and Albert Valdman. ISBN-13: 978-0135136300. Cost \$4-\$18

Renee Raffini (raffinir@gmail.com) taught all levels of French in suburban Maryland public high schools for twenty years. She has also taught French to Peace Corps volunteers. She has a BA French and economics is from the University of Wisconsin-Madison and an MA in secondary education and economics from George Washington University.

Exploring Personal and Family History Through Art

CRN # 60017

4 weeks: September 21, 28,

October 5, 12

Mondays, 11:30 am-1:30 pm

Many artists attempt to give form to inner psychological truths through painting. While learning the basics of painting with acrylic medium, class participants will use their imagination as well as photographs and objects to express elements of their personal and family histories. We will also write short responses to our artwork. Recommended text: DK Art School: An Introduction to Acrylics, Ray Smith. ISBN-13: 978-0789432872. Cost \$6.80. **Materials costs:** \$35-\$50. The instructor will provide a list of materials needed.

Caroline Manheimer (manheimer@bellsouth.net), while pursuing her masters in studio art, focused on the expressive potential of autobiographical sources including photographs, artifacts, and abstract metaphors. Her thesis images, "Uniform Series," can be seen at her website: carolinemanheimer.com.

Path from Segregated to **Integrated Schools in Western** North Carolina, 1860s-1970s

CRN # 60018

4 weeks: October 19, 26, November 2, 9

Note late start date

Mondays, 11:30 am-1:30 pm

We will study the efforts of black communities to educate their children. We will identify problems that hindered such efforts, learn about participating leaders in communities and schools with an emphasis on their inspiration, and understand their struggles and their victories. We will highlight the significance of rural segregated schools for today's educators.

Betty Jamerson Reed (betty_j_reed@yahoo.com), a native of Western North Carolina, has written two books documenting the history of segregated black schools. A retired educator, she continues her research and writing efforts.

Mondays, 11:30 am-1:30 pm continued

Exploring UNC Asheville on Foot

CRN # 60019

4 weeks: October 19, 26, November 2, 9 Note late start date

Mondays, 11:30 am-1:30 pm

Discover some of the history, resources, beauty, and surprises of the UNC Asheville campus, plus get some good exercise. We'll walk from the Reuter Center to various spots in and around the campus. The fourth class will include an optional lunch stop at the campus dining hall. Participants must be able to walk for two hours on uneven surfaces and keep up with the group. Comfortable walking shoes are strongly suggested. This is not a classroom course; all classes will be held outside the Reuter Center. Food cost: \$7, for lunch at the UNC Asheville dining hall.

Dennis DeSimone (myfrienddennis@att.net) has been a College for Seniors instructor for several years and was a co-founder and president of a national training company with forty years of experience presenting full-day seminars on such subjects as management and interpersonal relations. He also has the unique experience of having taught in all fifty states. **Donna DeSimone** was a co-founder and vice-president of a national management and interpersonal relations training organization where, among her many responsibilities, she vetted instructors, did extensive research, arranged travel, and planned hundreds of meetings a year.

Mondays, 2-3:30 pm

Yoga For Your Health

(\$20)

8 weeks: September 21, 28, October 5, 12, 19, 26, November 2, 9 CRN # 60020 Mondays, 2-3:30 pm

In this class we will use safe, gentle, therapeutic yoga to stretch, strengthen, and increase mobility in muscles and joints and improve circulation, balance, mental clarity, breathing and digestive function. Seated and standing poses are done with the support of a chair, followed by gentle floor poses lying down on your belly and on your back. Each class finishes with a guided relaxation. Please bring a yoga mat and wear loose, comfortable clothing.

Jenne Sluder (jenneuine@gmail.com) is a yoga therapist, professional musician, and a native of Asheville. Jenne holds a master's degree in transpersonal psychology and is certified as an advanced instructor of therapeutic yoga and meditation. Learn more at jennesluder.com.

Mondays, 2-4 pm

Thomas Hardy: His Novels and Poems

CRN # 60021

8 weeks: September 21, 28, October 5, 12, 19, 26, November 2, 9 Mondays, 2-4 pm

We will examine two slightly less well-known novels of Thomas Hardy, The Return of the Native and The Woodlanders, and a number of Hardy's better known poems. The course will consist of lectures, class discussion, and film excerpts.

Required Texts: The Woodlanders, Thomas Hardy, ISBN-13: 978-0140435474. Cost \$9.93; The Return of the Native, Thomas Hardy, ISBN-13: 978-1482721270. Cost \$9.00. Selected Poems, Thomas Hardy, ISBN-13: 978-0140436990. Cost \$11.40

David Barratt (dandjbarratt@netscape.net) has taught many literature courses at the College for Seniors. He has also taught at UNC Asheville, Montreat College, the University of Chester, England, and in California and Pakistan. He has authored several books and articles and created material for scholastic websites.

Advanced Intermediate French 3C

CRN # 60022

8 weeks: September 21, 28, October 5, 12, 19, 26, November 2, 9 Mondays, 2-4 pm

This course is a continuation of French 3B, designed for those who have studied French to an intermediate level of proficiency but do not yet feel ready to read novels or converse at a higher level. New students should contact the instructor ahead of time regarding their level of proficiency. Participants will continue to develop vocabulary and proficiency in reading and speaking. Homework to reinforce lesson concepts will be requested and corrections given. The instructor will loan copies of En Voyage textbook and workbook. Required text: En Voyage. Conrad J. Schmitt and Katia Brillie Lutz. ISBN-13: 978-0026363785. Cost \$5.16

Renée Raffini (raffinir@gmail.com) taught all levels of French in suburban Maryland public high schools for twenty years. She has also taught French to Peace Corps volunteers. She has a BA French and economics from the University of Wisconsin-Madison and an MA in secondary education and economics from George Washington University.

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Staff use only / Comments

registration form

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Become a 2015-16 OLLI Member or renew for \$70	Membership fee total	\$
Membership year is August 1, 2015 - July 31, 2016.		
Health and Fitness (H&F) Center Membership - \$350		
OLLI Membership is REQUIRED.		
This is an annual membership and runs from the date of purchase for 365 days	HFC Fee	\$

TOTAL PAYMENT ENCLOSED \$_____

Registration Information:

- OLLI membership is required for CFS registration but not for Workshops.
- Initial registration is limited to a maximum of three CFS courses. Notice that Workshops (p.10-11) do not count in this total.
- Please fill out your form as completely as possible and double-check that the CRN numbers listed in the course descriptions match the title of the course you wish to take.

Bring or Mail to OLLI, Reuter Center UNC Asheville, CPO#5000 One University Heights Asheville, NC 28804-8516

Cash or checks only, payable to OLLI

- Wellness and Recreation courses with this symbol s20 require a \$20 fee in addition to your CFS fee of \$115. You may be asked to sign a liability waiver for some courses. Check with your physician before you begin any new physical activity.
- Submit your registration starting August 18, 2015 for best availability. During registration at the Reuter Center, you may submit a form for yourself and up to two additional people for a total of three registration forms.
- If you will be away or if you have trouble standing in line, you may send a registration form with a friend, or you may contact OLLI director Catherine Frank (cfrank@unca.edu or 828-251-6188) to discuss your options for submitting registration in a timely way. If you know someone who may have a challenge standing in line, offering to deliver a registration form is a meaningful way to promote our sense of community.
- If we are able to register you in the number of courses, up to three, that you request, we will not put you on a wait list for other courses.
- Your schedule will be sent on September 4 and September 14, 2015.
- Add/Drop begins on September 8, 2015, at 8 am. At this time, you may add as many courses as your schedule will allow.
- **Refunds for Workshops** (p. 10-11) are available until fourteen days before the scheduled session. **College for Seniors refunds** are available until Friday, September 18, 2015, 3 pm.

registration form

OLLI Fall 2015 OFFICE USE ONLY								
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See back page for further information, membership renewal, H&F membership, etc.

registration form

	TOTAL FROM PAGE 1	\$
Become a 2015-16 OLLI Member or renew for \$70	Membership fee total	\$
Membership year is August 1, 2015 - July 31, 2016.		
Health and Fitness (H&F) Center Membership - \$350		
DLLI Membership is REQUIRED.		
This is an annual membership and runs from the date of purchase for 365 days	HFC Fee	\$

TOTAL PAYMENT ENCLOSED	\$
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- If we are able to register you in the number of courses, up to three, that you request, we will not put you on a wait list for other courses.
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Mondays, 2-4 pm continued

iPhone Basics: Beyond the Call Section I

CRN #60023 4 weeks: September 21, 28, October 5, 12 Mondays, 2-4 pm

Section II

CRN # 60024 4 weeks: October 19, 26, November 2, 9 Note late start date Mondays, 2-4 pm

Are you a beginning iPhone user and find it a little confusing? Come learn the basics in a slow-paced course (hands-on, but not one-on-one). Each skill will be presented with lecture/ demonstration material followed by exercises to practice what you have learned. We will focus on non-voice calling features: navigating apps and controls, keyboarding and dictation, wireless connections, browsing with Safari, using the mail, calendar, and contacts apps, and more. Minimum requirements: Each participant must bring to class an iPhone with iOS 8 installed and have been using the iPhone for at least two months. Have your iPhone authorized to connect with the Reuter Center wireless system prior to class (see the OLLI office staff for a voucher code and instructions).

Lenore Baum (lenore@lenoresnatural.com) has been an educator for forty years, has taught numerous iPad courses, and has been using an iPhone and iPad daily for five years. Joe Baum (baumjoe51@gmail.com) has taught a number of Apple courses and lectures at the Apple Users Special Interest Group.

Mondays, 2-4:30 pm

The Comic Legacy of Sid Caesar

CRN # 60025

8 weeks: September 21, 28, October 5, 12, 19, 26, November 2, 9 Mondays, 2-4:30 pm

Before Saturday Night Live, before Monty Python's Flying Circus, Sid Caesar pioneered the early days of television and brought sketch comedy to the forefront of American humor. His writers, comedy legends in their own right such as Mel Brooks, Carl Reiner, Woody Allen, Neil Simon, and Larry Gelbart, went on to wildly successful careers in television, films, and theater. Their contributions will be an important piece of the course. This course will be an homage to Sid Caesar, the legend and the man, his genius and his demons. Movie and original sketches from Your Show of Shows and Caesar's Hour will be featured in each class.

Randy Robins (robnest09@yahoo.com) is a retired special education teacher and a native New Yorker. He has taught courses in performing stand-up comedy and film. Randy performs stand-up comedy locally and in New York.

Mondays, 2-5 pm

Functional Meditation

CRN # 60026 4 weeks: September 21, 28, October 5, 12 Mondays, 2-5 pm

Participants will learn how to enter the meditative state via multiple exercises during the course of each three-hour class. You will learn to improve your sleep patterns, reduce stress and discomfort in your body, and to use more of your mind in a very special manner. Positive affirmations will bring you to the place of feeling better and better. Members are encouraged to bring their own pillow and blanket for comfort and to secure their own special place of discovery.

Jacquie Wollins (jwollins5@gmail.com) stumbled into learning the Silva method of meditation in the mid-1970s and claims it changed her attitude towards life and her management of stresses and strains. She has used this method personally and in her professional career as a physical therapist to help her clients.

Shakespeare's Genres: Richard II, Much Ado About Nothing, King Lear

CRN # 60027 8 weeks: September 21, 28, October 5, 12, 19, 26, November 2, 9 Mondays, 2-5 pm

Richard II, Much Ado About Nothing, and King Lear richly present and even embody Shakespeare's three major genres: history, comedy, and tragedy. None of them, however, hews to the basic definition of its genre. For example, the comedy, Much Ado About Nothing, verges on melodrama or even tragedy. The tragedy King Lear has many scenes of pure comedy. Richard II is history and tragedy in almost equal measure. The class meets for more than two hours only when we'll see a film of a play. **Required text:** Any good edition of Shakespeare's plays or of each of the plays to be studied.

Mario DiCesare (dicesare1@mindspring.com) is Retired Distinguished Professor of Literature at the State University of New York, Binghamton and has happily taught College for Seniors courses since 1998. His particular interests include Shakespeare, Homer, Milton, George Herbert, James Joyce, poetry, and fiction.

Tuesdays, 9-10:30 am

Improving Balance Through T'ai Chi / Breathing for Health

CRN # 60028

8 weeks: September 22, 29,

October 6, 13, 20, 27, November 3, 10

Tuesdays, 9-10:30 am

T'ai chi is an ancient system of simple, graceful movements that develops flexibility and strength and improves one's balance and health. In a relaxed, fun manner we will learn simple, basic moves that are common to all t'ai chi forms, linking them together to form a simple, easy to learn routine. We will also explore qigong-breathing techniques for stress reduction, relaxation, health, and longer life.

Bill Muerdter (bobag@charter.net) has been practicing and studying t'ai chi (Yang style) and qigong (an ancient Chinese practice combining breathing and movement for health and healing) since the 1980s. He has also studied the yoga tradition of pranayama and the present day breathing program of Dr. Andrew Weil and others in the field.

Tuesdays, 9-11 am

Right Turn, Wrong Turn? The US in the 1970s and '80s

CRN # 60029

8 weeks: September 22, 29,

October 6, 13, 20, 27, November 3, 10

Tuesdays, 9-11 am

In the 1970s Americans sensed a fundamental shift in society, politics, popular culture, religion, resources and personal values. By the 1980s the shift had become so clear that Americans felt our society was in many ways the very opposite of the 1960s. In this lecture-discussion course we will explore these shifts in the '70s and '80s and hold discussions of assigned readings to which participants are expected to contribute. **Required text:** A History of Our Time: Readings on Postwar America, 7th edition, edited by William H. Chafe, Harvard Sitkoff and Beth Bailey. ISBN-13:9780195320367. Cost \$4 (used)

Mary Lasher (melasher.avl@gmail.com) has an AB and MA in history from Duke University, with a concentration in 20th century American history. She has taught more than thirty courses, mostly history, for College for Seniors since retirement.

Aging and Mental Health

CRN # 60030

7 weeks: September 22, 29, October 6, 13, 27, November 3, 10

Tuesdays, 9-11 am

We will address mental health issues in later life including feeling, thinking, and behavior. While special attention will be directed to depression and dementia, other important issues including care giving, addiction, stress, paranoia, and self-harm will be discussed. Causes, management, and prevention will be highlighted and strategies for enhancing life satisfaction identified. Health policy issues will close the series.

Recommended text: *Geriatric Mental Health,* Donna Cohen and Carl Eisdorfer. ISBN-13: 978-1-421400983. Cost \$8.42.

Carl Eisdorfer (eisdoc1@gmail.com) was a distinguished professor of psychiatry and psychology and directed several Centers on Aging. He has authored more than 330 articles and books and has received numerous awards. He is a founder of the Alzheimers Association and a member of the Institute of Medicine of the National Academy of Sciences.

Renewable Energy Around the World

CRN # 60031

8 weeks: September 22, 29,

October 6, 13, 20, 27, November 3, 10

Tuesdays, 9-11 am

We will take a look at interesting renewable energy developments in the news in many different countries around the world. Our tour will include diverse hydropower, tidal, and wave energy projects. We will examine how the lands provide bio power and geothermal energy and how the sun and the winds provide energy everywhere. Countries to be studied have been chosen from the Renewable Energy World's *Index of Attractiveness*, but new developments may add additional tour stops.

Dot Sulock (dsulock@unca.edu) has been teaching mathematics, humanities, and international studies at UNC Asheville since 1976. She is also a frequent instructor at the College for Seniors, teaching about energy and nuclear weapons.

Shanghai Today

CRN # 60032

4 weeks: September 22, 29,

October 6, 13 Tuesdays, 9-11 am Inspired by the instructor's visit to Shanghai, China, in April 2015, this course will explore the history, demographics, culture, commerce, and political status of the largest city in the world. Been there? Come and share! Curious? Come with your questions!

Larry Fincher (larryfincher@mac.com) has offered courses at the College for Seniors on computing, history, music, philosophy, and science for decades. His career in higher education included teaching and administration.

Tuesdays, 9-11 am continued

I Want to Learn How to Draw

CRN # 60033 4 weeks: October 20, 27, November 3, 17 Note late start and end dates Tuesdays, 9-11 am

Participants will invest twenty hours – eight hours over four class sessions, plus thirty minutes six days a week outside of class. During that time we will learn to draw - really! Participants will produce pictures from life and understand the principles and practice of drawing. We will continue to improve those skills with constructive criticism and practice. We will use simple tools: pencils or pens and a paper sketchbook. Erasers are optional. Materials required: Participants should bring pencils and/or pens and a paper sketchbook.

Bill LaRocque (boomrbill@gmail.com) is a lifelong cartoonist, caricaturist, and illustrator. His work has appeared in the Washington Post, Asheville Citizen-Times, and Mountain Xpress. Bill illustrated a best-selling children's book, Where Do Missing Things Go? He has taught art courses for fifteen years.

Tuesdays, 9:30-11:30 am

Hearing Loss in the Aging Population

CRN # 60034 6 weeks: September 22, 29, October 6, 13, 20, 27 Tuesdays, 9:30-11 am

Hearing loss affects one out of every three people over 65 years old. It is a major public health issue and the third most common physical condition after arthritis and heart disease. It has been linked to cognitive decline and dementia. Course participants will explore various aspects including anatomy, pathology, social and psychological perspectives, detection, prevention, and hygiene. We'll discuss several medical topics in conjunction with hearing impairment (dementia, blood pressure, diabetes) including tinnitus (ringing in the ears). Participants will witness live demonstrations including a hearing screening/testing, the making of an ear mold, and the latest technologies.

Brent Steele (brentcsteele@gmail.com), a native of Georgia, received a BS in consumer economics from the University of Georgia. He completed his graduate studies at Ross University School of Medicine. Upon completion of his graduate work he taught behavioral science at his alma mater before moving to Asheville with his wife Leslie. Currently, he is working on his hearing instrument specialist license.

Tuesdays & Thursdays 10 am-12 pm

Golf for Beginners

CRN # 60035 4 weeks: September 22, 25, 29, October 2, 6, 9, 13, 16 (8 sessions total) Tuesdays and Fridays, 10 am-12 pm Location: Southern Tee Golf Course, 111 Howard Gap Road, Fletcher, NC 28732.

This course is for those just beginning to play golf who wish to improve their skills and understanding of the game. We will meet twice weekly at Southern Tee Golf Course (stpar3.com). Participants will need to provide their own clubs (a half set will do), buy range balls during six of the eight lessons, and pay for a nine-hole walking round of golf. Topics will include set-up and basic swing, short irons, driving, putting, middle irons and hybrids, trouble lies, course management, rules, and etiquette. Please note: Southern Tee GC is about a thirty-minute drive from the Reuter Center. Fees: \$60 for range balls and nine-hole practice round paid to Southern Tee GC.

John Himmelheber (jxhimmelheber@gmail.com) began playing golf fifty-four years ago. Always a student of the game, he learned much from interaction with professionals and from his students during his twenty-two years as a high school golf coach.

Tuesdays, 11:30 am-1:30 pm

Courtesans, Red Lights, and **Bawdy Houses**

CRN # 60036 4 weeks: September 22, 29, October 6, 13 Tuesdays, 11:30 am-1:30 pm In this lecture course we will travel throughout the world and through time to meet history's "shady ladies." We will visit their lives, loves, establishments, and fates. The history of courtesans has fluctuated between the romanticized and the realistic viewpoints. We will be exploring the reasons women chose their lifestyle or why it was chosen for them. We will also look at prostitution in today's world including sex trafficking.

Paula Withrow (paula66vw@gmail.com) has an MA in history from Colorado State University and an enthusiasm for passing on little known historical facts as well as historical controversies. She enjoys teaching history—any history—and is as interested in the research as she is in sharing the information.

Tuesdays, 11:30 am-1:30 pm continued

Stories of Western North Carolina's Past: Sex, Greed, and Violence

CRN # 60037 4 weeks: October 20, 27, November 3, 10 Note late start date Tuesdays, 11:30 am-1:30 pm We will explore through a variety of entertaining stories three universal themes—sex, greed and violence—that shaped some of Western North Carolina's intriguing past. The course will include research, stimulating information and humor. Class members are encouraged to actively participate by adding their knowledge of historical events and personalities as well as performing instructor-prepared scripts.

Ron Schon (schonad@gmail.com) is an avid collector of human interest stories. His background includes broadcasting, marketing, and animation. Ron and his wife researched and produced a 220-part miniseries, *The History of Tampa Bay*, for a CBS television affiliate. This is a continuing journey, combining his love of historical research and the pleasure of sharing it.

Chaucer's Two Great Females: Sex Fiend and Wanderer

CRN # 60038

8 weeks: September 22, 29, October 6, 13, 20, 27, November 3, 10 Tuesdays, 11:30 am–1:30 pm The terms "sex fiend" and "wanderer" fit the reputations of Alisoun, the wife of Bath, and of Criseyde of Troy (Cressida), but Geoffrey Chaucer created quite different and more complex characters in his narrative poetry. This course will be an assisted look into past culture, a chance to wrestle with justice in male portrayals of females, and a shared reading of masterpieces by a delightful storyteller. All readings will be in translation, with elementary aid in how to read Middle-English excerpts. **Required text:** *Geoffrey Chaucer: Troilus and Criseyde* (translated by Barry Windeatt), ISBN-13: 9780199555079. Cost: \$9.11.

Bill Moore (srwhmoore@comporium.net) is professor emeritus of humanities, Austin College, and has a PhD from Harvard. He is a teacher of literature (especially medieval and renaissance), writing, and Western cultural history, who retired to Brevard in 2002.

History of the Manhattan Project: Making of the Atomic Bomb

CRN # 60039

4 weeks: September 22, 29, October 6, 13

Tuesdays, 11:30 am-1:30 pm

We will trace the development of the first two atomic bombs as part of the Manhattan Project. The basic elements to be addressed are: (1) the science, (2) the key people, (3) the facilities required to be built, and (4) the decision-making process and ultimate use and near-term aftermath of the first two atomic bombs that ended World War II. **Recommended text:** *The Making of the Atomic Bomb*, Richard Rhodes, ISBN-13: 978-1451677614. Cost: \$10.

Alan Cohlmeyer is an engineering graduate of the United States Naval Academy and has taught numerous classes dealing with military and naval history as well as nuclear energy.

Topics in American Medicine II: First, Do No Harm

CRN # 60040 4 weeks: October 20, 27, November 3, 10 Note late start date Tuesdays, 11:30 am–1:30 pm We will explore the social, political, and service delivery areas of the American medical system. Video presentations will cover recent safety innovations in hospital services, reforms and pharmaceutical costs resulting in the creation of Medicare Part D, and the inclusion of alternative medicine in the US hospital industry. Material differs from the Spring 2015 course *Topics in American Medicine*, and you do not need to have taken that course to register for this one.

Bradley Fuller (brad2rei@gmail.com) served for twenty-five years as an adjunct professor at St. Joseph's University in health administration, teaching both undergraduates and graduates. His expertise is in health policy, managed care, aging services, organizational design, management theory, and psychology.

Tuesdays, 11:30 am-1:30 pm continued

A Compassionate Footprint

CRN # 60041

8 weeks: September 22, 29, October 6, 13, 20, 27, November 3, 10

Tuesdays, 11:30 am-1:30 pm

Do you have a heart for the environment and a passionate concern for the impact of climate change? In this learning circle we will dig into this controversial topic using a variety of resources. In a dynamic give and take we will investigate relevant issues and explore lifestyle changes to protect our rich Appalachian heritage. A visit to a "tiny house" and farm and to a church that has gone "solar" is planned. Participants will be expected to read one book and write a two-page paper to share in class. The facilitator will review recommended texts in the first session, and participants can choose one or select a favorite on their own.

Recommended texts: Last Child in the Woods, Richard Louv. ISBN-13: 978-1565126053. Cost \$9.63; Thin Ice, Unlocking the Secrets of Climate in the World's Highest Mountains, Mark Bowen. ISBN-13: 978-0805081350. Cost \$16.43; The Sixth Extinction, Elizabeth Kolbert. ISBN-13: 978-1250062185. Cost \$11.40; Field Notes from a Catastrophe, Elizabeth Kolbert. ISBN-13: 978-1620409886. Cost \$12.87

Sophia Brooks lives in Black Mountain in a solar house she designed to maximize energy efficiency and save on fossil fuels. She dresses for the weather, drives an energy efficient vehicle to conserve fuel, and preserves our natural treasures of clean air, water and mountains. Sophia has been a trained group facilitator in her profession as a family therapist for more than thirty years.

The 1919 Black Sox, The 1969 Miracle Mets, and 96 Other World Series Championships

CRN # 60042

7 weeks: September 29,

October 6, 13, 20, 27, November 3, 10

Note late start date

Tuesdays, 11:30 am-1:30 pm

With video, lecture, and discussion, we will review every one of the ninety-eight World Series played during the first century of professional baseball's end-of-season grand championship. We'll look at some of the best teams and players from each era, long-ago stadiums, and other things such as the scandal in 1919, the miracle in 1969, the earthquake in 1989, and the first World Series to be played in November.

Larry Griswold (si54guy@gmail.com), as an advertising sales manager for *Sports Illustrated*, attended some World Series games, and, at the annual Baseball Assistance Team Dinner in New York City, met and talked with numerous men who played in the World Series.

Tuesdays, 12-1:30 pm

(\$20)

Continuing T'ai Chi

CRN # 60043

8 weeks: September 22, 29,

October 6, 13, 20, 27, November 3, 10

Tuesdays, 12-1:30 pm

In this course we will continue to explore the ancient practice of t'ai chi which, through simple, graceful movements, develops flexibility and strength and improves one's balance and overall health. A review of the basics that were presented in the *Beginning T'ai Chi and Breathing for Health* class will be offered. Then we will focus on expanding upon the basics and extending our routines in a relaxed, enjoyable, no-pressure environment. A previous class or experience in t'ai chi is recommended so the class will progress together. Contact the instructor with questions about skill level.

Bill Muerdter (bobag@charter.net) has been practicing and studying t'ai chi (Yang style) and qigong (an ancient Chinese practice combining breathing and movement for health and healing) since the 1980s. He has also studied the yoga tradition of pranayama and the present day breathing program of Dr. Andrew Weil and others in the field.

Tuesdays, 2-3:30 pm

Ageless Grace: Movement Tools for Lifelong Comfort and Ease



CRN # 60045

8 weeks: September 22, 29,

October 6, 13, 20, 27, November 3, 10

Tuesdays, 2-3:30 pm

Engage your body and brain with this playful exercise program, based on the science of neuroplasticity. Learn how twenty-one simple movements address skills such as balance, breathing, joint mobility, muscle tone, cardiac functioning, and more. Practicing in a chair focuses on the core to stimulate cognitive and physical function simultaneously. Participants with varying degrees of abilities can benefit from this therapeutic program, including those with diabetes, joint restrictions, and physical limitations. **Recommended text**: *The Ageless Grace Playbook: 21 Tools for Lifelong Comfort and Ease,* Denise Medved, ISBN 13: 978-1883230524. Price \$19.99. Available from instructor.

Carol V. Gerson (agelessgracecarol@gmail.com) is a certified Ageless Grace Educator and Trainer and certified Dementia Validation Worker and is passionate about wellness. She is proud to enthusiastically teach people of all abilities the benefits of staying functionally and mentally active and healthy for life.

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Tuesdays, 2-4 pm

Topics in Astronomy: Black Holes, Quasars, and Dark Matter

CRN # 60044

8 weeks: September 22, 29,

October 6, 13, 20, 27, November 3, 10

Tuesdays, 2-4 pm

We will take a closer look at various subjects in basic level astronomy, although no previous experience in the subject will be necessary. Some of the topics to be explored will be life beyond Earth, black holes, quasars, the expanding universe, celestial coordinates, dark matter, and dark energy.

Mark Whipple (mark.whipple77@gmail.com) taught science for thirty years in the Maryland public school system. He teaches physics and astronomy at the College for Seniors.

Beginning Spanish: Level 5

CRN # 60046

8 weeks: September 22, 29, October 6, 13, 20, 27, November 3, 10

Tuesdays, 2-4 pm

This course is a continuation of Spanish 4, for participants who are familiar with the basics. It is an interactive course that will focus on improving your grammar and sentence structuring skills and exploring practical scenarios that will lead to better conversational skills. The grammar will include a review and the preterite tense of regular and irregular verbs (and some imperfect indicative). Please contact the instructor with questions about skill level. Required text: Buen Viaje! Level 2, Woodford/Smith. ISBN-13: 978-0078619700. Cost \$24.99

Margarita McGuire (margaritamcguire@gmail.com) is from Quito, Ecuador, and has lived most of her life abroad in Venezuela, Brazil, England, Denmark, and the US. As a CPA, she worked for Texaco, Swiss Bank Corporation, and the Inter-American Development Bank. She has tutored students privately in Spanish. She enjoys music, dancing, tennis, hiking, traveling, and reading good books.

Intermediate East Coast Swing

CRN # 60047

8 weeks: September 22, 29,

October 6, 13, 20, 27, November 3, 10

Tuesdays, 2-4 pm **Location: Sherrill 351** Let's swing again! East Coast Swing is traditional, triple-step swing. We'll review basics and quickly move on to intermediate patterns, including timing changes. We'll switch partners. Please wear dance shoes, leather-soled street shoes or dance sneakers. Sherry hopes her joy of dancing will inspire in others their own passion for dance. **Prerequisite**: Beginning East Coast Swing taught by Sherry or equivalent instruction taught by another professional. Please contact the instructor if you have questions.

Sherry Lubic (lubic@msn.com) was a full-time ballroom dance instructor in Florida before she and her husband moved to Asheville. Dancing is her passion and teaching it is a way to share that passion with others.

Know Thyself and Others

CRN # 60049

4 weeks: September 22, 29,

October 6, 13 Tuesdays, 2-4 pm We will make use of the Meyers-Briggs Type Inventory (MBTI) to enhance your understanding of yourself, your motivations, your natural strengths, and your potential areas for growth. The MBTI identifies valuable differences between normal people. These differences can be the source of much misunderstanding. You will learn to understand, appreciate, and work better with people who differ from you and typically frustrate you. Materials fee: \$18 paid to the instructor for MBTI.

Esther Pittman (esteken@aol.com) received her doctorate from Harvard University and was for many years a tenured, full professor of organizational behavior and management. She has published numerous scholarly articles in her field. Her consulting work focuses on helping people in organizations become more effective by better understanding themselves and others and by building their communication and influence skills.

Tuesdays, 2-5 pm

Collage: Pathway to Soul

CRN # 60048

6 weeks: September 22, 29, October 6, 13, 20, 27 Tuesdays, 2-5 pm

Art engages us. Art expands our horizon. Art opens new pathways to the unconscious. The creative process is a journey of soul. Collage is accessible to everyone. It requires no particular dexterity, training, or manual skill. Together we will create collages and explore what they reveal. Creative juices will flow, and we will watch where they go. Art is an adventure. Join us. Materials fee: \$5 (to be paid to instructor). Additionally, students need to bring scissors, glue sticks, magazine papers or other papers/objects to be used in making collages.

Bob Falanga (startech_77@yahoo.com) recently moved to Asheville from Bergen County, NJ. Retired several years now, Bob has reinvented himself as a collage artist. He has exhibited and sold his works.

Tuesdays, 2-5 pm continued

Katharine Hepburn: An Appreciation

CRN # 60050 8 weeks: September 22, 29, October 6, 13, 20, 27, November 3, 10 Tuesdays, 2-5 pm

Named the greatest female star in Hollywood history by the American Film Institute, Katharine Hepburn was a feisty, independent, and outspoken woman both on and off the screen. We will view and discuss eight of her classic movies including Bringing Up Baby, The African Queen and The Lion in Winter, as well as see clips from other films and examine her long and distinguished life.

Barbara Jaslow (barbjas@aol.com) has taught four previous film classes and decided it was time to showcase a woman. Who better than Katharine Hepburn—an actress she has long admired both personally and professionally?

Wednesdays, 9-11 am

Energy Resources and Hydraulic Fracturing (Fracking)

CRN # 60051 8 weeks: September 23, 30, October 7, 14, 21, 28, November 4, 11 Wednesdays, 9-11 am

Meeting energy demands of the future while minimizing environmental impact is one of our great challenges as a nation and planet. In this course we will use a scientific approach to examine the following: 1) global energy sources, demand and outlook; benefits and environmental risks of different energy types, 2) origin and exploration of oil, gas, and coal, and 3) hydraulic fracturing (fracking) to extract oil and gas and its energy, economic, and environmental impacts. Although a scientific approach will be used, no science background is required.

Richard Wiener (richwiener@gmail.com) has a PhD in geology with thirty years' technical geoscience experience at ExxonMobil. He taught geology courses at the State University of New York, Oneonta. He has numerous geologic publications to his credit.

The End of Life Journey: What is a Natural Death?

CRN # 60052 4 weeks: September 23, 30, October 7, 14 Wednesdays, 9-11 am

One fact in life is certain; we will all die from something. Most of us would state that we do not want our deaths to be prolonged. We want death with dignity. Few of us, however, understand what a natural death means or know what to expect at the end-of-life. We will focus on both facts and feelings surrounding end-of-life issues.

Debbie Ward (dwardbsn@gmail.com) has been a nurse case manager at CarePartners Hospice since 2006 and has worked with hundreds of patients and families as they approach the end of life. She has taught classes on death and dying at the College for Seniors and has found participants who take this course to be courageous in preparing for the future by learning more about the end of life.

Mishima Literature 2: The Sound of Waves

CRN # 60053 4 weeks: October 21, 28, November 4, 11 Note late start date Wednesdays, 9-11 am

French novelist-critic Marquerite Yourcenar wrote in her Mishima: A Vision of the Void, "The Sound of Waves is a sunny masterpiece typical of those books a writer often writes only once in his life." Indeed, Yukio Mishima's sole happy-ending love romance, a longstanding best seller adapted for the cinema a number of times, is such a book. It is acknowledged as one of the gems of modern Japanese literature. **Required text:** The Sound of Waves, Yukio Mishima, ISBN-13: 978-0679752684. Cost \$13-\$15

Fusako Krummel (fusakok@bellsouth.net) was a professor of English literature at a junior college in Tokyo until she moved to Asheville in 1999. At the College for Seniors she has taught courses on Ichiyo, Kawabata, and Mishima and gave a presentation on George Eliot in the course It Takes A Woman.

Wednesdays, 9-11 am continued

J.D. Salinger: Nine Stories and **Two Novelettes**

CRN # 60054

8 weeks: September 23, 30,

October 7, 14, 21, 28, November 4, 11

Wednesdays, 9-11 am

First published in 1953, Salinger's short story collection Nine Stories still evokes a powerful, emotional response. In seminar fashion, we will explore Salinger's work in the context of his recurring themes, such as war, childhood innocence, and materialism. The aim of the course is to sharpen literary analysis skills and, through mini-lectures and round-table discussion, encourage participants to interpret each individual story in terms of his or her emotional reaction. We will round out the course with Franny and Zooey, two novelettes featuring members of the Glass family. Required texts: Nine Stories, J.D. Salinger. ISBN-13: 978-0316767729. Cost \$8; Franny and Zooey, J.D. Salinger. ISBN-13: 978-0316769495. cost \$7

Bill Swarts (wbswarts3@mac.com) has published two books of poetry, and his work has appeared in more than thirty literary magazines. After graduating from Brown University and University of Pennsylvania Law School, he practiced law in New York City and Paris.

Men in Transition

CRN # 60119

4 weeks: September 23, 30, October 7, 14 Wednesdays, 9-11 am

Men face many challenges as they enter retirement, including loss of career, aging, illness (family or self) or death in the family, diminished power, diminished libido, and distance from family and friends. This learning circle discussion course combines selected readings from topical experts with classroom exercises and discussions. Just bring your life circumstances and stories.

Chuck Fink (charlesfink1@gmail.com) was a corporate trainer-facilitator until retirement. Upon moving to Asheville he dealt with issues related to changes in life. After researching men in transition he developed this course and the OLLI Special Interest Group (SIG) Men's Wisdom Works.

Novelty Recordings, 1940-1990

CRN # 60056

4 weeks: October 21, 28,

November 4, 11 Note late start

Wednesdays, 9-11 am

This course is designed for the young at heart. We will survey recordings by Spike Jones, Homer and Jethro, Ray Stevens, and Weird Al Yankovic. The course features tunes like "Monster Mash, "Ooh Poo Pah Doo," "The Purple People Eater," and "Ape Call." We will revisit a fifty-year feast of answer songs, break-in recordings, nonsense lyrics, onehit wonders, and song parodies. With tribute tunes to Elvis Presley and The Beatles and dance numbers like "Surfin' Bird" and "Dear Lady Twist," we will revel in sexual innuendoes and infantile word play and tickle the audio funny bone.

B. Lee Cooper (ashevillecats1@charter.net) is an award-winning author in the field of popular music. Beyond enjoying blues, rock 'n' roll, and soul recordings, he is attracted to the zany images and topics contained in the lyrics of novelty songs. He holds a PhD in American history from The Ohio State University. Dr. Cooper has taught at College for Seniors since 2009.

Ecology of Southern Appalachia

CRN # 60057 6 weeks: September 23, 30, October 7, 14, 21, 28 Wednesdays, 9-11 am Optional field trips held on Saturdays, 9 am-12 pm

Explore the uniqueness of the Southern Appalachian Mountains, the oldest and most biodiverse mountains in the world. Each week, an instructor will present on his/her area of expertise in the classroom and then lead a related field trip the following Saturday. We will cover the geology, hydrology, climatology, biology, and human ecology of our region.

MountainTrue (formerly Western North Carolina Alliance) (sara@mountaintrue.org) champions resilient forests, clean waters, and healthy communities in Western North Carolina. Read more about the staff who will be presenting during this course at www.mountaintrue.org

Wednesdays, 9-11 am continued

Holiday Crafts and Decorations

CRN # 60058 8 weeks: September 23, 30, October 7, 14, 21, 28, November 4, 11 Wednesdays, 9-11 am

In this course, taught by several experienced crafters, we will focus on simple, quick holiday decorations and crafts. We will cover fat quarter reversible handbags, placemats and table runners, decorated pumpkins, fall vase arrangements and cornucopia, and Christmas trees of various sizes. Some materials will be provided by instructors and some will need to be purchased. A fabric and materials swap will be held before the course begins. **Minimum requirements:** Prior sewing experience and a sewing machine. Estimated materials cost: \$30-\$60. A list of materials will be posted on the instructor's webpage. Contact Sheila Murphy with any questions.

Sheila Murphy (murphy.sheila.a@gmail.com) has taught crafts for years. Her projects include the placemats and Christmas trees. Other instructors: **Linda Bushar** is a retired biology teacher who will create magic from a live pumpkin. Fran Fedor is a retired lawyer and yoga instructor who loves to sew and will teach the reversible totebag. **Ulana Mellor** retired from a flower/crafts business; her projects are a cornucopia and flower arrangement.

Wednesdays, 11:30 am-12:45 pm

GROOVEing and Moving

CRN # 60065

8 weeks: September 23, 30, October 7, 14, 21, 28, November 4, 11

Wednesdays, 11:30 am-12:45 pm

Location: Sherrill 351

GROOVE is simple, easy, and fun! We take simple movements and perform them to different styles and genres of music. Through a common movement we unify as a group and then explore our own creative, authentic way to express this movement or rhythm in our unique styles. We remember the wonder and joy of being fully alive and establish vibrant holistic health for the mind, body, heart and soul. It's great exercise and fun to boot!

Joanna Fireman (jfirewoman@gmail.com) is a certified GROOVE facilitator. As a counselor with an MAEd she has over twenty years' experience conducting workshops in The ART of Living. At the core of her passionate, fun-loving approach is integrating mind, body, heart, and soul.

Wednesdays, 11:30 am-1:30 pm

Appalachian Sampler VI: Wavfaring Strangers

CRN # 60059

8 weeks: September 23, 30,

October 7, 14, 21, 28, November 4, 11 Wednesdays, 11:30 am-1:30 pm

This year's theme for Appalachian Sampler is "Wayfaring Strangers: Appreciating Our Appalachia." Different speakers will present programs each week on such topics as music, arts, the natural environment, medical care, agriculture, and the cultural history of the Southern Highlands. The instructors will provide commentaries highlighting the contributions made by waves of immigrants to the area since the Cherokees first arrived. Successive groups of "strangers" have added complexity, texture, new melodies, and different perspectives to ways of life built on mountain terrain and forest resources.

Meridith Miller (mlmiller1020@gmail.com) and **Tom Plaut** (tplaut3@gmail.com) co-chair the Appalachian Studies Committee. The course is a collaborative effort including scholars, community activists, and artists who have devoted lives and careers to the region and its peoples.

Be Open. Be Courageous. Be Yourself.

CRN # 60061

8 weeks: September 23, 30,

October 7, 14, 21, 28, November 4, 11

Wednesdays, 11:30 am-1:30 pm

In this learning circle we will practice courage by engaging fully in our lives, showing up, letting others see us, and honoring vulnerability. Each of us will practice self-compassion and compassion for others as we share our stories of strength and struggle. Our dialogue will be informed by reading Brene Brown's Daring Greatly. Registering means a commitment to engage in the reading and in class, to practice and reflect on class concepts in our lives, share experiences, and listen to others. **Required text:** Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead, Brene Brown, ISBN-13: 978-1592408412. Cost \$12.03

Nancy Bragg (njbragg1@gmail.com) supports people as they explore, experiment, and reflect on their lives. Nancy has experience as an educator and a life coach. Nancy enjoys yoga, Nia, and learning. Katie O'Neil (Justjavairish@gmail.com) has experience as a library information specialist and virtual school teacher. Katie enjoys reading, yoga, hiking, and learning.

Wednesdays, 11:30 am-1:30 pm continued

Editing Your Photos Using a Free Alternative to Photoshop

CRN # 60060

6 weeks: September 23, 30, October 7, 14, 21, 28

Wednesdays, 11:30 am-1:30 pm

GIMP (GNU Image Manipulation Program) is a free, open source application that has the same advanced functionality as Photoshop and is available for Windows, Mac OS, and Linux. This course will provide an overview of GIMP, its features and functions, and examples of using it instead of Photoshop. This will be a lecture-discussion with examples to be worked on at home after each class. This is NOT a hands-on course, but participants should feel free to bring laptops to class to follow along. **Minimum requirements:** Familiarity with using a computer to view and edit photos.

Bob Davis (bdavisit@swbell.net) is a former chief information officer with many years in technology, business, and management consulting.

The Italian Renaissance: The **Beginning of the Modern World**

CRN # 60062

8 weeks: September 23, 30, October 7, 14, 21, 28, November 4, 11 Wednesdays, 11:30 am-1:30 pm

Our exploration of the many facets of the Italian Renaissance will begin with Charlemagne and end with the death of Michelangelo. Renaissance society emerged from the development of the city-state, commerce, humanism and much more. Interest in ancient writings spawned a desire to know more about the role of man in the universe, and there was, especially in the visual arts, a revived interest in the Greco-Roman tradition. The Renaissance period represents a significant move toward the modern world. We will develop our understanding through discussion and intimate observation as we transport ourselves to the realm of ideas, music, and visual virtuosity.

Olivia M. Shelley (artatac@aol.com) is an art historian and educator who taught art history for more than thirty years. Olivia taught art history as an adjunct professor at the Harid Conservatory and lectured at Nova Southeastern and Florida Atlantic University in their lifelong learning programs. She holds a BA in art history from the University of Pennsylvania and an MA from Goddard College.

Your Poems: Real Toads in Imaginary Gardens

CRN # 60063

8 weeks: September 23, 30, October 7, 14, 21, 28, November 4, 11 Wednesdays, 11:30 am-1:30 pm

According to American poet Marianne Moore, "Poetry is the art of creating imaginary gardens with real toads in them." In this way she suggests how poetry intertwines artifice and truth to achieve lasting effects on readers. Reading and writing poetry is a common human activity, and anyone can do it. This will be a safe and supportive environment in which to create poems. We will examine questions such as: What makes a good poem better? What are effective revision strategies? Both experienced and beginning poets are welcome.

Mike Ross (ubifil@charter.net) has advanced degrees in English language and literature from the University of Michigan. His poems have appeared in *Potomac Review*, *Poet* Lore, Emrys Journal, Asheville Poetry Review, and elsewhere. A book of his poems will be published this fall.

Persistent Poverty: It Starts At Conception

CRN # 60064

8 weeks: September 23, 30, October 7, 14, 21, 28, November 4, 11 Wednesdays, 11:30 am-1:30 pm

Even before President Johnson's War On Poverty, we have been aware that the problem of poverty does not go away. Further, programs to reduce poverty have been marginally successful at best. A significant number of people remain in poverty in this country and constitute a generational and persistent problem. The intent of this course is to identify the issues and suggest alternative approaches to remediation.

John Clarke (jgclar@aol.com) achieved a PhD from the University of Tennessee and a postdoctoral degree from the University of Colorado Medical Center. His career included full-time teaching, fourteen years at a community mental health center in Denver, codevelopment of a service provision and consulting service, and consultation to programs for the developmentally disabled.

Wednesdays, 2-3:30 pm

\$20

Go In and In Yoga

CRN # 60066

8 weeks: September 23, 30,

October 7, 14, 21, 28, November 4, 11

Wednesdays, 2-3:30 pm **Location: Sherrill 468** Practicing yoga enhances physical, emotional, and mental vitality and is a fruitful way to align oneself with the gift of simply being alive. Explore a gentle synthesis of therapeutic yoga postures, breathing techniques, and self-reflection to awaken deeper attunement with your own life. Primary focus will be on observing an intimate curiosity toward enabling the body to move with ease and inviting the mind to relax. This is not a chair yoga class. Please bring a yoga mat and beach towel to class; please be willing to journal. **Recommended text:** Go In and In: Poems from the Heart of Yoga, Dana Faulds. ISBN-13: 978-0974410609. Cost \$12

Kelly McKibben (goodyoga@charter.net), professional instructor of yoga therapy, works with students of diverse perspectives, ages, and fitness levels. Her light-hearted and gentle style inspires students to discover self-acceptance and serenity while developing strong bodies, minds, and spirits.

Wednesdays, 2-4 pm

Nightclub Two Step

CRN # 60082 8 weeks: September 23, 30, October 7, 14, 21, 28, November 4, 11 Wednesdays, 2-4 pm

Nightclub two step is a partner dance typically done at country western venues. Similar to ballroom rumba, it is smooth and graceful, typically danced to slower, sometimes romantic, music. This fairly uncomplicated dance is a dream to learn and dance. Being country, it's informal, very social, and a lot of fun! This is a course for beginners, and a partner is not required. Please bring dance footwear (cost varies \$50 to \$120) or leather-soled shoes.

Debbie Belles (dabinavl@charter.net) has been dancing more than thirty years, primarily focusing on country western style partner dancing. She has taught workshops, participated in three troupes, and entered amateur competitions with instruction and choreography from nationally renowned coaches Dean and Dawn Garrish from Washington, DC.

Exploring the Play The Dining Room by A.R. Gurney, Jr.

CRN # 60068 8 weeks: September 23, 30, October 7, 14, 21, 28, November 4, 11 Wednesdays, 2-4 pm

With the help of theater games and improvisation, we will read, audition, cast, and rehearse the play *The Dining Room* by A.R. Gurney, Ir., as if we are headed toward performance. The course will remain a readers' theater experience. No memorization is required. We will renew and stretch our intuitive, creative, and playful nature. Some acting experience would be helpful, and participants must be able to stand and move freely about the staging area as we practice blocking the play. Please come with your name tag, comfortable clothing, and an open attitude, ready to explore and have fun. Required Text: The Dining Room, A.R. Gurney, Jr., ISBN-13: 978-0822203100. Cost \$8.

Nels Arnold (pikwik@bellsouth.net) studied at the School of Speech at Northwestern University and the Royal Academy of Dramatic Art in London. She has performed in community theaters in Atlanta and Asheville and with the Autumn Players Readers Theatre of the Asheville Community Theatre. **Kermit Brown** (kermitbrown@bellsouth.net) is an Equity actor with fifty years' experience. Locally, he has worked with the NC Stage Company, Flat Rock Playhouse, and the Autumn Players Readers Theatre of the Asheville Community Theatre.

Picasa NOT Picasso

CRN # 60069 6 weeks: September 23, 30, October 7, 14, 21, 28 Wednesdays, 2-4 pm

This is a beginning level course on how to get your photographs from camera to computer and then how to organize them for retrieval, perform basic editing to enhance photos, and to create and share albums in print and online, using Google's Picasa and Picasa Web Albums (free software). This course is not hands-on, but participants will have take-home assignments. This course is NOT for iPhone photographers. Minimum Requirements: Participants must know how to use a flash drive, access the Internet and use Internet browsers, and must be willing to install Google Picasa on their Mac/PC computer. Picasa Web Albums is an Internet application requiring a Google account.

Dennis Murphy (murphdennisw@gmail.com) has been involved in photography for decades and has experienced the culture shock of giving up film and having to learn a whole new set of skills to produce a photograph. He has taken many workshops and courses on how to use various photo editing tools (Photoshop, Lightroom, Picasa) to enhance and improve digital photographs.

Wednesdays, 2-4 pm continued

The Business of Crafts in **Western North Carolina**

CRN # 60070 4 weeks: September 23, 30, October 7, 14 Wednesdays, 2-4 pm

Come to the Reuter Center for the first class for a general overview of the course. From there we will travel to Handmade in America, where we will meet with a few local artists. The other three classes will take place in artists' studios in downtown Asheville, Weaverville, the River Arts District, and the Toe River area (Bakersville/Spruce Pine). The visits will include facilitated interviews with the artists focusing on the business aspects of their particular art, challenges faced and obstacles overcome. **Note**: Participants will need to arrange their own transportation, be prepared to stand and walk for most of the class time, and must have access to email for communication during the course.

Elizabeth Pou (elizpou@gmail.com) is a retired lawyer/HR exec/consultant/Peace Corps volunteer with a serious interest in helping artists with their business issues. As a volunteer mentor for SCORE, she has counseled artists and arts organizations and developed an appreciation of the kinds of issues an artist faces in managing the creation of the art itself and at the same time finding a way to make a living from it.

How to Play Backgammon

CRN # 60071

7 weeks: September 30, October 7, 14, 21, 28, November 4, 11 Note late start date Wednesdays, 2-4 pm

Learn all the rules of how to play backgammon. Various strategies will be covered in detail. The use of the doubling cube will also be covered. Finally, considerations for tournament play will be discussed. Time for game play is set aside for each session.

Bruce Jones (bruce e jones@yahoo.com) has been playing backgammon for more than forty years. He has played in many local and regional tournaments and has taught the game to dozens of new players.

Thich Nhat Hanh's **Engaged Buddhism**

CRN # 60072 8 weeks: September 23, 30, October 7, 14, 21, 28, November 4, 11 Wednesdays, 2-4 pm

This course will be built around the teachings of Vietnamese Zen Master Thich Nhat Hanh, one of the most influential persons in bringing Buddhism into the West. His brand of "Engaged Buddhism" is poetic and straightforward, always reminding us of the interconnected nature of existence and of our daily opportunities to find personal peace and to be instruments of peace in the world through engaged mindful living. The course will include readings, discussion, and meditation. Required text: Essential Writings, Thich Nhat Hanh, ISBN-13: 978-1570753701. Cost: \$13.

Bill Walz (healing@billwalz.com) has evolved from a career as a clinical psychologist into teaching meditation and evolving consciousness as a path to personal healing and growth. He teaches meditation and consciousness at UNC Asheville, in public forums, and with a private clientele. He also writes a consciousness column for Rapid River Magazine.

Wednesdays, 2-5 pm

Met at the Movies: **Shakespeare and Verdi**

CRN # 60073

8 weeks: September 23, 30, October 7, 14, 21, 28, November 4, 11 Wednesdays, 2-5 pm

During the first five sessions of this course, Shakespearean scholar Mario DiCesare will set the Elizabethan stage for us, while Pat and Bill Heuermann will show how Verdi transposed Shakespeare's MacBeth, Othello, and Merry Wives of Windsor into operas. During the last three classes Patricia and Bill will cover the three operas in the *The Metropolitan Live in HD* series: Trovatore, Tannhauser, and Lulu.

Patricia Heuermann (patruschka@charter.net), a graduate of the Curtis Institute of Music, has directed opera, theatre and cabaret performances and taught throughout the US and Europe. Since moving to Asheville in 2008, she has directed productions for Asheville Lyric Opera, Opera Creations, and Asheville Community Theatre. Bill Heuermann (whitwill@charter.net) has filmed, edited and created DVDs of Patricia Heuermann's many opera productions from 1996 to 2008—including inserting sub-titles in many cases. He has co-taught The Met at the Movies from 2009 to the present, assisting in planning the materials and providing technical support. Mario DiCesare is Retired Distinguished Professor of Literature at the State University of New York, Binghamton.

Thursdays, 9-10:30 am

Healthy-Steps CRN # 60074 8 weeks: September 24, October 1, 8, 15, 22, 29, November 5, 12

Thursdays, 9-10:30 am

Healthy-Steps is a medically based, therapeutic movement program set to music. It uses slow, smooth moves and is designed to increase energy, improve circulation, reduce pain, increase range of motion and balance, improve flexibility, stimulate the lymphatic system, and promote confidence and positive self-image. It can be done standing or seated and no musical ability is required. Overall, Healthy-Steps is designed to make you feel better, improve the health of your body and mind, and to have fun.

Sally DiMuzio (sallydimuzio@aol.com) has been a certified Lebed Method instructor since the fall of 2005. After completing her thirty-one years teaching physical education and secondary mathematics in public schools, she retired and became certified to teach Healthy-Steps and taught for six years.

Thursdays, 9-11 am

Lon Chaney: The Man of a **Thousand Faces**

CRN # 60075 8 weeks: September 24, October 1, 8, 15, 22, 29, November 5, 12 Thursdays, 9-11 am

This course focuses on the career of America's most unlikely movie star during the silent era. Lon Chaney (1883-1930) was known as "The Man of a Thousand Faces" because of his extraordinary make-up skills. Movies to be screened will include *The Phantom of* the Opera and Laugh, Clown, Laugh as well as lesser known films like Tell It to the Marines and The Monster.

Chip Kaufmann (jjk44@bellsouth.net) is a member of the Southeastern Film Critics Association and reviews movies for Rapid River Magazine. He is also a classical music announcer for public radio station WCQS and lectures on composers for the Asheville Symphony.

Developing Your Interpersonal Effectiveness

CRN # 60076 6 weeks: September 24, October 1, 8, 15, 22, 29 Thursdays, 9-11 am

Do you shy away from difficult conversations? Do you have disagreements that leave you frustrated? Do you assume you cannot have more influence in important areas of your life? In this course, you will learn powerful ways to become more influential and handle difficult conversations. With enrollment in this course, you are committing yourself to actively learning, to experimenting with new behaviors to which you may be unaccustomed, and to contributing to the development of the community of the class. The latter is important because community facilitates learning.

Esther Pittman (esteken@aol.com) received her doctorate from Harvard University and was for many years a tenured, full professor of organizational behavior and management. She has published numerous scholarly articles in her field. Her consulting work focuses on helping people in organizations become more effective by better understanding themselves and others, and by building their communication and influence skills.

Microfinance in Developing Countries

CRN # 60077 8 weeks: September 24, October 1, 8, 15, 22, 29, November 5, 12 Thursdays, 9-11 am

A participatory methodology will be used to gain a hands-on understanding of global poverty and one international strategy for addressing the needs of the poor. Participants will cover how microfinance began, the key institutional players, the crisis years, why savings and other financial services have emerged as important products, the potential for using mobile telephones to reach far more people, and what have been and continue to be debates about the expectations of microfinance in general.

Bill Tucker worked in the field of microfinance for thirty-seven years (1977–2014), of which almost thirty were spent living in Colombia, Peru, Bolivia, El Salvador, and Egypt. He has worked in sixty countries around the world.

Thursdays, 11:30 am-1:30 pm continued

The '50s Rock 'N' Roll Revolution

CRN # 60078

8 weeks: September 24,

October 1, 8, 15, 22, 29, November 5, 12

Thursdays, 9-11 am

We will explore the first thirteen years of rock history (1945-1958). Along with tracing the music's beginnings in late '40s R&B, we will look at the role of pioneering independent record labels, owners, producers, and musicians. Special attention will be paid to the music of Louis Jordan, Chuck Berry, Elvis Presley, Little Richard, Bo Diddley, the Everly Brothers and Buddy Holly, as well as important styles like doo-wop and rockabilly.

Joe Sasfy (jsasfy@gmail.com) spent thirty-five years in the music business as a critic, writer, and consultant in the Washington, DC area. He wrote regularly for the Washington Post, taught music history courses at the Smithsonian, and compiled hundreds of collections for Time Life.

Intriguing Topics in Mathematics including Science vs. Math

CRN # 60079

4 weeks: September 24, October 1, 8, 15 Thursdays, 9-11 am

Through discussions, presentations, and activities, we will investigate the following somewhat unresolved topics in mathematics:

- Mathematical Intuition: It's not all it's cracked up to be, but it is essential.
- The Paradoxes: What is going on?
- Proof; What does a proof really do? Is a theorem true? What else is true?
- Science and Math: How are they related? Does math make science better?

Mathematical curiosity and mental playfulness are the only prerequisites for participants. Patience, attention, and participation, however, are required, even essential.

Cyril Fefer (feferc@bellsouth.net) has taught logic, mathematics, and programming since 1947. He received a BA and MA equivalent in mathematics from the University of Illinois and an MA from Cornell University in philosophy. From 1950-1951, he was a statistician for the city of Chicago. In 1977, he took a position at the Asheville School in mathematics and programming and retired nineteen years later.

Keeping the Bees: What's Really Going on with the Pollinators and **How to Help**

CRN # 60080 4 weeks: October 22, 29, November 5, 12 Note late start Thursdays, 9-11 am

Scientists, beekeepers, and politicians disagree, sometimes violently, about what's devastating our bees and what to do about it. Too often the media alternately oversimplifies, sensationalizes, or dispenses misinformation. This course is a forum for delving into complex issues to gain an understanding of our current pollinator crisis. We will also explore an array of creative, constructive responses we can make, including becoming a beekeeper.

Diane Almond (dialmond@bellsouth.net) is a Master Gardener and Master Beekeeper. She teaches pollinator stewardship and sustainable beekeeping throughout North Carolina, mentors the Warren Wilson College Bee Crew, is Habitat Director for Bee City USA, and is founder of BeeHab.

Beginning Bridge

CRN # 60081 8 weeks: September 24, October 1, 8, 15, 22, 29, November 5, 12 Thursdays, 9-11 am

Participants will learn the point count method with upgrades known as Standard American. We will be playing a hand by the end of the first session! Each lesson begins with a lecture and discussion of the assigned topic, followed by play of appropriate hands. This course is NOT for experienced players. Materials fee: \$8 for student text and tri-fold bidding guide, payable to the instructor at the first session.

Bob Evans (mickeybob2@aol.com) earned his PhD in education. He has taught beginning, intermediate, and play of the hand bridge classes for more than twenty years and played bridge for over fifty years. Marilyn Evans (mickeybob2@aol.com) has had various careers in education at all levels and has enjoyed playing bridge for more than fifty years.

Thursdays, 11:30 am-1:30 pm

High Beginner Line Dance

CRN # 60091

8 weeks: September 24,

October 1, 8, 15, 22, 29, November 5, 12

Thursdays, 11:30 am - 1:30 pm

Line dancing is a great activity to keep your mind and body sharp. This class is designated for the dancer who wants to improve his/her line dancing skills. High beginner/improver dance choreography is a step above the beginner dances. You will learn line dances to various rhythms such as waltz, swing, tango, night club two-step, all done to different genres of music

Denna Yockey (denna.yockey@gmail.com) teaches line dance at Givens Estates, Highland Farms Retirement Center, Harvest House Recreation Center, and AB Tech. She has taught line dancing for nineteen years and had her own dance club in Kansas for eight years. Denna hosts a monthly line dance party at the Asheville Ballroom.

Gentle Yoga

CRN # 60083

8 weeks: September 24, October 1, 8, 15, 22, 29, November 5, 12

Thursdays, 11:30 am-1:30 pm

Gentle Yoga is for those who are interested in beginning or continuing a yoga practice. We will focus on comfort, breath, flexibility, balance, and strength, as well as meditation practice and body-mind awareness. Materials needed: A yoga mat, yoga blanket or towel and a yoga strap or old necktie.

Fran Ross (franiji@charter.net) is a registered yoga instructor and has taught at the College for Seniors for the past five years. Her philosophy of yoga? Be kind to yourself, find your edge, and explore the possible. She is certified in Kripalu yoga as well as Anusara yoga, and has a PhD in expressive arts in therapy, teaching, and social action.

Reflections on the Turns You Made in the '70s and '80s: **A Companion Learning Circle to** Right Turn, Wrong Turn

CRN # 60084

8 weeks: September 24,

October 1, 8, 15, 22, 29, November 5, 12

Thursdays, 11:30 am-1:30 pm

In a small group setting, we will reflect on our experiences in the 1970s and '80s and their impact on our life decisions. We will share and learn from each other's experiences and reflect on what we might do differently now with this new understanding of our own history. **Please note**: People wishing to register for this learning circle must also be registered for Mary Lasher's course Right Turn, Wrong Turn? held on Tuesdays, 9-11 am. Participants are expected to commit to attending all sessions.

Dorothy Routh (dotjack@aol.com) did her doctoral work at Columbia University in "managing change." She is an experienced facilitator and a retired educator. She worked with Jim Lenburg on a similar course, Surviving the 1960s. Mary Lasher (mlelasher.avl@gmail.com) has an AB and MA in history from Duke University, with a concentration in 20th century American history.

Navigating Windows 8 and 10

CRN # 60085

6 weeks: September 24, October 1, 8, 15, 22, 29 Thursdays, 11:30 am-1:30 pm Windows 8 is the latest release of the Microsoft Windows family and has an entirely new premise for navigation and applications. Most users therefore have to re-learn how to use Windows. This class provides an overview of using Windows 8 on both touch screen and mouse-driven computers / tablets, including real time examples based on student questions. We will look at Windows 10 as well, which modifies the navigation again. This is NOT a hands-on course, but participants should feel free to bring devices to class to follow along.

Bob Davis (bdavisit@swbell.net) is a former chief information officer with many years in technology, business, and management consulting.

Appreciating Asheville's **Acoustic Music**

CRN # 60086

8 weeks: September 24,

October 1, 8, 15, 22, 29, November 5, 12

Thursdays, 11:30 am-1:30 pm

Celtic, old-time, and bluegrass musicians abound in Asheville. How can you tell the difference when genres sound similar and use many of the same instruments? Through film, musical examples, and live performances, this course will enhance your appreciation of each genre and help you understand which type of music is being played.

Lewis Wills (lewiswills2011@gmail.com) has a PhD in education from Georgia State University and an MA in folklore and mythology from UCLA. He plays old-time and Irish music and teaches guitar.

Thursdays, 11:30 am-1:30 pm continued

Intermediate French (French 2 A)

CRN # 60087

8 weeks: September 24,

October 1, 8, 15, 22, 29, November 5, 12

Thursdays, 11:30 am-1:30 pm

In French 2 A we will continue to develop the four language skills of listening, speaking, reading, and writing that were introduced in the French 1 (A-D) series of courses. Students who have already studied French 1 in high school or college are also welcome to take this course. The textbook used in class is available for loan from the instructor. Workbooks will be available through the instructor at a cost of \$10-\$15. Please contact the instructor if you have questions about your ability to participate. **Workbook recommended:** *Discovering French Blanc - Activity Book*, 1993, Valette & Valette, ISBN-10: 0669239399.

Sue Larmon (susanlarmon@yahoo.com) has taught French for eighteen years, most recently at Western Carolina University in Cullowhee, NC. She holds masters degrees in French and German and worked at the National Security Agency in Maryland for twenty years as a French and German linguist.

The Existentialists: The Lives, Loves and Ideas of Jean-Paul Sartre and Simone de Beauvoir

CRN # 60088 8 weeks: September 24, October 1, 8, 15, 22, 29, November 5, 12

Thursdays, 11:30 am-1:30 pm

Philosophers, novelists, dramatists, and social activists Jean Paul Sartre and Simone de Beauvoir were the two most famous existentialists of the 20th century. Discover how their lives, loves, and ideas formed a way of life as well as a clarion call to the liberation movements of feminism, anti-colonialism, anti-racism, and anti-ageism. Discover their roots in predecessors Kierkegaard and Nietzsche and their legacy for postmodernism. Are we condemned to be free? Here's a chance to find out. Expect some reading assignments from Internet accessible sources.

Ron Manheimer (ronaldmanheimer@gmail.com) is the author of several books including *Mirrors of the Mind: Reflecting on Philosophers' Autobiographies, Kierkegaard As Educator* and *A Map to the End of Time*. He has taught at UNC Asheville, San Diego State University, the Evergreen State College, and for the Smithsonian. Ron holds a PhD in the history of consciousness (philosophy) from the University of California, Santa Cruz. He is also the founding director of the North Carolina Center for Creative Retirement, now OLLI at UNC Asheville.

Thursdays, 2-3:30 pm

Yoga for Posture 101

CRN # 60089 8 weeks: September 24, October 8, 15, 22, 29, November 5, 12, 19 Note late end date Thursdays, 2-3:30 pm **Location: Sherrill 468**



Our modern "heads down" society conspires against good posture and is ruining our spines. This course will help you break out of "slump land." You will assess your own posture and lifestyle; strengthen your core muscles; release tension in your lower back and neck; and re-align your spine. Return to a graceful, upright posture with the help of a posture coach. **Materials needed:** Yoga mat and blanket, large towel or small rug to class.

Annelise Mundy (ann@bluebirdyoga.net) has her 500-hour certification in therapeutic yoga. Healing a traumatic injury, she developed Bluebird Yoga, a practice for healthy backs. She is also an award-winning television documentary producer-director.

Thursdays, 2-4 pm

Healing the Body, Mind, and Spirit

CRN # 60118 8 weeks: September 24, October 1, 15, 22, 29, November 5, 12, 19 Note late end date Thursdays, 2-4 pm Although this not a movement course, we will examine the practical and philosophical aspects of yoga, mindfulness, conscious breathing, and mind/body awareness. We will learn how to reduce and cope with stress and anxiety, how to improve physical and mental health, and how to unlock our intellectual potential using simple techniques that can be applied in our daily lives. Long used by elite athletes, performers, and corporate staff, the practical tools of these ancient traditions will illustrate just how greatly our health, success, and potential in life are intertwined with the mind/body connection.

Valerie Fernando (valerie@pranamayastudios.com) is a certified Hatha Yoga teacher, mindfulness teacher, and Reiki Master. She is dedicated to sharing the knowledge and awareness of ancient wisdom based on yoga and other traditions, to help others live a healthier, happier, and a balanced life every day.

Thursdays, 2-4 pm continued

Advanced Human Sexuality

CRN # 60090 6 weeks: September 24, October 1, 8, 15, 22, 29 Thursdays, 2-4 pm

We will explore the more taboo topics of human sexuality. We will explore sexual ethics, the influence of technology on sexuality, how to bring more pleasure into one's life, how fantasy can enhance the sexual experience, different forms of erotica, and the book 50 Shades of Grey. **Note:** It is suggested that participants signing up for this class have attended at least one of Kelley's sexuality classes in the past.

Kelley Johnson (mountainsexology@bellsouth.net) is a sexuality expert. She taught at UNC Asheville from 1995 to 2010, teaching Human Sexuality and Women's Health, Her private practice, Mountain Sexology, promotes personal growth through education.

The World of Gertrude Stein

CRN # 60092 4 weeks: September 24, October 1, 8, 15 Thursdays, 2-4 pm

Gertrude Stein was a literary innovator and art collector who knew some of the century's most prominent artists and writers. In 1933, she published a memoir of her Paris years, The Autobiography of Alice B. Toklas, written in the voice of Toklas, her life partner. The book became a literary bestseller and vaulted Stein into world fame. We'll read and discuss it, consider her circle of friends, and glance at a few of her other works. **Required text:** Autobiography of Alice. B. Toklas, Gertrude Stein, ISBN-13: 978-0679724636. Cost \$13.49.

Doug Cooper (cdoug38@gmail.com) taught college English courses in the United States and overseas, and thirty-two courses at the College for Seniors since 2003. Many of these were literature courses; others were film courses on English and American authors, foreign film directors, and film genres.

Women You Want to Know More About

CRN # 60093 4 weeks: October 22, 29, November 5, 12 Note late start Thursdays, 2-4 pm

Women have made enormous contributions throughout history, but their stories are often omitted from textbooks. Influential but mostly unknown women in the areas of politics, activism, the arts, and math/science/medicine will be presented through lecture, discussion, letters, diaries, and videos. We will examine the lives of women from the 18th to 21st centuries.

Cindy Berryman-Fink (berrymanfink@gmail.com) served for thirty-one years as a professor of communication and university administrator at the University of Cincinnati. Sylvie Horvath (horvathwms@gmail.com) was an educator for thirty-one years. She has taught various subject areas in grades pre-kindergarten through high school.

Observing the Night Sky: Seeing in the Dark

CRN # 60094 8 weeks: September 24, Thursdays, 2-4 pm

We spend half our lives in the dark, but most of us are not familiar with the night sky. This course will help you better understand and enjoy "seeing" in the dark—the planets, the moon, the constellations, the stars, star clusters, meteor showers, and more. There will be six optional night sessions under the stars (a few at local observatories) using your unaided October 1, 8, 15, 22, 29, November 5, 12 eyes, binoculars, and telescopes. **Recommended text**: Nightwatch: A Practical Guide to Viewing the Universe (Revised 4th Edition), Terence Dickinson, ISBN-13: 978-1554071470. Cost \$25.00

> Bernard Arghiere (arghiere@gmail.com) has been observing the night sky for more than forty years. He is past president of the Astronomy Club of Asheville and the recipient of the 2010 North Carolina Champion of Science award from the North Carolina Science, Mathematics and Technology Education Center.

French 4: Encore Pagnol

CRN # 60095 8 weeks: September 24, October 1, 8, 15, 22, 29, November 5, 12 Thursdays, 2-4 pm

Marcel Pagnol has been called the "Dickens of the South of France" and is best known in the US for films based on his books. We will read and discuss one of his novels while continuing a review of French grammar, pronunciation and conversation. Students should be able to read, with the help of an instructor-provided glossary, 30-35 pages per week. The course will be taught entirely in French. Potential students with questions regarding their proficiency level are invited to contact the instructor ahead of time. Required text: La Gloire de Mon Père. Contact the instructor for ordering information.

Betty Carver (bcarver1@charter.net) taught French at Spartanburg High School for thirty years and has traveled and lived in France. She holds a BA in French from Winthrop University and an MA in French from Middlebury College.

Thursdays, 2-4 pm continued

Feel Better, Think Better, Look **Better, and Live Longer**

CRN # 60096

4 weeks: September 24, October 1, 8, 15 Thursdays, 2-4 pm

Join us as we explore how to: 1) have more energy; 2) reduce sugar cravings; 3) tuneup your brain; 4) improve the functioning of your gastrointestinal tract; 5) reduce the "fire" of inflammatory issues; 6) learn about and taste some super foods; 7) examine the eleven pieces of the "puzzle" of weight loss. Each participant will be asked to bring one nutrient dense food for others to sample. Estimated cost per student is \$5-10. **Recommended texts:** Digestive Wellness, Elizabeth Lipski. ISBN-13: 978-0071668996. Cost \$16.83; The UltraMind Solution: The Simple Ways to Defeat Depression, Overcome Anxiety, and Sharpen Your Mind, Mark Hyman. ISBN-13: 978-1416549710. Cost \$17.20

Elizabeth Pavka (drpavka@elizabethpavka.com), based on her thirty years' experience, incorporates whole foods appropriate for each unique person, quality nutritional supplements, herbs, and many other complementary approaches designed to help people achieve better health at any age.

Get Over It!: Letting Go of Past Disappointments and Hurt

CRN # 60097

4 weeks: October 22, 29, November 5, 12 Note late start Thursdays, 2-4 pm

Sometimes we can't let go of the disappointments and hurt we experience in life. As a result we remain partially stuck in the past with a wound that never seems to heal. In this course you will discover why you're stuck and, through a series of lectures, discussions, and exercises, learn skills to free yourself and move on to an even happier, more fulfilling life.

Dennis DeSimone (myfrienddennis@att.net) is a skilled educator who has presented courses on interpersonal relations, assertiveness, communication skills and other related topics over a forty-year national career. He helps people learn the whys of their behavior and equips them with the skills needed to make a difference in their lives.

Wines You Never Knew You Loved (and a Few That You Do)

CRN # 60098

8 weeks: September 24, October 1, 8, 15, 22, 29, November 5, 12 Thursdays, 2-4 pm

Location: Metro Wines, 169 Charlotte Street

Most people enjoy about six different grape varietals much of their lives. But there are thousands of varietals throughout the world. Each week we'll focus on a different wine region's little known wines and well-known grapes done in a different style. You'll find new favorites in these remarkable, unknown wines and discover why they are loved in their local regions. In order to gain the most benefit from this course, it is recommended (but not required) that participants first complete the Wine Essentials course. Course fee: \$96, payable to the instructors at the first class.

Andy Hale (andy@metrowinesasheville.com) joined Metro Wines to combine his expertise in wine and teaching. Andy was a sommelier at Jasmine Porch and the Ocean Room on Kiawah Island. He began his teaching career at Appalachian State University. John Kerr (john@metrowinesasheville.com) grew up in wine country and moved his wine business to Asheville in 2013. John has taught classes on wine and finance for over twenty years.

Thursdays, 2-5 pm

New American Cinema: How the Rock 'n' Roll Generation **Saved Hollywood**

CRN # 60099 8 weeks: September 24, October 1, 8, 15, 22, 29, November 5, 12 Thursdays, 2-5 pm

The "Hollywood Renaissance" refers to the time from roughly the late 1960s (Bonnie and Clyde, The Graduate) to the late 1970s when a new generation of young filmmakers came to prominence in America, influencing the types of films produced, film production and marketing, and the way major studios approached filmmaking. In Hollywood Renaissance films, the film director took on a key authorial role. Each class will include a background lecture, a screening of a film or documentary, and a discussion. Among the films to be shown are The Graduate, Midnight Cowboy, Harold and Maude, The Last Picture Show, and Taxi Driver. **Recommended text:** The Last Great American Picture Show, Thomas Elsaesser. ISBN-13: 978-9053566312. Cost \$23

Barbara S. Weitz (weitzb@fiu.edu) is the former director of the Prague Summer Study Abroad Program and the Film Studies Program and an instructor in the English department at Florida International University. She was also a programmer for many years for the Miami International Film Festival and the Miami Jewish Film Festival.

Fridays, 9-10:30 am

Chakra Sound Healing

CRN # 60100 8 weeks: September 25, October 2, 9, 16, 23, 30, November 6, 13 Fridays, 9-10:30 am

Sounds of the Chakras is a natural, fun, and easy sound healing tool that uses breath, listening, and vocals at your own natural pitch for enhancing your overall health picture. Sessions will include practical applications of sound healing and seven major chakra sounds for personal health and well-being.

Linda Go (lindagomusic@gmail.com) is the co-creator of *Sounds Of The Chakras* vocalization practice, utilizing voice and natural pitch for enhancing overall health through the chakra system. She has facilitated sound healing workshops since 2000 in the US and Mexico.

Fridays, 9-11 am

Ethnicity and National Integration

CRN # 60101 8 weeks: September 25, October 2, 9, 16, 23, 30, November 6, 20 Note late end date Fridays, 9-11 am

In many countries ethnic and religious diversity is part of the reality and a central concern of policy. We will study a number of national examples including successful integration (Switzerland), extreme autonomy (Belgium), moderate autonomy (Spain), civil war (Lebanon, Rwanda, Georgia), and disintegration (Yugoslavia, Pakistan-Bangladesh, Sudan, Czechoslovakia), with the aim of understanding why some countries integrate successfully, others unsuccessfully, and why still others collapse.

Tom Sanders (tsanders.avl@gmail.com) holds an AB from Duke and a PhD from Columbia. A Latin American specialist for a group of universities for twenty years, he also taught political science and international studies at the University of Connecticut, Earlham College, and the University of Tulsa.

Legal and Financial Life Care Planning

CRN # 60102 7 weeks: September 25, October 2, 9, 16, 23, November 6, 13 Fridays, 9-11 am

We will address the legal and financial issues of aging. Guest speakers include various professionals whose services can be vital to a comprehensive life care plan. Participants will learn about the legal documents necessary to deal with disability, as well as those designed to efficiently transfer assets at death. Other topics include financial exploitation, quardianships, Medicare, long term care insurance, public benefits, and financial planning for life care.

Nicki Applefield (nickiapplefield@thehartlawgroup.com), an attorney licensed in North and South Carolina, is exclusively focused on elder law, which includes estate and longterm care planning, quardianships, and probate. She empowers clients to enhance life quality through legal planning to address life care.

Aging in Community: Exploring Options

CRN # 60103 8 weeks: September 25, October 2, 9, 16, 23, 30, November 6, 13 Fridays, 9-11 am

Rebecca Chaplin and Linda Glitz will moderate this series. Each week they and a quest lecturer will explore options for meaningful and interdependent lifestyles in our later years, from staying in your own home to a variety of other options. Using the articles included in Aging in Community as a jumping off point, participants will work toward a personal action plan with the help of readings, discussion, and a virtual field trip. Required text: Aging in Community, Janice M. Blanchard, ISBN-13: 978-1482302653. Cost @ \$17

Rebecca Chaplin (rebecca@landofsky.org), LS, MA is passionate about health and aging. She graduated with a master's degree in gerontology from Naropa University in 2003 and has worked in gerontology research, policy, and practice in the United Kingdom, Canada, and the United States. Linda Giltz (lindagiltz@gmail.com), AICP, MA, has been doing urban, rural, and regional planning work for almost twenty years, most recently on issues related to older adults and newer models for housing and communities.

Fridays, 9-11 am continued

Drôme: The Other Provence

CRN # 60104

4 weeks: September 25, October 2, 9, 16 Fridays, 9-11 am

During this course we will explore the landscape, culture, and heritage of the Drôme region, the "other Provence." We will study the geography and the evolution of the area through time. We will look at its place in France's history and economy. We will discover the secret beauty of the region, the people, their livelihood, and stories. Studying this gem of France will open a window on what France is beyond Paris and stereotypes. PowerPoint presentations and short videos will be used to enrich each class.

Sylvie Delaunay (france26120@gmail.com) was born and raised in southern France. She has a BS in child, family, and community development. She has been a teacher for twenty-five years, including time as a teacher of French in elementary and high school. She has organized several trips to France for students and friends. Sylvie has a passion for sharing information and stories of her native land.

What To Do With Those Beautiful Travel Pictures

CRN # 60105

4 weeks: October 23, 30, November 6, 20 Note late end date Fridays, 9-11 am Have you taken a memorable trip and left all of those fabulous photos on your phone or your hard drive? Are there adult alternatives to Facebook or passing around your phone with two hundred pictures of the Grand Canyon? Yes. The instructors will describe options and teach basic skills for creating visual stories of our travels for friends and family. **Minimum requirements:** Basic familiarity/competence with digital photography and personal computers (PC or Mac) and Internet.

Bill LaRocque (boomrbill@gmail.com) is a lifelong cartoonist, caricaturist, and illustrator. His work has appeared in the *Washington Post, Asheville Citizen-Times*, and *Mountain Xpress*. Bill illustrated a best-selling children's book, *Where Do Missing Things Go*? A traveler to thirty countries, he has taught art courses for fifteen years. **Dennis Murphy** (murphdennisw@gmail.com) has been involved in photography for several decades and has experienced the culture shock of giving up film and the need to learn a whole new technology just to take a photograph.

Square Dance 101

CRN # 60107

8 weeks September 25, October 2, 9, 16, 23, 30, November 6, 13

Fridays, 9-11 am

Location: Sherrill 351

Remember your school days with square dancing and the Virginia Reel? Want to have fun and exercise both your body and your brain? Then *Modern Western Square Dancing* is for you! The only requirements are being able to walk and knowing your left from your right. Dancers follow directions from the instructor/caller. There will be many opportunities to continue dancing with local clubs; the instructor will supply information.

Bill Restall (brestall@yahoo.com) is a retired high school/college instructor. He has square danced for many years and has been a square dance caller for about seven years. He calls for dances, workshops, and classes in North Carolina and Tennessee.

Fridays, 9 am-12 pm

Introduction to Painting With Pastels

CRN # 60106

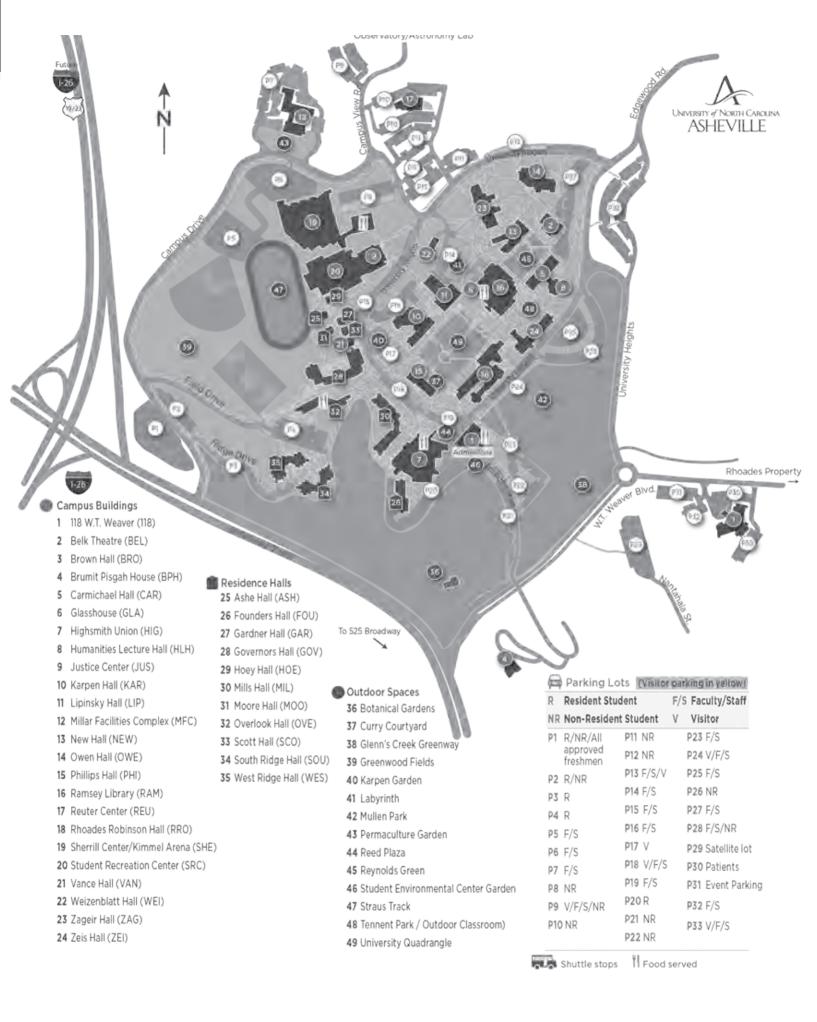
8 weeks: September 25,

October 2, 9, 16, 23, 30, November 6, 13

Fridays, 9 am – 12 pm

This is an introductory course on landscape painting in the medium of chalk pastel designed for beginners but all levels are welcome. We will cover the types of chalk pastel, paper/pastel boards, strokes, fixatives, tools, value, color relationships, and composition. The focus will be on landscape, but the instructor is prepared to accommodate other preferences. Students will work from photo reference and possibly from a still life. **Estimated cost of materials**: \$150. The instructor will send a list before the first class.

Michelle Breen (michellemichelle831@gmail.com) is a recently retired high school biology teacher with a passion for painting in pastel. She has studied with numerous accomplished professional pastel artists in Cincinnati, Ohio, over the past ten years. She is a member of the Appalachian Pastel Society.





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