



OSHER  
LIFELONG  
LEARNING  
INSTITUTE

OLLI

at UNC  
ASHEVILLE

*Grow through life*

**SPRING 2016 CLASSES & EVENTS**



# from the director

We sometimes report that 500 of our 2300 members volunteer in any given term. Volunteers do everything from spending a few hours greeting people at a New Member Welcome to spending months putting together a course for the College for Seniors. Volunteers serve on our steering council and advise staff as we set priorities for our strategic development and our financial goals, and they clean up after a membership social. They coordinate special interest groups, organize our curriculum and serve as facilitators for people coming here from all over the country to find the key to a creative retirement. Volunteers led the effort to raise funds to build our "home" at the Reuter Center. Every single minute of volunteer time is critical to our success.

500 people is a big number that represents a little over 20% of the 2300-person membership. Have you ever heard of the 80/20 principle? Italian economist, Vilfredo Pareto, in 1906, recognized that 20% of the landowners in Italy owned 80% of the land. Once he observed this ratio, he began to recognize a pattern of the ratio of 80% of effects coming from 20% of causes in varied arenas. He even recognized that 80% of the peas in his garden came from 20% of the pea pods. The Pareto principle, sometimes referred to as the "law of the vital few," has been used to show that 80% of profits come from 20% of clients or that 80% of work in a company is done by 20% of the workers. While companies use the rule to focus their efforts where they will have the greatest impact, I have sometimes heard our volunteers use it as a way of noting the few "worker bees" who serve the many members of our community.

We are impressed and grateful that so many of you are engaged. We appreciate the very high rate of response to evaluations (where we routinely get close to 100% response rates) or surveys (where we tend to get an impressive 50% response) and even the high number of people who open our weekly email newsletter (over 55% each week). We recognize that many of you volunteer at other places in the community (in a recent survey 65% of you said you volunteer somewhere in the community, almost twice as high as other surveys of older adults) and recognize that many of you are caregivers for family members or have other commitments to work and community that keep you from being OLLI volunteers. We would love, however, to provide more opportunities for more of you to lead and serve, since we think that everyone here has something to enrich our community of teachers and learners.



In 2015, the research firms Age Wave and Merrill Lynch released a "Giving in Retirement: America's Longevity Bonus" study. It's probably no surprise that two-thirds of the representative sample of older adults said that "retirement is the best time in life to give back" through "financial contributions or by volunteering their time and skills." Of course there are benefits for giving your time and talent. The Corporation for National and Community Service conducted a study in 2007 that indicated that "volunteers who devote a 'considerable' amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes." The report brings together data that for years have shown that volunteers of all ages "reported higher levels of happiness, life-satisfaction, self-esteem, a sense of control over life, and physical health, as well as lower levels of depression" than those who do not volunteer.

Very few organizations rely as heavily on volunteers as we do at OLLI at UNC Asheville. We exist because of the many ways our members recognize that "retirement is the best time in life to give back." If you sense barriers or "cliques" that keep you from sharing your talents, let us know what they are and help us figure out how to break them down. We are going to work to make sure that our job descriptions and volunteer opportunities are clear and clearly posted. We'd love to challenge the rule of the "vital few" and suggest that we operate under the principle of the "vital many."

Catherine Frank  
Executive Director, OLLI at UNC Asheville



## about our programs

**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 global migration to Bob Dylan, crime fiction to photography, yoga to watercolor. 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 Continuing Care Retirement Communities*, 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 camera skills or how to make a basket, 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.

# spring 2016 events calendar

## FEBRUARY

- 16 World Affairs Council, 7:30 p.m.
- 17 Spring 2016 registration opens
- 19 Opera Talk, 3 p.m.
- 23 World Affairs Council, 7:30 p.m.
- 26 Chamber Music Chat, 3 p.m.
- 28 The Autumn Players Readers Theatre, 2:30 p.m.

## MARCH

- 1 STEM Lecture, 4:30 p.m.
- 1 World Affairs Council, 7:30 p.m.
- 3 Astronomy Club of Asheville, 7 p.m.
- 4 Opera Talk, 3 p.m.
- 5 WNC History Center Event, 2 p.m.
- 6 Sundays with Brevard Music Center, 3 p.m.
- 8 World Affairs Council, 7:30 p.m.
- 9 f/32 Photography Group, 7 p.m.
- 11 Symphony Talk with Daniel Meyer, 3 p.m.
- 13 Storytelling Event, 3 p.m.
- 13 Carolinas' Nature Photographers Association, 5:30 p.m.
- 15 Elisha Mitchell Audubon Society, 7 p.m.
- 18 New Member Welcome, 10 a.m.
- 20 The Autumn Players Readers Theatre, 2:30 p.m.
- 21 College for Seniors Spring 2016 classes begin
- 24 Investment Fraud Presentation, 4:30 p.m.
- 25 Fab Friday Lecture, 11:30 a.m.
- 25 NC Stage *Behind the Scenes*, 1:30 p.m.
- 25 Ross Book Talk, 4 p.m.
- 29 STEM Lecture, 4:30 p.m.
- 31 OLLI Town Hall Meeting, 4:30 p.m.

## APRIL

- 1 Fab Friday Lecture, 11:30 a.m.
- 1 Smart Driver Class, noon
- 1 Opera Talk, 3 p.m.
- 3 Sundays with Brevard Music Center, 3 p.m.
- 5 Audubon Society Special Presentation, 7 p.m.
- 5 World Affairs Council, 7:30 p.m.
- 7-8 National Conference on Undergraduate Research (no other activities scheduled)
- 7 Astronomy Club of Asheville, 7 p.m.
- 10 Carolinas' Nature Photographers Association 5:30 p.m.
- 13 f/32 Photography Group, 7 p.m.
- 15 Fab Friday Lecture, 11:30 a.m.
- 15 Inside the Music, 1:30 p.m.
- 15 Symphony Talk with Daniel Meyer, 3 p.m.
- 19 Transit of Mercury Presentation, 2 p.m.
- 19 Elisha Mitchell Audubon Society, 7 p.m.
- 22-24 Paths Workshop (no other activities scheduled)
- 28 Opera Talk Special Presentation, 7 p.m.
- 29 Fab Friday Lecture, 11:30 a.m.
- 29 Smart Driver Class, noon
- 29 Medicare Choices Made Easy, 2 p.m. (registration required)
- 29 Reuter Center Singers Concert, 7 p.m.
- 30 Reuter Center Singers Concert, 7 p.m.

## MAY

- 1 Sundays with Brevard Music Center, 1 p.m.
- 1 The Autumn Players Readers Theatre, 2:30 p.m.
- 3 World Affairs Council, 7:30 p.m.
- 5 Astronomy Club of Asheville, 7 p.m.
- 6 Fab Friday Lecture, 11:30 a.m.
- 6 NC Stage *Behind the Scenes*, 1:30 p.m.
- 8 Carolinas' Nature Photographers Association, 5:30 p.m.
- 11 Summer 2016 catalog available
- 11 f/32 Photography Group, 7 p.m.
- 13 Fab Friday Lecture, 11:30 a.m.
- 13 Symphony Talk with Daniel Meyer, 3 p.m.
- 17 Elisha Mitchell Audubon Society, 7 p.m.
- 20 Chamber Music Chat, 3 p.m.
- 22 Asheville Living Treasures Recognition Ceremony, 1 p.m.
- 24 Summer 2016 registration begins (tentative)
- 29 The Autumn Players Readers Theatre, 2:30 p.m.
- 30 Memorial Day Holiday – Reuter Center and OLLI Office closed

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## OLLI Steering Council 2015-16

Chair: Patrick Chitwood  
 Chair-Elect: Catherine Jordan  
 Secretary: Jacob Cohen  
 Past Chair: Judy LaMée  
 OLLI Executive Director: Catherine Frank

## Steering Committee Chairs

Civic Engagement: Sarah Reincke  
 College for Seniors: Bobbie Rockwell & Paula Withrow  
 Facilities: Barry Mundt  
 Finance: Terry Reincke  
 Inclusion: TBA  
 Life Transitions: Dave Castel  
 Marketing: Kirk Borland  
 Membership: Sandy Bowles & Kathleen Mainardi  
 Nominating: Catherine Jordan  
 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**
- **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. 15-47)**
  - UNC Asheville Health & Fitness Center (p. 5)**

**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:** Write 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. If you obtain an annual sticker for your OneCard through UNC Asheville Police, you may ride Asheville Transit at no cost. 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. Please use these funds before May 15, as the balance will return to zero on that date.

**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. Help is available at Ramsey Library for those who have trouble gaining network access using the instructions provided by OLLI staff.

**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:

Center Website: [www.olliasheville.com](http://www.olliasheville.com)

Campus Map: [www.unca.edu/campusmap](http://www.unca.edu/campusmap)

UNC Asheville Events: [www.unca.edu/calendar](http://www.unca.edu/calendar)

The OLLI Office—Open Weekdays, 8 a.m. to 5 p.m.  
828.251.6140

## registration—spring 2016 term

**INITIATE your Center 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 through July 31, 2016
- Mail in or drop off form and payment at the OLLI office anytime  
(Cash or check payable to OLLI only—we do not accept debit or credit cards)

**REGISTER for classes starting February 17**

**Note: Registration forms received before February 25 will be processed in random order. Registration forms received after February 25 will be processed in the order of receipt after those received before February 25. To learn more go to [olliasheville.com](http://olliasheville.com) or see p. 50.**

- View catalog (hard copy or online at [www.olliasheville.com](http://www.olliasheville.com))
- Complete registration form, p. 23 or 25
- Mail in or drop off form at the Reuter Center office with payment beginning on February 17  
(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 by February 25, 2016. See p. 15 for details.

**RECEIVE registration confirmation sent March 7 and again on March 14**

- Add/Drop begins March 8, 8 a.m., and continues through the second meeting of a course

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, there are a wide variety of activities that offer the opportunity 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.

## 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 p.m. and perform regularly. Participants must be OLLI members. Register by calling 828.251.6140. 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 24 or 26 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 information about how to initiate a SIG, call 828.251.6140 or visit our website at [www.olliasheville.com](http://www.olliasheville.com) and look for SIGs under "Center Groups."

### Alliance of French-Speakers

One Friday each month, 1:30-3 p.m.  
Contact: Gary Jay, 828.654.9357,  
garymichaeljay@gmail.com or David Nelson,  
828.505.1874, dmn261034@mac.com

### Apple Users

2nd Fridays, 1:30-3:30 p.m. Contact:  
Paula Withrow, 828.350.8406,  
pvwithrow@aol.com or Bob Mellor,  
828.253.5031, bob.mellor@charter.net

### Art

Fridays, 1-4 p.m. Contact: Diane Chambers,  
828.271.4645, pdchambers@charter.net  
or Michelle Breen, 859.491.7302,  
michellemichelle831@gmail.com or  
Fran Ross, 518.859.9533, franiji@charter.net

### Beer on Tap

2nd Wednesdays, 4:30 p.m. Contact:  
Debra Benjamin, 828.708.3402,  
debrabenjamin100@gmail.com

### Bridge Buddies

Tuesdays, 2-5 p.m. Contact:  
Debra Benjamin, 828.708.3402,  
debrabenjamin100@gmail.com

### Bridge for Fun

1st & 3rd Wednesdays, 2-5 p.m. Contact:  
Patricia Grace, 828.505.0046,  
pegrace@vt.edu or ~~Marti Salzman,~~  
~~828.712.7502, xxmarti28801@gmail.com~~

### Bridge Grads

Thursdays, 2-5 p.m. 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 p.m. 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 p.m. Contact: Kate Beatty,  
828.231.7710, kkbmom@yahoo.com

### The Forum: Dialogue to Challenge Our Thinking

Fridays, 1 p.m. Contact: Eugene Jaroslaw,  
828.255.9925, ejwestwood@gmail.com

### The Français Facile SIG

2nd & 4th Thursdays, 4:30 p.m. Contact:  
Renee Raffini, 828.684.6371,  
raffinir@gmail.com

### Intermediate Bridge

Fridays, 1-4 p.m. Contact: Ruth Hall,  
541.490.6460, ruth2458@gmail.com

### Meditation

2nd & 4th Mondays, 4:15 p.m. Contact:  
Sally Ekaireb, beriake@yahoo.com

### Men's Wisdom Works

Call or email for meeting times. Contact:  
Curry First, 828.450.1118, cfirst@mac.com

### Poetry Lovers

4th Fridays, 1:30-3:30 p.m. Contact: Karen  
Depew, karendepew@yahoo.com

Grace Errico, 828.633.2734  
joe.grace3@hotmail.com

### Stories for the Third Act

3rd Tuesdays, 4:30-6 p.m. Contact:  
Debbie Gurriere, 828.505.7453,  
Funtale@aol.com or Sarah Larson  
828.450.5462, slarso@gmail.com

### Texas Hold'em Poker

Mondays, 4:15-6 p.m. Contact: Bruce Jones,  
828.338.0265, bruce\_e\_jones@yahoo.com

### Tile Clickers (Mah Jongg)

Wednesdays, 2-5 p.m. Contact:  
Rosemary Walton, 828.667.8979,  
rh68@bellsouth.net

### Wednesday Wine Tasting

2nd Wednesdays, 7 p.m. at a member's  
home. Contact Hooker Wood, 713.515.9661,  
hooker.wood@gmail.com

### Wine Tasting

2nd Sundays, 6 p.m. at a member's home.  
Contact: Ulana Mellor, 828.253.5031,  
Ulana.Mellor@charter.net

### Wine Tasting II

3rd Sunday, 7 p.m. Contact: Kathleen Mainardi,  
828.633.2119, kkmainardi@gmail.com

### Women's Group

Consult OLLI website for information about  
meeting times and places and for contact  
information for individual groups.

### A Writers' Gathering

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

# special events—spring 2016

**These events are open to the public and held at the Reuter Center. Unless otherwise noted, events are free. Call 828.251.6140 for additional information.**

## Asheville Living Treasures Program

Asheville Living Treasures (ALT) is an all-volunteer 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. ALT is seeking nominees 70 years or older who reside within Buncombe County. Send your nomination letter to [ashevillelivingtreasures@gmail.com](mailto:ashevillelivingtreasures@gmail.com) (preferred) or mail to Asheville Living Treasures, Attn: Carmen Ramos-Kennedy, 24 Curve Street, Asheville NC 28801. Be sure to provide as much detail as possible about the nominee. We encourage you to seek supporting nominations but not to tell nominees that they are under consideration. Nominations for the spring recognition ceremony must be received before **March 15, 2016**. The recognition ceremony will be held at the Reuter Center on **Sunday, May 22, 1 p.m.** For more information call 828.423.6476 or visit [ashevillelivingtreasures.com](http://ashevillelivingtreasures.com).

## Astronomy Club of Asheville

The Astronomy Club of Asheville meets **the first Thursday of each month at 7 p.m.** with an interesting line-up of speakers and topics. OLLI members are welcome to 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. Find out more at [www.AstroAsheville.org](http://www.AstroAsheville.org).

- **Thursday, March 3, 7 p.m.,** Britt Lundgren (UNC Asheville): "25 Years of Discovery with the Hubble Space Telescope"
- **Thursday, April 7, 7 p.m.,** Michael Menzel (NASA): "The James Webb Space Telescope Project"
- **Thursday, May 5, 7 p.m.,** Kristen Thompson (Davidson College): topic TBA

## The Autumn Players Readers Theatre

The Autumn Players (affiliated with Asheville Community Theatre) is a troupe of seasoned actors dedicated to taking the theatre experience into the community. Their words jump from the page with conviction and emotion, and these actors make their stories come to life. These performances are open to the public, and tickets are \$6 (including sales tax) at the door.

- **Sunday, February 28, 2:30 p.m.,** *Table Manners* from *The Norman Conquests*, a trilogy of plays by British playwright Alan Ayckbourn, directed by Jim Reid.
- **Sunday, March 20, 2:30 p.m.,** *Freud's Last Session* by Mark St. Germain, suggested by *The Question of God* by Dr. Armand M. Nicholi, Jr., featuring performances by Kermit Brown and Jim Reid, directed by Elliot Weiner.
- **Sunday, May 1, 2:30 p.m.,** *My Name is Asher Lev* by Aaron Posner, adapted from the novel by Chaim Potok, directed by Arnie Sgan.
- **Sunday, May 29, 2:30 p.m.,** *Good People* by David Lindsay Abbaira, directed by Roselynn Katz.

## Carolinas' Nature Photographers Association

The Carolinas' Nature Photographers Association-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 monthly meetings, photo outings, seminars, workshops, exhibits, photo contests, and image critiques. The monthly meetings are held at the Reuter Center on the **second Sunday of each month**. Sessions begin at **5:30 p.m.** with a meet and greet; meetings begin at **6 p.m.** on **March 13, April 10, and May 8**. For more information please visit: [www.cnpaasheville.org](http://www.cnpaasheville.org).

## Chamber Music Chat

*Chamber Music Chat* is a lecture series offered by Pan Harmonia, an independent repertory company based in Asheville and directed by flutist Kate Steinbeck. Now in its sixteenth season, Pan Harmonia has been nationally recognized for its unique work and superb artistry. Meet the musicians of Pan Harmonia in these informal sessions, learn about their process, inspiration, the music they love and more! For more information, visit the Pan Harmonia website: [www.pan-harmonia.org](http://www.pan-harmonia.org).

- **Friday, February 26, 3 p.m.,** Explore the bombarde (a woodwind instrument used to play traditional Breton music) and Breton music with clarinetist Rosalind Buda.
- **Friday, May 20, 3 p.m.,** Enjoy Barbara Weiss' discussion of Baroque music with a twist.

## Elisha Mitchell Audubon Society

The Elisha Mitchell chapter of the National Audubon Society was formed in Asheville in 1986. Its mission includes promoting birding and an appreciation of all nature and helping to preserve wildlife and natural ecosystems. EMAS offers free educational programs starting in spring on the **third Tuesday of the month at 7 p.m.** in the Reuter Center and leads free bird walks at the Beaver Lake Bird Sanctuary on the first Saturday of every month. Find out more at their website, [www.emasnc.org](http://www.emasnc.org), and plan to join them for the walks and talks. The meetings at the Reuter Center are scheduled on **Tuesdays, March 15, April 19, and May 17**. On **Tuesday, April 5, 7 p.m.,** a special presentation on the Atlantic Puffin Project will be offered.

## f/32 Photography Group

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, March 9, April 13, and May 11**; all meetings begin at **7 p.m.** For more information about f/32 visit [www.f32nc.com](http://www.f32nc.com).

## Inside the Music

On **Friday, April 15, 1:30 p.m.**, plan to attend this presentation on the powerful voices of the Asheville Choral Society (ACS). *Inside the Music* is a conversation with ACS artistic director and conductor Melodie Galloway (also UNC Asheville music department chair and director of choral activities) and a performance by soloists from the upcoming ACS event, "The Music of the Living: A Celebration of the Human Spirit." For more information about ACS, including information about how to purchase tickets for the performance Saturday, May 7, 7:30 p.m., visit the ACS website: [www.ashevillechoralsociety.org](http://www.ashevillechoralsociety.org).

## Investment Fraud and Financial Exploitation

Mark your calendar for this presentation on **Thursday, March 24, 4:30 p.m.** on *Prevention of Elder Investment Fraud and Financial Exploitation* by Lauren Benbow, JD, Investor Education Program, North Carolina Department of the Secretary of State, Securities Division. Ms. Benbow will focus on investor protection, specifically for senior citizens, avoiding investment fraud and financial exploitation, elder financial abuse and the warning signs to be aware of.

## Medicare Choices Made Easy

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). In this partnership between the Council on Aging of Buncombe County and OLLI, a free class will be held on **Friday, April 29, 2 p.m.** This session will provide important information to assist you in understanding how Medicare works and what you need to do to obtain benefits and save money. Spaces are limited, so reserve your space by registering online at [www.coabc.org](http://www.coabc.org).

## 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. Flynn-McIver will talk to actors, directors and designers and even present a scene or two from an upcoming show. Get an insider's view of the workings of a professional theatre. For more information about NC Stage, including information about purchasing tickets for performances, visit [www.ncstage.org](http://www.ncstage.org).

- **Friday, March 25, 1:30 p.m.**, NC Stage's production of Edward Albee's play *Who's Afraid of Virginia Woolf?*
- **Friday, May 6, 1:30 p.m.**, NC Stage's production of Theresa Rebeck's play *Bad Dates*

## 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, March 18, 10 a.m.**, to learn about all that OLLI has to offer and about ways to get involved. Meet other members and explore OLLI opportunities.

## OLLI Town Hall Meeting

Please join us **Thursday, March 31, 4:30 p.m.**, in the Manheimer Room for our annual Town Hall meeting. We'll review the highlights of the past year, including member survey results and accomplishments from our OLLI programs and activities. The Nominating Committee will introduce the 2015-2016 slate of candidates. Our focus, however, will be on your questions for our staff and Steering Council members. Call 828.251.6188 for more information.

## Opera Talk

Asheville Lyric Opera (ALO) brings great stories and music to life. Come 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. For more information about ALO, including information about how to purchase tickets for performances at the Diana Wortham Theatre, visit [ashevillelyric.org](http://ashevillelyric.org).

- **Friday, February 19, 3 p.m.**, "Opera Gala Highlights"
- **Friday, March 4, 3 p.m.**, "Partnering with Education and More"
- **Friday, April 1, 3 p.m.**, "*Carmen*"
- **Thursday, April 28, 7 p.m.**, A special evening event "**First Look Forum.**" ALO will collaborate with celebrated regional composer and author C. Robert Jones to give the first public presentation of selected scenes in his new opera. A Q&A about his new work will follow the performance. This special event is free and open to the public.

## Reuter Center Singers Spring Concerts

The Reuter Center Singers, OLLI's in-house choral group directed by Chuck Taft, study and perform classical, popular, show tunes and other favorites. Mark your calendar and plan to attend their popular Spring Concerts on **Friday, April 29 or Saturday, April 30, 7 p.m.** for a program featuring the music of John Denver and The Carpenters as we relive the hits of the 1970s. Donations at the door are welcome.

## Ross Book Talk

On **Friday, March 25, 4 p.m.**, Mike Ross will read from his new book of poems *Small Engine Repair* and talk about the role of poetry in our lives. Mike has been teaching a popular poetry course at the College for Seniors for the last several years. Copies of his book will be available at the reading; they are also available at Malaprop's Book Store, from the Finishing Line Press at [FLPbookstore@aol.com](mailto:FLPbookstore@aol.com) and from Amazon.com.



# special events—spring 2016

## Smart Driver Class

The four-hour *AARP Smart Driver Class* offers numerous tips for coping with inevitable changes in perception and reaction time, as well as increased hazards on the roads with faster cars and busier traffic. Participants can expect to review the rules of the road, tips on dealing with aggressive drivers and general safety tips such as how to make left turns into heavy traffic. The course, offered nationwide, is designed to help participants avoid crashes and remain safely behind the wheel. Scheduled at the Reuter Center on the following two dates, the cost is the \$20 or \$15 for AARP members.

- **Friday, April 1, noon-4 p.m.,** Contact instructor Judy Domer, 828.505.1992, domerje@charter.net to register
- **Friday, April 29, noon-4 p.m.,** Contact instructor Jan Stephanides, 828.443.1051 to register.

## STEM Lectures

The STEM Lecture Series is interdisciplinary, with a focus on science, technology, engineering, and mathematics (STEM). The upcoming lectures for spring term are designed around the theme of new developments in STEM disciplines.

- **Tuesday, March 1, 4:30 p.m.,** "Material in Contact with Blood" by Hermann Gucinski, College for Seniors instructor
- **Tuesday, March 29, 4:30 p.m.,** "Using Flexible Statistical Models to Model a Variety of Scientific Data" by Steve Patch, UNC Asheville's mathematics department

## Storytelling Event

On **Sunday, March 13, 3 p.m.,** a storytelling event titled "How Asheville Called Me Home" is scheduled in the Reuter Center's Manheimer Room. Tellers will be brought to you by Stories on Asheville's Front Porch. The event is free, but donations are requested to support Saturday morning storytelling sessions to be held in downtown Asheville in July 2016.

## Sundays with Brevard Music Center

Sundays with Brevard Music Center will feature performances on **Sundays, March 6, 3 p.m., April 3, 3 p.m., and May 1, 1 p.m.** by artist faculty members from the world-renowned Brevard Music Center, including harpist Ina Zdorovetchi, flutist Dilshad Posnock, and pianist Craig Nies, among many others.

## 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 performances of the next evening's concerts, and local music aficionado Chip Kaufmann will speak about the composers. For more information about the Asheville Symphony Orchestra or to find out how to purchase tickets for performances at the Thomas Wolfe Auditorium, visit [www.ashevillesymphony.org](http://www.ashevillesymphony.org).

- **Friday, March 11, 3 p.m.,** Elgar's *Chanson de matin* and *Chanson de nuit*, Mozart's Piano Concerto No. 21 with soloist Shen Lu, and selections from Berlioz' *Romeo and Juliet*

- **Friday, April 15, 3 p.m.,** Martinu's *Memorial to Lidice* and Verdi's *Requiem* with the Asheville Symphony Chorus and a quartet of rising operatic performers
- **Friday, May 13, 3 p.m.,** Weber's *Der Freischütz Overture*, Michael Daugherty's *Tales of Hemingway* with cellist Zuill Bailey and Dvořák's Symphony No. 9, "From the New World"

## The Transit of Mercury

On May 9, 2016, our solar system's smallest and innermost planet will transit across the disc of the Sun, as seen from Earth, for the first time in nearly a decade. Here in Asheville, if skies are clear, the entire 7 ½ hour event will be visible. Find out more about this rare event on **Tuesday, April 19, 2 p.m.** in the Reuter Center. Bernard Arghiere, long time College for Seniors astronomy instructor, will present an explanation of this unique event, discuss where and how to observe it safely and answer your questions.

## WNC History Center Event: Robert Morgan and Wayne Caldwell in *An Afternoon in Appalachia*

Please join noted Western North Carolina authors Robert Morgan (*Gap Creek* and *The Road From Gap Creek* among others) and Wayne Caldwell (*Cataloochee* and *Requiem By Fire*) on **Saturday, March 5, 2 p.m.** as they discuss how Appalachian place, history and culture have shaped their writing. In addition, Morgan and Caldwell will offer readings from recent writing and works in progress. Questions from the audience will be encouraged. A \$5 donation is requested at the door. For more information visit [www.wnchistory.org](http://www.wnchistory.org).

## World Affairs Council

Come to the Reuter Center for lectures and panel discussions that aim to advance international awareness and foster Western North Carolina's global ties. OLLI members receive a discount on the World Affairs Council annual membership fee. There is a \$10 fee for individual lectures. For more information about programs and membership visit [www.main.nc.us/wac/](http://www.main.nc.us/wac/).

- Great Decisions Series will focus on six topics: Middle East alliances, climate change, the Koreas, ISIS (Daesh), Cuba, and migration. **Tuesdays, February 16, February 23, March 1 and March 8, 7:30 p.m.**
- World Affairs Council meetings. **Tuesdays, April 5, May 3, 7:30 p.m.**



## fab Fridays - spring 2016

Every **Friday, 11:30 a.m. – 1:15 p.m.** in our fall, winter and spring terms, 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.

**March 25: A Resource in Your Back Pocket: Geriatric Care Managers**

Amy Fowler, owner and care manager with WNC Geriatric Care Management, will define the role of a care manager and explain why a care manager is such a valuable part of your elder care team. Her discussion will include real life examples, questions to ask when choosing a care manager and how to utilize a care manager to provide you and your family peace of mind. This lecture is part of the *Health Education Series*.

**April 1: ASAP: Local Food, Strong Farms, Healthy Communities**

Appalachian Sustainable Agriculture Project (ASAP) is a nonprofit in the Appalachian Mountains of Western North Carolina. ASAP's mission is to help local farms thrive, link farmers to markets and supporters and build healthy communities through connections to local food. Molly Nicolie, ASAP's local food campaign program director, will outline ASAP's current projects and ways you can get involved in their work.

**April 15: Brother Wolf Animal Rescue and Sanctuary**

Denise Bitz, founder and president of Brother Wolf Animal Rescue, will describe how the animal rescue organization started in 2007. Brother Wolf's animal rescue mission has been expanded to include community outreach in an effort to implement the dream of a No-Kill Asheville. In addition to maintaining the adoption center and providing resources and lifesaving programs to build a no-kill community, Brother Wolf operates The Sanctuary in Leicester where care can be given to special needs animals requiring longer-term behavioral or medical rehab. The Sanctuary will also be an educational resource attracting people from all over the world who want to connect to nature and the animals in the care of Brother Wolf, embracing the core ethic of uncompromised compassion.

**April 29: Dietary Modification to Decrease Inflammation and Improve Healthy Living**

Are you looking for ways to improve your health by starting in the kitchen? Marilyn Haas-Gassman, PhD, RN, will increase your understanding of food labels and measurements to help individuals have a healthy kitchen for healthy living. Learn how to integrate plant protein into meals and select healthy vegetables, fruits and carbohydrates. Also learn how to select healthy herbs and spices that can help serve as protective, disease-fighting compounds. Guidelines from Dr. Andrew Weil's anti-inflammatory diet will be shared to maximize vitamin-and-mineral-containing food and phytonutrients needed for bodies to maintain health. This lecture is part of the *Health Education Series*.

**May 6: Climate Change: Some Inconvenient Technological and Economic Truths**

While there is widespread agreement that human-induced climate change is the most serious long-term environmental problem the world faces, there is little understanding of how drastic a change is necessary to eliminate the human impact on the climate system. Much of the world's attention has focused on limiting temperature change in this century to 2 degrees centigrade. The agreement negotiated in Paris in December 2015, did not meet this goal. Even if it had, it would have been only a small step toward the ultimate goal of stabilizing the climate system. Lenny Bernstein was a member of the writing team of the Intergovernmental Panel on Climate Change, which, along with Al Gore, was awarded the Nobel Peace Prize in 2007. In his talk, Dr. Bernstein will explain why stabilization of climate systems requires that net emission of long-lived greenhouse gases, particularly carbon dioxide (CO<sub>2</sub>), be reduced to essentially zero. He will explore some of the available non-CO<sub>2</sub> technology options and briefly speculate on others that might become available. He will also discuss the policy options for driving the needed technological change.

**May 13: Living in the Moment: Mindfulness in Health and Well-Being**

We all share an innate human capacity to live in the present moment with clarity and kindness. However, we often get distracted and miss the wonder of life right now—really connecting with loved ones, watching a beautiful sunset or savoring a meal. This is not a personal flaw. Rather, it has more to do with how our brains are wired and the culture we inhabit. Public interest and scientific research on mindfulness has exploded in the past five years in areas like health, education and business. We will explore what mindfulness is and how cultivating it serves to reduce stress and improve resilience and quality of life. Attendees will participate in mindfulness practices and learn how mindfulness might be beneficial. Scott MacGregor is a licensed clinical therapist and stress reduction educator with over 12 years of meditation practice including retreats for mindfulness, meditation in medicine and research, insight meditation and spiritual reflection. This lecture is part of the *Health Education Series*.

# workshops

Welcome spring with one-day and weekend workshops that fit your interests and schedule. OLLI membership is not required to register, and workshops are open to the public. Workshops 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.**

## Getting the Most from Your Digital Camera

CRN# 20100

Monday, Wednesday, Friday

March 14, 16, 18

9 a.m. – noon each day

**Fee:** \$95/member; \$105/non-member

Improve the quality of your photographs by using more of your camera's features. This workshop is designed for those who have difficulty understanding all of their camera's capabilities or are considering a new camera. See why using your camera in "automatic" often compromises image quality and how easy it is to take control. Workshop discussions are in everyday terms.

**Bill Roskind** (wlrbus@att.net) has worked as a professional photographer and has taught photography courses, including this workshop, for more than a dozen years, as well as teaching individuals. His photographs have won prizes, and his works have sold in galleries. He explains photography in plain English instead of using technical terms.

## Learn Wicker Basketry: Create a Charming Interwoven Basket

CRN# 20106

Saturday & Sunday

March 19-20

10 a.m. - 3 p.m. each day

**Fee:** \$110/member; \$120/non-member

Participants will create an interwoven base basket and learn wicker basketry techniques, enabling them to try other shapes and styles in future projects. With the use of hand dyed reeds, shaping, texture changes and more, everyone will go home with at least two easy-to-master baskets and learn a new skill in creative basketry. **Materials fee:** \$15/person payable to the instructor at the first meeting.

**Carla Filippelli** (cranberryc@bellsouth.net) delights in sharing her passion for basketry and fiber arts with adults and children. She and her husband maintain a full time studio, are invited artists in the Arts in Embassies program, members of Southern Highland Guild since 1983 and are represented in many galleries and exhibitions. [www.southernhighlandguild.org/cranberry/](http://www.southernhighlandguild.org/cranberry/).

## Nuno Felted Scarf or Runner

CRN# 20101

Saturday

April 2

10 a.m. - 4 p.m.

**Fee:** \$75/person

Nuno felting is a type of hand felting combining fiber and fabric. Felting them together creates a highly textured piece of material. We will create a felted scarf or table runner using wool fiber and cotton or silk fabric. The use of colorful dyed pieces of material with color fiber produces a vibrant accessory to wear or decorative runner for the home. **Materials fee:** \$25/person, payable to the instructor, includes choice of materials for scarf or runner and fibers used for felting.

**Donna Trunk** (donna.trunk@yahoo.com) is a fiber artist and teacher living in the Asheville area. She has taught fiber arts in New York for the last 10 years in her studio, libraries and schools. She has exhibited and sold her work in galleries in the Northeast, Asheville and St. John U.S. Virgin Islands.

## The Sketchbook Workshop - A New Passion

CRN# 20102

Sunday

April 3

10 a.m. – 4 p.m.

**Fee:** \$75/person

Get in touch with your inner artist. Unleash a fun and creative part of yourself. You may find daily sketching becoming as important to you as vitamins, meditation or exercise. Not only will you learn to keep a sketchbook, but you will discover joy, humor and fascination in your observations. **Materials fee:** \$20/person payable to the instructor, if students do not have their own supplies. A materials list will be provided.

**Miriam Hughes** (artdog@miriamhughes.com) is a medical illustrator and artist with experience in a variety of media. Miriam teaches drawing, watercolor and painting at Blue Ridge Community College and Art MoB Studios in Hendersonville. Her pastels are award winning, and her teaching style is energetic and fun. [www.miriamhughes.com](http://www.miriamhughes.com).

## Preventing Caregiver Injury

CRN# 20103

Saturday

April 9

1-5:30 p.m.

**Fee:** \$60/person

**Location:** CarePartners Adult Day Program, 68 Sweeten Creek Road, Asheville, NC 28803

Don't hurt yourself in helping! Assisting a loved one who is fragile, weak or stiff navigate wheelchairs, commodes, beds and cars demands excellent balance and coordination on your part. Prevent injury to yourself—and make things easier for others—by learning safe, comfortable ways to steady and assist another in rolling over, rising, pivoting, sitting and walking. See [olliasheville.com/workshops](http://olliasheville.com/workshops) for disclaimer and physical requirements.

**Michele Drivon** (consciousalignment@gmail.com) is a certified teacher of the Alexander Technique and supports people of all ages to find more grace and ease in their movements and presence. [www.alexanderasheville.com](http://www.alexanderasheville.com).

**Creating & Exploring Mandalas**

CRN# 20104

Saturday &amp; Sunday

April 16-17

1-4 p.m. each day

**Fee:** \$75/person

As an art form, mandalas (sacred circles) have appeared in all cultures throughout history. We will use basic art materials to create our own personal, unique mandalas by exploring symbols and playing with pattern and color. This activity can be relaxing and creative. No special skills are needed, just a desire to experiment and enjoy getting in touch with your imagination. A materials list will be e-mailed.

**Karen Noel** (karengillennoel@yahoo.com) developed a love of watercolor while studying at the Maryland Institute of Art. This passion continued during many years of teaching at a community college in San Diego. Her work can be seen at Woolworth Walk Gallery and [www.karennoelart.com](http://www.karennoelart.com).

**The Magic of Pastel Painting**

CRN# 20105

Saturday &amp; Sunday

April 30 &amp; May 1

Saturday: 10 a.m. - 4 p.m.;

Sunday: 1-5 p.m.

**Fee:** \$120/member; \$130/non-member

Whatever the subject matter, pastels are an excellent and fun medium. Learn about the different types of pastels and grounds available to you as an artist. Learn ways to layer different colors without getting muddy. Explore complementary colors and proper framing while completing at least two paintings to take home. This workshop is geared for beginning and intermediate students. **Materials fee:** \$20/person payable to the instructor at the first meeting, if students do not have their own supplies. A materials list will be provided.

**Lorelle Bacon** (lorelleartist@hotmail.com) has been a well-known artist and instructor in the region for 20 years. She teaches and uses most 2-D media. Her works have won awards nationally and internationally. She believes anyone can learn to create good art. [www.lorellebacon.com](http://www.lorellebacon.com).

**Writing: Memories to Memoirs**

CRN# 20107

Saturdays

May 14 &amp; 21

1-4 p.m. each day

**Fee:** \$75/person

Writers and non-writers, explore your personal history and discover your writing style in this dynamic, interactive workshop. Learn how your memoir can honor, encourage and inspire you and your family today and leave a legacy that connects us across the generations. Creative exercises help start the writing process before you know it, you'll have pages of short stories based on your life experiences and memories that matter most. **Materials fee:** \$20/person for workbook, payable to the instructor at first meeting.

**Sam Uhl** (sam@cheerfulword.com) is founder and personal historian with The Cheerful Word, a service dedicated to preserving the best life stories of individuals and families. Her unique method sparks creativity to help you document your memoirs, connecting families across generations. [www.cheerfulword.com](http://www.cheerfulword.com).

**Learn from the Old Masters:****Drawing and Watercolor**

CRN# 20108

Saturday &amp; Sunday

May 21-22

9 a.m. - 4 p.m. each day

**Fee:** \$140/member; \$150/non-member

Choose a reference photo of a painting rendered by an "Old Master," then copy it! This ancient style of studying art remains a profoundly helpful learning tool for anyone. The primary focus of this workshop is to improve drawing and watercolor skills and to guide you in the process of copying well rendered works. Jane uses one-on-one skills instruction, mini-demos and teachable moments to maximize each participant's learning. All levels are welcome.

**Jane Snyder** (janesnyder1957@gmail.com) began to study art fervently in 1996. She is passionate about teaching beginning to advanced watercolor and drawing classes. A favorite personal endeavor is painting watercolor on location with absolute minimal equipment. [www.janesnyderart.com](http://www.janesnyderart.com).



# Engage In Community Make a Difference

## OLLI CALL TO ACTION FOR EDUCATION

OLLI volunteers serve as tutors, mentors, classroom assistants and special events helpers at Asheville City elementary, middle, and high schools. Call to Action for Education is OLLI's Signature Project in the community. Accepting volunteers for 2016!

• • •  
**3,456**

Volunteer hours contributed to Asheville City Schools during the 2014/15 school year by OLLI volunteers

## OLLI CALL TO ACTION FOR FOOD INSECURITY

OLLI volunteers support MANNA FoodBank through monthly workdays. This opportunity is currently full! Upcoming opportunities will be announced via OLLI weekly e-newsletter.

• • •  
**504**

Volunteer hours donated in 2015 to MANNA FoodBank by OLLI volunteer teams

**Visit us at:**

**<http://olliasheville.com/civic-engagement>**



To learn more about the benefits of OLLI volunteer programs or the work of the OLLI Civic Engagement Committee, contact Sarah Reincke at [sarahreincke@gmail.com](mailto:sarahreincke@gmail.com)

Members and staff of OLLI at UNC Asheville collaborate to offer unique and innovative programs to help participants navigate major life transitions. For questions about any of the Life Transitions programs, contact Laurel Jernigan, 828.250.3871 or [ljerniga@unca.edu](mailto:ljerniga@unca.edu).

## The Gift of Time

This Life Transitions 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.

As one participant said, "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."

### Schedule

Mondays 9 - 11 a.m.  
March 21, 28, April 4, 11, 25  
(note no meeting on April 18)

**Cost:** \$30/person. Open to OLLI members only.  
**Payment & Registration:** Cash or check only. Visit the website or stop by the Reuter Center for a registration form. Register anytime!

[www.olliasheville.com/gift-time](http://www.olliasheville.com/gift-time)

## Exploring Continuing Care Retirement Communities

*Exploring 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.

### Schedule

May 19: 11 a.m. - 2 p.m.  
May 26: 10 a.m. - 2 p.m.  
June 2: 10 a.m. - 2 p.m.  
June 9: 12:30 - 3 p.m.  
June 16: 10 a.m. - 2 p.m.  
June 23: 10 a.m. - 3 p.m.  
June 24: 10 a.m. - 12 p.m.

**Cost:** \$150/person. Open to OLLI members only.  
**Payment & Registration:** Visa, MasterCard, cash, or check accepted. Call Laurel Jernigan to register 828.250.3871. Register anytime!

[www.olliasheville.com/exploring-ccrcs](http://www.olliasheville.com/exploring-ccrcs)

## 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.

[www.PathstoCreativeRetirement.com](http://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."**



## 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.

[www.AshevilleCREW.com](http://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

Every fall, OLLI offers this learning and civic engagement program, planned and led by its graduates and community members. It 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.



Participating in **Leadership Asheville Seniors** is like having a backstage pass to discover Asheville.

## **REGISTRATION NOW OPEN FOR LEADERSHIP ASHEVILLE SENIORS 30!**

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. [www.olliasheville.com/LAS](http://www.olliasheville.com/LAS)

Register now for LAS 30 and join the tradition of more than 800 individuals who have graduated from the program since 1987.

**Dates:** Tuesdays, 9 a.m. - 4 p.m.  
September 13 - November 8, 2016  
Orientation September 12, 2016

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

**Payment:** Cash, check, Visa or MasterCard

**Registration:** Open to OLLI members only. Visit [www.olliasheville.com/LAS](http://www.olliasheville.com/LAS) for registration form and more information. Limited space available.

**Questions:** Contact Laurel Jernigan at [ljerniga@unca.edu](mailto:ljerniga@unca.edu) or 828.250.3871.



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

**Spring:** March 21 – May 19, 2016 (registration begins February 17)

**Summer:** June 20 – August 1, 2016 (registration begins May 24)

**Fall:** September 19 – November 11, 2016 (registration begins August 16)

**Winter:** January 9 – February 20, 2017 (registration begins November 15)

## Spring 2016

**March 21 – May 20**

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

### **Fee: \$115 for the term**

The registration fee allows you to register for up to three courses, listed on pp. 19-47, during the initial phase of registration.

Confirmation will be sent on March 7 and 14, 2016.

After you receive your schedule, you may add courses without additional registration costs.

(Some courses require extra fees, which are listed in the catalog.)

Courses may be added prior to the start of the second class period.

**Add/drop begins Tuesday, March 8, 8 a.m.**

**If you cannot attend a course in which you enroll, please work with OLLI staff to drop the course so someone on a waiting list may attend.**

**OLLI membership is required to enroll in CFS classes**

**REFUNDS:** Cancellation must be received by Friday, March 18, 3 p.m. for a full refund.  
This applies to ALL fees for CFS classes.

### **Course Information**

In addition to the course descriptions in this catalog, details and resources for many CFS courses can be found on course web pages on the OLLI website. To reach the listing of courses with web pages, go to: [olliasheville.com/courses](http://olliasheville.com/courses). On this page, 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 newer 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, call 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 the OLLI website. Submit scholarship application along with the registration form. Deadline for submitting a scholarship request for Spring 2016 CFS is February 25, 2016. 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 successfully facilitate learning experiences centered on their areas of passion, interest or expertise.

### **Course Proposal Form and Instructor Guide**

An instructor guidebook is available to orient the first-time instructor and to enhance the skills of experienced teachers. To view resources for CFS instructors, visit: <http://olliasheville.com/college-seniors-1>

### **Course Proposal Due Dates:**

<b>April 15</b>	<b>for Fall 2016</b>
<b>July 15</b>	<b>for Winter 2017</b>
<b>October 15</b>	<b>for Spring 2017</b>
<b>January 17</b>	<b>for Summer 2017</b>

### **Questions about College for Seniors?**

Contact CFS Program Manager Herb Gunn at [hgunn@unca.edu](mailto:hgunn@unca.edu) or call 828.251.6873.

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### 9-11 a.m.

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## tuesdays

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### 2-3:30 p.m.

Short Stick Tai Chi ..... 33

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### 2-5 p.m.

The Comic Mind of Woody Allen ..... 35

## wednesdays

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### 9-11 a.m.

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### 2:30-3:30 p.m.

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# Spring 2016 Calendar

*This is a quick-reference for course days and times; see course listings for details.*

*For changes that occur after the catalog is printed, see "Catalog Updates" at [www.olliasheville.com](http://www.olliasheville.com)*

## thursdays

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### 9-11 a.m.

Beginning Photography .....41

Chakra Sound Healing.....31

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Making Renewable Electricity Work.....42

~~Voice, Brain, Music cancelled~~.....42

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### 10 a.m.-noon

Golf for Beginners.....20

### 11:30 a.m.-1 p.m.

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### 11:30 a.m.-1:30 p.m.

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Somerset Maugham: Writer, Spy .....45

Talk is Cheap:

Communication Challenges.....45

Wines You Never Knew You Loved .....46

### 2-4:30 p.m.

Flower Power Doubled .....46

Spring Wildflower Hikes.....46

## fridays

### 9-11 a.m.

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Tap Dancing for Fun.....47

Therapeutic Yoga.....47

Writing Flash Fiction .....47

### 9 a.m.-noon

Collage: Pathway to Soul.....47

**Don't forget to add  
Fab Friday  
programs  
to your schedule...**

**Fridays,  
March 25 – April 15 and  
April 29 – May 15  
11:30 a.m. – 1:15 p.m. in the  
Manheimer Room  
See page 9 for details**

## New Member Welcome

**Friday, March 18, 10 a.m.**

Learn about programs & activities

Find ways to participate in our  
community of learners

Meet new friends

## The Gift of Time

**Mondays 9 - 11 a.m.**

See page 13 for details

## workshops

**Monday, Wednesday, Friday**

**March 14, 16, 18**

**9 a.m. – noon each day**

Getting the Most from Your

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**Saturday & Sunday**

**March 19-20**

**10 a.m. - 3 p.m. each day**

Learn Wicker Basketry: Create a

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**Saturday**

**April 2**

**10 a.m. - 4 p.m.**

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**Sunday**

**April 3**

**10 a.m. - 4p.m.**

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A New Passion .....10

**Saturday**

**April 9**

**1 – 5:30 p.m.**

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**Saturday & Sunday**

**April 16 – 17**

**1 – 4 p.m. each day**

Creating & Exploring Mandalas .....11

**Saturday, April 30, 10 a.m. - 4 p.m**

**& Sunday, May 1, 1 - 5 p.m.**

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**Saturday & Sunday**

**May 21 – 22**

**9 a.m. - 4 p.m. each day**

Learn from the Old Masters:

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## Mondays, 9-10:30 a.m.

### Tai Chi for Arthritis: Parts 1 and 2

\$30

CRN # 20002

8 weeks: March 21, 28, April 4, 11, 18,  
25, May 2, 9

Mondays, 9-10:30 a.m.

*Tai Chi for Arthritis* is a Sun style tai chi form developed by Dr. Paul Lam and is practiced all over the world. You don't have to have arthritis to do this form! The steps and turns are smaller and appropriate for people with limited mobility, but it is a form that is done by people of all levels of physical fitness. This form can be done seated.

**Liz Ridley** (lizridley@hotmail.com) has been teaching tai chi for 15 years. She passes on the knowledge of many teachers including Sifu Mark Small, Master Wen-Cheng Wu and Dr. Paul Lam. Liz loves working with beginners as well as advanced students.

## Mondays, 9-11 a.m.

### Bagels, Lox and Grits: An Examination of the Southern Jewish Experience

CRN # 20003

8 weeks: March 21, April 4, 11, 18, 25,  
May 2, 9, 16

Mondays, 9-11 a.m.

(No class on March 28;  
make-up class on May 16)

We will explore the history and experience of Jews in the American South from the precolonial period to the present. We will look at the patterns of immigration, the gains and losses of assimilation, the impact of anti-Semitism, the opportunities and barriers affecting work and employment, the gradual movement into the mainstream, rising to middle and upper middle class, political activism and the continued effort to gain full equality and acceptance in the early 21st century South. **Required text:** *Jewish Roots in Southern Soil: A New History* by Marcie Cohen Ferris and Mark I. Greenberg, ISBN-13: 978-1584655893.

**Chuck Itzkovitz** (chuckitz791@gmail.com) was born in Savannah, Georgia, and went north to college at 18 years old. After 31 years, he returned to Savannah with his family before retiring to Asheville in 2001. Chuck spent his career practicing social work and teaching social work at Virginia Commonwealth University. He is active in the Jewish community in Asheville and is a proud southern Jew with an identity encompassing both. **Marty Mann** (akmann@charter.net) is a native of Whiteville in southeastern North Carolina and moved to Asheville in 1984. He is retired from the North Carolina public schools as a teacher and administrator. Chuck and Marty claim not to be historians but have been interested in and explored the unique experiences of Jews born and raised in the South.

### The Courage to Be: Attraction, Love and Marriage

CRN # 20004

Last 6 weeks: April 4, 11, 18, 25  
May 2, 9

Mondays, 9-11 a.m.

Can a person remain true to his or her unique personality and spirit while in a committed relationship? Or does one have to be double-hearted, self-deceiving and of two minds while loving and living? And does the loss of attraction, love and marriage necessarily leave a void? The psychological research on attraction, love and marriage raises a number of thought-provoking questions. We will address these questions in light of generally acknowledged ethical principles, cultural traditions and psychological theories of individuation and development.

**Jim DeLeo** (jvdpsy@aol.com) is a clinical and consulting psychologist with a private professional practice in Asheville. He is a member of the senior medical staff at Mission Hospital, an emeritus professor of clinical psychology and humanities and a fellow of the National Academy of Practice.

Planning your Monday schedule? Keep in mind that OLLI's **The Gift of Time** program is scheduled for Mondays 9-11 a.m. during the spring term. This program encourages participants to think about how to plan and communicate end-of-life wishes to spouses, partners, children and parents. Details, cost and registration information can be found on page 13.

## **Mondays, 9-11 a.m.** *continued*

### **Demystifying International Trade and Trade Agreements**

CRN # 20005

First 4 weeks: March 21, 28, April 4, 11  
Mondays, 9-11 a.m.

Have you ever wondered how international trade works and what impact it has on the U.S. economy and the business community? Are you curious about the World Trade Organization (WTO), the North American Free Trade Agreement (NAFTA), the proposed Trans-Pacific and Transatlantic Trade and Investment Partnerships, as well as the many other trade agreements to which the United States is a party? Do you know how the U.S. government negotiates, approves and implements trade agreements? We'll explore these topics and discuss the pros and cons of trade agreements to help you develop informed opinions and evaluate rhetorical statements with the backdrop of the ongoing 2016 presidential campaign season.

**Julie Snyder** (msjuliesnyder@gmail.com) is a retired U.S. diplomat who has worked in the field of international trade for more than 30 years. In all of her assignments to U.S. embassies in Canada, Asia and Europe, she promoted and implemented a wide range of trade agreements in support of the U.S. business community. Julie has a bachelor's degree in French and political science from the University of Minnesota and a master's degree in international management from the Thunderbird School of Global Management.

### **The Evolution of Folk-Rock Music**

CRN # 20006

8 weeks: March 21, 28,  
April 4, 11, 18, 25, May 2, 9  
Mondays, 9-11 a.m.

After the Byrds introduced folk-rock in 1965, musicians began to expand folk-rock, soul and R&B music to include a variety of other elements, including country-oriented and psychedelic influences. Singer-songwriters, drugs and rock festivals also changed the evolving music scene. Enhanced by new production techniques, folk music continued to flourish in spite of these changes. Using lectures, videos and recorded music, we will explore this metamorphosis from 1966 into the 1970s.

**Bob Mellor** (BM.OLLI@Charter.net) has followed folk, folk-rock and other popular music forms since his mid-teens. As a fan of the evolving music scene of the 1960s, he especially appreciates folk, folk-rock, and the variety of musical genres available today.

### **Textured Crochet: Ribbing, Basket Weave and Cables**

CRN # 20007

8 weeks: March 21, 28,  
April 4, 11, 18, 25, May 2, 9  
Mondays, 9-11 a.m.

We will explore ribbed stitches, basket weave design and crocheted cables. Students may choose to use these techniques to make a hat, scarf, squares for a sampler afghan or spa cloth. Students must be able to do basic stitches; we will focus on various uses of post stitches to add texture to items.

The grandmother of **Jean Castle** (jeancastl@hotmail.com) taught her basic crochet when she was a little girl, and in the years since, Jean has learned so much more. She has been teaching crochet to all ages for at least 40 years and enjoys helping others learn this fun skill.

## **Mondays and Thursdays, 10 a.m.-noon**

### **Golf for Beginners**

CRN # 20008

4 weeks, 8 sessions:  
March 21, 24, 28, 31, April 4, 7, 11, 14  
Mondays and Thursdays, 10 a.m.-noon

**Location: Broadmoor Golf Course**  
**101 French Broad Lane,**  
**Fletcher, NC 28732**

If you are just beginning to play golf and wish to improve skills and understanding of the game, this course is for you. We will meet twice a week for four weeks at Broadmoor Golf Course. Participants 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 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. **Course fees: \$50** for range balls and nine-hole practice round paid to Broadmoor Golf Course.

**John Himmelheber** (jxhimmelheber@gmail.com) began playing golf 54 years ago. Always a student of the game, he learned much from interaction with professionals and from his students during 22 years as a high school golf coach. John believes golf should be, first of all, fun.



**Mondays, 11:30 a.m.-1:30 p.m.****Drawing Wildlife with Ink, Colored Pencils and Watercolors**

CRN # 20009

Last 6 weeks: April 4, 11, 18, 25,  
May 2, 9

Mondays, 11:30 a.m.-1:30 p.m.

Enjoy an art class for any level student who loves animals. Participants of every skill level will start by drawing an animal from a photo using the grid system. Then we will use ink pens to add values using various cross hatching techniques. Color can then be added with water colors or colored pencils. **Required materials:** Participants should bring pencil, eraser, ruler, animal photo (no pets), watercolor paper or drawing paper and colored pencils or watercolors. Costs could be \$5-20.

**Charles Speer** (speer.charlie1@gmail.com) taught art and science in middle school and high school for 35 years in Dublin, Ohio. He also worked part time at the Columbus Zoo for 15 years, which inspired works of art that depicted the beauty of nature.

**Is That Murder?**

CRN # 20010

8 weeks: March 21, 28, April 11, 18, 25,  
May 2, 9, 16

Mondays, 11:30 a.m.-1:30 p.m.

(no class on April 4;  
make-up class on May 16)

Mental exercise can be fun. Using the Socratic method, we will critically discuss and analyze policy choices inherent in deciding whether to hold someone criminally responsible for homicide in a variety of complex situations. BEWARE: This is not a who-done-it primer. Each scenario will be clearly defined. The question will be: "Given the facts, is this murder?" Come ready to join the discussion.

**Stan Ingber** (singber@earthlink.net) is a retired law professor and has taught and written in the fields of constitutional law, criminal law, and legal philosophy for more than 43 years at 10 schools in the United States, Canada and Europe. He has also served on numerous American Bar Association and government commissions dealing with criminal justice and anti-discrimination.

**Is There a Case for God?**

CRN # 20011

6 weeks: March 21, 28,  
April 4, 11, 18, 25

Mondays, 11:30 a.m.-1:30 p.m.

Can reasonable arguments be made for the existence of God? (Please note: a "case for God" is quite distinct from personal "faith in God.") Of course, no one knows for sure, but opinions abound. If you have an opinion and enjoy debating this issue, then this class is for you. We will explore historical, philosophical and scientific approaches to the God question. Together we will attempt to unravel the long-standing God debate.

**Bob Falanga** (robertjfalanga@gmail.com) is a recent transplant from New Jersey where he taught Senior College at Bergen County Community College. Bob studied religion and psychology in a joint doctoral program at Union Theological Seminary and Columbia University in New York City. Bob is a lifelong student of theology.

**Plantations of the South Carolina Low Country**

CRN # 20012

First 4 weeks: March 21, 28, April 4, 11  
Mondays, 11:30 a.m.-1:30 p.m.

Only a half-day's drive from Asheville lies another world—Charleston and the South Carolina Low Country. In a blend of history and travelogue, we will trace the intriguing story of the plantations that made South Carolina the richest of the American colonies. We will look at life and work on the plantations from colonial days through the post-Civil War era and what the visitor might see touring this world today.

**Barbara Weatherall** (barbweather65@gmail.com) is an ardent reader and student of American and European history. With a Master of Arts degree in library science, she has worked at the Universities of Cincinnati and Illinois libraries. Barbara has family roots in South Carolina.

**The Road to Disunion and Civil War: Why Our Nation Divided**

CRN # 20013

8 weeks: March 21, 28,  
April 4, 11, 18, 25, May 2, 9  
Mondays, 11:30 a.m.-1:30 p.m.

Do we really know why the Civil War occurred? Actually it's far more complicated than most people think. We will explore developments between 1789 and 1861 and interpretations of them that are relevant for understanding the greatest breakdown of national unity in our history.

**Tom Sanders** (tsanders.avl@gmail.com) holds a Bachelor of Arts in history from Duke and a doctorate in history of religions from Columbia. For several years he was on the committee for A.B., M.A., and Ph.D. programs in American civilization at Brown University.

# college for seniors

## Mondays, 11:30 a.m.-1:30 p.m. *continued*

### Science of the Aging Brain

CRN # 20014

Second 4 weeks: April 18, 25, May 2, 9  
Mondays, 11:30 a.m.-1:30 p.m.

We will explore many of the groundbreaking discoveries in the science of the aging brain that have occurred since Alzheimer's legendary presentation in 1906. Worthy of special attention are those discoveries in physics, chemistry and biology that today are guiding the development of new and more effective drugs for treatment of age-related neurological disorders.

**Martin Beckerman** has a doctorate in physics and 40 years of industry, university and national laboratory experience in nuclear and biological physics and complex systems science. He is the author of a textbook on the subject of this course.

### Shakespeare's History Plays

CRN # 20015

8 weeks: March 21, 28,  
April 4, 11, 18, 25, May 2, 9  
Mondays, 11:30 a.m.-1:30 p.m.

We will learn how to read and interpret Shakespeare's history plays: *Richard II*, *Henry IV Part One*, *Henry IV Part Two*, and *Henry V*. These plays are among Shakespeare's richest and most popular, thanks to the glorious figure of Sir John Falstaff and the remarkable development of Prince Hal from a renegade to one of England's outstanding kings. We will employ lecture and discussion and see some film versions of the plays. Participants are urged to have a good edition, not a so-called "translated" or "modernized" edition. **Recommended texts:** New Folger Shakespeare Library editions of the plays, Paul Mowat and Barbara Werstine (editors).

**Mario A. DiCesare** (dicesare1@mindspring.com) is the retired Distinguished Professor of Literature at State University of New York-Binghamton. He received his doctorate from Columbia University in 1960. With his major interest in Shakespeare, Mario has happily taught OLLI courses every term since 1998. He has also taught courses on Homer, Dante, Milton, George Herbert and James Joyce.

### Short Stories of John Cheever

CRN # 20016

8 weeks: March 21, 28, April 4, 11, 18,  
25, May 2, 9  
Mondays, 11:30 a.m.-1:30 p.m.

We will read and discuss two short stories the first week and three short stories during the following weeks. We will examine the life of John Cheever and view a DVD of one of his stories. **Required text:** *The Stories of John Cheever*, ISBN-13: 978-0375724428.

**Paul Spivey** (jspivey20@charter.net) has a Bachelor of Arts from Northwestern University and led Great Books discussion groups for eight years. This will be his 13th OLLI course.

## Mondays, 1-2:15 p.m.

### ~~Yoga of the Heart~~ CANCELLED

CRN # 20017

8 weeks: March 21, 28,  
April 4, 11, 18, 25, May 2, 9  
Mondays, 1-2:15 p.m.

**Location: Woodfin YMCA**  
**40 Merrimon Ave, Asheville, NC**

In this eight-week course designed for those living with stress, heart disease and other age-based chronic conditions, we will learn how our actions, thoughts and images influence who we are and how these factors can lead to chronic disease. We will discuss how to prevent chronic conditions from occurring. The course is also appropriate for caregivers and those who have increased risk factors based on family histories. Come prepared to practice yoga in a safe and nurturing environment, with heart and mind consciously aligned. **Course fees:** \$30 fee to be paid to the YMCA on the first day of classes (only \$20 for YMCA members).

**Diane Saccone** (dsaccone@ymcawnc.org) is the Healthy Aging Program Manager for the YMCA of Western North Carolina where she oversees healthy aging initiatives geared to the 50+ population. She is also the co-founder of the Asheville Yoga Center therapeutic yoga teacher training program and a certified Yoga of the Heart facilitator. Diane has been teaching yoga for more than two decades across the mid-Atlantic states.

# registration form

OLLI Spring 2016

OFFICE USE ONLY

Banner ID: \_\_\_\_\_ C N R WNM Registrar \_\_\_\_\_ Data entry: \_\_\_\_\_ Verified by: \_\_\_\_\_ Amt: \$ \_\_\_\_\_ Ca/Ck #: \_\_\_\_\_  
 C-Current Member / N-New Member / R-Renewing Member / WNM-Workshop NonMemb Amt: \$ \_\_\_\_\_ Ca/Ck #: \_\_\_\_\_

Check here if your postal or email address has changed ☐

Name \_\_\_\_\_  
 Last First MI Phone Birth Date  
 Address \_\_\_\_\_  
 Street/PO Box City State ZIP Email address ☐ I don't use email

College for Seniors (CFS) Course Registration – See back of sheet for important information.

☐ I will volunteer to be a CLASS REP in one of my CFS courses ☐ Go Green/Paperless – no longer receive a paper catalog.

Emergency Contact: Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Priority	CFS Course Name	5-Digit CRN#	Course has fee \$30 additional	Staff use only
1.	_____	____ _	Y	1. E N
2.	_____	____ _	Y	2. E N
3.	_____	____ _	Y	3. E N
Alternates if any course above is not available				
4.	_____	____ _	Y	4. E N
5.	_____	____ _	Y	5. E N
6.	_____	____ _	Y	6. E N

Total CFS Fees: Term fee plus course fees CFS Spring Term Fee \$115 TOTAL CFS \$ \_\_\_\_\_

Total # of classes desired ☐

Workshops Registration – Workshops are listed on pages 10 - 11. See back of sheet for important information.

Workshop Name	5-Digit CRN#	Staff use only	Fee
1. _____	____ _	1. E N	\$ _____
2. _____	____ _	2. E N	\$ _____
3. _____	____ _	3. E N	\$ _____

TOTAL Workshops Fees \$ \_\_\_\_\_

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 year is August 1, 2015 - July 31, 2016.

Health and Fitness Center (HFC) Membership - \$350

OLLI Membership is REQUIRED.

This is an annual membership and runs from the date of purchase for 365 days

Membership fee total \$\_\_\_\_\_

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. Note that Workshops (pages 10 and 11) do not count in this total.
- Please fill out your form as completely as possible and double-check that the CRNs listed in the course descriptions match the titles of the courses you wish to take. Check dates of classes in each course, as they may vary from the regular schedule.
- Health, fitness and dance courses with this symbol **\$30** require a \$30 fee in addition to your CFS fee of \$115. The courses that are part of the new pilot partnership at the Woodfin YMCA (see page 49) and RISE Authentic Pilates do not show this symbol; the fee for those courses will be paid at those locations and not as part of your CFS registration fee.
- Submit your registration starting February 17, 2016. If you will be away, you may mail your registration and check, send a registration with a friend or you may contact OLLI Director Catherine Frank (cfrank@unca.edu or 828.251.6188) to discuss your options for submitting a registration in a timely way.
- Registration forms received between February 17 and 24 will be randomized and processed. Those received February 25 or later will be processed in order of receipt.
- If we are able to register you for three of the courses you requested, we will not put you on a wait list for other courses. You may add your name to a wait list during the Add/Drop period.
- Your schedule will be emailed to you on March 7 and March 14.
- Add/Drop begins on Tuesday, March 8, 8 a.m. **At this time, you may add as many courses as your schedule will allow.**
- Scholarship applications should be submitted with the registration form. Deadline for requesting a CFS scholarship is February 25, 2016.
- **Refunds for Workshops** (pp. 10-11) are available until 14 days before the scheduled session. **College for Seniors refunds** are available until Friday, March 18, 3 p.m.

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



# registration form

OLLI Spring 2016

OFFICE USE ONLY

Banner ID: \_\_\_\_\_ C N R WNM Registrar \_\_\_\_\_ Data entry: \_\_\_\_\_ Verified by: \_\_\_\_\_ Amt: \$ \_\_\_\_\_ Ca/Ck #: \_\_\_\_\_  
 C-Current Member / N-New Member / R-Renewing Member / WNM-Workshop NonMemb Amt: \$ \_\_\_\_\_ Ca/Ck #: \_\_\_\_\_

Check here if your postal or email address has changed ☐

Name \_\_\_\_\_  
 Last First MI Phone Birth Date  
 Address \_\_\_\_\_  
 Street/PO Box City State ZIP Email address ☐ I don't use email

College for Seniors (CFS) Course Registration – See back of sheet for important information.

☐ I will volunteer to be a CLASS REP in one of my CFS courses ☐ Go Green/Paperless – no longer receive a paper catalog.

Emergency Contact: Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Priority	CFS Course Name	5-Digit CRN#	Course has fee \$30 additional	Staff use only
1.	_____	____ _	Y	1. E N
2.	_____	____ _	Y	2. E N
3.	_____	____ _	Y	3. E N
<b>Alternates if any course above is not available</b>				
4.	_____	____ _	Y	4. E N
5.	_____	____ _	Y	5. E N
6.	_____	____ _	Y	6. E N

Total CFS Fees: Term fee plus course fees CFS Spring Term Fee \$115 TOTAL CFS \$ \_\_\_\_\_

Total # of classes desired ☐

Workshops Registration – Workshops are listed on pages 10 - 11. See back of sheet for important information.

Workshop Name	5-Digit CRN#	Staff use only	Fee
1. _____	____ _	1. E N	\$ _____
2. _____	____ _	2. E N	\$ _____
3. _____	____ _	3. E N	\$ _____

TOTAL Workshops Fees \$ \_\_\_\_\_

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 year is August 1, 2015 - July 31, 2016.

Health and Fitness Center (HFC) Membership - \$350

OLLI Membership is REQUIRED.

This is an annual membership and runs from the date of purchase for 365 days

Membership fee total \$\_\_\_\_\_

HFC Fee \$\_\_\_\_\_

TOTAL PAYMENT ENCLOSED \$\_\_\_\_\_

## Registration Information:

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Asheville, NC 28804-8516

Cash or checks only,  
payable to OLLI

**Mondays, 2-4 p.m.****Continuing Beginning French 1B**

CRN # 20018

8 weeks: March 21, 28,  
 April 4, 11, 18, 25, May 2, 9  
 Mondays, 2-4 p.m.

This course is a continuation of French 1A. Some minimal French knowledge is required; please contact the teacher to determine if the course is appropriate for you. We will continue to develop speaking, listening, reading and writing skills using the present and near future tense in French. We will use a variety of audio and visual methods and will read aloud and speak in class. We help each other when desired. Homework is requested, and corrections are given in class and/or online.

**Renée Raffini** (raffinir@gmail.com) has been an instructor of French at OLLI since 2013 and is a retired public school teacher from the Bethesda, Maryland, area where she taught beginning to advanced French for 20 years. She has lived and studied in Aix en Provence, France, and worked as a Peace Corps volunteer in French-speaking Cameroon where she established and audited credit unions. **Required text:** *Points de Départ* (1st ed., 2008) by Cathy Pons, Mary Ellen Scullen and Albert Valdman, ISBN-13: 978-0135141120, and the accompanying Student Activities Manual, ISBN-13: 978-0135136324.

**Global Migration: The Challenge of Human Populations in Motion**

CRN # 20019

6 weeks March 21, 28,  
 April 4, 11, 18, May 2 **and April 25**  
 (No class on April 25)  
 Mondays, 2-4 p.m.

The world faces the most significant human migration since the end of World War II. We will place the current challenges in historical context, explain the genesis of the current legal structures and analyze the responses of receiving nations. Topics will include the historical context of major migrations, economic migration, sending and receiving countries and state identity. Ample time for discussion will be provided. **Recommended text:** *The Age of Migration: International Population Movements in the Modern World*, (4th ed.) by Stephen Castles and Mark Mille, ISBN-13: 978-1606230695.

**John Plant** (jtplant@att.net) is a retired colonel in the U.S. Army and doctoral candidate in the School of Policy, Government and International Affairs at George Mason University. The fields of his doctoral research include demography and migration. John received his Bachelor of Arts and Master of Arts in political science at the University of Toledo in Ohio, and is a graduate of the U.S. Army Command and General Staff College and U.S. Army War College. **Ron Scheinman** earned his doctorate in political science from the University of California. His dissertation examined the evolution of the Office of the United Nations High Commissioner for Refugees (UNHCR) from a temporary agency born at the height of the Cold War with no resources to its role as a permanent fixture of the United Nations system. He served UNHCR as a program officer for Central and West Africa and later was named by the Carter Administration to direct refugee policy research.

**Happy Feet**

CRN # 20020

First 6 weeks: March 21, 28,  
 April 4, 11, 18, 25  
 Mondays, 2-4 p.m.

**\$30**

Utilizing the Feldenkrais Method, we will learn about our feet, how normal feet function and how to release stress. Movement lessons are important for the entire body to assist the easy reach to one's own feet. Each student will be in his or her own greenhouse of discovery while Jacquie instructs in hands-on mobilization of soft tissue and improving the flexibility of the foot. At each session, we will move into an *Awareness Through Movement* lesson to enhance the dynamics of the newly eased feet. This class is designed to improve comfort and dynamic balance skills.

**Jacquie Wollins** (jwollins5@gmail.com) has taught *Awareness Through Movement* and *Functional Meditation* classes at OLLI. Each of these courses is designed to empower the student with knowledge, self-awareness and skill for independent behaviors. Jacquie's professional career was based in physical therapy, incorporating the Feldenkrais Method and craniosacral therapy (CST).

## Mondays, 2-4 p.m. *continued*

### Navigating Windows 10

CRN # 20021

Last 6 weeks: April 4, 11, 18, 25,

May 2, 9

Mondays, 2-4 p.m.

Windows 10 is the latest release of the Microsoft Windows family and has another new premise for navigation and applications over previous versions of Windows. It's more a combination of Windows 7 and Windows 8, and as a result, most users have to re-learn how to use Windows. This class provides an overview of using Windows 10 on both touch-screen and mouse-driven computers/tablets, including real time examples based on student questions. This is not a hands-on course, but feel free to bring your device 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.

### The Quantum Enigma and Quantum Computing

CRN # 20022

8 weeks: March 21, 28,

April 4, 11, 18, 25, May 2, 9

Mondays, 2-4 p.m.

Quantum mechanics (QM) is the most successful physical theory ever, but the metaphysics behind QM is startling. Reality is shown to be non-local. Particles may display "quantum entanglement." Attempts to use entanglement to achieve "quantum computing" will be discussed. More than \$100 million is spent annually in research on quantum computing, with no clear winning approach. This course does not assume prior technical knowledge on the part of the students. **Recommended text:** *Quantum Enigma* (2nd ed.) by Bruce Rosenblum and Fred Kuttner, ISBN-13: 978-0199753819.

**Ted McIrvine** (McIrvine@aol.com) received a doctorate in theoretical physics from Cornell University, studying quantum mechanics with Hans Bethe and Arnold Nordsieck. His career was primarily in the management of industrial research and development. Ted is also a music critic and writer.

### Stay Fit at Any Age

CRN # 20023

6 weeks: March 28, April 4, 11, 18, 25,

May 2

Mondays, 2-4 p.m.

(Note late start date)

We will focus on preventive medicine and learn about many physiological/medical changes that come with aging. We will engage in balance training, nutrition and different types of exercises including floor exercise and chair aerobics.

Originally from Japan, **Keiko Merl** (keikomerl@att.net) was a downhill racer in high school and college. She began her career as an athletic trainer and has been working in emergency medical services (EMS) for the last 10 years, six with Mission Hospital.

## Mondays, 2-5 p.m.

### Black-White Relations in American Films

CRN # 20024

8 weeks: March 21, 28, April 4, 11, 18,

25, May 2, 9

Mondays, 2-5 p.m.

From *Birth of a Nation* in 1915 to *Straight Outta Compton* in 2015, American movies have been exploring race for 100 years. We will watch and discuss eight films that focus on relationships between blacks and whites, mapping how these portrayals have changed, and what that tells us about the changes, if any, in how we think about race in America. Films will include *Guess Who's Coming to Dinner*, *Do the Right Thing*, *12 Years a Slave*, *Fruitvale Station*, *Dear White People*, and three others.

**Carol Taylor** (carolmctaylor@gmail.com) taught courses in communications and the rhetoric of social protest at Indiana University and Florida Atlantic University. She also worked as an editor and editorial director for Lark Books in Asheville. Carol has taught two film courses at OLLI: *Images of Appalachia in Film* and *The Films of Phillip Seymour Hoffman*. **The Rev. Michael J.S. Carter** is minister of The Unitarian Universalist Congregation of Swannanoa Valley in Black Mountain. Prior to earning his Master of Divinity degree from Union Theological Seminary, he was a professional actor in New York for 20 years. Michael has worked as an anti-racism trainer and was recognized by President Bill Clinton for his efforts. In Asheville, he has volunteered with Building Bridges, served as Diversity Officer for Mission Health System and led workshops for several area institutions.



## Mondays, 2-5:30 p.m.

### Take A Hike: North Carolina Hiking for Beginners

CRN # 20025

8 weeks: March 21, 28,  
April 4, 11, 18, 25, May 2, 9  
Mondays, 2-5:30 p.m.

We will hike seven out of the eight weeks on trails within a 30-minute drive from UNC Asheville. We will start with an easy hike of two to three miles and gradually increase to moderate hikes of about four miles. We will also discuss what to take and wear, injury prevention, plant and animal awareness, where to hike, maps and other resources. **You must be able to comfortably walk at least two miles in less than an hour on uneven terrain before the course begins.**

**Lori Postal** (loripostal@gmail.com) has worked in healthcare administration for the past 30 years and took up hiking when she moved to Asheville in 2013. She is a member of the Carolina Mountain Club and various other hiking groups. **Lee Orowitz** (leeorowitz@gmail.com) is a retired podiatrist who fell in love with the mountains when relocating to Asheville more than five years ago. He leads two hiking groups, is a member of the Carolina Mountain Club and strives to hike two or three times a week.

## Tuesdays, 9-10 a.m.

### Pilates: Foundational Mat

CRN # 20026

8 weeks: March 22, 29,  
April 5, 12, 19, 26, May 3, 10  
Tuesdays, 9-10 a.m.

#### Location:

**RISE Authentic Pilates Studio**  
**60 Biltmore Ave, Suite 002,**  
**Asheville, NC**

We will work through the exercises developed by Joseph Pilates, focusing on building core strength, flexibility, coordination, alignment and posture. This class is designed to introduce participants to Pilates as an exercise regimen and also as a support for other activities such as hiking, running, yoga, gardening and everyday pursuits. Pilates is an exceptional workout regardless of current fitness level because all exercises are easily adapted or modified to meet individual physical needs. Participants should be able to get up and down to the floor comfortably. Mats, towels and water are provided by the studio. The work will be aided by the use of hand weights, balls and other tools.

**Course fees:** \$30 fee to be paid to RISE studio at the first class. **Parking:** There is parking available on all sides of the studio. Metered parking is behind and in front of the studio. One hour free parking is available across the street from the studio at The Aloft Hotel. See [www.riseasheville.com](http://www.riseasheville.com).

**Elise Beckstett** (ebackstett@me.com) completed her 700 Authentic Pilates Certification with first generation instructor Penelope Wyer Barrow. She works primarily with active seniors and provides a variety of ongoing classes for seniors at RISE Authentic Pilates Studio. She has continued her development through regular continuing education, studying with Pilates greats such as Kathi Ross-Nash, Mari Winsor, Brooke Siler, Chris Robinson and Jay Grimes.

## Tuesdays, 9-11 a.m.

### America In Transition 1945-1975: Recordings That Reflect These Changing Times

CRN # 20027

4 weeks: March 22, 29, April 5, 12  
Tuesdays, 9-11 a.m.

Through a survey of popular music that marked three decades of change in American life, we will roam through Bob Dylan and Sam Cooke, Nina Simone and Phil Ochs – and even stretch to Louis Armstrong and Big Bill Broonzy. The music carries us into topics of atomic energy, civil rights, the Vietnam War, space exploration and many other topics. You're welcome to join the class and participate in the sing-alongs.

**B. Lee Cooper** (ashevillecats1@charter.net) holds a doctorate in American history from Ohio State University. He is an award-winning author of 30 books in the field of popular music.

## Tuesdays, 9-11 a.m. *continued*

### **Bridge Level 3: Play of the Hand**

CRN # 20028

8 weeks: March 22, 29, April 5, 12, 19, 26, May 3, 10

Tuesdays, 9-11 a.m.

Have you taken *Intermediate Bridge* and do you want to further improve your skills? We will address playing the hand by declarer, defending against the opposition, when and where to better use “bridge maxims” and other relevant topics such as hold-up plays and attitude signals. Lectures will be followed by play of the hands illustrating the weekly topic. **Required text:** *Play of the Hand as Declarer and Defender* and *Point Count Bidding Guide* by Shirley Silverman, ISBN-13 978-0939460694. \$8 payable to the instructor at the first class.

**Bob Evans** earned a doctorate in education and has taught beginning, intermediate and play of the hand bridge classes for more than 25 years. **Marilyn Evans** was an assistant professor in information technology at Cuyahoga Community College in Cleveland, Ohio, and has assisted in Bob’s classes. Bob and Marilyn have played bridge for more than 55 years.

### **Broadway and the Business of Show Business**

CRN # 20029

8 weeks: March 22, 29, April 5, 12, 19, 26, May 3, 10

Tuesdays, 9-11 a.m.

Starting with an overview of the American theater as a multi-billion dollar industry, we will look at Broadway, Off-Broadway, regional and community theater. With an emphasis on the evolution of Broadway from its beginnings in a run-down neighborhood in New York City to the capital of theater in America, the course is intended for anyone who loves live theater and wants to know more about what goes on behind the scenes.

**Kent Lantaff** (klantaff@bellsouth.net) is a retired professor of theatrical business at the University of Miami. He has worked on Broadway, served as producing artistic director of the Warehouse Theater in Greenville, South Carolina, and has acted and directed at the Flat Rock Playhouse in North Carolina.

### **Henry David Thoreau for 2016**

CRN # 20030

8 weeks: March 22, 29, April 5, 12, 19, 26, May 3, 10

Tuesdays, 9-11 a.m.

What does someone writing in the rustic mid-19th century have to offer to us in our 21st century techno-sphere? Plenty, if that author is Henry David Thoreau. This course is an exploration of Thoreau’s challenging valuations on psychology, society, economics, politics, religion and spirituality. Our contemporary lives: the richest, most fulfilling? Our America today: the best ever? Maybe not. Let’s discuss. **Recommended texts:** *Walden* by Henry David Thoreau, ASIN: B007ZW070Y and *Nature Norm’s North Woods* by Norman Weeks, ASIN: B0065386WA. Digital e-books available on amazon.com (Kindle) and bn.com (Nook)

**Norman Weeks** (murph-fritz@earthlink.net) had a 25-year vocation as a teaching naturalist and the director of a resident camp for inner-city children. Under his guidance, the camp earned several national awards for exemplary programming.

### **More Stories of Western North Carolina’s Past: Sex, Greed and Violence**

CRN # 20031

Second 4 weeks: April 19, 26, May 3, 10  
Tuesdays, 9-11 a.m.

In this new Part Two of “Stories,” we will explore a variety of entertaining tales and three universal themes – sex, greed and violence – that shaped Western North Carolina’s intriguing past. The course includes stimulating information and humor. Stories are illustrated with drawings, photos and videos. Ron’s favorites contain intriguing historical nuggets – what broadcaster Paul Harvey used to call “The Rest of the Story.” Class members are encouraged to perform instructor-prepared scripts. (Participants need not have taken Part One.)

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

## Tuesdays, 9-11 a.m. *continued*

### **Realism, Idealism and Pragmatism in U.S. Foreign Relations: Wilson, FDR and Truman**

CRN # 20032

8 weeks: March 22, 29,  
April 5, 12, 19, 26, May 3, 10  
Tuesdays, 9-11 a.m.

Realism and idealism are two of the world views that often guide the elites who make American foreign policy. Pragmatism acts as an adjustment to those views. We will explore these three concepts in the foreign policies of Woodrow Wilson, Franklin D. Roosevelt, and Harry Truman – three presidents who demonstrate classic application of these world views.

**Jim Lenburg** (jlenburg@mhu.edu) taught history and humanities at Mars Hill University for 33 years before retiring in 2006. He began teaching at OLLI in 2009, and his interests are United States foreign relations, China and modern American history.

## Tuesdays and Thursdays, 9-11 a.m.

### **Chakra Sound Healing**

CRN # 20033

4 weeks (7 sessions);  
March 22, 24, 29, 31, April 5, 12, 14  
Tuesdays and Thursdays, 9-11 a.m.  
(no class April 7)

*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 United States and Mexico.

## Tuesdays, 11:30 a.m.-1:30 p.m.

### **Architectural History of Asheville**

CRN # 20034

8 weeks: March 22, 29,  
April 5, 12, 19, 26, May 3, 10  
Tuesdays, 11:30 a.m.-1:30 p.m.

Long known for architectural splendor, Asheville has been fortunate in attracting many eminent architects, including Douglas Ellington, Richard Sharp Smith, James Vester Miller and Tony Lord. We will review the historical designs and varied styles that have made this busy city a wealth of architectural delights like the Jackson Building, the Grove Park Inn, the City Building of Asheville and Biltmore House. In addition to covering the many historic buildings of Asheville, other American and European architects and their buildings will be presented to provide historic and stylistic context. **Recommended text:** *Asheville's Historic Architecture* by Richard Hansley, ISBN-13: 978-1609491079.

**Dick Hansley** (hansley@aol.com) has lived in the Asheville area for more than 40 years and has taught at Asheville High School. He holds graduate and undergraduate degrees from Western Carolina University.

### **Baseball: Statistics and Science**

CRN # 20035

8 weeks: March 22, 29,  
April 5, 12, 19, 26, May 3, 10  
Tuesdays, 11:30 a.m.-1:30 p.m.

So you're a serious baseball fan. This course is not about players or teams, but about why and how things happen in the game. Very little of the course will be lecture; primarily, we will engage in discussion and analysis. Sample topics to be covered could include: When is a sacrifice bunt a good play? Where are the good – and bad – hitting ballparks and what makes them so? How should we decide who belongs in the Hall of Fame? DH or no DH?

**Mark Whipple** (mark.whipple77@gmail.com) has been a science teacher since graduating from college and a baseball fan for much longer than that. He has been a player, a coach, an umpire, an official scorer and amateur analyst, and he has visited more than 100 major and minor league ballparks.

## Tuesdays 11:30 a.m.-1:30 p.m. *continued*

### Exploring UNC Asheville on Foot CRN # 20036

First 4 weeks: March 22, 29, April 5, 12  
Tuesdays, 11:30 a.m.-1:30 p.m.

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

**Dennis DeSimone** (myfrienddennis@att.net) was a co-founder and president of a national training company and has more than 40 years of experience presenting full day seminars on such subjects as management and interpersonal relations. He also has the unique experience of actually teaching in all 50 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.

### French 4: Pagnol's *Le Château de ma mère* CRN # 20037

8 weeks: March 22, 29,  
April 5, 12, 19, 26, May 3, 10  
Tuesdays, 11:30 a.m.-1:30 p.m.

Marcel Pagnol has been called the "Dickens of the South of France" and is best known in the United States for films based on his books. We will read and discuss his novel *Le Château de ma mère* and view the film version on the final day of class. Although this is a sequel to *La Gloire de mon père*, it is not necessary to have read the first book. 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. Please contact the instructor for information on ordering the book. **Required text:** *Le Château de ma mère* by Marcel Pagnol, ISBN-13: 978-2877060516.

**Betty Carver** (bcarver1@charter.net) taught French at Spartanburg High School for 30 years and has traveled and lived in France. She holds a Bachelor of Arts in French from Winthrop University in South Carolina and a Master of Arts in French from Middlebury College in Vermont.

### The Principal Teachings of Buddhism CRN # 20038

8 weeks: March 22, 29,  
April 5, 12, 19, 26, May 3, 10  
Tuesdays, 11:30 a.m.-1:30 p.m.

Lama Tsongkapa (14th century) is widely considered the greatest Buddhist master and author of ancient Middle Asia. Among his prolific writings is a 14-verse poem, *The Three Principal Paths*, that conveys the essence of the steps on the path to enlightenment (Lam Rim). This scripture, together with a 19th century commentary, provides an excellent introduction to Buddhist thought. **Important: Review the course details and enrollment guidelines on the course web page prior to enrolling. Required text:** *The Principal Teachings of Buddhism* by Tsongkapa, ISBN-13 978-8120817128.

**John Muecke** (jcmuecke@gmail.com) holds a Master of Arts in religious studies from Stanford University and a Bachelor of Arts from the University of Tennessee and continues studies in the open and esoteric teachings as preserved in the Tibetan Buddhist monastic tradition. John's courses are typically taught directly from classical root scriptures and commentaries with attention to presenting the ideas accurately and preserving their benefit for our and future generations.

### Speak Out, Speak Up: A New Approach for People Who Teach or Want to Teach at OLLI CRN # 20039

8 weeks: March 22, 29, April 5, 12, 19,  
26, May 3, 10  
Tuesdays, 11:30 a.m.-1:30 p.m.

Most speakers and teachers assume that as long as they know their content, they'll be successful. Not true! Much more important is how well they engage the listener, project competence and comfort, choose content (not just organize it) and design stimulating visuals. Through videotaping and intensive coaching, we will explore the changes that lead to becoming "super star" communicators. **Course requirement:** Attend all sessions.

**Judith Bliss** (jdth.bliss@gmail.com) spent 32-plus years at Speakeasy Inc. coaching senior level executives around the world. She's an expert at giving people candid, constructive feedback about how they come across to others in any speaking/teaching situation and helping them make changes to take their speaking to the next level of success.



**Tuesdays 11:30 a.m.-1:30 p.m.** *continued***Stand-Up Comedy 102:  
Original Performance**

CRN # 20040

8 weeks: March 22, 29,  
April 5, 12, 19, May 3, 10, 17  
(No class April 26;

Make-up class on May 17)

Tuesdays, 11:30 a.m.-1:30 p.m.

Do you think you're funny? Do your friends say you should be on stage? Here's your chance. We will each write and perform a five-minute stand-up comedy routine in a show before our friends and family and the OLLI community. The show will be in The Grotto in the Highsmith Union the evening of May 13. **Caution:** Comedy may include adult situations and/or language.

**Randy Robins** (robnest09@yahoo.com) is a retired special education teacher and native New Yorker. He has taught film classes at OLLI, most recently *The Comic Genius of Mel Brooks* and *The Comic Legacy of Sid Caesar*. He has also taught five previous classes of performing stand-up comedy. Randy has performed stand-up comedy in New York and locally.

**Tuesdays 2-3:30 p.m.****Short Stick Tai Chi**

CRN # 20041

8 weeks: March 22, 29,  
April 5, 12, 19, 26, May 3, 10  
Tuesdays, 2-3:30 p.m.**Location: Sherrill Center 306****\$30**

Short stick tai chi is a choreographed set of movements in the Yang style that promotes balance, flexibility, coordination and awareness. We will practice the form with bamboo sticks, being attentive to the basic principles of tai chi as taught by Cheng, Man-Ching. This practice helps to center the mind and the body and is consistent with mindful meditation. Prior experience with tai chi principles is desirable but not mandatory. **Materials fee: \$3** for bamboo sticks, payable to instructor at the first class.

**Terry Call** (tfcall@icloud.com) has been studying and teaching tai chi for 19 years. He has trained in several styles of hand form, push hands and weapons forms. His special interest is tai chi as an exercise and lifestyle for active seniors.

**Tuesdays 2-4 p.m.****Advancing Your Genealogy  
with FamilySearch**

CRN # 20042

Second 4 weeks: April 19, 26, May 3, 10  
Tuesdays, 2-4 p.m.

The genealogy organization FamilySearch has been improved, expanded and made available to everyone in the last few years and now ranks as one of the premier internet genealogy and family history resources. Best of all, use of their billions of genealogical records is free. We will define FamilySearch and its predecessors, and describe and demonstrate the many breakthroughs and improvements and highlight how to benefit from their use. Record searches and the family tree for humankind will be explained and demonstrated. Participants should be comfortable with Internet search engines and websites and have some basic knowledge of genealogical research.

**Mark Speer** (mspeer8@yahoo.com) has been researching his family since 1994. Along the way he has participated in genealogy webinars and conferences, researched his family on the Internet, interviewed relatives and visited genealogy libraries and many cemeteries.

**Economics Concepts,  
Applications and Changes**

CRN # 20043

8 weeks: March 22, 29,  
April 5, 12, 19, 26, May 3, 10  
Tuesdays, 2-4 p.m.

We will review selected economic principles, terms and concepts and explore selected issues of the day. Topics may include how a market functions and related consequences, as well as policies to influence market behaviors. Fiscal policy, monetary policy, market control policies and other policy options will be discussed. We will explore how policy decisions can move us from production decisions toward a "fair" economy for all participants. We'll cover inequality of income and wealth, unemployment, market participation, debt (public and private), environmental issues and issues suggested by course participants as time permits. We will not cover trade policy. This is not a finance, stock market or investment portfolio course.

**Shirley Browning** (scbrowning@bellsouth.net) is a Kentucky native with a Bachelor of Science and a Master of Science from the University of Kentucky and a doctorate from the University of Connecticut. He taught a wide-range of economics and humanities courses at UNC Asheville for 42 years. He is an active Rotarian, a Paul Harris Fellow and a member of the Paul Harris Society. Shirley collects old Volvos.

# college for seniors

## Tuesdays, 2-4 p.m. *continued*

### Governance: A Seminar

CRN # 20044

8 weeks: March 22, 29,  
April 5, 12, 19, 26, May 3, 10  
Tuesdays, 2-4 p.m.

Effective governance is among the most endangered institutions worldwide today. In this seminar we will focus only on contemporary American government at the federal level. Before the course begins, each participant will have read and reflected on government in the United States today and written a paper (minimum 1,500 words, max 2,000 words). At the outset of the course, participants will present and lead discussion of their papers. The paper will reflect your ideas on effective government today and may include an expansion of government's purpose, responsibilities, powers, limitations, decision-making authority, passage and execution of laws, finance, defense, relationship with citizens and civic society and other topics of your choice. In subsequent classes we will discuss current challenges of our government and analyze the various political applications and strategies that may address those challenges. It will be helpful to understand the difference between government and politics. **Papers must be sent by email to Mary Lasher no later than March 15, 2016; failure to meet this deadline will automatically disqualify a person from course enrollment.** See OLLI "Course and Workshop" web pages for additional details at <http://olliasheville.com/courses>.

**Mary Lasher** (mlasher.avl@gmail.com) holds a Master of Arts in history with a concentration on 20th century American history and political theory from Duke University. Before retiring she taught history at University of Alabama in Huntsville and Furman University and has taught 30 courses at OLLI.

### History of Buncombe County

CRN # 20045

**CANCELLED**

First 4 weeks: March 22, 29, April 5, 12  
Tuesdays, 2-4 p.m.

We will begin our understanding of Buncombe County with the Native American presence in the area and continue through the 20th century. The course will include material on significant personalities, social and political trends and events leading up to the Great Depression and its impact on the slow economic recovery in the area.

An Asheville native and practicing attorney with Roberts & Stevens, P.A., **Jack Stevens** (jstevens@roberts-stevens.com) is a 1952 graduate of Christ School in Arden, North Carolina. He received his Bachelor of Arts in 1956 and his Doctor of Laws degree in 1961 from UNC Chapel Hill where he was Phi Beta Kappa. Jack served four terms in the North Carolina General Assembly.

### Intermediate East Coast Swing

CRN # 20046

8 weeks: March ~~22~~ 29,  
April 5, 12, 19, 26, May 3, 10 **and May 17**  
Tuesdays, 2-4 p.m.

**Location: Woodfin YMCA**

**40 Merrimon Ave, Asheville, NC**

Let's swing again! East Coast Swing is traditional, triple-step swing. We will 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 loves creating an environment that's fun for everyone and hopes her joy of dancing will inspire a passion for dance in others. **Prerequisite:** *Beginning East Coast Swing* taught by Sherry or equivalent instruction taught by another professional. **Course fees:** \$30 fee to be paid to the YMCA on the first day of classes (\$20 for YMCA members).

**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.

### What's your Type and Why it Matters

CRN # 20047

First 4 weeks: March 22, 29, April 5, 12  
Tuesdays, 2-4 p.m.

The Myers-Briggs Type Indicator (MBTI) is a questionnaire intended to measure psychological preferences and find patterns in the ways we get our energy, make decisions, and orient ourselves in the world. These preferences affect how we communicate with others and experience stress. After completing the MBTI instrument, you will be guided through interactive exercises in order to learn tips for helping you manage your own stress and understand and adapt to other people's style preferences. **Materials fee:** \$20 for the MBTI instrument, payable to instructor at the first class.

**Karen Depew** (depewkaren@yahoo.com) is a certified Myers-Briggs instructor. For 15 years, she was an executive coach and leadership development consultant in the Washington, D.C. area. She also developed and facilitated personal and professional workshops using Myers-Briggs. **Gracemarie Warren** (grc022412@gmail.com) has had teaching and discussion group experience with adults in many different areas. She uses this experience to guide people in understanding their Myers-Briggs personality type and direct their use of the MBTI to improve their interactions with others.

## Tuesdays, 2-5 p.m.

### **The Comic Mind of Woody Allen — Childhood through *Annie Hall***

CRN # 20048

8 weeks: March 22, 29,  
April 5, 12, 19, May 3, 10, 17  
(No class April 26,  
make-up class May 17)  
Tuesdays, 2-5 p.m.

Woody Allen was a successful joke writer and stand-up comedian, long before writing, performing and directing his numerous films. This class will feature eight of Woody's early films, as well as biography, from childhood to *Annie Hall*.

**Randy Robins** (robnest09@yahoo.com) is a retired special education teacher and native New Yorker. He has taught film classes at OLLI, most recently *The Comic Genius of Mel Brooks* and *The Comic Legacy of Sid Caesar*. He has also taught five previous classes of performing stand-up comedy. Randy has performed stand-up comedy in New York and locally.

## Wednesdays, 9-10:30 a.m.

### **Yoga for Your Health**

\$30

CRN # 20049

8 weeks: March 23, 30,  
April 13, 20, 27, May 4, 11, 18  
Wednesdays, 9-10:30 a.m.

**Location: Sherrill Center 468**

(No class April 6, make-up class May 18)

We will use safe, gentle, therapeutic yoga to stretch, strengthen and increase mobility in muscles and joints, and to improve circulation, balance, mental clarity, breathing and digestive function. Each class includes gentle seated poses (on a cushion), standing poses and floor poses lying 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, musician and native of Asheville. She holds a master's degree in transpersonal psychology and is certified as an advanced instructor of therapeutic yoga and meditation. Learn more about Jenne at [jennesluder.com](http://jennesluder.com).

## Wednesdays, 9-11 a.m.

### **Art Lovers**

CRN # 20050

8 weeks: March 23, 30, April 6, 13, 20,  
27, May 4, 11  
Wednesdays, 9-11 a.m.

Leaning on the book *Artists in Love* by Veronica Kavass, we will cover about 30 couples who were visual artists, from Mûnter and Kandinsky to Christo and Jeanne-Claude. Our discussions will focus on the connection between their relationships and their work – and the interaction between the two, which was at times harmonious and at times chaotic. Participants will be invited to engage in discussion, but the option of simply listening is always open.

**Walter A-Akert** (aakert@charter.net) did his undergraduate work at Carroll University in Wisconsin and graduate work at Aurora University in Illinois. He taught art, English and Advanced Placement Art History for Elmbrook Schools from 1974-2012. He has taught three courses in art history at OLLI, beginning in the spring of 2013.

### **Beginning Genealogy and Family History**

CRN # 20051

8 weeks: March 23, 30, April 6, 13, 20,  
27, May 4, 11  
Wednesdays, 9-11 a.m.

We will review basic principles and techniques used to research ancestors. The focus will be on United States census, birth, marriage, cemetery and other records. Many of these techniques can be used for research worldwide. Computer programs used for researching and organizing your results will be demonstrated. Three of the largest Internet genealogy databases (one is free!) will be explained. We will have time in at least one class to try some of the websites useful to your research using your laptop or tablet computer. During a later class, we will visit the Old Buncombe County Genealogical Society. Participants should be comfortable with Internet search engines and navigating websites.

**Mark Speer** (mspeer8@yahoo.com) has been researching his family since 1994. Along the way he has participated in genealogy webinars and conferences, researched his family on the Internet, interviewed relatives and visited genealogy libraries and many cemeteries.

## Wednesdays 9-11 a.m. *continued*

### **Bob Dylan and the Boomers: Forever Young**

CRN # 20078

8 weeks: March 23, 30,  
April 6, 13, 20, 27, May 4, 11  
Wednesdays, 9-11 a.m.

Kris Kristofferson once said about Bob Dylan, "He has so many sides, he's round." Dylan is a musician, singer, songwriter, poet, artist, author and movie director. Many of us consider him the voice of our generation. For the past 55 years, Bob Dylan has entertained us. During that time the man and his music have gone through profound changes. Each week we will explore one or more themes related to the man and his music.

**Margaret Davis** (margaretwd@charter.net) is a consultant who develops and conducts training for staff involved in the juvenile justice system. She fell in love with Bob Dylan as a teenager and has followed his career for the last 55 years.

### **Eight Weeks to an Optimized Brain**

CRN # 20052

8 weeks: March 23, ~~30~~  
April 6, 13, 20, 27, May ~~4~~, 11  
Wednesdays, 9-11 a.m. **add May 16 & 18**

Through this brain health series, we will follow the various stages of knowledge necessary for understanding how to better care for and improve brain function. Core topics of neuroplasticity, metabolic factors impacting brain function, memory and cognition, physical activity and more will be supplemented with practical, everyday applications for improving brain function. After eight weeks, we will be equipped with a basic but thorough understanding of the numerous influences of the environment on our brains.

**Recommended text:** *Soft Wired* by Michael Merzenich, ISBN-13: 978-0989432825.

**Recommended podcast:** *Train Your Brain* at [www.trainyourbrainpodcast.com](http://www.trainyourbrainpodcast.com).

**Michael Trayford**, a board certified chiropractic neurologist, has more than 16 years of experience in treating disorders of the nervous system and helping individuals on their quest for peak brain performance. Neuroplasticity is the focus of his studies, teachings and clinical practice.

### **Escape and Renewal in Plays by Shakespeare**

CRN # 20053

8 weeks: March 23, 30,  
April 6, 13, 20, 27, May 4, 11  
Wednesdays, 9-11 a.m.

We will take a close look at character parts that are *played* and at artful *wordplay*. In *King Lear*, *As You Like It* and *The Winter's Tale*, such study can find in each play a thematic pattern of escape and renewal. Reading of all three plays is desirable but not required.

**Recommended text:** Paperback editions published in the Folger Shakespeare Library by Simon & Schuster. *As You Like It*, ISBN-13: 978-0743484862; *King Lear*, ISBN-13: 978-0743484954; *The Winter's Tale*, ISBN-13: 978-0743484893.

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

### **Great Directors of the Silent Era: From A Voyage to the Moon to City Lights**

CRN # 20054

8 weeks: March 23, 30,  
April 6, 13, 20, 27, May 4, 11  
Wednesdays, 9-11 a.m.

We will chart the development of silent cinema over a period of 30 years (1902-1931) by examining and viewing the films of several international directors including Georges Méliès, F.W. Murnau, Sergei Eisenstein and Charlie Chaplin. Films to be screened include *A Voyage to the Moon*, *Nosferatu*, *Strike* and *City Lights*.

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



**Wednesdays 11:30 a.m.-1:30 p.m.****Beginning Spanish 6**

CRN # 20056

8 weeks: March 23, 30,  
 April 6, 13, 20, 27, May 4, 11  
 Wednesdays, 11:30 a.m.-1:30 p.m.

In this continuation of Spanish 5, we will focus on improving grammar and sentence structuring skills through the use of vocabulary themes, games, handouts and group discussions on a variety of topics. The grammar in this class will include the preterite of regular and irregular verbs and the imperfect. There will also be a general review of the present tense, reflexive verbs, imperative forms, direct and indirect pronouns and other basic grammar. Homework is expected in this interactive course. New students should feel free to contact the instructor to see if this course is appropriate. **Required text:** ¡Buen viaje! (Glencoe Spanish 2) by Woodford/Schmitt, ISBN-13: 978-0078619700.

**Margarita McGuire** (margaritamcguire@gmail.com) is from Quito, Ecuador, and has lived most of her life abroad in Venezuela, Brazil, Denmark, England and the United States. As a CPA, she has worked for Texaco, Inter-American Development Bank and Swiss Bank Corporation. Margarita has tutored Spanish on a private basis and likes tennis, music, hiking, dancing, travelling and reading.

**Downton Abbey – One Last Time**

CRN # 20057

8 weeks: March 23, 30,  
 April 6, 13, 20, 27, May 4, 11  
 Wednesdays, 11:30 a.m.-1:30 p.m.

With more than 75 percent all new material this final *Downton Abbey* course has a special emphasis on the cultural and historical events that helped shape the show's story line. We will examine clips from films and popular music of the time as well as the most popular segments from the two previous courses. We'll celebrate the show through all six of its seasons and give our versions of seasons seven through nine!

**Dennis DeSimone** (myfrienddennis@att.net) has created and presented numerous courses for OLLI since retiring from leading seminars in all 50 states for his business. Both of his previous *Downton Abbey* courses were well received. He is looking forward to celebrating this great show one last time with those attending.

**The Holocaust: A Perspective from Film, History and Religion**

CRN # 20058

8 weeks: March 23, 30,  
 April 6, 13, 20, 27, May 4, 11  
 Wednesdays, 11:30 a.m.-1:30 p.m.

The Holocaust happened because of a long history of anti-Semitism, racism and ideologically driven misunderstanding – all of which helps to explain the murder of 10 to 12 million people, six million of whom were Jews. We will use film, discussion and lectures to clarify the conditions, both ancient and modern, that led to this horrific event.

**Roselynn Katz** (RoseCarol@charter.net) is an OLLI regular, as both student and instructor. She has written and performs in a one-woman show, *A Visit with Golda Meir*. **Morgan Phillips** taught history and religion for 37 years at Ohio Wesleyan University and is an ordained United Methodist minister.

**Integrative and Functional Medicine: What It Is and Why You Need to Know About It!**

CRN # 20059

6 weeks: March 23, 30,  
 April 6, 13, 20, 27  
 Wednesdays, 11:30 a.m.-1:30 p.m.

Take charge of your health with a functional, integrative and proactive approach to preventing illness and, if illness exists, correcting the root cause rather than merely treating the symptoms. We will cover: brain health; inflammation; cardio-vascular system; digestion; hormonal issues including the thyroid and adrenals; the impact of stress, anxiety and depression on your immune system and overall health; and other health issues of interest to class members. Nutrition, superfoods, vitamins, supplements and medications will be addressed in relation to the various health issues. We will also cover mental health as it relates to your physical health.

**Allan W. Redash** (allanredashmd@gmail.com) is a board-certified physician who specializes in bioidentical hormone replacement therapy for both men and women. He and his wife Teri, a registered nurse, recently moved to Asheville where they have started a practice in integrative-functional medicine.

## Wednesdays 11:30 a.m.-1:30 p.m. *continued*

### Reading Hard-Boiled Crime Fiction

CRN # 20060

8 weeks: March 23, 30,  
April 6, 13, 20, 27, May 4, 11  
Wednesdays, 11:30 a.m.-1:30 p.m.

Pulp fiction, *roman noir*, hard-boiled – these terms have been kicked around so much that it is not clear what they mean. Let's return to the roots of this rough and tough working class literature. We will read and discuss the genre, the authors that created it and how it blossomed, broadened and led to modern mystery novels. Participants will be required to complete weekly readings. **Required text:** *Hardboiled: An Anthology of American Crime Stories* by Bill Pronzini and Jack Adrian (editors) ISBN-13: 978-0195084993 (hardcover) and ISBN-13: 978-0195103533 (paper).

**Bill Cosgrove** (olli.billcosgrove@gmail.com) has been an OLLI member for more than a dozen years and has taught courses on the history of pulp magazines and crime fiction. Before moving to Asheville, he did online marketing and was an independent publisher's representative and a longtime bookseller.

### Those Daring Existentialists:

**Simone de Beauvoir and**

**Jean-Paul Sartre**

CRN # 20061

8 weeks: March 23, 30,  
April 6, 13, 20, 27, May 4, 11  
Wednesdays, 11:30 a.m.-1:30 p.m.

Travel in time to post-World War II Paris where you will sit at a café with two of the most famous European intellectuals of the 20th century, a man and woman whose philosophical essays, plays and novels, you'll discover, have influenced you in ways that will make you want to shout, "*Garçon*, bring me another espresso (decaf or regular)."

**Required text:** *The Works of Simone de Beauvoir: The Second Sex and The Ethics of Ambiguity* by Simone de Beauvoir, ISBN-13: 978-1461134886. Other readings and two videos of plays are accessible online at no cost.

**Ron Manheimer** (ronaldmanheimer@gmail.com) is the author of several books including, most recently, *Mirrors of the Mind: Reflecting on Philosophers' Autobiographies*, (Jorvik Press, 2015). He has taught at UNC Asheville, San Diego State University, the Evergreen State College, and for the Smithsonian. Ron holds a doctorate 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.

## Wednesdays, 2-4 p.m.

### Advanced Intermediate French 3D

CRN # 20062

8 weeks: March 23, 30,  
April 6, 13, 20, 27, May 4, 11  
Wednesdays, 2-4 p.m.

In this course designed for those who have studied French to an intermediate level of proficiency and a continuation of French 3C, we will gain confidence in grammar concepts and more accurate conversation in French. We will continue to develop new vocabulary through a variety of short readings while practicing with a variety of verb forms. We will improve listening comprehension using native speaker recordings. Instruction will be in French except for some grammar explanations. Homework will reinforce lesson concepts. **Required text:** *En Voyage* (Glencoe French 3) by Conrad J. Schmitt and Katia Brillie Lutz, ISBN-13: 978-0026363785, and the workbook *En Voyage: Glencoe French 3 Writing Activities Workbook and Student Tape Manual*, ISBN-13: 978-0026366120.

**Renée Raffini** (raffinir@gmail.com) has been an instructor of French at OLLI since 2013 and is a retired public school teacher from the Bethesda, Maryland, area where she taught beginning to advanced French for 20 years. She has lived and studied in Aix en Provence, France, and worked as a Peace Corps volunteer in French-speaking Cameroon where she established and audited credit unions. She holds a master's degree in secondary education as well as a Master of Arts in economics from the George Washington University.

## Wednesdays, 2-4 p.m. *continued*

### Alan Watts: The Wisdom of Insecurity

CRN # 20063

8 weeks: March 23, 30,  
April 6, 13, 20, 27, May 4, 11  
Wednesdays, 2-4 p.m.

In an age when existing institutions and faiths are failing to provide security and confidence for humanity's future, we will explore the thinking of philosopher/orientalist Alan Watts. Writing in 1951 at the beginning of this new modern era, Watts shared profound insights about the reshaping of anxiety and cynicism into a view of human existence that rejuvenates faith in the meaning of human life and endeavor. We will explore these insights and how their validity holds up in 2016. **Required text:** *The Wisdom of Insecurity* (2nd ed., 1968) by Alan Watts, ISBN-13: 978-0307809865.

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

### ~~Becoming a Conservationist: Saving the Islands at Lake George~~

CRN # 20064 **CANCELLED**

Last 4 weeks: April 20, 27, May 4, 11  
Wednesday, 2-4 p.m.

We will explore the life of John S. Apperson, Jr., an engineer at General Electric in Schenectady, New York, who became a successful lobbyist and preservationist in the New York Adirondacks. His interest in outdoor recreation led him to become an activist in combat with loggers, developers and various threats to the wilderness. A man of many accomplishments, Apperson added 1.5 million acres to the Adirondack Park, including all of Lake George and the eastern shores of Lake Champlain. He also maintained friendships with Franklin D. Roosevelt and Al Smith, donated Dome Island to the Nature Conservancy and effectively defended the New York constitution's "forever wild" clause in several key legislative battles.

**Ellen Brown** (inglesferry@gmail.com) decided 15 years ago to write a biography of her great uncle, John Apperson, and has been researching and writing about his life ever since. She earned a Master of Liberal Arts degree from UNC Asheville in 2001, creating an exhibit about the Adirondacks, and in 2013, Ellen earned a master's degree in history from Virginia Tech.

### Photographing Mindfully

CRN # 20065

First 4 weeks: March 23, 30, April 6, 13  
Wednesdays, 2-4 p.m.

Mindfulness involves consciously slowing down and paying attention moment-to-moment to the unfolding of inner experience. One way of deepening the personal experience is to involve an expressive art form – in this case, photography – that can easily be shared. We begin with basic awareness exercises, including walking, eating and *noticing*. We will discuss personal insights associated with the photos that we create while walking.

**Jacquelyn Schechter** (jjschech@earthlink.net) is a psychologist, photographer and long-time mindfulness practitioner. She shares her excitement about the deeply rewarding experience of mindfulness and expanded awareness enhanced through a specific approach to photography.

### Popular Music of the 1960s

CRN # 20066

8 weeks: March 23, 30,  
April 6, 13, 20, 27, May 4, 11  
Wednesdays, 2-4 p.m.

Enjoy the diversity of pop hits during the 1960s that include Frank Sinatra, Elvis, Motown, the British Invasion, folk singers and many rock bands. Experience live piano performances as we explore the decade in which both Dionne Warwick and Jimi Hendrix could be popular. We will also check out 1960s song surveys taken by radio stations such as the historic WIBG (Wibbage) in Philadelphia.

Pianist and composer **Michael Ruiz** (mjtruiz@gmail.com) is a seasoned teacher at OLLI. Ruiz studied classical piano with Stewart Gordon and jazz with Ron Elliston at the University of Maryland. His "day job" is professor of physics at UNC Asheville.

## Wednesdays, 2-4 p.m. *continued*

### Two-Step for Beginners

CRN # 20067

8 weeks: March 23, 30,

April 6, 13, 20, 27, May 4, 11

Wednesdays, 2-4 p.m.

**Location: Sherrill Center 306**

Two-step is a partnered country western dance with some similarity to ballroom foxtrot. It is fun, aerobic, social and the heart of country-style dancing. We will cover all the basics, footwork and turns, partnering skills, etc., with an emphasis on having fun while mastering beginner level skills. Your confidence will be built up layer by layer along with gradually increasing tempos until you are comfortable asking anyone for a turn on the dance floor! **Materials needed:** Students are strongly encouraged to purchase dance shoes prior to first class, no later than the second. Please **no** regular sneakers or other shoes that cannot slide on a wood floor.

**Debbie Belles** (dabinavl@charter.net) began dancing two-step in 1988 with a growing passion leading to teaching at local dances, participation in three troupes over a 10-year period and amateur competitions through 2005 with instruction and choreography from nationally renowned coaches Dean and Dawn Garrish from Washington, D.C.

## Wednesdays, 2-5 p.m.

### The Met at the Movies

CRN # 20068

Last 6 weeks: April 6, 13, 20, 27,

May 4, 11

Wednesdays, 2-5 p.m.

We will explore the operas to be shown this spring at the Hi-Def Live from the Met series. The productions are Puccini's *Madama Butterfly*, Donizetti's *Roberto Devereux* and Strauss's *Electra*. In the remaining sessions, we will study other operas by Donizetti and Strauss and three American operas, including *Porgy and Bess*.

**Patricia Heuermann** (patruschka@charter.net), a graduate of the Curtis Institute of Music, has directed opera, musical theatre and cabaret performances throughout the United States and Europe. She has taught at New York University, the Manhattan School of Music, Hofstra University and the American Institute of Musical Studies in Graz, Austria. Since moving to Asheville, she has directed productions for the Asheville Lyric Opera, Opera Creations and Asheville Community Theatre. **Bill Heuermann** (whitwill@charter.net) 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. He assists in planning the materials to be shown in class and provides the technical support.

### NY Crime: Books and Movies

CRN # 20069

6 weeks: March 23, 30,

April 6, 13, 20, 27

Wednesdays, 2-5 p.m.

Interested in crime fiction (and non-fiction) focusing on well-regarded books and movies set in New York in which the city itself is a character? Most of the stories take place in the 1960s and '70s and two of the stories are non-fiction accounts of criminal enterprises (including the police department). The instructor will provide a context for each book and movie. Participants will read the book in advance of the class, watch the movie and then engage in a guided critical discussion of both book and movie. **Recommended texts:** *Prince of the City* by Robert Daley, ISBN-13: 978-0395270960; *Cotton Comes to Harlem* by Chester Himes, ISBN-13: 978-0140038293; *The French Connection* by Robin Moore, ISBN-13: 978-1199250643; *The Taking of Pelham One Two Three* by John Godey, ISBN-13: 978-0425253304 and *Fort Apache, The Bronx* (pdf of the screenplay will be provided).

**Elizabeth Pou** (elizpou@gmail.com) is a retired lawyer/HR exec/consultant and Peace Corps volunteer with a lifelong interest in crime fiction and a collection of more than 5,000 first edition hardback crime fiction books. She is a North Carolina native and spent most of her adult life in New York City where at one point she was a pay-free intern at The Mysterious Bookshop, the oldest surviving mystery store in the United States (and probably the world).

## Wednesdays, 2:30-3:30 p.m.

### Strength Training for Healthy Aging, Section One

CRN # 20070

8 weeks: March 23, 30,

April 6, 13, 20, 27, May 4, 11

Wednesdays, 2:30-3:30 p.m. ~~2:15-3:15pm~~

**Location: Woodfin YMCA**  
**40 Merrimon Ave, Asheville, NC**

Added: Section Two

Mar 23, 30, Apr. 6, 13, 20, 27,

May 4, 11, 2016; 3:30-4:30pm

*Strength Training for Healthy Aging* will help participants find ease in the activities of daily living, improve range of motion and increase confidence and self-efficacy in movement. We will learn movements to work muscles in a safe and effective way and work with a variety of weights to maintain muscle mass, increase motor neuron recruitment and build functional strength. The knowledge gained in this course will empower participants to continue a strength-based fitness routine beyond the end of the term. Please wear clothing that you can move in comfortably and closed toed shoes. **Course fees:** \$30 fee to be paid to the YMCA on the first day of classes (\$24 for YMCA members).

**Stacie Smith** (trainwithstacie@gmail.com) is a Healthy Living Instructor specializing in yoga, cycling and functional strength training at the YMCA of Western North Carolina. She is a certified personal trainer through the American Council on Exercise (ACE), a certified yoga teacher, a certified group fitness instructor and a cycling instructor. She also maintains certifications in first responder CPR and first aid. Stacie is passionate about body mechanics, movement and injury prevention.

## Thursdays, 9-10:30 a.m.

### Healthy-Steps: The Lebed Method

\$30

CRN # 20071

7 weeks: March 24, 31,

April 14, 21, 28, May 5, 12

Thursdays, 9-10:30 a.m.

(No class April 7)

*Healthy-Steps* is a research-based, therapeutic movement program set to music. It uses slow, smooth moves, developed 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 and have fun and to improve your body and mind.

**Sally DiMuzio** has been a certified Healthy-Steps/Lebed Method instructor since the fall of 2005. After completing 31 years teaching physical education and secondary mathematics in public schools, she retired and became certified to teach Health-Steps and taught for six years before moving to Asheville. Sally also taught this course for several years at OLLI.

## Thursdays, 9-11 a.m.

### Beginning Photography

CRN # 20072

6 weeks: March 24, 31,

April 14, 21, ~~28~~, May 5 ~~and May 12~~

Thursdays, 9-11 a.m.

(No class April 7)

Did you ever buy a new digital camera and find yourself overwhelmed by thick manuals and confusing menus? Did you set your camera to "A" because it is easy and just give up on settings that would ensure better results? Designed for the beginning photographer, this course will help you gain knowledge of photography and your camera. After all, the camera is a tool. In this course we will learn the principles of the photographic process and how to use the camera properly. **Materials needed:** Participants will need to bring a camera and manual to class.

**Robert Elias** (relias1@att.net) has been a professional photographer for more than 40 years. He is a former instructor at the Art Center College of Design in Southern California and had a studio in Los Angeles. He moved to Asheville two years ago to be close to his son. Robert brings an enormous knowledge of photography from a variety of assignments.

### Geology of North Carolina

CRN # 20073

8 weeks: March 24, 31,

April 14, 21, 28, May 5, 12, ~~19~~ ~~XX, changed~~

Thursdays, 9-11 a.m. ~~to last class on~~

(No class April 7; ~~Tues., May 17~~

make-up class on May 19)

We will explore the bedrock, topography, natural resources and geologic history of mountains, volcanoes and oceans in North Carolina. We will also discuss the history of continental movement, collision and breakup in the Southern Appalachians and take a virtual geologic tour through state and national parks of the Carolinas. There will be an optional half-day field trip on a Saturday morning. **Recommended text:** *Exploring the Geology of the Carolinas* by Kevin G. Stewart and Mary-Russell Roberson, ISBN-13: 978-0807830772.

**Richard Wiener** (richwiener@gmail.com) has a doctorate in geology with 30 years of technical geoscience experience at ExxonMobil. He has taught geology courses at OLLI for four years and previously at SUNY Oneonta. Richard has numerous geologic publications to his credit.



# college for seniors

## Thursdays, 9-11 a.m. *continued*

### **Making Renewable Electricity Work**

CRN # 20074

8 weeks: March 24, 31,  
April 14, 21, 28, May 5, 12, 19  
Thursdays, 9-11 a.m.  
(No class April 7;  
make-up class on May 19)

We will discuss different kinds of renewable energy as well as storage, transmission, and the smart grid. We will watch videos and answer questions in a grand energy conversation.

**Dot Sulock** (dsulock@unca.edu) teaches *The Nuclear Dilemma* at UNC Asheville and has taught many courses at the OLLI on nuclear weapons and renewable energy (hydropower, wind, solar, geothermal, biomass and marine power).

### ~~**Voice, Brain, Music**~~ **CANCELLED**

CRN # 20075

7 weeks: March 24, 31,  
April 14, 21, 28, May 5, 12,  
Thursdays, 9-11 a.m.  
(No class April 7)

How does vocal music – past and present, pop to opera, from America and the world – affect us? In each class, we will listen to several brief examples via YouTube and discuss perception (including basics of relevant brain research), creativity (basic music analysis and the choices involved in composing), and applications to health and well-being. No musical training is required, but please sign up only if you are interested in all of the above!

After nearly a half-century of professionally playing and teaching music, **Kathleen “Kasha” Pierson** (kashainwords@gmail.com) continues seeking new insights and new ways to share her love of music and her love of teaching at OLLI. Visit [kathleenpierson.com](http://kathleenpierson.com) for more on Kasha’s background.

### ~~**Wacky and Scrappy Quilting**~~ **CANCELLED**

CRN # 20076

8 weeks: March 24, 31,  
April 14, 21, 28, May 5, 12, 19  
Thursdays, 9-11 a.m.  
(No class April 7;  
make-up class on May 19)

We will construct blocks using scraps that also can be done with traditional fabric selection. Some will be traditional, some modern, some fun; finished sizes will vary. Techniques will include traditional piecing, paper piecing, strip piecing, appliqué, piecing curves, quilting and binding. Participants will determine how blocks will be used (sampler or individual settings), and there will be plenty of opportunity for stretching your comfort zone and creativity. ~~Materials fee \$50-\$75 payable to the instructor on first day.~~ (Please review the course Web page for specific materials needed.)

**Kathy Jacobs** (kij2505@yahoo.com) holds a Bachelor of Arts in humanities from Eckerd College and a master’s degree in education from Georgia State University. She worked in the human services area before retiring. Kathy has 10 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.

## Thursdays, 11:30 a.m.-1 p.m.

### **Yoga for Posture 101**

**\$30**

CRN # 20077

7 weeks: March 24, 31,  
April 14, 21, 28, May 5, 12  
Thursdays, 11:30 a.m.-1 p.m.  
(No class April 7)

With its computers and cellphones, modern life conspires against good posture and is ruining our spines! If “stand up straight” is not so easy anymore, break out of “slump land” with the help of a posture coach. We will assess our own posture and lifestyle; strengthen our core muscles; release tension in our lower backs and necks; re-align our spines; and move intentionally toward a graceful, upright posture. More information may be found at [www.bluebirdyoga.net](http://www.bluebirdyoga.net). **Materials needed:** Please bring a yoga mat and blanket, large towel or small rug to class.

**Annelise Mundy** (annelise@bluebirdyoga.net) has her 500-hour Therapeutic Yoga certification. After healing a traumatic injury, she developed Bluebird Yoga classes, including *Therapeutic Yoga for Healthy Backs* and *Stiff Guy Yoga*. She is also an award-winning television documentary writer-producer-director.

## Thursdays, 11:30 a.m.-1:30 p.m.

### **The Folk Music Revival in America**

CRN # 20079

7 weeks: March 24, 31,  
April 14, 21, 28, May 5, 12  
Thursdays, 11:30 a.m.-1:30 p.m.  
(No class April 7)

Did you hang out in Greenwich Village in the early sixties? Have you ever been to a hootenanny? Did you sing along with *Blowing in the Wind* and *If I Had a Hammer*? This course will examine the folk music revival: the historical roots, the causes, the songs, the performers and the lasting effects.

**Lewis Wills** (lewiswills2011@gmail.com) has a doctorate in education from Georgia State University and a Master of Arts in folklore and mythology from UCLA. He plays old-time and Irish music.

**Thursdays, 11:30 a.m.-1:30 p.m. *continued*****Four Short Stories of Ron Rash:  
*Something Rich and Strange***

CRN # 20080

4 weeks: March 24, 31, April 14, 21

Thursdays, 11:30 a.m.-1:30 p.m.

(No class April 7)

Using stories of different styles and points of view, and through lecture and class discussion, Lynne will emphasize *how* to read a short story and *how* to appreciate the *craft* of the author. Lynne brings in biographical material of Ron Rash's life that helps illuminate the story under discussion. It is required to read the stories two or three times before class to prepare for class discussion. **Required text:** *Something Rich and Strange* by Ron Rash, ISBN 978-0062349347 (Hardback); ISBN 978-0062349354 (Paperback). Please read "Chemistry," beginning on page 353, prior to the first class.

**Lynne Diehl** (flynnediehl@hotmail.com) has a Bachelor of Arts and a Master of Arts in English from the University of North Carolina at Chapel Hill. She was a college professor of English in Maryland, Pennsylvania and Bermuda and has taught at OLLI at UNC Asheville since 2004.

**Intermediate French 2B**

CRN # 20081

8 weeks: March 24, 31,

April 14, 21, 28, May 5, 12, 19

Thursdays, 11:30 a.m.-1:30 p.m.

(No class April 7;

make-up class on May 19)

We will continue to develop the four language skills of listening, speaking, reading and writing, picking up where we left off in French 2A. Any students who have already studied basic French grammar are also welcome to take this course. The instructor will loan the textbook to students on a first-come basis, and the workbook may be purchased online by new students. **Recommended workbook:** *Discovering French Blanc Activity Book* (1994 edition) by Jean-Paul Valette and Rebecca Valette, to go with textbook, ISBN-13: 978-0669239393.

**Sue Larmion** (susanlarmion@yahoo.com) has taught French for 18 years, most recently at Western Carolina University. She holds master's degrees in French and German and worked as a French and German linguist at the National Security Agency in Maryland for 20 years.

**It Started with Eve: Women  
in the Bible**

CRN # 20055

8 weeks: March 24, 31,

April 14, 21, 28, May 5, 12, 19

Thursdays, 11:30 a.m.-1:30 p.m.

(No class April 7;

make-up class on May 19)

The Bible rarely offers detailed descriptions of its characters. Those descriptions, especially when it comes to women, emanate from interpretations that are often notoriously subjective. We will examine how Biblical women are valorized or demonized based on the differing agendas of their interpreters. Come learn something they didn't teach you in Sunday school.

**Jay Jacoby** (jbjacoby@uncc.edu) has taught writing and literature for more than 40 years. He retired from UNC Charlotte in 2004 and has been an adjunct professor at UNC Asheville and has offered a dozen courses at OLLI.

**Living with Hearing Loss**

CRN # 20082

4 weeks: March 24, 31, April 14, 21

Thursdays, 11:30 a.m.-1:30 p.m.

(No class April 7)

How did we discover our own or a loved one's hearing loss? How do we learn to manage hearing loss? We will share experiences and ideas for recognizing hearing loss and coping with it, and we will address tinnitus. We will discuss ways to improve communication with family and friends and in the community. With the aid of experts, we will look at current technologies for hearing aids, cochlear implants, phones and assistive listening devices (both personal and what exists in various public settings). Much of our focus will be on coping with everyday life inside and outside the home. This course is based on the concept of a learning circle, which has a highly interactive participatory structure. To be successful, instructors strongly suggest a commitment by participants to attend and participate in each session, so that trust can develop in order to help each other in regard to hearing loss.

**Ann Karson** (akarson57@gmail.com) has lived with hearing loss for many years. Ann has a background in clinical social work. She has facilitated learning circles on this topic three times before. She is also president of the newly established Asheville chapter of the Hearing Loss Association of America. **Deborah A. Reynolds** (deborahareynolds@gmail.com) taught students in Maryland and North Carolina for more than 18 years. Now she enjoys taking classes at OLLI and wants to help people, especially those with hearing loss, to get the most out of their courses. She took a similar course in the Fall of 2013.

## Thursdays, 11:30 a.m.-1:30 p.m. *continued*

### **The Resurrection of Richard III**

CRN # 20083

Second four weeks: April 28,

May 5, 12, 19

Thursdays, 11:30 a.m.-1:30 p.m.

(Note start and end dates)

In this four-week course, we will examine history and literature that reveal the story of King Richard III. He has been labeled England's most disputed monarch; a martyr; a murderer and a monster. But what is real and what is fiction? In 2012, finally, there was the archaeological discovery that some believe answers a 500-year-old mystery. Or does it?

**Paula Withrow** (pvwithrow@aol.com) has a Master of Arts in history from Colorado State University and an enthusiasm for passing on little known historical facts as well as historical controversies. Paula enjoys teaching history – any history – and is as interested in the research as she is in sharing the information. Since 1975 she has been a Ricardian. If you don't know what that means, you're invited to the course.

## Thursdays, 12:30-1:30 p.m.

### **Ageless Grace:**

#### **Timeless Fitness for the Body and Mind**

CRN # 20084

7 weeks: March 24, 31,

April 14, 21, 28, May 5, 12

Thursdays, 12:30-1:30 p.m.

(No class April 7)

\$30

Gain confidence in your Ageless Grace daily practice and continue to change the quality of function in your life. For those who are familiar with the exercise program or want to run through the 21 tools/movements proficiently, we will have more movement and minimal lecture. Based on the science of neuroplasticity, we understand the brain can change structurally and functionally. We will playfully 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. Moving to upbeat music adds to the energizing activity! **Recommended text:** *The Ageless Grace Playbook: 21 Tools for Lifelong Comfort and Ease*, Denise Medved, ISBN-13: 978-1883230524, available through the instructor.

**Carol Gerson** (agelessgracecarol@gmail.com), certified Ageless Grace educator and trainer and certified dementia validation worker, is passionate about wellness. She is proud to enthusiastically teach all abilities of people the benefits of staying functionally and mentally active and healthy for life.

## Thursdays, 2-4 p.m.

### **Gentle Yoga**

CRN # 20085

7 weeks: March 24, 31,

April 14, 21, 28, May 5, 12

Thursdays, 2-4 p.m.

(No class April 7)

\$30

*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:** Please bring a yoga mat, yoga blanket or towel, and a yoga strap or old necktie to class.

**Fran Ross** (frani@charter.net) is a registered yoga instructor and has taught at OLLI for several years. Her philosophy of yoga? Be kind to yourself, find your edge, and explore the possible. She is certified in Kripalu yoga and Anusara yoga, and has a doctorate in expressive arts in therapy, teaching, and social action.

### **Improver Line Dance**

CRN # 20086

8 weeks: March 24, 31,

April 7, 14, 21, 28, May 5, 12

Thursdays, 2-4 p.m.

**Location: Woodfin YMCA**

**40 Merrimon Ave, Asheville, NC**

Line dancing is a great activity to keep your mind and body sharp. Designated for the dancer who wants to improve line dancing skills, *Improver Line Dance* choreography is a step above the beginner dances. We will learn line dances to various rhythms such as waltz, swing, tango and nightclub two step – done to all genres of music. **Course fees:** \$30 fee to be paid to the YMCA on the first day of classes (\$20 for YMCA members).

**Denna Yockey** (denna.yockey@gmail.com) teaches line dance at Givens Estates, Deerfield, Givens Highland Farms, Harvest House and Stephens Lee Recreation centers, and AB Tech. She has taught line dancing for 18 years and had her own dance club in Kansas for eight years. Denna hosts a monthly line dance party at the Asheville Ballroom.

**Thursdays, 2-4 p.m.** *continued***Magnificent Museums of Philadelphia**

CRN # 20087

6 weeks: March 24, 31,

April 14, 21, 28, May 5

Thursdays, 2-4 p.m.

(No class April 7)

The birthplace of America is rich in artistic grandeur. Come experience Philadelphia's "Museum Mile" along the Benjamin Franklin Parkway. We will explore the acclaimed Philadelphia Museum of Art, Rodin Museum, Franklin Institute, Academy of Natural Sciences and the Barnes Foundation. If you enjoy the macabre, you'll also get that and more as we also venture into the nearby Mütter Museum and many other local museums that reflect the history and vibrant community life of Philadelphia.

**Beth Davey** (dunloegap@yahoo.com) hails from Philadelphia. She relocated to Asheville in 2010 after living in Tampa. She holds a master's degree from Drexel University in Philadelphia and spent her career in healthcare marketing, communications and fund-raising. She also taught English and communications at community colleges.

**Older, Wiser, Sexually Smarter**

CRN # 20088

7 weeks: March 24, 31, April 14, 21, 28,

May 5, 12

Thursdays, 2-4 p.m.

(No class April 7)

We will identify the sexual issues that present themselves as we age, re-think old scripts and consider how to create new and positive ways of being sexual. Topics covered will include intimacy and communication, self-pleasuring, body image, cyber-sex and the Internet, online dating and sex and technology. This course is Part I, different from Part II. Participants do not have to take the classes in order.

**Kelley Johnson** (kelleyjohnsonphd@gmail.com) practices as a clinical sexologist. In her practice she provides private consultation to individuals and couples and comprehensive sex education to people of all ages. Kelley has a doctorate in human sexuality from the Institute for Advanced Study of Human Sexuality.

**Poetry 101: Reeling in the Muse**

CRN # 20089

4 weeks: March 24, 31, April 14, 21

Thursdays, 2-4 p.m.

(No class April 7)

We will explore the definition of poetry and its devices. We will explore the found poem, the led poem, group poems, pantoums, villanelles, sonnets, haiku and tanka in a four-week course in which we will write and share.

A published journalist, oral historian, memoirist and playwright, **Sarah Larson** (sarahlarso@gmail.com) has many creative techniques to offer the person new to poetry. Reeling in the muse has been a lifelong activity resulting in many near catches, hefty bass and trout, and knowledge of which creative rivers in which to fish. She has previously taught storytelling, oral history and memoir.

**Somerset Maugham: Writer, Spy**

CRN # 20090

4 weeks: March 24, 31, April 14, 21

Thursdays, 2-4 p.m.

(No class April 7)

One of the most popular British writers of his time, Somerset Maugham was recruited by Britain's wartime secret service to use his writing as a cover for spying activities. He wrote stories about these experiences, published in 1928 as *Ashenden (Collected Short Stories Vol. 3)*. We will discuss each story, then watch a matching episode from a four-part BBC mini-series. Reading the story before watching the film will enhance our understanding and enjoyment. **Recommended text:** *Collected Short Stories: Volume 3* by W. Somerset Maugham, ISBN-13: 978-0140185911.

**Doug Cooper** (cdoug38@gmail.com) has taught college English courses in the United States and overseas as well as many popular courses at OLLI since 2003. A number of these were literature courses. Others were film courses on English and American authors, film genres and foreign film directors.

**Talk is Cheap: Communication Challenges in Relationships**

CRN # 20091

4 weeks: March 24, 31, April 14, 21

Thursdays, 2-4 p.m.

(No class April 7)

We often think that communication with life partners, family and friends is easy, but it is usually complex and challenging. We will examine issues of relationship development and maintenance, self-awareness and perception, clarity and misunderstanding, and power and conflict in relationships. In each class we will look at how technology affects relationships, intergenerational issues and how to be a better communicator. The format will be lecture, discussion and activities.

**Cynthia Berryman-Fink** (berrymanfink@gmail.com) was a professor of communication at the University of Cincinnati for 31 years. She taught courses in interpersonal, group, management, gender and leadership communication. Cynthia published six books and more than 40 articles and was a communication consultant to corporate, non-profit, educational and government organizations.



## Thursdays, 2-4 p.m. *continued*

### **Wines You Never Knew You Loved**

CRN # 20092

8 weeks: March 24, 31,  
April 7, 14, 21, 28, May 5, 12  
Thursdays, 2-4 p.m.

**Location: Metro Wines**

**169 Charlotte St., Asheville, NC**

Most people know and enjoy about six different grape varieties much of their lives. But there are thousands of grape varieties throughout the world. Explore many of the relatively unknown wines and discover why they are loved in their home regions. You will try old favorites like Chardonnay and Cabernet Sauvignon, but in different, less familiar styles found around the world. You will discover grapes that are grown only in one small region of the world, as well as grapes that almost became extinct during the Chardonnay and Cabernet craze but now have a worldwide following. Broaden your wine horizon and find new favorites. **Course fees:** \$96 (\$12 per class) for wine and supplies, payable the first day of 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 more than 20 years.

## Thursdays, 2-4:30 p.m.

### **Flower Power Doubled**

CRN # 20093

8 weeks: March 24, 31,  
April 14, 21, 28, May 5, 12, 19  
Thursdays, 2-4:30 p.m.  
(No class April 7;  
make-up class on May 19)

We will learn to paint flowers from life in two different manners – one more traditional and one exploring other dimensions of expression – during alternating weeks. **Course prerequisite:** You must have taken at least one drawing class *and* one watercolor class. Students should have almost all necessary supplies. You may choose to purchase a little something extra – another paint color, different paper, another brush – to augment your supplies.

**Susan Kibler** (susankibler1@frontier.com) has taught watercolor and drawing classes at OLLI since 2011. She has a Bachelor of Arts in art from Bucknell University and studied at the Art Students League in New York. In 2003, she was admitted to the National Association of Women Artists. **Sharon Sandel** (3sharsand46@gmail.com) is a longtime Florida artist who specializes in using unconventional materials and abstraction to add another dimension to her paintings. She has taught at OLLI for two years.

### **Spring Wildflower Hikes in the Blue Ridge Mountains**

CRN # 20094

4 weeks: April 14, 21, 28, May 5  
Thursdays, 2-4:30 p.m.  
(Note start date)

We will identify and learn about the many spring wildflowers that bloom in our area. We will visit areas that are known for a diversity of wildflowers and are the best places to see the most flowers in bloom. The first class will meet at the Reuter Center and include a trip to the Botanical Gardens of Asheville. Other field trips will be to Pearson's Falls, the Blue Ridge Parkway and Big Creek in the Smokies. All classes will end in the field and may be as far as a one-hour drive from the Reuter Center. Participants must have good walking ability, be able to walk up to three miles, wear hiking boots and use a hiking stick. **Recommended text:** *Wildflowers of Tennessee, the Ohio Valley, and the Southern Appalachians* by Dennis Horn and Tavia Cathcart, ISBN-13 978-1551054285, and *Newcomb's Wildflower Guide* by Lawrence Newcomb, ISBN-13 978-0316604420.

**Marilyn Kolton** (ldwmkd@aol.com) and **Louis Dwarshuis** completed the Blue Ridge Naturalist Program at the NC Center for Creative Retirement and have taught a number of classes and hikes on wildflowers.



## Fridays 9-11 a.m.

### Healthcare Evolution and Reform: Introduction to the U.S. Health Insurance Marketplace

CRN # 20095

4 weeks: March 25, April 1, 15, 29

Fridays, 9-11 a.m.

(No class April 8 or 22)

One of the most frequent topics in the current political lexicon is healthcare. The degree to which it should be reformed and how these reforms should take place is one of the most divisive issues we face as a nation. We will establish a context, terminology and process for examining the key issues at the heart of the healthcare reform debate.

**Dale Rehkamp** (pjmdar@charter.net) is a 30-year health insurance industry veteran. He has worked in leadership positions for employee benefit consulting firms and health plans. He has been active in state level health care reform and is a seasoned public speaker.

### Tap Dancing for Fun

CRN # 20096

7 weeks March 25, April 1, 15, 29,

May 6, 13, 20

Fridays, 9-11 a.m.

(No class April 8 or April 22;

make-up class May 20)

With the emphasis on fun, we will go over the basic tap dancing steps, try some new ones and in the process learn a new dance routine. This class is for anyone who has always wanted to tap or review what they learned as a child — or just have fun and get some exercise.

**Mary Walker** (20mlwalker14@gmail.com) is a graduate of Ohio University with 30 years of experience as a teacher and librarian. For six years, she taught English in Japan, China and Slovakia. Mary has had extensive experience as a tap dancing teacher and has performed in two groups entertaining in nursing homes and assisted living facilities.

### Therapeutic Yoga

CRN # 20097

7 weeks March 25, April 1, 15, 29,

May 6, 13, 20

Fridays, 9-11 a.m.

(No class April 8 and April 22;

make-up class May 20)

\$30

This two-hour course will provide a gentle introduction to yoga using standing and chair poses (no floor work). Please wear loose comfortable clothing that is easy to move in. A yoga mat is preferred for the standing poses (or if you have no mat, you may wear secure closed-toe shoes with good grip). This class is great for those who want to work on balance, flexibility, mobility and relaxation. As long as you can stand up and sit in a chair, this class is for you! No prior yoga experience is necessary.

**Ellen Morrissey** (LNMyogatherapy@gmail.com) is a certified yoga instructor who specializes in gentle and therapeutic yoga. She has been practicing yoga since 2000.

### Writing Flash Fiction

CRN # 20098

6 weeks: March 25, April 1, 15, 29,

May 6, 13

(No class April 8 and April 22)

Fridays, 9-11 a.m.

Flash fiction (FF) is short short fiction usually 250-1,000 words. It engages the reader *in a flash*, and its compression often has a more emotional impact than longer works. We'll further define FF, study its history, form and techniques and try some writing exercises geared toward developing expertise in FF. Finally, we will "workshop" each other's efforts at writing FF with the goal of publication, if so desired. **Required text:** *The Rose Metal Press Field Guide to Writing Flash Fiction*, by Tara L. Masih (ed.), ISBN-13: 978-0978984861. **Recommended text:** *A Pocket Guide to Flash Fiction*, by Randall Brown, ISBN-13: 978-0983792857.

**John Himmelheber** (jxhimmelheber@gmail.com) is a practicing writer who has taught creative writing for more than 30 years. He holds a Master of Arts in English with a concentration in poetry writing. He currently facilitates the OLLI Special Interest Group "A Writers' Gathering" and edits *Smoky Blue Literary and Arts Magazine* (sblaam.com).

## Fridays 9 a.m.-noon

### Collage: Pathway to Soul

CRN # 20099

6 weeks: March 25, April 1, 15, 29,

May 6, 13

Fridays, 9 a.m.-noon 12:30 p.m.

(No class April 8 and April 22)

Art engages us. Art expands our horizon. Art opens new pathways. Collage is accessible to everyone, and it requires no particular dexterity, training or manual skill. We will create collages and explore what they reveal. Creative juices will flow, and we will watch where they go. This class is open to everyone regardless of past art experience or background.

**Materials fees:** \$5 for supplies, payable to the instructor at the first class.

**Bob Falanga** (robertjfalanga@gmail.com) is a recent transplant to Asheville from New Jersey where he taught Senior College at Bergen County Community College. Retired several years now, Bob has reinvented himself as a collage artist and has exhibited and sold his works. Bob taught *Collage: Pathway to Soul* at OLLI in the Fall 2015.

*Want to connect with cutting edge ideas? See what's coming from the next generation across disciplines like psychology, science, history, business, education, literature and the arts.*



The National Conference on Undergraduate Research (NCUR) is an interdisciplinary conference where students representing universities and colleges from all around the U.S. and the world will present their research and creative works in oral, poster and performance/visual arts presentations.

The idea for a national conference open to all undergraduates was conceived and first implemented at the University of North Carolina Asheville in 1987 and again in 1988. UNC Asheville hosted the conference in 1996 (10<sup>th</sup> anniversary) and 2006 (20<sup>th</sup> anniversary). The first conference drew more than 400 participants from schools across the country. Now in existence for almost 30 years, the conference hosts close to 4,000 students and their faculty mentors from all over the United States to present their research.

OLLI and the College for Seniors has planned its Spring 2016 schedule so that all classes, meetings and activities at the Reuter Center are suspended on April 7 and 8 because campus will be very crowded. The UNC Asheville Board of Trustees will hold its meetings at the Reuter Center on these dates. The Astronomy Club of Asheville will hold its regularly scheduled meeting on April 7, 7 p.m. and has invited OLLI members and NCUR participants to attend.

We are happy to play a small part to contribute to the success of this signature campus event.

***How can you get involved*** in this international happening? OLLI members are needed as volunteers in two critical roles:

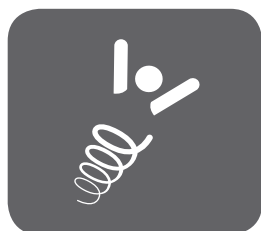
- **Registrar:** Extroverts with good oral communications skills will provide attendees simple instructions for registration, contact information and directions to sessions.
- **Moderator:** Individuals with some knowledge of an academic area(s) and comfortable with serving as a time-keeper will engage presenters and audience members (e.g., ask questions if no one in the audience does and keep to a presentation schedule in the case of no shows.) Volunteers may sign up for as little as one registration session (four-hour blocks of time) on a single day.

***To volunteer or find out more, email or call:***

Mark Harvey, Ph.D.  
Director, Undergraduate Research  
Program University of North Carolina  
Asheville  
828-251-6831  
[mharvey@unca.edu](mailto:mharvey@unca.edu)



# STAY ACTIVE STAY HEALTHY



College for Seniors and the YMCA of Western North Carolina are piloting a partnership for the Spring 2016 term. The program consists of four great new fitness classes at the Woodfin YMCA offered exclusively for OLLI members. These courses are part of the regular Spring CFS curriculum and can be part of your first three choices.

## **New College for Seniors health and wellness classes at the Woodfin YMCA**

- **Yoga of the Heart®**, with instructor Diane Saccone, the Healthy Aging program manager for the YMCA of Western North Carolina (see page 22).
- **Strength Training for Healthy Aging**, with instructor Stacie Smith, a Healthy Living instructor specializing in yoga, cycling and functional strength training at the YMCA of Western North Carolina (see page 41).
- **Intermediate East Coast Swing**, with instructor Sherry Lubic, popular College for Seniors dance instructor and former full-time ballroom dance instructor in Florida (see page 34).
- **Improver Line Dance**, with instructor Denna Yockey, teacher of line dance for 18 years and longtime College for Seniors instructor (see page 44).

YMCA membership is not required, but the course fee will be discounted for Y members. OLLI members can join the Y through May 15 and pay no joining fee, a savings of up to \$139. For more information about the benefits of a YMCA membership, call the Woodfin Y at 828.505.3990 or visit [www.ymcawnc.org/join](http://www.ymcawnc.org/join).

## Registration for Spring 2016

Given that February weather can be unpredictable, we have decided to use a randomized registration for Spring 2016 classes rather than risk having people travel to the Reuter Center. We will receive registrations for Spring 2016 from February 17 until February 24. You may submit your forms at the Reuter Center (where we can check for correct, complete information and payment), or you may mail your form (please see the address on the registration form on page 24 or 26 in the catalog). If you wish to submit your form with someone else (friends or couples who travel together), please clip the forms together and attach a note, and we will do our best to accommodate your request. All forms received after February 25 will be processed in the order of receipt, after we process all forms received before February 25.

We will accept applications for scholarships until February 25. Visit [www.olliasheville.com/forms](http://www.olliasheville.com/forms) to download and print a Scholarship Application form or pick up a form in the OLLI office.

We recognize that some people will prefer this system and that others will miss the opportunity to control their position in line by showing up early. We always work to balance the enthusiasm of our members for classes with safe and efficient processes. Please contact OLLI executive director Catherine Frank at 828.251.6188 if you have any questions or concerns.

## Online Registration On Track for Summer 2016

OLLI at UNC Asheville has signed a contract with Seattle-based Campus CE for an online registration system that we hope to be able to implement for our Summer 2016 registration. A number of Osher Lifelong Learning Institutes across the country use Campus CE software, and we spoke with over thirty different directors to assess which online system would be most effective for our needs and capacity.

As we put the catalog together in January, we are still learning about the system ourselves and won't be able to answer all of your questions for a while. Here's what we can say so far. We chose a system that would allow us to use a priority allocation system rather than have participants register first come, first served. Members who cannot or do not wish to use an online system can come to the Reuter Center for help without "losing their place in line." We will develop a variety of "how-to" documents and schedule sessions where you can come to learn and test the next system. Staff and volunteers will be available to walk folks through the process so that we maintain our sense of community rather than fostering a sense of competition. Members will be able to pay using a credit card, and refunds will be approved by staff but will not require the university to issue checks to make credit card refunds. If you can master the system, you can register wherever you have Internet access. Members will no longer feel they are lining up for a "door-buster special" when they want to register for courses.

We also want to manage expectations of the new system. Class sizes will still be limited by space and by instructor preference; an online system will not add one more seat to any class. Some members will miss the opportunity to control their place in line. Some participants may have preferred to know right away if they were into or out of a class rather than waiting for an allocation period. No system, in person or online, will allow us to meet every request for every class. We hope, however, that once we learn and implement this system that it will allow us to focus on our work in new ways and to meet more of our members' needs and expectations. We will continue to communicate as we know more.

## Adverse Weather

OLLI classes, events, meetings, and other activities will be canceled or delayed when UNC Asheville classes are canceled or delayed. OLLI leadership sometimes will make the decision to close or delay even when the rest of the campus is in session, if we feel that it is a prudent way to meet the unique needs and challenges of our members.

OLLI members should consult the OLLI website at [www.olliasheville.com](http://www.olliasheville.com) to receive the latest information regarding closings, cancellations and delays. As soon as we have a chance to gather relevant information we will post information on our outgoing messages at 828.251.6140. We will also, if at all possible, send an email to active members of OLLI regarding OLLI cancellations, closings and delays. If there is a delay, 9 a.m. classes will be canceled. All other classes will meet on a regular schedule.

Please remember that ours is a program of learning for the love of it. On bad weather days, use your best judgement to determine if conditions in your area are safe for travel.



**Campus Buildings**

- 1 118 W.T. Weaver (118)
- 2 Belk Theatre (BEL)
- 3 Brown Hall (BRO)
- 4 Brumit Pisgah House (BPH)
- 5 Carmichael Hall (CAR)
- 6 Glasshouse (GLA)
- 7 Highsmith Union (HIG)
- 8 Humanities Lecture Hall (HLH)
- 9 Hyannis House (HYA)
- 10 Justice Center (JUS)
- 11 Karpen Hall (KAR)
- 12 Lipinsky Hall (LIP)
- 13 Millar Facilities Complex (MFC)
- 14 New Hall (NEW)
- 15 Owen Hall (OWE)
- 16 Phillips Hall (PHI)
- 17 Ramsey Library (RAM)
- 18 Reuter Center (REU)
- 19 Rhoades Robinson Hall (RRO)
- 20 Sherrill Center/Kimmel Arena (SHE)
- 21 Student Recreation Center (SRC)
- 22 Vance Hall (VAN)
- 23 Weizenblatt Hall (WEI)
- 24 Zageir Hall (ZAG)
- 25 Zeis Hall (ZEI)

**Residence Halls**

- 26 Ashe Hall (ASH)
- 27 Founders Hall (FOU)
- 28 Gardner Hall (GAR)
- 29 Governors Hall (GOV)
- 30 Hoey Hall (HOE)
- 31 Mills Hall (MIL)
- 32 Moore Hall (MOO)
- 33 Overlook Hall (OVE)
- 34 Scott Hall (SCO)
- 35 South Ridge Hall (SOU)
- 36 West Ridge Hall (WES)

**Outdoor Spaces**

- 37 Botanical Gardens
- 38 Curry Courtyard
- 39 Glenn's Creek Greenway
- 40 Greenwood Fields
- 41 Karpen Garden
- 42 Labyrinth
- 43 Mullen Park
- 44 Permaculture Garden
- 45 Reed Plaza
- 46 Reynolds Green
- 47 Straus Track
- 48 Student Environmental Center Garden
- 49 Tennent Park / Outdoor Classroom
- 50 University Quadrangle

**Parking Lots**

R	Resident Student		F/S Faculty/Staff
	NR Non-Resident Student	V Visitor	
P1	R/NR/All approved freshmen	P11 NR	P23 F/S
P2	R/NR	P12 NR	P24 F/S/V
P3	R	P13 F/S/V	P25 F/S
P4	R	P14 F/S	P26 NR
P5	F/S	P15 F/S	P27 F/S
P6	F/S	P16 F/S	P28 F/S/NR
P7	F/S	P17 V	P29 Satellite lot
P8	NR	P18 F/S/V	P30 Patients
P9	F/S/NR/V	P19 F/S	P31 Event Parking
P10	NR	P20 R	P32 F/S
		P21 NR	P33 F/S/V
		P22 NR	

Shuttle stops Food served





Reuter Center, CPO #5000  
UNC Asheville  
One University Heights  
Asheville NC 28804-8516

Return Service Requested



**828.251.6140**  
**email: [olli@unca.edu](mailto:olli@unca.edu)**  
**[www.olliasheville.com](http://www.olliasheville.com)**

**Don't use email? Please call us or visit the Center frequently to stay informed.**

