



OSHER
LIFELONG
LEARNING
INSTITUTE

OLLI

at UNC
ASHEVILLE

Grow through life

WINTER 2016 CLASSES & EVENTS



from the director

Experts in the field of aging continue to ask us to “reimagine” retirement and aging. Ken Dychtwald is a gerontologist and founder and CEO of Age Wave, which conducts research on aging populations. In a recent speech for the American Society on Aging, Dychtwald reminds his audience that as 8-10,000 baby boomers enter retirement every day, we will witness unprecedented numbers of people who have “discretionary time” and who see themselves as having deferred having fun for many of their working years. He regrets that the field of gerontology has “not welcomed the emerging recreation issue” and has not reimagined “leisure and maturity.” He illustrates this shortcoming by noting that in compiling the biographies of “100 thought-leaders in the field of aging” and categorizing their expertise, he found, “The areas of dementia, public policy, disability, housing all had extraordinary experts in the specialties. Fun had zero. The number one thing that older people have is free time, yet we don’t have much expertise in leisure pursuit.” Focus on the deficit model of aging has negative consequences for us as a culture and as individuals. A recent article in the *Wall Street Journal* cites research that indicates “if we think about getting older in terms of decline or disability, our health likely will suffer. If, on the other hand, we see aging in terms of opportunity and growth, our bodies respond in kind.”

I’d like to suggest that at OLLI at UNC Asheville, we represent a community of 2300 thought-leaders in the field of serious fun, opportunity, and growth for older adults. We offer daily an image of thriving in life’s second half that embraces aging and demonstrates the many opportunities to make the “golden years” a time of opportunity and growth. Our members manage the challenges of aging that all of us encounter; they can offer expert advice about rehabilitation after hip replacements, caregiving options, or which Medicare plan to elect. But they also can talk about teaching courses on rock and roll, mentoring undergraduate students, or hiking the Camino de Santiago pilgrimage trail.

OLLI members pursue learning for the love of it in the College for Seniors, Workshops, and special lectures in subjects ranging from the Renaissance Italy to American crafts of the 1970s, from explanations of plant-based living to explorations of relativity. Increasingly our members contribute to the health of the larger community through the civic engagement committee’s relationship with the Asheville City Schools or monthly work sessions at MANNA Food Bank. When



audiences hear the joy of our Reuter Center Singers in performance or visitors witness the laughter coming from one of our Men’s Wisdom Works groups, they re-think the possibilities of this phase of life, not as “leisure” or “recreation,” but as a culmination of their life’s experiences, fun and serious at the same time. Most often when we go into the community to explain the rich variety of activities we enjoy in our community, we hear people say they can’t wait to retire so that they too can participate.

A woman in her 40s was a participant in one of our *Paths to Creative Retirement* workshops a few years ago. Retirement seemed a long way off for her, and she struggled to imagine her own “third act.” At the end of the weekend, participants are asked to make a presentation outlining their next steps. She hesitated to present, but then had the perfect closing words. She said that she had just watched her grandmother live to age 90, becoming more and more isolated and disengaged with nothing to fill her days. The weekend had helped her see there were alternatives. She said “I came into the weekend glumly muttering ‘Oh no. 50 more years of this,’ imagining my life would be like my grandmother’s, empty and isolated. I leave the weekend cheering, ‘Yeah! 50 more years of THIS, fun and fellowship, learning, and discovery.’ It’s a great gift at any age to find a community of people who share a sense of curiosity and excitement. Thanks for all that you do to make creative retirement possible and to blaze a trail for others seeking fulfillment in this phase of life.

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 Shakespeare to iPhones, world history to painting, yoga to opera. We offer four terms throughout the year, each one with different courses and opportunities.

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

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

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

winter 2016 events calendar

November

- 9 Winter catalog available and on-line
- 10 STEM Lecture, 4:30 p.m.
- 11 Blue Ridge Orchestra Open Rehearsal, 7 p.m.
- 11 f/32 Photography, 6:30 p.m.
- 13 College for Seniors Fall 2015 courses end
- 13 Art Bazaar, Noon-6 p.m.
- 14 Art Bazaar, 10 a.m.-2 p.m.
- 17 Winter Registration, 8 a.m.
- 17 Elisha Mitchell Audubon Society, 7 p.m.
- 18 Blue Ridge Orchestra Open Rehearsal, 7 p.m.
- 20 Chamber Music Chat, 1:15 p.m.
- 20 Symphony Talk, 3 p.m.
- 23 Blue Ridge Orchestra Open Rehearsal, 7 p.m.
- 25-27 OLLI office and Reuter Center closed for Thanksgiving

December

- 1 World Affairs Council, 7:30 p.m.
- 2 Blue Ridge Orchestra Open Rehearsal, 7 p.m.
- 3 Astronomy Club of Asheville, 7 p.m.
- 4 Inside the Music, 1:30 p.m.
- 4 Opera Talk, 3 p.m.
- 6 Sundays with Brevard Music Center, 3 p.m.
- 7 Reuter Center Singers Holiday Concert, 7 p.m.
- 9 f/32 Photography, 6:30 p.m.
- 13 Carolinas' Nature Photographer's Association, 5:30 p.m.
- 21-31 OLLI office and Reuter Center closed for Winter Break

January

- 1-3 OLLI office and the Reuter Center closed for Winter Break
- 8 New Member Welcome, 10 a.m.
- 10 Carolinas' Nature Photographers Association, 5:30 p.m.
- 11 College for Seniors Winter 2016 classes begin
- 13 f/32 Photography, 6:30 p.m.
- 15 Fab Friday, 11:30 a.m.
- 18 OLLI office and Reuter Center closed in observance of Martin Luther King, Jr. Day
- 20 STEM Lecture, 4:30 p.m.
- 22 Fab Friday, 11:30 a.m.
- 22 Safe Driving Refresher Course, 1 p.m.
- 22 Opera Talk, 3 p.m.
- 29 Fab Friday, 11:30 a.m.
- 29 NC Stage Behind the Scenes, 1:30 p.m.
- 31 Sundays with Brevard Music Center, 3 p.m.

February

- 2 World Affairs Council, 7:30 p.m.
- 4 Astronomy Club of Asheville, 7 p.m.
- 5 Fab Friday, 11:30 a.m.
- 9 World Affairs Council, 7:30 p.m.
- 10 STEM Lecture, 4:30 p.m.
- 10 f/32 Photography, 6:30 p.m.
- 11 Member Appreciation Social, 4:30 p.m.
- 12 Fab Friday, 11:30 a.m.
- 12 Medicare Choices Made Easy (registration required), 2 p.m.
- 12 Symphony Talk, 3 p.m.
- 14 Carolinas' Nature Photography Association, 5:30 p.m.
- 16 World Affairs Council, 7:30 p.m.
- 16 Spring 2016 catalog available and online
- 18 Advance Care Planning Workshop, 7 p.m.
- 19 Fab Friday, 11:30 a.m.
- 19 Opera Talk, 3 p.m.
- 22 College for Seniors Winter 2016 classes end
- 23 World Affairs Council, 7:30 p.m.
- 23 Spring 2016 Registration opens
- 26 Chamber Music Chat, 3 p.m.
- 28 The Autumn Players Readers Theatre, 2:30 p.m.

contents

Activities & Programs	5-9
Civic Engagement	41
College for Seniors.....	12-40
Course Calendar	14-15
Events Calendar	3
Fab Fridays Lectures.....	9
Health & Fitness Center	5
Leadership Asheville Seniors	11
Life Transitions Programs.....	10
Membership	4
Mission & Steering Council	3
Registration Forms	21-24
Registration Information	4
Scholarships.....	12
Special Events	6-8
Special Interest Groups.....	5
Volunteering Opportunities.....	41
Weather Policy	15
Workshops.....	11

Steering Council 2015-2016

Chair: Patrick Chitwood

Chair-Elect: Catherine Jordan

Secretary: Jacob Cohen

Past Chair: Judy LaMée

OLLI Executive Director: Catherine Frank

Committee Chairs

Civic Engagement: Sarah Reincke

College for Seniors: Bobbie Rockwell

Facilities: Barry Mundt

Finance: Terry Reincke

Inclusion: Steve Kaagan

Life Transitions: Dave Castel

Marketing: Kirk Borland

Membership: Sandy Bowles &
Kathleen Mainardi

Nominating: Catherine Jordan

Planning: Barbara von Hauen

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 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 Library borrowing privileges**
- **Quarterly course catalogs and 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. 12-40)**
 - 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: Leave your name on the list at the desk outside the Reuter Center office, and we will make you a nametag. Wearing a nametag at all OLLI events and classes helps people get to know you.

ONECARDS: OLLI members may obtain a OneCard, the official UNC Asheville photo ID card, in Highsmith University Union. With a OneCard you may receive UNC Asheville discounts at local businesses and at university special events. You may deposit funds on the OneCard either in the OneCard office or in automatic deposit machines in Highsmith Union or Ramsey Library, to be used in many of the campus dining venues, including the Reuter Café. Please note that any balance on OneCard goes to zero on May 15. If you obtain an annual sticker for your OneCard through UNC Asheville Police, you may ride Asheville Transit at no cost.

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

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

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

NEED MORE INFORMATION? Check out these resources:

Center Website: www.olliasheville.com

Campus Map: www.unca.edu/campusmap

UNC Asheville Events: www.unca.edu/calendar

The Reuter Center Office—Open Weekdays, 8 a.m. to 5 p.m.

828.251.6140

registration—winter 2016 term

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

- Complete membership form, p. 21 or 23
- Pay \$70 membership fee and receive membership from August 1, 2015, through July 31, 2016
- Mail in or drop off form and payment at the Reuter Center office anytime
(Cash or check payable to OLLI only—we do not accept debit or credit cards)

REGISTER for classes starting November 17, 8 a.m. (please note that OLLI members line up early to get their first choice of courses)

Note: Registration forms will be processed in order of date received at the Reuter Center on or after November 17. Forms submitted during registration on November 17 will be processed before registrations mailed or received prior to November 17.

- View catalog (hard copy or online at www.olliasheville.com)
- Complete registration form, p. 21 or 23.
- Mail in or drop off at the Reuter Center office with payment.
Cash or check payable to OLLI only—we do not accept debit or credit cards.
- To apply for a scholarship for College for Seniors program fees, submit a scholarship application with your registration form. See p. 12 for details.

RECEIVE registration confirmation sent Friday, December 11, and again on Monday, January 4

- Add/Drop begins Monday, December 14, 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. Register by calling 828.251.6140. Participants must be OLLI members. There is a \$40 fee for music, payable to the Reuter Center Singers treasurer, at your first meeting. Contact Robert Dutnell (rhodutnell@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 21 or 23 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 and look for SIGs under "Center Groups."

Alliances des Français

One Friday each month, 1:30-3 p.m.
Information: 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.
Information: Paula Withrow, 828.350.8406,
pwwithrow@aol.com or Bob Mellor,
828.253.5031, bob.mellor@charter.net

Art SIG

Fridays, 1-4 p.m.
Information: Diane Chambers,
828.271.4645, pdchambers@charter.net
or Michelle Breen,
michellemichelle831@gmail.com

Beer on Tap

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

Bridge Buddies

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

Bridge for Fun

1st & 3rd Wednesdays, 2-5 p.m.
Information: Patricia Grace, 828.505.0046,
or Marti Saltzman, 828.712.7502,
mmarti28801@gmail.com

Bridge Grads

Thursdays, 2-5 p.m.
Information: 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.
Information: Gracemarie Warren,
grc022412@gmail.com

Elders Fierce for Justice

Call or email for meeting times
Information: Steve Kaagan, 517.980.6426,
skaagan@msu.edu

Financial Strategies in Retirement

1st Fridays, 1:30 p.m.
Information: Kate Beatty, 828.231.7710,
kkbmom@yahoo.com

The Forum:

Dialogue to Challenge Our Thinking

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

Hooks and Needles

1st & 3rd Mondays, 2-4 p.m.
Information: Janet Hutchins,
janet01803@gmail.com

Intermediate Bridge

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

Meditation

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

Men's Wisdom Works

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

Poetry Lovers

3rd Fridays, 1:30-3:30 p.m.
Information: Karen Depew,
depewkaren@yahoo.com

Stories for the Third Act

3rd Tuesdays, 4:30-6 p.m.
Information: Sarah Larson, 828.450.5462,
sarahlarso@gmail.com

Texas Hold'Em Poker

Mondays, 4:15 – 6 p.m.
Information: Bruce Jones, 828.338.0265,
bruce_e_jones@yahoo.com

Tile Clickers (Mah Jongg)

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

Wine Tasting

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

Wine Tasting II

3rd Sundays, 7 p.m. at a member's home
Information: Kathleen Mainardi,
828.633.2119, kkmmainardi@gmail.com

Women's Groups

Call or email for meeting times
Information: Bobbie Bowen, 828.693.1523,
ravery09@gmail.com

A Writers' Gathering

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

special events—winter 2016

These events are open to the public and held at the Reuter Center. Most are free. Call 828.251.6140 for additional details.

Advance Care Planning Workshop

An advance care planning (ACP) workshop is scheduled for **Thursday, February 18, 2016, 7-9 p.m.** The workshop is open to adults of all ages and will feature a panel whose members are experienced in addressing end-of-life issues. Discussion will include communicating your treatment wishes to loved ones and to medical personnel, ethical and legal issues, and the uses of advance directives. Ample time will be reserved for questions and assistance will be provided for anyone wishing to complete a legally valid advance directive, including the notarization required in North Carolina, using the NC ACP "Short Form."

Art Bazaar

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

Asheville Living Treasures

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.com (preferred) or 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. Nominations for the spring recognition ceremony may be submitted starting **January 15, 2016, and ending March 15, 2016**. For more information call 828.423.6476.

Astronomy Club of Asheville

The Astronomy Club of Asheville meets the **first Thursday of each month, 7-9 p.m.** with an interesting lineup of speakers and topics. OLLI members may attend the club meetings and star gazes with club members on hand to advise and assist them in the basics of astronomy and the techniques of observing celestial phenomena. For more information about the Astronomy Club of Asheville, visit their website at www.astroasheville.org. Meetings are scheduled for **Thursday, December 3, 2015, and February 4, 2016**; subjects will be announced on the club's website. Please note that there will be no meeting in January 2016.

The Autumn Players Readers Theater

The Autumn Players is a troupe of seasoned actors dedicated to taking the theatre experience into the community. Readings of great literature by experienced performers can spark deep understanding and kindle lasting interest. As words jump from the page with conviction and emotion, stories come to life. The Autumn Players will perform **Sunday, February 28, 2016, 2:30 p.m.** The play will be announced in the OLLI newsletter. The event is open to the public, and tickets are \$6 (including sales tax) at the door.

Blue Ridge Orchestra

The Blue Ridge Orchestra, an all-volunteer ensemble comprising over 70 accomplished amateur, semi-professional, and professional musicians, will be joined by the Reuter Center Singers to prepare for a holiday concert. During winter term, the Orchestra has found a different venue for rehearsals. While they remain in the Reuter Center, OLLI members are welcome to drop in and listen as the ensembles prepare their holiday repertoire on **November 11, 18, 23 (with the Reuter Center Singers), and December 2, 2015, 7 p.m.** For more information visit blueridgeorchestra.org.

The Carolinas' Nature Photographers Association

The Carolinas' Nature Photographers Association (CNPA) was founded in 1992 to promote nature photography in the Carolinas, to help conserve and preserve the diverse natural ecosystems in the Carolinas and to educate others interested in nature and wildlife photography. The association is divided into regions for more close-at-hand activities. The CNPA-Asheville Region's goal is to develop a group that will more fully experience the beauty of Western North Carolina through photography. Activities in the Asheville Region include photo outings, seminars, workshops, exhibits, photo contests, image critiques and monthly meetings at the Reuter Center, held on the **second Sunday of each month**, with a social at **5:30 p.m.** and a formal meeting at 6 p.m. Meetings are scheduled **Sundays, December 13, 2015, January 10, and February 14, 2016**. For more information visit cnpa-asheville.org.

Chamber Music Chat

Chamber Music Chat is a lecture series sure to delight! Pan Harmonia is an independent repertory company based in Asheville, NC, and directed by flutist Kate Steinbeck. Now in its 16th 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 panharmonia.org

- **Friday, November 20, 2015, 1:15 p.m.:** Flutist Kate Steinbeck and clarinetist Fred Lemmons visit Treble Land.
- **Friday, February 26, 2016, 3 p.m.:** Explore the bombarde (a woodwind instrument used to play traditional Breton music) and Breton music with clarinetist Rosalind Buda.

special events—winter 2016 *continued***Elisha Mitchell Audubon Society**

The mission of the Elisha Mitchell Audubon Society (EMAS) is to promote birding and an appreciation of all nature, and to preserve wildlife and natural ecosystems. EMAS offers free educational programs on **the third Tuesday of the month at 7 p.m.** For more information about additional programming, visit emasnc.org.

- **Tuesday, November 17, 7 p.m.:** Emilie Travis and Katherine Caldwell, Wildlife Resources Commission, "Bats of North Carolina."

f/32 Photography

f/32 is a diverse group that shares an appreciation and love of photography. Members range from amateurs who like to take point-and-shoot snapshots to working professional photographers. At monthly meetings, they share their work, learn new methods and keep abreast of the latest industry news and equipment. OLLI members are offered free membership in f/32. Attend on **Wednesdays, November 11 and December 9, 2015, and January 13 and February 10, 2016.** A social hour begins at **6:30 p.m.**, and meetings begin at 7 p.m. For more information visit www.f32nc.com.

Inside the Music

Join us **Friday, December 4, 2015, 1:30 p.m.** for a presentation on the powerful voices of the Asheville Choral Society (ACS). ACS artistic director and conductor, Dr. Melodie Galloway, chair of UNC Asheville's music department and director of choral activities, will share insights about the music and gifted singers and instrumentalists who will perform in "Yuletide Candlelight," a concert of seasonal music to be held at Asheville's Trinity Episcopal Church. For more information visit ashevillechoralsociety.org.

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, February 12, 2016, 2 p.m.** This session will be an overview (plans, parts, and policies) of Medicare. Spaces are limited, and registration is required. Reserve your space by calling the Council on Aging of Buncombe County, 828.277.8288. In addition, beginning at **noon**, representatives from the Social Security Administration will be available to answer questions about Social Security benefits and Medicare enrollment. They will also provide detailed instructions for finding online services at socialsecurity.gov.

Member Appreciation Social

On **Thursday, February 11, 4:30 p.m.** enjoy an afternoon of fellowship at our annual Member Appreciation Social. It's a casual affair organized by the OLLI Membership Committee's Party Planners. Share food, wine and conversation while spending an afternoon with the most delightful folks in Western North Carolina.

NC Stage Behind the Scenes

Join NC Stage artistic director and co-founder Charlie Flynn-Mclver 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-Mclver 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. The upcoming lecture on **Friday, January 29, 2016, 1:30 p.m.**, includes a look at the play *Jeeves Intervenes*. For more information about NC Stage, visit ncstage.org.

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, January 8, 2016, 10 a.m.**, to learn about all that OLLI has to offer and about ways to get involved. Meet other members and get answers.

Opera Talk

Asheville Lyric Opera (ALO) brings great stories and music to life on Asheville's premiere theatrical stage, the Diana Wortham Theatre. 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. Mark your calendar for the lectures. For more information visit ashevillelyric.org.

- **Friday, December 4, 2015, 3 p.m.:**
Sneak Peek at the 2016 Season
- **Friday, January 22, 2016, 3 p.m.:**
History of African Americans in Opera
- **Friday, February 19, 2016, 3 p.m.:**
2016 ALO Winter Gala Highlights

Reuter Center Singers Holiday Concert

The Reuter Center Singers, OLLI's in-house choral group directed by Chuck Taft, study and perform classical, popular and show tunes. Mark your calendar to attend on **Monday, December 7, 2015, 7 p.m.**, to add a little sparkle to your holiday celebrations with the ever-popular Reuter Center Singers Holiday Concert. Bring the whole family and plan to arrive early to get a seat at this wonderful annual event.

special events—winter 2016 *continued*

Safe Driving Refresher Course

On **Friday, January 22, 2016, 1-4 p.m.** AARP in partnership with OLLI will offer a safe driving refresher course designed to help mature drivers remain safely on today's faster, more challenging highways. The four-hour AARP Driver Safety course teaches valuable defensive driving techniques and provides a refresher about the rules of the road and tips for avoiding crashes. The cost of the course is \$15 for AARP members and \$20 for non-members. To register contact Jan Stephanides, stephanidesj@gmail.com or 828.443.1051.

STEM Series Lecture

The STEM Lecture Series is interdisciplinary with a focus on science, technology, engineering, and mathematics. The upcoming lectures for winter term are designed around the theme of new developments in STEM disciplines. Additional lectures will be announced at a later date.

- **Tuesday, November 10, 2015, 4:30 p.m.:** Daniel Frayne and Blake Fagan, Mountain Area Health Education Center (MAHEC) Division of Family Medicine, "The US Health Care System—The Only Developed Country Where Maternal Deaths Are on the Rise"
- **Wednesday, January 20, 2016, 4:30 p.m.:** Michael Ruiz, UNC Asheville physics professor, "The Science of Harmony"
- **Wednesday, February 10, 2016, 4:30 p.m.:** Howard Jaslow, "Spatial Disorientation and Aviation Safety"

Sundays with Brevard Music Center

Sundays with Brevard Music Center features performances by Brevard Music Center artists and faculty members in the Reuter Center. For more information about Brevard Music Center visit brevardmusic.org.

- **Sunday, December 6, 2015, 3 p.m.:** Tenor Joseph Evans and pianist Douglas Weeks
- **Sunday, January 31, 2016, 3 p.m.:** Trombonist David Jackson, pianist Amy I-Lin Cheng, and baritone soloist Daniel Washington

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

- **Friday, November 20, 2015, 3 p.m.:** Haydn's *Sinfonia concertante*, op. 84 with Asheville Symphony Orchestra soloists Jason Posnock, violin; Franklin Keel, cello; Alicia Chapman, oboe; and Michael Burns, bassoon, and Holst's *The Planets*, featuring Asheville Symphony Chorus female singers.
- **Friday, February 12, 2016, 3 p.m.:** Mendelssohn's *Hebrides Overture*, Strauss's *Metamorphosen* and Beethoven's *Violin Concerto* with violin soloist Stefan Jackiw.

World Affairs Council

Come to the Reuter Center for these fascinating lectures and discussions that aim to advance international awareness and foster Western North Carolina's global ties. OLLI members receive a discount on World Affairs Council annual membership fee. On **Tuesday, December 1, 2015, 7:30 p.m.**, come to hear "ISIS/DEAS and the Regional Struggle for Hegemony: Iran, Saudi Arabia, Turkey and Qatar as U.S. Involvement Lessons" by Ali Demirdas. The World Affairs Council *Great Decision Lecture* series is scheduled for **Tuesdays, February 2, 9, 16, 23, 2016, 7:30 p.m.**

For more details about programs, consult the WAC website, main.nc.us/wac

fab Fridays

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.

January 15, 2016: Asheville Independent Restaurant Association

Michel Baudouin, owner and chef of downtown Asheville restaurants Bouchon, Bouchon Creperie, and Lafayette, was instrumental in organizing local restaurant owners and chefs to form Asheville Independent Restaurants (AIR) in 2002. Their goal was to create a better Asheville food scene. Mr. Baudouin will discuss the inception of AIR, what it has accomplished, and the group's continuing success in making Asheville a food destination.

January 22, 2016, Macular Degeneration & the Blue Light Danger

Age Related Macular Degeneration (AMD) is the leading cause of vision loss in the United States. With an estimated 11 million individuals in the U.S. suffering from AMD, a figure that is expected to grow to 22 million by 2050, we are facing a coming epidemic of AMD. In addition to the increase in our aging population, we are using our eyes like never before in history. Join Dr. Kim Walters, owner of Optix Eye Care, as she discusses AMD, and the newest threat to our health, blue light which is emitted in high concentration from our smartphones, tablets, computers, TVs, fluorescent lights, and LED lighting. With 18 years of experience practicing optometry in Weaverville, NC, Dr. Walters is an expert on the prevention, early detection and management of ocular disease. This lecture is part of the *Health Education Series*.

January 29, 2016, Roller Derby: From Spectacle to Sport

The Blue Ridge Rollergirls, Asheville's first and only all-female flat track roller derby league, has worked to actively create, promote, and sustain an environment that fosters strength, courage, vitality and the empowerment of women in the sport. Since establishing themselves ten years ago, they have won an impressive number of matches and have earned some medals along the way. Several members of the league will offer a behind the scenes look at the training, culture, and community that has evolved to support this exciting sport. Plus, team members will show off some skating moves!

February 5, 2016, Balance and Proprioception

Jason Wingert, UNC Asheville associate professor of health and wellness and director of the UNC Asheville Sensorimotor Laboratory, will discuss his research on balance and proprioception (the body's sense of position and movement from the muscles, skin, and joints) and what happens to this sense as we age. The discussion will include information about what we can do to build our sensory and motor awareness to avoid injuries. This lecture is part of the *Health Education Series*.

February 12, 2016, Asheville's African American Experience in the Civil War Era

Gordon McKinney, former director of the Loyal Jones Appalachian Center at Berea College and College for Seniors instructor, is the author of several books on the American Civil War. In this lecture he will discuss the Civil War as a time of uncertainty for most African Americans in Asheville. As the war ended, former slaves embraced the new freedom of movement and demanded wages and new working conditions. Many sought to reconstitute their families and establish their own churches and schools. Learn more about this interesting chapter in the history of African Americans in Western North Carolina.

February 19, 2016, Will Your Kidneys Fail You?

Kidneys and urine don't sound interesting, but they are. Why do kidneys make up only 1 % of body weight, but use 10% of the body's energy, and get 25 % of the blood pumped by the heart? How did our kidneys ever wind up being so weird and inefficient? Why has the fraction of Americans over 60 with life-threatening kidney failure increased dramatically over the past decade and how can you avoid this epidemic? David Mouw, Ph.D. (human physiology), M.D. (family practice) with added Qualification in Geriatrics, has given 11 previous Health Education Series lectures, and regularly uses the audience response system to get audience feedback. This lecture is part of the *Health Education Series*.

life transitions programs

Members and staff of OLLI at UNC Asheville collaborate to offer unique and innovative programs to help participants navigate major life transitions. Payment options for all Life Transitions programs include cash, check, Visa, or MasterCard. For questions or to register over the phone, contact Laurel Jernigan, 828.250.3871 or ljerniga@unca.edu

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

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

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



Exploring Continuing Care Retirement Communities

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

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

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



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

More Information: www.PathstoCreativeRetirement.com

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



The Creative Retirement Exploration Weekend (CREW)

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

More Information: www.AshevilleCREW.com

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



Leadership Asheville Seniors

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. 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.



When: Weekly sessions, September - November, 2016

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

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

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

Questions? Contact Laurel Jernigan at ljerniga@unca.edu or 828.250.3871.

Why take LAS? Ask the alumni...

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

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

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



Workshops will be on hiatus during Winter Term but will return with an exciting lineup of new workshops in Spring 2016.

**Workshops are open to the public.
Come join the fun!**

www.olliasheville.com/workshops

For more information, to teach a workshop, or to join the committee, contact Laurel Jernigan at 828.250.3871 or email ljerniga@unca.edu.



college for seniors

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

Winter: January 11 – February 22, 2016 (registration begins November 17)

Spring: March 21 – May 13, 2016 (registration begins February 23)

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

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

Winter 2016

January 11 – February 22

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

Fee: \$90 for the term

This flat fee allows you to register for up to three courses, listed on pp. 16-40, during the initial phase of registration.

Confirmation will be mailed on December 11, 2015, and January 4, 2016. After you receive your schedule, you may add additional courses without cost. Courses may be added prior to the start of the second class period in the course.

Add/Drop begins Monday, December 14, 8 a.m.

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

OLLI Membership is required to enroll in CFS courses

REFUNDS: Cancellation must be received by 3 p.m., Friday, January 8, for a full refund. This applies to ALL fees for CFS courses.

Course Information

In addition to the course descriptions in this catalog, there are details for many CFS courses on course web pages on the OLLI website. To reach the listing of courses with web pages, visit: olliasheville.com/courses.

On this page, you can type in an instructor's name and find information such as course outlines, reading lists, materials lists, and instructor background.

Class Reps

If you are interested in helping 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, contact Martha Marshall, marshall@ret.unca.edu or Anne Mock 828.251.6198.

Scholarships

Scholarships are available to partially cover the expense of the term; the annual OLLI membership fee is the member's responsibility. Applications are available in Room 208 of the Reuter Center and on OLLI's website. To ensure the best choice of courses, scholarship applications are submitted along with the registration form as early in the registration period as possible. For additional information, call 828.251.6873.

Teaching at College for Seniors

At the heart of the College for Seniors program are dedicated volunteer instructors. While many instructors are retired academics, others with no formal teaching background have successfully facilitated learning experiences centered on their areas of passionate interest or expertise.

Instructor Guide

An instructor guidebook has been prepared to orient the first time instructor and to enhance the skills of experienced teachers. To access the instructor guide, visit: <http://olliasheville.com/college-seniors-1>

Course Proposal Due Dates:

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

Proposal forms are available on the OLLI website at: olliasheville.com/forms

Questions about College for Seniors? Contact CFS Program Manager Herb Gunn, 828.251.6873

Winter 2016 College for Seniors Index by Subject

Architecture and Art History

Art and History of Renaissance Italy	16
Asheville Architecture and Master Builders	36

Contemporary Issues

Has the Arab Spring Sprung?	34
-----------------------------------	----

Crafts

American Crafts of the 1970s	16
Antique and Vintage Costume Jewelry Design and Transformation.....	33
Bargello Samplers.....	37
Beginning Crochet Continued	17
Geometric Art: Curved Stitching and Beyond	29
Just Bead It.....	36
Learn to Knit	27
Ukrainian Pysanky Eggs: From Traditional to Modern.....	29

Dance

Beginner Line Dance	34
Beginning Ballroom Dance: ChaCha ..	32
GROOVEing and Moving	40

Economics and Finance

Income/Wealth Inequality: Why It Matters	28
Stocks, Bonds, and Investing: Oh My!	31

Film

Popcorn and Aliens: Space Movies You Might Have Missed	29
Roger Corman: King of the B's	36
Satyajit Ray Films From India	19
Spoiler Alert! Movies with Provocative Surprise Endings	33

Health and Wellness

Acupressure for Well-Being and Better Health.....	37
Ageless Grace: Timeless Fitness for the Body and Mind.....	29
Classical Pilates.....	16
Classical Yoga.....	20
Exploring Qigong, The Art of Breathing	16
Food For Thought: Plant Based Living	18
Foot Fitness	27
Gentle Yoga	27
GROOVEing and Moving	40

Health and Wellness *continued*

Healthy-Steps	26
MELT for Well-Being and Better Health.....	35
Mindful Yoga and Meditation	30
Sexuality in Movies: A Film and Discussion Course	38
Tai Chi Chih: Joy Through Movement	35
Tai Chi 10 Form.....	17
Therapeutic Yoga	39
Yoga and Nutrition for Arthritis.....	37
Yoga for Healthy Aging	20
Yoga for Posture 101	35
Yoga for Your Health	33
Yoga Nidra: Total Relaxation	18

History

China under Communism.....	25
A Different Information Revolution: Impact of Printing and New Knowledge 1450-1650	32
The Dominiguez-Escalante Expedition and Re-Creation.....	26
Explorers of the Southeast in the 18th Century	34
Lessons of the Holocaust.....	39
National Parks: Where to Go, What to See, and When.....	36
Sports History Stories from a Master Documentary Maker - Round 5	37
Understanding Turkey	18

Language and Literature

Eat Your Words: The Power and Place of Dining in Film and Literature	26
In Search of Atticus Finch	30
Shakespearean Comedy: <i>As You Like It</i> and <i>Taming of the Shrew</i>	20
Short Stories of Flannery O'Connor....	36
Where Does English Come From, and Where Is It Going?	17
Writing for Stand-Up Comedy	28

Music

Appreciating Jazz Piano.....	32
I Got the Blues	19
The Met at the Movies.....	38
Performance and Interpretation in Classical Orchestral Music.....	28
Years of Musical Change: The '60s and '70s	31

Personal Development

Asheville on the Cheap	26
Seniors Can Fly Gliders!.....	30
Hiking the Camino de Santiago in Spain.....	25
Wine Essentials: Pairing, Secrets and History	28

Political Science

Has the Arab Spring Sprung?	34
-----------------------------------	----

Recreation

The Art and Science of Puzzles.....	19
Beginning Mah Jongg	27
Intermediate Bridge	25

Science and Mathematics

Chernobyl and Fukushima.....	34
Elec-Trickery and Magic-ism: Understanding the Foundations of Electricity	25
Good Science, Bad Science, Fun Science.....	17
Relativity for Anybody	35
Science and Technology: In-Depth Lectures	31
Temple Grandin on Autism and Agriculture	39

Social Sciences

A Brief History of Risk and Decision Making	20
How Happiness Thinks: Paths to Happiness from a Jewish Mystical Perspective.....	18
Income/Wealth Inequality: Why It Matters	28

Studio Arts

Beginning Oil Painting: Especially for Men!.....	38
Beginning WNC Landscapes in Watercolors.....	19
Mixed Up Water Media	18
Oil Painting Level 2	39
Painting the Sky in Watercolor	33
Zentangle Basics and Beyond.....	31

Technology

Navigating Windows 10.....	32
----------------------------	----

mondays

9-10:30 a.m.

Classical Pilates	16
Exploring Qigong, The Art of Breathing	16

9-11 a.m.

American Crafts of the 1970s	16
Art and History of Renaissance Italy ...	16
Beginning Crochet Continued.....	17
Good Science, Bad Science, Fun Science	17
Where Does English Come From and Where Is It Going?	17

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

Tai Chi 10 Form	17
-----------------------	----

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

Food for Thought: Plant Based Living	18
How Happiness Thinks: Paths to Happiness from Jewish Mystical Perspective.....	18
Mixed Up Water Media	18
Understanding Turkey	18

2-3:30 p.m.

Yoga Nidra: Total Relaxation	18
------------------------------------	----

2-4 p.m.

The Art and Science of Puzzles	19
I Got the Blues.....	19

2-5 p.m.

Beginning WNC Landscapes in Watercolors	19
Satyajit Ray Films From India	19
Shakespearean Comedy: <i>As You Like It</i> and <i>Taming of the Shrew</i>	20

tuesdays

9-10:30 a.m.

Classical Yoga	20
Yoga for Healthy Aging	20

9-11 a.m.

A Brief History of Risk and Decision Making	20
China Under Communism	25
Elec-Trickery and Magic-ism: Understanding the Foundations of Electricity	25
Hiking the Camino de Santiago in Spain	25
Intermediate Bridge.....	25

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

Healthy-Steps	26
---------------------	----

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

Asheville on the Cheap.....	26
Beginning Mah-Jongg	27
The Dominguez-Escalante Expedition and Re-Creation.....	26
Eat Your Words: The Power and Place of Dining in Literature and Film	26
Learn to Knit.....	27

2-3 p.m.

Foot Fitness	27
--------------------	----

2-4 p.m.

Gentle Yoga	27
Income/Wealth Inequality: Why It Matters.....	28
Wine Essentials: Pairing, Secrets and History	28
Writing for Stand-Up Comedy.....	28

2-5 p.m.

Performance and Interpretation in Classical Orchestral Music.....	28
Popcorn and Aliens: Space Movies You Might Have Missed.....	29
Ukrainian Pysanky Eggs: From Traditional to Modern.....	29

3-4:30 p.m.

Ageless Grace: Timeless Fitness for the Body and Mind.....	29
---	----

wednesdays

9-11 a.m.

Geometric Art: Curved Stitching and Beyond	29
In Search of Atticus Finch	30
Seniors Can Fly Gliders!	30

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

Mindful Yoga and Meditation	30
-----------------------------------	----

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

Beginning Mah-Jongg	27
Science and Technology: In-Depth Lectures	31
Stocks, Bonds and Investing: Oh My!	31
Years of Musical Change: The '60s and '70s	31
Zentangle Basics and Beyond	31

2-4 p.m.

Appreciating Jazz Piano	32
Beginning Ballroom Dance: Cha Cha	32
A Different Information Revolution: Impact of Printing and New Knowledge 1450-1650	32
Navigating Windows 10.....	32

2-4:30 p.m.

Painting the Sky in Watercolor	33
Spoiler Alert! Movies with Provocative Surprise Endings	33

Winter 2016 Calendar

This is a quick-reference for course days and times; see course listing for details. For changes that occur after the catalog goes to print, see "Catalog Updates" at www.olliasheville.com

thursdays

9-10:30 a.m.

Yoga for Your Health33

9-11 a.m.

Antique and Vintage Costume Jewelry

Design and Transformation33

Beginner Line Dance34

Chernobyl and Fukushima.....34

Explorers of the Southeast

in the 18th Century34

Has the Arab Spring Sprung?34

Relativity for Anybody35

Tai Chi Chih:

Joy Through Movement.....35

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

MELT for Well-Being and

Better Health35

Yoga for Posture 10135

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

Asheville Architecture and

Master Builders36

Just Bead It36

National Parks: Where to Go, What to

See, and When36

Roger Corman: King of the B's.....36

Short Stories of Flannery O'Connor...36

2-4 p.m.

Acupressure for Well-Being and

Better Health37

Yoga and Nutrition for Arthritis37

2-4:30 p.m.

Bargello Samplers.....37

Sports History Stories from a Master

Documentary Maker – Round 5.....37

2-5 p.m.

Beginning Oil Painting:

Especially for Men!.....38

The Met at the Movies38

Sexuality in Movies: A Film and

Discussion Course.....38

fridays

9-11 a.m.

Lessons of the Holocaust39

Temple Grandin: Autistic Pioneer in

Animal Welfare39

Therapeutic Yoga39

9 a.m.-Noon

Oil Painting, Level 239

9:45-11 a.m.

GROOVEing and Moving40

New Member Welcome

Friday, January 8, 10 a.m.

Learn about programs & activities

Find ways to participate in our community of learners

- Meet new friends
- Ask questions
- Get involved

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

Every Friday, January 15 – February 19

11:30 a.m. – 1:15 p.m.

in the Manheimer Room

See page 9 for details.

Adverse Weather Policy

OLLI classes, events, meetings, and other activities will be canceled or delayed when UNC Asheville classes are canceled or delayed. OLLI members should consult the OLLI website at www.olliasheville.com to receive the latest information regarding closings, cancellations, and delays. By 8 a.m. on challenging weather days we will post information on our outgoing message at 828.251.6140. We will also, if at all possible, send an email to active members of OLLI by 8 a.m. regarding OLLI cancellations, closings, and delays. If there is a delay, 9 a.m. classes will be cancelled. All other classes will meet on a regular schedule.



Mondays 9-10:30 a.m.

Classical Pilates

\$20

CRN # 10002

6 weeks: January 11, 25,

February 1, 8, 15, 22

(no class on January 18)

Mondays, 9-10:30 a.m.

Location: Sherrill Center 468

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

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

Exploring Qigong, The Art of Breathing

\$20

CRN # 10047

6 weeks: January 11, 25,

February 1, 8, 15, 22

(no class on January 18)

Mondays, 9-10:30 a.m.

All of us breathe. In this class we will explore how to breathe more effectively in order to enhance our overall health and well-being. We will explore the ancient Chinese practice of qigong that integrates simple body movements with proper breathing techniques. These short, easy, flowing exercises will help keep our body's joints pain-free and limber, unblocking constrictions while providing our system with an increased supply of nourishing oxygen. We will also examine the latest in modern medical research about the positive effects of deep abdominal breath work. We will do this in a relaxed, fun and accepting atmosphere.

Since the 1980s, **Bill Muerdter** (bobag@charter.net) has practiced and studied qigong (the ancient Chinese practice of combining breathing and movement for health and healing), tai chi, and pranayama (the yoga breathing tradition). He has also followed the breathing programs of Dr. Andrew Weil and Dr. Gay Hendricks and evaluated the recent Harvard medical studies on breathing.

Mondays 9-11 a.m.

American Crafts of the 1970s

CRN # 10010

6 weeks: January 11, 25,

February 1, 8, 15, 22

(no class on January 18)

Mondays, 9-11 a.m.

Explore American crafts of the 1970s by creating macramé (wall hanging and necklace), decoupage collage (serving bowl and glass vase), shell art (painted wreath with shells), sand art (hand painted vase with sand detail and plants), plant art (terrarium with plants and clay animals), and mosaic tile (serving tray). The historical background and culture of the decade are included through lecture and instructor-led discussion as we work. Participants will leave this course with eight craft projects representative of the way we crafted "back in the day." **Materials fee:** \$80, to be paid to the instructor at the first class.

Carin Shaw (70scrafter@gmail.com) is a retired high school and college teacher and a former adult education instructor. She previously owned a store outside of Asheville that specialized in vintage crafts. She is a lifelong crafts person and had a macramé sideline business in the 1970s.

Art and History of Renaissance Italy

CRN # 10004

6 weeks: January 11, 25,

February 1, 8, 15, 22

(no class on January 18)

Mondays, 9-11 a.m.

In an informal style, we will focus on the architecture, art, politics and cultural development of the 13th–18th centuries on the peninsula of Italy, with our primary focus on the cities of Florence, Siena and Rome. Join us for what will be an enjoyable exploration of the birthplace of the Renaissance!

Mark Gordon Smith (mgordonsmith@hotmail.com) has traveled across Italy on his own and while leading small group tours for more than 40 years. He is a graduate of the United States Military Academy at West Point. Mark is leading a group tour to Florence in March of 2016.

Mondays 9-11 a.m. *continued***Beginning Crochet Continued**

CRN # 10005

6 weeks: January 11, 25,
February 1, 8, 15, 22
(no class on January 18)
Mondays, 9-11 a.m.

This course is a continuation of *Beginning Crochet* taught in Summer 2015, and new students are welcome to join the fun. We will focus on learning basic stitches and reading a pattern. Simple patterns will be provided for hats, scarves, shawls and afghans. **Materials needed:** Participants should bring their own yarn (one or two skeins, worsted weight preferred) and an I or J crochet hook. Estimated cost: \$10-20.

Jean Castle (jeancastle@hotmail.com) writes, "Grandma taught me crochet when I was a little girl and I have been at it for at least 60 years. I like nothing more than teaching others the craft."

Good Science, Bad Science, Fun Science

CRN # 10006

6 weeks: January 11, 25,
February 1, 8, 15, 22
(no class on January 18)
Mondays, 9-11 a.m.

We will examine the basis and evolution of science using historical examples. With this grasp, we will look at examples of science gone wrong. We will stress the biological and medical sciences and also use global climate change as a case study, examining where communication about climate change helped and failed us. We will then survey fun science, based on experiences of the instructor, students and others.

Hermann Gucinski (hermann66@earthlink.net), now retired, has studied physical oceanography, estuarine science, surface science of porpoise skin, effects of ozone depletion, and effects of climate change. He holds a doctorate in biophysics.

Where Does English Come From and Where Is It Going?

CRN # 10008

6 weeks: January 11, 25,
February 1, 8, 15, 22
(no class on January 18)
Mondays, 9-11 a.m.

This course is a fact-and-example-filled survey of our language from its 5,000-year-old roots, through its historical stages, and on to its current dynamic and sometimes frustrating present state. What has English been — and why so? Where is it going — and why?

We will go from berserk lords and ladies, chafing under curfew; through indignant peasants revolting, and staid lawyers resisting change; into the giddy Renaissance; on to apprehensive rule-makers and heroic dictionary-constructors; and, finally, into our own times and beyond. The course will be conducted in lecture format with plenty of opportunity for questions, comments and participation in exercises.

Peg Downes (pegdownes@gmail.com), who retired as UNC Asheville Professor Emeritus in literature and language, taught several dozen different courses in English and interdisciplinary humanities including courses for the Master of Liberal Arts and Sciences program for adult learners. She directed many university programs and twice served as associate vice chancellor for academic affairs. Peg has been a frequent consultant at universities in many parts of Asia.

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

Tai Chi 10 Form

S20

CRN # 10009

6 weeks: January 11, 25,
February 1, 8, 15, 22
(no class on January 18)
Mondays, 11:30 a.m.-1 p.m.

Tai Chi 10 Form is a short Yang style form that is practiced all over the world and contains all of the basic tai chi movements. Because of the slow, fluid movements of the Yang style and the relatively small number of movements to memorize, Tai Chi 10 Form provides a basis for further study. We will learn two to three new movements per week and gradually put together the whole form.

Liz Ridley (lizridley@hotmail.com) has been studying and teaching tai chi for more than 15 years. She has received training in Tai Chi for Arthritis from Dr. Paul Lam's Tai Chi for Health organization. She is certified to teach several tai chi forms.

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

Food for Thought: Plant Based Living

CRN # 10011

5 weeks: January 11, 25,

February 1, 8, 15

(No class on January 18)

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

Using a combination of video, lecture, and discussion, we will consider changes in the U.S. diet and its impact on health, the impact of a plant-based diet on prevention of chronic disease and how to change eating habits to include more plant-based nutrients. We will investigate why a plant-based diet is good for the individual, good for society, good for animals and good for the planet.

Bonnie Wheeler (bonniewhee@gmail.com) and her husband Warren relocated to Asheville in 2013. Both have eaten a whole-foods, plant-based diet for five years to address pre-diabetes and coronary artery disease with great results.

How Happiness Thinks: Paths to Happiness from a Jewish Mystical Perspective

CRN # 10012

5 weeks: January 11, 25,

February 8, 15, 22

(no class on January 18 or February 1)

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

Since the dawn of time, man has been fascinated by the workings of the human brain. Scientists have recently been discovering the underlying dynamics that shape and influence our frame of mind. *How Happiness Thinks* offers a roadmap to happier living. Every lesson contains poignant insights into how our minds operate with practical steps we can take to boost our happiness levels to places unimaginable.

Shaya Susskind (RabbiSusskind@gmail.com) is an ordained rabbi with extensive experience as an educator in primary schools, high schools and, for the past decade, as the Jewish Learning Institute instructor for adult education in Asheville. He is the founder and executive director of the Chabad House of Asheville.

Mixed Up Water Media

CRN # 10007

6 weeks: January 11, 25,

February 1, 8, 15, 22

(no class on January 18)

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

We will use non-traditional materials to add textures to watercolors or acrylics to create abstract or less representational pieces. This is not your mother's watercolor course! See the course website for a materials list, and bring an image to class that inspires you.

Materials Fee: \$50 to be paid to instructor at first class.

Sharon Sandel (sharsand46@gmail.com) has been painting off and on since 1978. She has led workshops for other teachers for several years both locally and in Florida. Sharon began experimenting with abstracts and mixed media several years ago and loves the freedom it gives an artist. She has taken many courses and workshops over the years but is essentially self-taught.

Understanding Turkey

CRN # 10013

6 weeks: January 11, 25,

February 1, 8, 15, 22

(no class on January 18)

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

Turkey is a key Middle Eastern country. Understanding the history of Turkey since it became a republic in 1923 means looking at its ethnic, political, and economic characteristics, its major challenges, and its role in the region.

Tom Sanders (tsanders.avl@gmail.com) was a professor of international studies. In retirement he has focused on the Muslim world, especially Turkey, which he has visited numerous times, traveling in public vans, hanging out in towns, and practicing Turkish with anyone he encounters.

Mondays 2-3:30 p.m.

Yoga Nidra: Total Relaxation

CRN # 10014

6 weeks: January 11, 25,

February 1, 8, 15, 22

(no class on January 18)

Mondays, 2-3:30 p.m.

\$20

Yoga Nidra is the deepest possible state of relaxation while remaining awake. Clinical research highlights the effectiveness of Yoga Nidra in increasing vitality, improving sleep, managing chronic illness, and relieving stress, anxiety and depression. Set to soothing live music, gentle stretches and resting poses will culminate in a guided, lying-down meditation. This instructor offers a sophisticated set of mind-body tools with an invitation to connect more deeply with life.

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

Mondays 2-4 p.m.

The Art and Science of Puzzles

CRN # 10015

6 weeks: January 11, 25,

February 1, 8, 15, 22

(no class on January 18)

Mondays, 2-4 p.m.

We will cover many aspects of a variety of puzzles, including their history, methods of solving and methods of construction. We will learn about several famous puzzles, many less well known and a few novel puzzles. We will solve many different types of puzzles and will create a few of our own. Solving puzzles requires thought and creativity and some studies have indicated this activity improves cognitive performance. Be prepared to have your brain stimulated for an enjoyable tune up.

Brian Astle (AVLPuzzler@gmail.com) is a retired teacher, physicist and engineer with a lifelong interest in puzzles. He has created many games and puzzles, including one that surprised mathematical games master Martin Gardner. He is one of the inventors of the virtual first down line in football and helped develop the first Moving Picture Experts Group (MPEG) standards.

I Got the Blues

CRN # 10016

6 weeks: January 11, 25,

February 1, 8, 15, 22

(no class on January 18)

Mondays, 2-4 p.m.

We will cover the roots of the Mississippi Delta blues, the early female blues singers and then the country blues. We will also touch briefly on the spread of the Delta blues to urban areas, specifically Chicago, where it became known as Urban Blues. This course is mostly a combination of two previously taught: *Birth of the Blues* and *Ladies Sing the Blues*.

Jann Nance (nancejann@gmail.com) has taught music history courses at the College for Seniors since 2005. A retired educator, she enjoys singing and playing guitar and has done so with different groups since her college days. Traveling has also been a major interest, including several trips that were made as part of the preparation for teaching music courses at College for Seniors.

Mondays 2-5 p.m.

Beginning WNC Landscapes in Watercolors

CRN # 10017

6 weeks: January 11, 25,

February 1, 8, 15, 22

(no class on January 18)

Mondays, 2-5 p.m.

In this beginner's level course, the instructor will demonstrate painting practices and participants will experience painting watercolor landscapes of our Western North Carolina mountains, trees, shrubs, rocks, water and sky.

P. Diane Chambers (pdchambers@charter.net) holds art minors from Indiana University and Northern Illinois University. In Chicago, she took private lessons and classes at the American Academy of Art and has taken classes in Asheville for nine years. She taught in the western suburbs of Chicago for 35 years.

Satyajit Ray Films from India

CRN # 10018

6 weeks: January 11, 25,

February 1, 8, 15, 22

(no class on January 18)

Mondays, 2-5 p.m.

"To live without seeing the films of Indian director Satyajit Ray means dying without having seen the sun and moon," said famed Japanese filmmaker Akira Kurosawa.

Satyajit Ray was a giant of world cinema and a cultural icon in India. He was awarded 11 international prizes for his first film *Pather Panchali*, which he followed with 35 more films including many that focused on women and the poor in both rural and urban India. We'll watch and discuss six films made from 1955 to 1964 — all of high artistic quality and historical significance — and consider their cultural background.

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

Mondays 2-5 p.m. *continued*

Shakespearean Comedy: *As You Like It* and *The Taming of the Shrew*

CRN # 10019

6 weeks: January 11, 25,

February 1, 8, 15, 22

(no class on January 18)

Mondays, 2-5 p.m.

As You Like It and *The Taming of the Shrew* are distinctly different works that invite us to examine closely some important aspects of comedy. In addition to viewing dramatizations on screen, we will focus on the texts of the plays themselves. To understand and enjoy literature, you have to read it carefully, with full attention to the language. Generalities don't cut it. **Required text:** Any good edition of Shakespeare's plays or the Folger Shakespeare Library edition of each play, which costs less than \$10.

Mario DiCesare (dicesare1@mindspring.com) is Emeritus Distinguished Professor of Literature from the State University of New York Binghamton. His major interest is Shakespeare. He has also taught broadly in classical literature and in modern literature.

Tuesdays 9-10:30 a.m.

Classical Yoga

\$20

CRN # 10020

6 weeks: January 12, 19, 26,

February 2, 9, 16

Tuesdays, 9-10:30 a.m.

We will explore the classical yoga style of the Sivananda lineage, a repetitious style that has five points of practice: proper breathing, relaxation, exercise, diet and positive thinking through meditation. Each session will include this traditional routine to some degree with a special focus on different aspects including the five points of practice, mobility and flexibility, balance and emotional awareness. This course is open to participants of all levels.

Wes Sparks attained his yoga teaching certification in 2006 at the Sivananda Ashram Yoga Ranch in Woodbourne, New York. He holds the title of Yoga Siromani from The International Sivananda Yoga Vedanta Centre. He encourages mindfulness: being aware of the breath, the body, the mind and the present moment.

Yoga for Healthy Aging

\$20

CRN # 10042

6 weeks: January 12, 19, 26,

February 2, 9, 16

Tuesdays, 9-10:30 am

Yoga for Healthy Aging focuses on core principles of body mechanics, breath awareness, relaxation techniques and life philosophies. We will experience safe, gentle movement, breathing and relaxation exercises and short discussions with a focus on the specific gifts and challenges of active retirees and aging seniors. We will take a whole-person approach to health, life and longevity through sessions filled with wisdom, joy, compassion and stimulating activities.

Lydia Jane Michaels (lydiajaneyoga@gmail.com) is certified with the International Association of Yoga Therapists. She has extensive training in safe, effective yoga teaching, including techniques for injuries and chronic illness. She is sensitive to the unique needs of seniors and offers inspiration, joy, and wisdom in her teaching.

Tuesdays 9-11 a.m.

A Brief History of Risk and Decision Making

CRN # 10085

6 weeks: January 12, 19, 26,

February 2, 9, 16

Tuesdays, 9-11 a.m.

We will review the relatively new history of risk and, toward the end of the course, focus on the impact of probability assessment in decision-making around such contemporary issues as drug research, Three Mile Island, tobacco and disease, and other challenges. We will end by touching on game theory.

Patrick Chitwood (pat4956@gmail.com) has been an independent investment advisor for 34 years. He holds a doctorate in psychology and a Bachelor of Arts in accounting. He also is a CPA, a PFS (personal financial specialist), and a chartered financial consultant. Patrick has taught experimental and introductory psychology and statistics courses at the University of Alabama, as well as courses at the College for Seniors.

registration form

OLLI Winter 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 _____				<input type="checkbox"/> I don't use email

In case of an emergency, please list your EMERGENCY CONTACT:

Name _____
 Last First MI Phone

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.

Priority	CFS Course Name	5-Digit CRN#	Course has fee \$20 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 Winter Term Fee \$90 TOTAL CFS \$ _____

Total # of classes desired ☐
 (up to 3 until Add/Drop begins)

See back page for further information, membership renewal, H&F membership, etc.

Staff use only / Comments _____

registration form

TOTAL FROM PAGE 1 \$ _____

Become a 2015-16 OLLI Member or renew for \$70

Membership fee total \$ _____

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

Health and Fitness (H&F) Center Membership - \$350


OLLI Membership is REQUIRED.

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

HFC Fee \$ _____

TOTAL PAYMENT ENCLOSED \$ _____

Registration Information:

- OLLI membership is required for CFS registration.
- **Initial registration is limited to a maximum of three CFS courses.**
- Please fill out your form as completely as possible and double-check that the CRN numbers listed in the course descriptions match the title of the course you wish to take.
- Wellness and Recreation courses with this symbol  require a \$20 fee in addition to your CFS fee of \$90. You may be asked to sign a liability waiver for some courses. Check with your physician before you begin any new physical activity.
- Submit your registration starting November 17, 2015, for best availability. During registration at the Reuter Center, you may submit a form for yourself and up to two additional people for a total of three registration forms.
- If you will be away or if you have trouble standing in line, you may send a registration form with a friend, or you may contact OLLI director Catherine Frank (cfrank@unca.edu or 828.251.6188) to discuss your options for submitting registration in a timely way. If you know someone who may have a challenge standing in line, offering to deliver a registration form is a meaningful way to promote our sense of community.
- If we are able to register you in the number of courses, up to three, that you request, we will not put you on a wait list for other courses.
- Your schedule will be sent December 11, 2015 and January 4, 2016.
- Add/Drop begins on Monday, December 14, 2015 at 8 a.m. **At this time, you may add as many courses as your schedule will allow.**
- College for Seniors refunds are available until Friday, January 8, 2016, 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 Winter 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 _____				<input type="checkbox"/> I don't use email

In case of an emergency, please list your EMERGENCY CONTACT:

Name _____
 Last First MI Phone

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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 Winter Term Fee \$90 TOTAL CFS \$ _____

Total # of classes desired ☐
 (up to 3 until Add/Drop begins)

See back page for further information, membership renewal, H&F membership, etc.

Staff use only / Comments _____

registration form

TOTAL FROM PAGE 1 \$ _____

Become a 2015-16 OLLI Member or renew for \$70

Membership fee total \$ _____

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

Health and Fitness (H&F) Center Membership - \$350


OLLI Membership is REQUIRED.

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

HFC Fee \$ _____

TOTAL PAYMENT ENCLOSED \$ _____

Registration Information:

- OLLI membership is required for CFS registration.
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- Wellness and Recreation courses with this symbol  require a \$20 fee in addition to your CFS fee of \$90. You may be asked to sign a liability waiver for some courses. Check with your physician before you begin any new physical activity.
- Submit your registration starting November 17, 2015, for best availability. During registration at the Reuter Center, you may submit a form for yourself and up to two additional people for a total of three registration forms.
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- If we are able to register you in the number of courses, up to three, that you request, we will not put you on a wait list for other courses.
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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

Tuesdays 9-11 a.m. *continued***China Under Communism**

CRN # 10022

6 weeks: January 12, 19, 26,

February 2, 9, 16

Tuesdays, 9-11 a.m.

We will look at how communism changed China and how China changed communism. We will also explore the rise of China as a world power in the past three decades. This course follows *China Before Communism*, which was taught in the spring of 2015, but it is not necessary to have taken the first course to enroll in *China Under Communism*.

Jim Lenburg (jlenburg@mhu.edu) taught history and humanities at Mars Hill University until retiring in 2006. He has a special interest in China and has traveled there on several occasions. In 2004, Jim was a visiting professor at Jilin University in Changchun.

**Elec-Trickery and Magic-ism:
Understanding the Foundations
of Electricity**

CRN # 10023

6 weeks: January 12, 19, 26,

February 2, 9, 16

Tuesdays, 9-11 a.m.

We will explore the origins of a cornerstone of modern society. Human use of electricity fueled the Industrial Revolution through the 19th century and drove unprecedented technological and economic growth through the 20th century. There is almost no aspect of modern life today that is not touched by our use of electricity. From the Napoleonic era to the rise of our young nation's leadership on the world stage, we will explore how early scientists "discovered" the foundations of electricity and magnetism in the context of their contemporary society. A technical background is not necessary to participate in this class, only a zest for history and science.

Erik Vedeler (erik.vedeler@hotmail.com) retired from NASA after a 26-year career at Langley Research Center. He was the head of the Electromagnetics and Sensors Branch and a microwave measurements researcher. Erik has a passion for history and unveiling the mystery of electromagnetics.

**Hiking the Camino de Santiago
in Spain**

CRN # 10024

6 weeks: January 12, 19, 26,

February 2, 9, 16

Tuesdays, 9-11 a.m.

The Camino de Santiago (Way of St James) has been a pilgrimage trail across northern Spain for more than 1,000 years. It is traveled by young and old alike. What approaches make the pilgrimage feasible for seniors? What techniques make this hike fun and worthwhile? Using lectures, discussion, slides and videos, we will consider the joys of inn-to-inn or hostel-to-hostel hiking and examine gear and techniques for lightweight hiking.

Hermann Gucinski (hermann66@earthlink.net) is a retired scientist who loves long-distance hiking. He and his wife have hiked 150 miles of the Camino de Santiago and have section-hiked the entire Appalachian Trail and Pacific Crest Trail using lightweight backpacking techniques. **Tom Sanders** (tsanders.avl@gmail.com), retired professor and experienced hiker, became a Camino Pilgrim in the early 2000s. Tom has guided WNC hikers on several pilgrimages and guarantees no rain on his hikes. **Don Walton** (donwalton7074@me.com), a WNC hiker and trail maintainer, has completed seven pilgrimages in Spain, France, Switzerland, Portugal and Italy. He is co-manager of WNC Chapter of American Pilgrims on Camino.

Intermediate Bridge

CRN # 10025

6 weeks: January 12, 19, 26,

February 2, 9, 16

Tuesdays, 9-11 a.m.

If you loved *Beginning Bridge* so much that you'd like to continue playing or if bridge has been your game for a while, here's the perfect opportunity to upgrade your skills. We will use the point count method with upgrades — known as Standard American — used by current bridge professionals. Each session will feature a lecture and discussion of the assigned topic followed by play of the appropriate hands. **Required text:** *Intermediate Bridge Five-Card Majors Revised*, Shirley Silverman, ISBN: 978-0939460670 and *Contract Bridge Point Count Bidding Guide*. Cost: \$8 for both, to be collected in class.

Bob Evans (mickeybob2@aol.com) earned his doctorate in education. He has taught bridge classes for more than 30 years and had played socially for more than 50 years.

Marilyn Evans (mickeybob2@aol.com) taught in the office administration and information technologies departments at Cuyahoga Community College in Cleveland, Ohio, for 30 years. She has co-taught this course with Bob for a number of years.

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

Healthy-Steps

S20

CRN # 10026

6 weeks: January 12, 19, 26,
February 2, 9, 16

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

Healthy-Steps is a medically based, therapeutic movement program set to music. We will practice using slow, smooth moves 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. *Healthy-Steps* can be done standing or seated and no musical or dance aptitude is needed.

Sally DiMuzio (sallydimuzio@aol.com) has been a certified Lebed Method instructor since 2005. After completing 31 years teaching physical education and secondary mathematics in public schools, she retired and became certified to teach *Healthy-Steps*, which she taught for six years before she moved to Asheville. She began to lead classes at the College for Seniors in Fall 2013.

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

Asheville on the Cheap

CRN # 10021

6 weeks: January 12, 19, 26,
February 2, 9, 16

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

In the first class, the instructor will offer general information about Asheville, so participants will learn where to find things to do on their own. The next five sessions will be packed with information about events and activities. This is a fast paced discussion course; everyone is encouraged to add what they know. Participants must use email for all the information that will be sent to them.

Linda Orowitz (AshevilleDeals@GMail.com) volunteers at the Asheville Visitor Center and writes an email newsletter to more than 1,000 people about things to do in Asheville. She loves telling people about places to go for food, visual and performing arts, and outdoor activities — especially when they are free or a great deal.

The Dominguez-Escalante Expedition and Re-Creation

CRN # 10028

6 weeks: January 12, 19, 26,
February 2, 9, 16

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

In 1776, the Continental Congress was declaring independence from Great Britain while across the continent two Spanish padres were attempting to find a route from Santa Fe to northern California. We will follow their trail historically, politically, socially and environmentally. In this 240th year since the expedition, we will look back at a time in history to see what preceded the expedition and the impact it had on the country's future. The story of 1776 will be interspersed with the story of a re-creation event in 1976.

Paula Withrow (pwwithrow@aol.com) has a Master of Arts in history from Colorado State University. She studied western U.S., European, and ancient history and has a passion for any historical era and event. She participated in the Bicentennial re-creation of the Dominguez-Escalante expedition.

Eat Your Words: The Power and Place of Dining in Literature and Film

CRN # 10029

6 weeks: January 12, 19, 26,
February 2, 9, 16

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

When is eating more than filling one's belly? Why do we share food, often in quite ritualistic settings? When we move beyond the sentimental visual cliché of the happy Norman Rockwell family at Thanksgiving, we can see food as catalyst for the most profound, even disturbing insights. Beginning with Albert Camus' *The Guest*, we will explore just how ancient some of the rituals associated with dining together are and what may happen when these rituals are violated. Principally in short works and in film, we will look at James Joyce, "The Dead"; Isak Dinesen, *Babette's Feast*; Laura Esquivel, *Like Water for Chocolate*; and Doris Lessing, *The Old Chief Mshlanga*. **Recommended texts:** Any edition of *The Guest* by Albert Camus, "The Dead" from James Joyce's *Dubliners*, *Like Water for Chocolate* by Laura Esquivel, *Babette's Feast* by Isak Dinesen and *The Old Chief Mshlanga* by Doris Lessing.

Susanne Kimball (susannekimball39@gmail.com) has a Master of Arts and a doctorate in German and comparative literature from the University of California in San Diego. Before retiring and relocating to Asheville in July 2014, she taught research writing and literature on all levels in California as well as at the University of Texas at San Antonio. She is widely published in a variety of literary journals and has reviewed new publications for several publishing houses.

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

Learn to Knit

CRN # 10030

6 weeks: January 12, 19, 26,

February 2, 9, 16

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

We will learn basic knitting skills and complete a simple project. Participants will learn how to knit, purl, cast on, bind off, increase, decrease and follow basic pattern instructions. We will also share examples of more complex projects that can be completed after more practice with these skills and understand how varying yarn weights and needle sizes can produce beautiful and creative items.

This is a beginning class. Students with previous knitting experience are asked not to register for this class because they tend to catch on faster, can intimidate the true beginner and may be disappointed in the level of the instruction. **Materials needed:** Knitting needles, crochet hook, scissors, materials for project. Estimated cost \$10.

Barbara Stein (barb@mbstein.net) learned to knit from family members on her way to becoming a lifelong knitter. Barbara is a retired high school math teacher, has assisted students in the UNC Asheville Math Lab for six years, and currently volunteers in an elementary school. She has learned to be very patient.

Tuesdays & Wednesdays 11:30 a.m.-1:30 p.m.

Beginning Mah Jongg

CRN # 10027

January 12, 13, 19, 20, 26, 27,

February 2, 3, 9, 10, 16, 17

(12 sessions)

Tuesdays and Wednesdays,

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

Mah Jongg is a classic game of skill and chance that has become part of mainstream America. This is the perfect opportunity to learn the set-up of the game with emphasis on learning to choose a hand and the confidence to carry out the execution of the hand. We will learn the Wright Patterson rules, etiquette, and rituals of a game that has been around for thousands of years. **Materials fee:** \$6 per book to be paid to instructor at first class.

Rosemary Walton (rh68@bellsouth.net) has been playing Mah Jongg for 47 years and has taught the Wright Patterson rules for 19 years. **Kenn Haring** has been playing for seven years and instructing for five years.

Tuesdays 2-3 p.m.

Foot Fitness

\$20

CRN # 10034

6 weeks: January 12, 19, 26,

February 2, 9, 16

Tuesdays, 2-3 p.m.

Foot fitness is for everyone: young, old, athletic or sedentary. The feet are the foundation of the entire body. There are 26 bones, 33 joints and more than 100 muscles, tendons and ligaments in each of the feet. Tied up all day in shoes, the feet become contracted, bones narrow in and muscles atrophy. We will learn techniques to allow bones and nerves to function at their best and to get more movement and circulation to the feet, toes, ankles and legs.

Ann-Lee Waite (annleewaite@gmail.com) has been active in different forms of movement training since she was in high school. She has ten years of experience as a yoga teacher and 12 years of experience as a body rolling and foot fitness instructor and Thai bodyworker.

Tuesdays 2-4 p.m.

Gentle Yoga

\$20

CRN # 10054

6 weeks: January 12, 19, 26,

February 2, 9, 16

Tuesdays, 2-4 p.m.

We will stretch, breathe, strengthen, balance and relax at a pace that suits our abilities. *Gentle Yoga* is designed to keep you as active as possible by giving you tools to manage stress, find stillness, and increase awareness of the mind-body connection. Our emphasis will be on the process, not the end point, of poses, allowing yoga to be an expression of gratitude for what we can do. Please bring a yoga mat and any other yoga props (blankets, non-elastic straps, blocks) to class.

Fran Ross (frani@charter.net) has been teaching yoga since 2001 and is certified in Kripalu and Anusara yoga. In her teaching she focuses on the biomechanics of movement and on creating an atmosphere that encourages exploration, awareness and self-acceptance.

Tuesdays 2-4 p.m. *continued*

Income / Wealth Inequality:

Why it Matters

CRN # 10035

6 weeks: January 12, 19, 26,

February 2, 9, 16

Tuesdays, 2-4 p.m.

We will examine the inequality and equity of income and wealth, past and present, to understand the causes and consequences of economic disparity. Examples will be drawn from multiple sources, including Thomas Piketty's *Capital in the 21st Century*. We will also examine policies that address the issue of income and wealth inequality and concerns about concentration and distribution of wealth. Course members will be asked to share their experiences with the topic and express their views.

Shirley Browning (scbrowning@bellsouth.net), a native of Kentucky, taught economics and a wide range of courses at UNC Asheville for 42 years. He has been a Rotarian for 29 years and a member of the Paul Harris Society. Shirley collects old Volvos.

Wine Essentials: Pairing, Secrets and History

CRN # 10036

6 weeks: January 12, 19, 26,

February 2, 9, 16

Tuesdays, 2-4 p.m.

**Location: Metro Wines,
169 Charlotte Street, Asheville**

Make wine more fun and enjoyable by learning simple guidelines used daily by the experts. In this course, we will learn which wines we like best and why. Topics include:

- Major regions and grapes
- Wine history and vintner techniques and how they affect what's in the glass
- Wine flavor components and how to pair wine with any meal
- Wine secrets that will make any wine taste better

Materials fee: \$75 per participant to be collected by the instructor at the first class meeting, to cover the cost of wine and food pairings.

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.

Writing for Stand-up Comedy

CRN # 10037

6 weeks: January 12, 19, 26,

February 2, 9, 16

Tuesdays, 2-4 p.m.

We will focus on writing for stand-up comedy without the expectation of performing. We will discuss the objective rules unique to stand-up comedy, analyze what constitutes effective comedy and begin to formulate material that speaks to our individual voice and comic persona. Participants may decide if they want to enroll in the follow-up course *Performing Original Stand-Up Comedy*, which culminates in a stage performance before an audience of family and friends.

Randy Robins (robne09@yahoo.com) has taught five performance classes in stand-up comedy at the College for Seniors. He has performed stand-up comedy in New York City and Long Island since 1998. He is a retired New York City teacher who has relocated to Asheville and performs and mentors/coaches comics in Western North Carolina. He recently taught two film classes: *The Comic Genius of Mel Brooks* and *The Comic Legacy of Sid Caesar*.

Tuesdays 2-5 p.m.

Performance and Interpretation in Classical Orchestral Music

CRN # 10038

6 weeks: January 12, 19, 26,

February 2, 9, 16

Tuesdays, 2-5 p.m.

In this continuation of an earlier course in performance and interpretation, we will focus on orchestral music such as symphonies, tone poems and music for ballet. Works will range from Vivaldi and Bach to Prokofiev and Howard Hanson. Participants need not have attended the first class or have a musical background. The only prerequisite is a love of classical music in all its variety and an interest in discussing it in class. We will listen to two or more versions of the same work and then share what we have to say about each performance.

Chuck Briedis (bcb31nic@aol.com) loved playing the violin for many years when he was younger and developed a fondness for classical music, especially chamber music. He has enjoyed leading a number of classical music courses in the past.

Tuesdays 2-5 p.m. *continued***Popcorn and Aliens: Space Movies You Might Have Missed**

CRN # 10039

6 weeks: January 12, 19, 26,

February 2, 9, 16

Tuesdays, 2-5 p.m.

Are you someone who likes movies about space? The films selected for this course were not blockbusters — no *Star Wars* or *ET* here — but rather films that either flew under the radar or were released before there was radar. Accompanied by brief introduction, we will watch and discuss *The Dish*, *Capricorn One*, *2010: The Year We Make Contact* and others as time allows.

Mark Whipple (mark.whipple77@gmail.com) is an avid fan of science fiction in print and on screen. He has been a science teacher his entire adult life and fascinated with astronomy even longer. He also teaches courses in physics and astronomy at the College for Seniors.

Ukrainian Pysanky Eggs: From Traditional to Modern

CRN # 10040

4 weeks: January 19, 26,

February 2, 9

Tuesdays, 2-5 p.m.

Note: Late start date

Join us to explore the art and craft of pysanky—Ukrainian Easter eggs. We will learn the method of batik dying, which is also called wax-resist dying. We will learn about the wide range of Ukrainian folk art traditional symbols and their history. In the four weeks, we will work on both traditional and modern designs, make an ornament, and study modern patterns. **Materials fee:** \$10 payable to instructor at first class.

Andrea Kulish (andreakulish@gmail.com) is a first-generation Ukrainian-American who has been making pysanky since she was six years old. She's an artist and graphic designer and has been teaching pysanky for several years. Her studio is located in the Asheville River Arts District.

Tuesdays 3-4:30 p.m.

Ageless Grace: Timeless Fitness for the Body and Mind

CRN # 10041

6 weeks: January 12, 19, 26,

February 2, 9, 16

Tuesdays, 3-4:30 p.m.

S20

We will engage our bodies and brains with this playful exercise program, based on the science of neuroplasticity. We learn 21 simple movements to address skills such as balance, breathing, joint mobility, muscle tone, cardiac functioning and more. Practicing in a chair focuses on the core to stimulate cognitive and physical function simultaneously. Participants with varying degrees of abilities can benefit from this therapeutic program, which is suitable for those with diabetes, joint restrictions and physical limitations. **Recommended text:** *The Ageless Grace Playbook: 21 Tools for Lifelong Comfort and Ease*, Denise Medved, ISBN: 978-1883230524.

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 people of all abilities the benefits of staying functionally and mentally active and healthy for life.

Wednesdays 9-11 a.m.

Geometric Art: Curved Stitching and Beyond

CRN # 10043

6 weeks: January 13, 20, 27,

February 3, 10, 17

Wednesdays, 9-11 a.m.

Elements of both math and art are used to draw and stitch angles and curves on paper and the result is geometric art. No sewing or math skills are needed. Please see the course web page for a complete materials list. **Materials fee:** \$5 payable to instructor at first class.

Barbara E. Mueller (bmuellder66@yahoo.com), a retired special education teacher, has spent a lifetime entertaining others. She is currently quite content to share and explore art forms with adults. Barbara wholeheartedly subscribes to the motto: "Earth without art is just Eh."

Wednesdays 9-11 am *continued*

In Search of Atticus Finch

CRN # 10044

6 weeks: January 13, 20, 27,
February 3, 10, 17

Wednesdays, 9-11 a.m.

Oprah Winfrey has called Harper Lee's *To Kill a Mockingbird* "our national novel." The character of Atticus Finch in the novel and as played by Gregory Peck in the 1962 film inspired people to become lawyers and civil rights workers. The release of the long lost manuscript of Lee's *Go Set a Watchman* in 2015 has unsettled readers who are asked to see Atticus as an aging racist. We will read Lee's novels carefully to assess how our reactions to Atticus, Jean Louise, and Harper Lee reflect our changing awareness of literary genius, race, privilege, power, courage and what it means to consider the world from another person's point of view. **Required texts:** *To Kill a Mockingbird*, Harper Lee. ISBN: 978-0060935467; *Go Set a Watchman*, Harper Lee. ISBN: 978-0062433657

Catherine Frank (cfrank@unca.edu) holds three degrees in English from UNC Chapel Hill. When she was 10, she first watched *To Kill a Mockingbird* and wanted her dad to be Atticus Finch. Many years later, she dragged her 10-year-old daughter to the balcony of the courthouse in Monroeville, Alabama, that was the model for the movie set. After reading *Go Set a Watchman*, she is eager to explore how her perspectives on dads, daughters, privilege and literary icons can continue to evolve.

Seniors Can Fly Gliders!

CRN # 10046

4 weeks: January 13, 20, 27,
February 3

Wednesdays, 9-11 a.m.

Can seniors learn to fly airplanes? Can seniors fly airplanes without engines? What approaches make it feasible? We will use lots of examples to help us consider the elements that make soaring fun and worthwhile. We will examine techniques, discuss the learning process, and show ways soaring can be done with local resources. In addition to lectures, discussion, slides and videos, speakers will be invited to share their expertise.

Hermann Gucinski (hermann66@earthlink.net) is a retired scientist who recently became a glider pilot and loves soaring. He soars with the Carolina Soaring Association (CSA) out of Spartanburg, SC, the nearest glider club, and wants to become a very good cross-country glider pilot.

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

Mindful Yoga and Meditation

CRN # 10003

6 weeks: January 13, 20, 27,
February 3, 10, 17

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

\$20

In a safe and mindful manner, we will explore the practices of yoga including asana (poses), as well as the eight limbs of yoga, with an emphasis on meditation. Asana will be taught with modifications so that all poses are accessible and safe. We will build up to a 20-minute silent meditation for our last class. Please bring a yoga mat to class and wear comfortable clothing that allows for movement.

Stacey MacDonagh (lovingkindness419@gmail.com) is a yoga therapist and a registered yoga teacher RYT 500. She is a graduate of Subtle Yoga Therapeutic Teacher Training. The transformations that yoga practices bring to our lives are profound, and Stacey loves to share these practices with others so they may improve their lives as well.

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

Science and Technology: In-Depth Lectures

CRN # 10049

Last 4 weeks: January 27,
February 3, 10, 17
Wednesdays, 11:30 a.m.-1:30 p.m.

In the 14th annual College for Seniors *Science and Technology* lecture series, we will investigate: color vision and color blindness; Panama Canal operation; the Periodic Table—the elements that weren't; and the neuroscience of dreams.

Howard Jaslow (innovalg@aol.com) is a retired engineer who has conducted various lectures for this course for the last 13 winter sessions. Other lecturers include Ty Erickson, Bill Hatt, and Don Martin.

Stocks, Bonds and Investing: Oh My!

CRN # 10050

6 weeks: January 13, 20, 27,
February 3, 10, 17
Wednesdays, 11:30 a.m.-1:30 p.m.

Investing today is more challenging than ever. Stop worrying and gain the confidence necessary to create a personalized investment plan. The instructor will demystify investing and provide the tools needed to achieve financial goals. We'll talk about how to build a nest egg, protect assets, generate income and invest appropriately given each particular situation.

David McMahan (dmacinca@gmail.com) is a native of Asheville with many years spent serving diverse and affluent investors in California. A financial advisor since 1993, David has shared his insights by teaching classes since 2008.

Years of Musical Change: The '60s and '70s

CRN # 10051

5 weeks: January 13, 20, 27,
February 3, 10
Wednesdays, 11:30 a.m.-1:30 p.m.

We will take an enjoyable and informative look at how music transformed from such artists as Perry Como, Doris Day and Dean Martin to a new generation and attitude reflected by key change agents such as The Beatles, Jefferson Airplane and Bob Dylan. Although our main emphasis will be on popular music, especially rock and all its variations, we will also get some insights into other genres such as blues, soul, country, folk and more. Be prepared for fun, nostalgia, and unique insights.

Dennis DeSimone (myfrienddennis@att.net) is a nationally recognized and experienced educator who has had a lifelong love of music, especially pop and rock. This course is presented from the perspective of a fan and not a music historian.

Zentangle Basics and Beyond

CRN # 10052

6 weeks: January 13, 20, 27,
February 3, 10, 17
Wednesdays, 11:30 a.m.-1:30 p.m.

Imagine having fun, being peaceful, creating and improving fine motor skills, focus and self-esteem. Discovery and relaxation happen as you let go and enjoy the journey with this easy-to-learn and relaxing method of drawing beautiful designs using structured patterns called zentangle. This process is great for non-artists and artists. There are no mistakes, just opportunities! We will practice various techniques such as shading, auras, monotangles, border tangles, grid tangles, zendalas and more.

Materials fee: \$20 for a zentangle basics kit, tiles, pens, and pencils, to be paid to the instructor at the first class.

Michelle Marshall (michelle@marshallartsavl.com) was introduced to zentangle two years ago. The freedom of knowing she couldn't make a mistake released her creativity. Last year she became a certified zentangle teacher so she could introduce others to this wonderful art form.

Wednesdays 2-4 p.m.

Appreciating Jazz Piano

CRN # 10056

6 weeks: January 13, 20, 27,

February 3, 10, 17

Wednesdays, 2-4 p.m.

Enjoy a history of the roots of jazz and improvisation with a focus on the works of Art Tatum, Oscar Peterson, Erroll Garner, Thelonious Monk, Dave Brubeck and Bill Evans. The performer-instructor will add original arrangements, improvisations and his own music to demonstrate the richness and originality of jazz performance.

Pianist and composer **Michael Ruiz** (mjtruiz@gmail.com) is a seasoned teacher at the College for Seniors. 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.

Beginning Ballroom Dance: Cha Cha

CRN # 10033

6 weeks: January 13, 20, 27,

February 3, 10, 17

Wednesdays, 2-4 p.m.

Location: Sherrill Center 306

Cha Cha is one of the liveliest Latin dances, danced to pop and Latin music. Come learn the basics and feel comfortable out on the dance floor. No partner is required; we switch partners throughout the class. Sherry’s goal is to create a fun-filled learning environment, so be prepared to have a good time! Please wear dance shoes or leather-soled street shoes.

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 is a way to share her passion with others.

A Different Information Revolution: The Impact of Printing and New Knowledge from 1450-1650

CRN # 10053

6 weeks: January 13, 20, 27,

February 3, 10, 17

Wednesdays, 2-4 p.m.

We will explore the interplay of ideas and the new technology and business of printing during the Renaissance, Reformation and the beginnings of the Enlightenment. Among the important innovators considered will be Erasmus and Servetus; More, Bacon and Copernicus; Gutenberg, Aldus, Elsevier and Caxton.

During the last half of his career, **Bill Utz** (sendalittlebill@gmail.com) served as director at small college libraries. He previously practiced law for 17 years and has a lifelong interest in books and the history of ideas that perhaps began with reading the popular histories by Will Durant. At the College for Seniors, Bill has taught several courses relating to book history and the history of ideas.

Navigating Windows 10

CRN # 10055

6 weeks: January 13, 20, 27,

February 3, 10, 17

Wednesdays, 2-4 p.m.

Windows 10 is the latest release of the Microsoft Windows family and has another new premise for navigation and applications different from Windows 8. Windows 8 was a major departure from any previous version of Windows, and as a result, most users have to re-learn how to use Windows. This class provides an overview for using Windows 10 on both touch-screen and mouse-driven computers/tablets, including real time examples based on student questions. **Please note:** 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 of experience in technology, business, and management consulting.

Wednesdays 2-4:30 p.m.

Painting the Sky in Watercolor

CRN # 10057

6 weeks: January 13, 20, 27,

February 3, 10, 17

Wednesdays, 2-4:30 p.m.

This course is for painters who have asked, "How can I paint a better sky?" We will practice painting a simple sky with clouds, stormy atmospheric skies, sunsets, a starry night sky, the Milky Way and more. **Prerequisite:** Participants must have taken a watercolor painting class.

Susan Kibler (susankibler1@frontier.com) has taught watercolor and drawing classes at the College for Seniors 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.

Spoiler Alert! Movies with Provocative Surprise Endings

CRN # 10058

6 weeks: January 13, 20, 27,

February 3, 10, 17

Wednesdays, 2-4:30 p.m.

We will be watching and discussing six films with provocative, surprise plot twists. These will be well-made movies with no cornball endings or gaping plot holes. Don't worry if you've seen one or two of the films; you can look for clues you didn't see the first time around. Films will include: *The Sixth Sense*, *The Usual Suspects*, *Memento*, *Witness for the Prosecution* and some other good surprises.

Terry May (terry.r.may@gmail.com) is a self-confessed movie addict. He graduated with a Bachelor of Science from MIT and an MBA from UCLA. He worked in the movie industry in Los Angeles for 12 years and loves to share knowledge and interesting facts about movie making.

Thursdays 9-10:30 a.m.

Yoga for Your Health

CRN # 10059

6 weeks: January 14, 21, 28,

February 4, 11, 18

Thursdays, 9-10:30 a.m.

\$20

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. Seated and standing poses are done with the support of a chair, followed by gentle floor poses lying down on your belly and on your back. Each class finishes with a guided relaxation. Please bring a yoga mat and wear loose, comfortable clothing.

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

Thursdays 9-11 a.m.

Antique and Vintage Costume Jewelry Design and Transformation

CRN # 10060

6 weeks: January 14, 21, 28,

February 4, 11, 18

Thursdays, 9-11 a.m.

We will learn the history of costume jewelry design from the Victorian era to the 1970s Woodstock influence in American design and popularity. Participants should bring jewelry that has been collected or inherited from loved ones to be assessed for its value and its transformation possibilities. Classes will combine lecture and as much workshop as possible. We will rework your sentimental vintage costume jewelry items into fresh, one-of-a-kind treasures that are once again wearable. **Materials fee:** \$20 payable to instructor at the first class.

Shelley Johnston (smj1@me.com) is an Asheville-based jewelry designer specializing in transforming antique and vintage costume jewelry. She sells her "one-of-a-kind" creations at local arts and fine craft festivals including the Fine Arts and Mastercrafts Festival of Avery County in Banner Elk, the Village Square Art and Craft Show in Highlands, and the Cashiers Valley Annual Leaf Festival.

Thursdays 9-11 a.m. *continued*

Beginner Line Dance

CRN # 10073

6 weeks: January 14, 21, 28,
February 4, 11, 18

Thursdays, 9-11 a.m.

Location: Sherrill Center 306

S20

Line dancing is a great activity to keep your mind and body sharp. We will learn the fundamental steps for beginner dances and learn new dances. We will have lots of fun dancing to all genres of music.

Denna Yockey (denna.yockey@gmail.com) teaches line dance at Givens Estates, Highland Farms Retirement Center, Harvest House Recreation Center, and AB Tech. She has taught line dancing for 19 years and had her own dance club in Kansas for eight years. Denna hosts a monthly line dance party at the Asheville Ballroom.

Chernobyl and Fukushima

CRN # 10061

4 weeks: January 14, 21, 28,
February 4

Thursdays, 9-11 a.m.

What are nuclear power plants: their setups, how they function, where the radioactivity comes from, how they make electricity, etc.? What caused nuclear reactor catastrophes at Chernobyl and Fukushima? We will follow the day-to-day history as each catastrophe was brought under control. We will conclude with an investigation of the short-term and long-term consequences to the civilian populations and environment surrounding the reactors. This is a discussion course.

Dot Sulock (dsulock@unca.edu) teaches *The Nuclear Dilemma* to undergraduates at UNC Asheville and has taught many courses at the College for Seniors about nuclear weapons, energy, and sustainability.

Explorers of the Southeast in the 18th Century

CRN # 10062

4 weeks: January 14, 21, 28,
February 4

Thursdays, 9-11 a.m.

We will trace the naturalist explorations of Englishman Mark Catesby, Americans John and William Bartram and Frenchman André Michaux throughout the South. With the help of period journals and maps, watercolors and drawings, prints and illustrated books, and dried and living plants, we will get a glimpse of the spectacular world of the 18th century Southern wilderness. The instructor will draw course material from history, natural history, botany, art history, literature and even gardening.

Jenny S. Wilker (jswilker@charter.net) is an art historian with a doctorate from New York University's Institute of Fine Arts. She has worked at the Metropolitan Museum of Art, Middlebury College Museum of Art, the Allen Memorial Art Museum at Oberlin College and the Philadelphia Museum of Art. Jenny is a Blue Ridge Naturalist candidate at the NC Arboretum and a lifelong gardener.

Has the Arab Spring Sprung?

CRN # 10063

6 weeks: January 14, 21, 28,
February 4, 11, 18

Thursdays, 9-11 a.m.

After a brief discussion of the development of Islam and a few of its more prominent sects, we will focus on aspects of Arabic culture, traditions and conditions across the Middle East and North Africa (MENA) region that led to the launch and spread of the "Arab Spring." We will explore the rise of al Qaeda and ISIS and discuss predictions about the future of the Arab world, particularly as it applies to the Arab Gulf States.

For most of the last 15 years, **Larry Wilson** (larrywilsonzu@outlook.com) has lived in the United Arab Emirates where he served as provost and deputy vice president of a federal university. He now advises the Minister of Culture, Youth and Community Development in the UAE. Larry has held faculty and senior administrative positions in the United States, including UNC Asheville.

Thursdays 9-11 a.m. *continued***Relativity for Anybody**

CRN # 10064

4 weeks: January 14, 21, 28,
February 4

Thursdays, 9-11 a.m.

Relativity for Anybody is for laymen, not physicists. We will begin with a summary of the classical physics that led up to relativity and a look at the historical context in which the theory of relativity was developed. Both the special and the general versions of relativity will be presented, along with a summary of Albert Einstein's life and his other contributions to society. This is a repeat of the course originally offered in Spring 2015.

Recommended text: *Relativity Simply Explained*, Martin Gardner, ISBN: 978-0486293158.

Mark Whipple (mark.whipple77@gmail.com) has been teaching at the College for Seniors since 2012, after spending more than 30 years teaching high school physics and astronomy. A graduate of Dartmouth College, Mark studied history and philosophy of science at the University of Maryland.

Tai Chi Chih: Joy Through Movement

CRN # 10065

6 weeks: January 14, 21, 28,
February 4, 11, 18

Thursdays, 9-11 a.m.

\$20

Tai chi chih is a moving meditation, not a martial art or exercise program. The practice of 19 slow movements and one pose reduces stress, improves balance and flexibility and can even lower blood pressure. Many people feel that regular practice of tai chi chih brings a sense of clarity, centering and joy. Each class will begin with a review of previous movements and include time for silent reflection and sharing.

Steve Stevens (stevens9757@bellsouth.net) is a retired public school teacher and newly accredited tai chi chih instructor. He took his first tai chi chih class at the College for Seniors four years ago and has been practicing "Joy Through Movement" since then.

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

MELT for Well-Being and Better Health

CRN # 10066

6 weeks: January 21, 28,
February 4, 11, 18, 25Thursdays, 11:30 a.m.-1 p.m.
(Note late start and end dates)

\$20

MELT is a simple self-care technique that helps you take better care of your connective tissue, the fluid-based, flexible scaffolding of your body. Daily living causes connective tissue to become dehydrated and less supportive, ultimately leading to pain and inflammation. We will learn the basic principles of using rollers and balls to improve hydration to provide better support for muscles, bones, joints, organs and nerves. Students must be able to get up and down off the floor. Wear yoga-type clothing and bring a yoga mat to class. **Materials fee:** \$15 equipment charge payable to instructor at the first class for MELT balls and rollers. This will be refunded at the last session if this equipment is returned to the instructor.

Terry Peters (terryptrs@yahoo.com) is a certified MELT instructor who trained directly with Sue Hitzmann, the MELT founder and author of *THE MELT METHOD: A Breakthrough Self Treatment System*. A lifelong educator, Terry is also a Yoga Alliance certified instructor in the Krishnamacharya tradition with advanced certification from world-renowned yoga educator and author of *Yoga Anatomy* Leslie Kaminoff.

Yoga for Posture 101

CRN # 10067

6 weeks: January 14, 21, 28,
February 4, 11, 18

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

\$20

Our modern "forward head" society conspires against good posture and is ruining our spines! If to "stand up straight" is not so easy anymore, this course will help you break out of slump land. We will assess posture and lifestyle, strengthen core muscles, release tension in the lower back and neck, and realign the spine. Return to a graceful, upright stance with the help of a posture coach. Please bring a yoga mat and blanket, large towel or small rug to class.

Annelise Mundy (annelise@bluebirdyoga.net) has her 500-hour certification in therapeutic yoga. 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 producer-director.

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

Asheville Architecture and Master Builders

CRN # 10068

6 weeks: January 14, 21, 28,

February 4, 11, 18

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

We will review the biographies and works of six notable master builders of the region: Raphael Guastavino, Charles N. Parker, Erle Stillwell, Ronald Green, Richard Sharp Smith, and James Vester Miller. Landmark buildings to be studied include the Grove Arcade, St. Lawrence Basilica, the Jackson Building, Hendersonville City Hall and others.

Connie Mitchell (cmgm050@gmail.com) is a retired Asheville architect who loves to share the stories of her favorite predecessors encountered during her 35 years of practice renovating some of the finest architectural gems of Asheville and its surrounding cities. She moved to Asheville in 1968, was the eighth woman architect registered in the state, and has raised two amazing children here.

Just Bead It

CRN # 10069

6 weeks: January 14, 21, 28,

February 4, 11, 18

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

We will learn how to string and finish a bracelet and necklace and make an eyeglass holder, beaded lanyard (name tag holder) and drop and chandelier earrings. Participants must bring their own beads and supplies to each class. Course materials may be purchased at local bead and craft stores at an estimated cost of \$20-30. See the course website for list of materials. The instructor will have tools available.

Ulana Mellor (ulanacfs@charter.net) discovered her passion for beading and quilting, especially wearable art, after moving to Asheville.

National Parks: Where to Go, What to See, and When

CRN # 10070

6 weeks: January 14, 21, 28,

February 4, 11, 18

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

We will look at the 48 National Parks located within the contiguous United States, as close as the Great Smoky Mountains and as far away as Acadia in Maine and Olympic in Washington. Each session will be designed around what to see and do while traveling to cool places in summer and warm places in winter. We will examine several parks during each class, based on proximity to one another, similarity of environmental characteristics and travel considerations.

Chester Pankowski (cjpankowski@gmail.com) is a retired community planner who worked in economic development in WNC and as a city planner in Michigan. He taught geography at universities and community colleges in North Carolina and Michigan.

Roger Corman: King of the B's

CRN # 10071

6 weeks: January 14, 21, 28,

February 4, 11, 18

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

Roger Corman is known for his work on low-budget B-movies that gained cult status and influenced the work of an entire generation of filmmakers and performers, including Martin Scorsese, Jack Nicholson and James Cameron. We will view six of Corman's films in different genres, including *The Intruder*, *The St. Valentine Day's Massacre* and *The Masque of the Red Death*.

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

Short Stories of Flannery O'Connor

CRN # 10072

6 weeks: January 14, 21, 28,

February 4, 11, 18

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

We will enter the amazing, often disturbing world of Flannery O'Connor, the renowned Southern storyteller, and examine the social, historical and biographical contexts of the stories and her literary style. Once you meet O'Connor's characters, you will never forget them! **Required text:** *The Complete Stories*, Flannery O'Connor, ISBN: 978-0374515362

After earning her doctorate in English literature, **Ronna Bloom** (ronnalbloom@gmail.com) taught in Denver for many years. Returning to her Southern roots, she now makes her home in Asheville. Her love of literature has never wavered.

Thursdays 2-4 p.m.

Acupressure for Well-Being and Better Health

CRN # 10074

6 weeks: January 14, 21, 28,

February 4, 11, 18

Thursdays, 2-4 p.m.

Are you curious about how to activate the acupuncture points through acupressure to improve your sleep, memory, digestion, aches, pains, and other ailments? To gain a basic understanding of how this Oriental medicine system works, we will study acupressure techniques and also daily tapping and breathing exercises to enhance the body's natural energy flow for overall health.

Over the course of 40-plus years, **Su Shen Huang** (myneedle47@hotmail.com) has integrated her passion for science, psychology, and spirituality into a holistic healing service. She has a Bachelor of Arts in psychology and a Master of Arts in counseling and was a licensed acupuncturist.

Yoga and Nutrition for Arthritis \$20

CRN # 10075

6 weeks: January 14, 21, 28,

February 4, 11, 18

Thursdays, 2-4 p.m.

Do you have symptoms of arthritis, including stiff joints, inflammation or pain? Join us as we explore yoga and nutritional approaches to reverse this chronic condition in a holistic approach. Learn about food, supplements and exercises to relieve arthritis pain. During the first four weeks, the first hour of the session will feature nutritionist Elizabeth Pavka on how foods and supplements can improve or reverse arthritis. In the second hour and then in the concluding two weeks, Annelise Mundy will lead us through new ways to move and change habitual patterns. Please bring a yoga mat and blanket, large towel, or small rug to class. **Recommended text:** *Arthritis Reversed: Groundbreaking 30-Day Arthritis Relief Action Plan*, Mark V. Wiley. ISBN: 978-0615976501

Annelise Mundy (annelise@bluebirdyoga.net) has her 500-hour certification in therapeutic yoga from the Yoga Alliance. After healing a traumatic injury, she developed Bluebird Yoga classes, including *Therapeutic Yoga for Healthy Backs*, *Yoga for Posture 101* and *Stiff Guy Yoga*. **Elizabeth Pavka**, a holistic nutritionist with more than 33 years in practice, helps her clients put together eating plans to meet individual needs and goals. To the eating plan she adds the use of vitamin and mineral supplements and recommends complementary approaches such as massage, chiropractic, yoga and others.

Thursdays 2-4:30 p.m.

Bargello Samplers

CRN # 10076

4 weeks: January 14, 21, 28,

February 4

Thursdays, 2-4:30 p.m.

Bargello is a form of needlepoint that consists of straight stitches in a mathematical pattern to create motifs. We will learn a variety of Bargello patterns, try the same pattern in different color combinations, and be creative with a little structure. We will make pillows, purses, coasters, guitar straps, belts or bell pulls. **Please note:** Participants must have some experience with needlepoint, know basic tent stitch and be able to read a pattern. **Cost of materials:** \$30-\$50 depending on student's cache of yarns and canvas. The instructor will provide a materials list to enrollees.

Sheila Murphy (murphy.sheila.a@gmail.com) has been doing needlepoint for more than 30 years and is looking forward to teaching a course on different Bargello patterns.

Sports History Stories from a Master Documentary Maker - Round 5

CRN # 10077

6 weeks: January 14, 21, 28,

February 4, 11, 18

Thursdays, 2-4:30 p.m.

Ross Greenburg is known as the producer of consistently superb sports documentaries, and we will watch and discuss one or more films each week that were **not shown in previous sessions of this course**. Originally aired between 1992 and 2010, the subject of documentaries for this term include baseball, ice hockey, golf, pro football and the Olympics.

As an advertising sales manager for *Sports Illustrated*, **Larry Griswold** (SI54guy@gmail.com) worked closely with HBO, the most frequent winner of the Sports Emmy Awards, and with Ross Greenburg, who is described as "one of television's most successful guiding hands for documentaries."

Thursdays 2-5 p.m.

Beginning Oil Painting: Especially for Men!

CRN # 10078

6 weeks: January 14, 21, 28,

February 4, 11, 18

Thursdays, 2-5 p.m.

We will learn to translate what we “see” into an oil painting on canvas. Although not limited to male participants, emphasis will be on how men and women work with different priorities in terms of creating art. The instructor will explain color value, composition, lighting and accurate limited palette color. She will also cover different painting materials such as brushes, oil paint and mediums and demonstrate preparation of painting surfaces. Participants will work from photographs and be introduced to the concept of *plein air* painting. This course is open to true beginning painters only.

Materials fees and cost: \$40 for materials payable to the instructor at the first class. In addition to materials covered by the fee, participants will be expected to purchase additional materials costing approximately \$100. The instructor will provide a complete list of materials and supplies.

Nancy Nehls Nelson (n3carolina@gmail.com) is a Weaverville artist who has painted using a limited palette for more than 15 years.

The Met at the Movies

CRN # 10079

6 weeks: January 14, 21, 28,

February 4, 11, 18

Thursdays, 2-5 p.m.

We will explore the operas to be shown this winter in the *Hi-Def Live from the Met* series. The productions are Bizet’s *Pearlfishers* and two operas by Puccini, *Turandot* and *Manon Lescaut*. In two additional classes, we will focus on Massenet’s *Manon* and Bizet’s *Carmen*.

Patricia Heuermann (patruschka@charter.net) is a graduate of the Curtis Institute of Music and 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 Asheville Lyric Opera, Opera Creations and Asheville Community Theatre.

Bill Heuermann (whitwill@charter.net) filmed, edited, and created DVDs of Patricia’s many opera productions from 1996 to 2008, including inserting subtitles 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 technical support.

Sexuality in Movies: A Film and Discussion Course

CRN # 10080

6 weeks: January 14, 21, 28,

February 4, 11, 18

Thursdays, 2-5 p.m.

We will view documentaries that deal with sexuality and discuss the sexuality issues addressed in the movie. Topics will include: aging and sexuality; sex and disability; current sexual trends; social change related to sexuality; and LGBT issues. Some films contain nudity.

Kelley Johnson Wolfe (mountainsexology@bellsouth.net) has spent her entire career as a sexuality educator, practitioner, and advocate. Kelley’s passion is to make the world a more sex-positive place. She works towards this goal by consulting with individuals and couples, educating people of all ages about sexuality, and training professionals and parents. She is a highly sought after speaker and an authority on sexuality and aging.

Fridays 9-11 a.m.

Lessons of the Holocaust

CRN # 10081

6 weeks: January 15, 22, 29,

February 5, 12, 19

Fridays, 9-11 a.m.

How did the Nazis, an extreme radical anti-Semitic political party, gain control of Germany, a culturally advanced nation and lead it into the most horrific world war in history? We will focus on the causes, acts and effects of WWII and the Holocaust, offering solutions and directions for current and future national and international policies. We will examine the history of anti-Semitism, Ari's father's survival of Auschwitz and Mauthausen and lessons that we should learn from the Holocaust.

Ari Landau (arilandau629@hotmail.com) is a second generation survivor of the Nazi death camps. His father survived Auschwitz and Mauthausen; his sister also survived but the rest of his family was shot or gassed. Ari earned his Bachelor of Science and Master of Arts in history and his Juris Doctor degree. For the past 45 years, he has taught about the Holocaust at schools, colleges, museums, synagogues, churches and special interest groups.

Temple Grandin: Autistic Pioneer in Animal Welfare

CRN # 10082

6 weeks: January 15, 22, 29,

February 5, 12, 19

Fridays, 9-11 a.m.

Note: First class (January 15) - begins at 8:30 a.m.

Through video and class discussion, participants will gain an understanding of the life and work of Dr. Temple Grandin, an internationally recognized expert on animal behavior who was named one of the world's 100 most influential people in 2010 by *Time* Magazine. Informed by her own autism, Grandin made significant contributions to livestock agriculture and more specifically, to the humane treatment of animals. Temple Grandin is introduced in the first session through the feature-length film named for her starring Claire Danes. In subsequent sessions, we will cover major topics with shorter videos accompanied by guided discussion.

Patricia Grace (pegrace@vt.edu) received her Master of Science in agriculture from the University of Florida in 1997 and her doctorate in agricultural education from Virginia Tech in 2011. Her areas of expertise include sustainable agriculture, agricultural ethics, sustainable living and facilitating social change.

Therapeutic Yoga

CRN # 10083

6 weeks: January 15, 22, 29,

February 5, 12, 19

Fridays, 9-11 a.m.

S20

This gentle introduction to yoga using standing and chair poses (no floor work) 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 course is for you! No prior yoga experience is necessary. 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).

Ellen Morrissey (LNMyogatherapy@gmail.com) is a certified yoga teacher who specializes in gentle and therapeutic yoga. She has been practicing yoga since 2000. You can learn more about therapeutic yoga at www.LNMyoga.com.

Fridays 9 a.m.-12 noon

Oil Painting, Level 2

CRN # 10084

6 weeks: January 15, 22, 29,

February 5, 12, 19

Fridays, 9 a.m.-12 noon

Beginning artists will continue their exploration into oil painting. With a combination of lecture, extensive critique, and independent workshop time, we will paint with an emphasis on design and color, composition, lighting and accurate limited palette color mixing. Participants will work from photographs. Students who have a basic background in oil painting are encouraged to join us. **Materials cost:** Approximately \$25. The instructor will provide a list of recommended materials and provide some supplies including solvents and gessos.

Nancy Nehls Nelson (n3carolina@gmail.com) is a Weaverville artist who has painted using a limited palette for more than 15 years.

Fridays 9:45-11 a.m.

GROOVEing and Moving

\$20

CRN # 10048

5 weeks: January 15, 22, 29

February 5, 12,

Fridays, 9:45-11 a.m.

Location: Sherrill Center 306

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

Joanna Fireman (jfirewoman@gmail.com) is a certified GROOVE facilitator. As a counselor with a Master of Science in education, she has more than 20 years of experience conducting workshops in the art of living. At the core of her passionate, fun-loving approach is integrating mind, body, heart and soul.

Fran Ross (franiji@charter.net) first taught GROOVE at OLLI in winter 2015. She believes dance is energizing, fun, and essential to a sense of creative health and well-being.

Member and campus appreciation

We want you to know that we take member appreciation very seriously. We often talk about OLLI at UNC Asheville as being “member driven and member-led.” Early leaders for institutes for learning in retirement recognized that older adults did not need one more expert telling them what was good for them. They trusted older adults to be leaders in organizing and implementing their own programming. They also wanted to make sure that their programs happened on college campuses so that it was clear that lifelong learning was part of the academic mainstream, not the kind of social service programming available at senior centers, and not an environment that was isolated from members of various generations and experiences.

Early advocates for lifelong learning said that the image of older adults in classrooms, libraries, and dining halls was a tangible reminder that learning should not stop when degrees were earned or jobs were secured and argued that lifelong learning should be a goal that universities should champion and support. Staff members like Ron Manheimer, Denise Snodgrass, Cissie Stevens, Ann Bass, Susan Poole, and our current team oversee the vision and mission for the program, create continuity, research and implement best practices for adult learning and organizational development, and assume fiscal and legal responsibility for programs. We succeed, however, because staff and members collaborate openly and creatively.

This year we would also like to celebrate the ways that UNC Asheville has provided a uniquely nurturing environment for our programming, first as the NC Center for Creative Retirement, now the Osher Lifelong Learning Institute at UNC Asheville. We were founded because of the energy and creativity of Chancellor Dave Brown and his wife Lin, who was the first director for the College for Seniors. They wanted to create a program for lifelong learning but also envisioned a whole host of programs that would guide people to reimagine the second half of life. We have continuing support from departments across campus, including academic affairs, advancement,

campus police, facilities and maintenance, finance, and the library. We may not always be aware of the impact of these essential services, but we could not survive without them and could not offer affordable programming if we had to pay for all of them. We contribute to the health of the university in a variety of ways, by serving as mentors with the career center or athletics, by supporting lecture series with UNC Asheville's Center for Jewish Studies like last year's successful “Evenings at the Cabaret Weimar” and by bringing events like the popular “Symphony Talk” to campus. We encourage our members to take advantage of lectures, performances, and sporting events that are part of campus life and to take a moment to rub shoulders with students in the dining hall or the campus shuttle. Many of us have a number of “alma maters” and we should be proud to add UNC Asheville to that list.

Of course, every day, we have a unique and beautiful “place to call home” because of the contributions of time, talent, and treasure from our members and because of the support of our university. Members like Art and Alice Green, Dorothy Murphree, and Beth Lazer led the campaign for “A Place to Call Home” and Jack Ingersoll made sure we had finishes and furniture through the campaign humorously titled “A Place to Sit Down.” The university donated 5.5 acres of land and provided the support of the advancement office and assistant vice chancellor Alex Comfort and chancellors Patsy Reed and Jim Mullen. We received a game changing \$1.75 million gift from the local Janirve Foundation. More than 1,000 donors from 650 households funded this wonderful place that is the envy of lifelong learning programs across the country.

We invite you to our member appreciation social on Thursday, February 11, 4:30 p.m., to celebrate all that our community offers, and we encourage you to take a moment of gratitude every day for the members and university who make this great organization possible.

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 and middle schools. Call to Action for Education is OLLI's Signature Project in the community and is accepting volunteers for 2016!

Here is what one OLLI Volunteer says about working in the Asheville City Schools:

"Working with students in the 6th and 7th grade has its own energy. There is a lot of personal reward when you can channel that energy into academic success." ... Warren Wheeler



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's weekly e-newsletter.



Here is what OLLI Volunteers enjoy about working for MANNA FoodBank:

"Volunteering at MANNA is so rewarding. When we pack 'MANNA-Packs' for the school kids we know that the children who get school lunches during the week will have some food on the weekend." ... Carol Culler

"It's about getting food directly into the hands of those who really need it" ... Lori Postal

WHY IT MATTERS:

By actively volunteering either for the Asheville City Schools or MANNA FoodBank, you make a difference in our community by helping improve the lives of others.

Just maybe one more kid gets to enjoy the gift of knowledge. Just maybe one more family gets to enjoy a healthy meal. Just maybe one volunteer like you feels touched.

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 or Kathy Rouse at kabbyrouse@gmail.com
- Visit us at <http://olliasheville.com/community-volunteering>
- Like OLLI at www.facebook.com/OLLIAsheville



Dear OLLI members,

Along with OLLI executive director Catherine Frank, College for Seniors program manager Herb Gunn, and past chair of the OLLI Steering Council Judy LaMée, I recently attended the Osher Institutes National Conference in Charlotte, NC. A lot of learning took place about a variety of topics, but I found the most significant was talking with directors and chairs of other OLLIs.

What I learned was that we at OLLI at UNC Asheville are considered the crown jewel of OLLIs by many of our 118 peer institutions. We have a great facility. We have eight staff members; many have only a director. We have a great association with UNC Asheville which is not necessarily the case everywhere. In one location members pay \$5 per DAY to park. Many have to pay instructors and have no unpaid volunteer instructors as we do. The bottom line is that we have a very financially sound, well led, and coveted organization. It got that way in large measure through the generous donations of time and money by many current and past members.

In order to maintain this wonderful organization there is a need for us as members to continue the legacy through giving. While we are at the top of the heap in programs, staff, and infrastructure, we are in the middle or below in member gifts. I am asking that all of us who are able, give to this first class institution in order to sustain and move us forward. In consideration of all that OLLI adds to your life, please consider giving some back.

I wish you all a wonderful holiday season with those you love.

Patrick Chitwood
OLLI Steering Council Chair

P.S. The size of your gift is not important. The fact of it is! Many thanks for considering a gift to OLLI.

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

We invite you to join in the spirit of giving back by making a gift to our annual fund campaign. The annual fund builds a financial "nest egg" to ensure that the programs we all value continue to be strong into the future. Your support will allow us to rebuild our scholarship fund to ensure that our programs continue to be accessible to those who may not otherwise be able to enjoy the richness of our OLLI community. Consider the gifts and benefits you realize through your OLLI membership then make a tax-deductible gift to the OLLI 2015-16 Annual Fund.

OLLI is directly supported by the UNC Asheville Foundation, a 501 (c) (3) nonprofit. Be assured that every dollar you give goes to OLLI, even though your check is made out to the UNC Asheville Foundation.

Make your check payable to UNC Asheville Foundation. Indicate on the subject line that your gift is for OLLI. Checks should be mailed to UNC Asheville Foundation, One University Heights, CPO #3800, Asheville, NC 28804, or you may drop off your donation in the OLLI office on the upper level of the Reuter Center.



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 Justice Center (JUS)
- 10 Karpen Hall (KAR)
- 11 Lipinsky Hall (LIP)
- 12 Millar Facilities Complex (MFC)
- 13 New Hall (NEW)
- 14 Owen Hall (OWE)
- 15 Phillips Hall (PHI)
- 16 Ramsey Library (RAM)
- 17 Reuter Center (REU)
- 18 Rhoades Robinson Hall (RRO)
- 19 Sherrill Center/Kimmel Arena (SHE)
- 20 Student Recreation Center (SRC)
- 21 Vance Hall (VAN)
- 22 Weizenblatt Hall (WEI)
- 23 Zageir Hall (ZAG)
- 24 Zeis Hall (ZEI)

Residence Halls

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

Outdoor Spaces

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

Parking Lots [Visitor parking in yellow]

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 V/F/S
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 V/F/S P30 Patients
P9 V/F/S/NR	P19 F/S P31 Event Parking
P10 NR	P20 R P32 F/S
	P21 NR P33 V/F/S
	P22 NR

Shuttle stops Food served



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

Return Service Requested

NON-PROFIT ORG.
U.S. POSTAGE
PAID
ASHEVILLE, NC
PERMIT NO. 31



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

