



OSHER
LIFELONG
LEARNING
INSTITUTE

OLLI

at UNC
ASHEVILLE

Grow through life

SUMMER 2016 CLASSES & EVENTS



from the director

Soon we will launch our online registration system. We investigated and debated and weighed the costs and benefits of a new system. We talked to our campus IT staff to make sure we had exhausted our possibilities within the database we use currently. We talked to many OLLI directors who shared their experiences with each of the software providers we were considering. In addition to choosing a registration software that allowed for secure registration, we had to choose a "payment card industry compliant" system for securely accepting credit cards, again requiring the help and input of campus IT, finance and budget offices. It was daunting to sort through all of our options to figure out how to make the best possible investment of time and money.

We chose to work with the software provider Campus CE because the company had a commitment to meet the unique needs of lifelong learning communities. They offer a priority allocation system that we believe will help members avoid the anxiety that comes with any form of first-come first-served registration, whether that means lining up at the Reuter Center or hovering over a computer to be the first in the virtual queue. Using an allocation system, we will open registration for a three or four day period when members will submit requests for courses in order of priority, up to three courses on the initial registration. Anyone who wants to come to the Reuter Center may receive help from a trained volunteer or a staff member without fear of losing a place "in line." After the initial sign-up, the system will objectively allocate courses based on priority and equitable distribution. We will notify members of their enrollment and at an assigned date and time will open registration for members to schedule additional courses and for new applicants to register on a first-come-first-served basis. People who want to sign up for Workshops, Leadership Asheville Seniors or any of our Life Transitions programs will be able to do so online. We tried our best to find a system that



maintained the best of our way of doing business and added convenience, objective distribution and access to information for members, instructors and staff.

The choice of a software provider was not an easy one, and registering online will initially raise the cost of doing business. At least for the first year, we will not have to raise fees to cover the costs because we have been able to use payouts from the Osher and Janirve endowments to fund this new initiative. We recognize that change and choice can be messy and challenging and that it would have been nice to have a longer testing and training period. We recognize that because of the popularity and quality of our programs no one system will give every member every course they desire. No registration system will create one more seat in one of our courses. We also recognize that our members are intelligent, resilient and resourceful. We count on all of you to be patient as we work out the details and learn to make this a registration system worthy of the great community of teachers and learners that brings us together.

A handwritten signature in cursive script that reads "Catherine Frank".

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 as by UNC Asheville faculty and independent scholars in our area. Courses range from *Frankenstein* to Frank Lloyd Wright, music of the Civil War to Texas Hold'em Poker, yoga to iPhone apps. We offer four terms throughout the year, each one with different courses and opportunities.

LIFE TRANSITIONS PROGRAMS include *Paths to Creative Retirement* (Paths), *Creative Retirement Exploration Weekend* (CREW), *Exploring Continuing Care Retirement Centers*, 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.

events calendar

May

- 13 Symphony Talk with Daniel Meyer, 3 p.m.
- 17 Elisha Mitchell Audubon Society, 7 p.m.
- 20 Opera Talk, 11:30 a.m.
- 20 Spring 2016 College for Seniors (CFS) Classes end
- 20 Chamber Music Chat, 3 p.m.
- 22 Asheville Living Treasures Recognition Ceremony, 1:30 p.m.
- 23 Summer 2016 College for Seniors Registration begins
- 29 The Autumn Players Readers Theatre, 2:30 p.m.
- 30 Memorial Day Holiday – Reuter Center and OLLI Office closed

June

- 2 Astronomy Club of Asheville, 7 p.m.
- 3-5 CREW Workshop—Reuter Center and OLLI Office closed
- 12 Carolinas' Nature Photographers Association, 5:30 p.m.
- 16 Advance Care Planning Workshop, 7 p.m.
- 20 Summer 2016 CFS Classes begin
- 21 Elisha Mitchell Audubon Society, 7 p.m.
- 24 Opera Talk, 3 p.m.
- 25 Western North Carolina History Association, 2 p.m.

July

- 4 Independence Day Holiday—Reuter Center and OLLI Office closed
- 8 Opera Talk, 3 p.m.
- 10 Carolinas' Nature Photography Association Meeting, 5:30 p.m.
- 15 Social Security Benefits and Medicare Enrollment Information, 12 p.m.
- 15 Medicare Choices Made Easy, 2 p.m. (registration required)
- 15 Member Social, 4:30 p.m.

August

- 1 Summer 2016 CFS Classes end
- 4 Astronomy Club of Asheville, 7 p.m.
- 12 Opera Talk, 3 p.m.
- 12 Storytelling Event, 7 p.m.
- 14 Carolinas' Nature Photographers Association Meeting, 5:30 p.m.
- 26-28 Paths Workshop—Reuter Center and OLLI Office closed

Adverse Weather

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

OLLI members should consult the OLLI website at www.olliasheville.com to receive the latest information regarding closings, cancellations and delays. As soon as we have a chance to gather relevant information we will post information on our outgoing message at 828-251-6140.

We will also, if at all possible, send an email to active OLLI members regarding cancellations, closings and delays.

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OLLI Steering Council 2016-2017

Chair: Catherine Jordan
 Chair-Elect: Kirk Borland
 Secretary: Kathleen Mainardi
 Past Chair: Patrick Chitwood
 OLLI Executive Director:
 Catherine Frank

Committee Chairs

Civic Engagement: Sarah Reincke
 College for Seniors: Cindy Berryman-Fink
 and Paula Withrow
 Facilities: Terry Liles
 Finance: Terry Reincke
 Inclusion: contact Larry Haas
 Life Transitions: Dave Castel
 Marketing: David Langdon
 Membership: Sandy Bowles and
 Stephanie Ward
 Nominating: Kirk Borland
 Planning: Barbara von Hauzen

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

olli membership

Your gateway to OLLI at UNC Asheville (OLLI) programs and events is membership. A special summer membership fee of \$30 covers the membership period from May 1, 2016 to July 31, 2016. Member benefits include:

- **UNC Asheville parking pass**
- **UNC Asheville photo ID (OneCard)**
- **UNC Asheville Ramsey Library borrowing privileges**
- **Quarterly course catalogs**
- **OLLI at UNC Asheville weekly electronic newsletter**
- **Rental use of the Reuter Center for personal events after one year of membership**
- **Use of UNC Asheville wireless Internet**
- **Access to :**
 - Special Interest Groups (SIGs, p. 5)**
 - Activities, Programs and Special Events (p. 6-7)**
 - College for Seniors (p. 13-34)**
 - UNC Asheville Health & Fitness Center (p. 5)**

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

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

ONECARDS: OLLI members may obtain a OneCard, the official UNC Asheville photo ID card, in Highsmith University Union. With a OneCard you may receive UNC Asheville discounts at local businesses and at university special events. If you obtain an annual sticker for your OneCard through UNC Asheville Police, you may ride Asheville Transit at no cost. You may deposit funds on the OneCard either in the OneCard office or in the dining services offices in Brown Hall. If you say that you are an OLLI member, you will be given the faculty/staff rate, and your dining services card will not expire. You can add funds when your balance gets close to zero. Those funds may be used at any of the dining facilities on campus.

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

WIRELESS INTERNET ACCESS: You may register to use the campus wireless network by stopping by the Reuter Center front desk and asking for a voucher code and instructions to register your devices. Please note that each device must be registered in order to use the wireless network, which is encrypted and secure. Help is available at Ramsey Library for those who have trouble gaining network access using the instructions provided by OLLI staff.

DINING OPTIONS: During the summer, the Reuter Café on the Center's lower level is closed. 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, where they serve lunch from 11:30 a.m. to 1 p.m. All other dining facilities on campus are closed during the summer.

NEED MORE INFORMATION? Check out these resources:

OLLI Website: www.olliasheville.com
Campus Map: www.unca.edu/campusmap
UNC Asheville Events: www.unca.edu/calendar
The Reuter Center Office—Open Weekdays, 8 a.m. to 5 p.m.
828.251.6140

registration—summer term 2016

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

- Pay \$30 summer membership fee and receive membership through July 31, 2016.

Register for courses online starting May 23

- Registrations entered between May 23 to May 27 will be processed with a priority allocation system.
- Registrations entered after May 27 will be processed in order of receipt.
- To learn more go to olliasheville.com or see p. 12.
- Complete the registration online from home or come into the Reuter Center for assistance.
- To apply for a scholarship for College for Seniors program fees, download a scholarship application from our website, fill it out and mail or bring it to the OLLI office. Deadline for scholarships for the summer term is May 27.

Receive registration confirmation June 3

- Add/Drop begins June 6 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, you may enjoy a wide variety of opportunities to learn and socialize.

Seniors' Health Insurance Information Program

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

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 19 or 21 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 "OLLI Groups and Volunteers." To join a Special Interest Group, please contact the person listed for that group.

Alliance des Francophones

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

Apple Users

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

Art

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

Beer on Tap

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

Bridge Buddies

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

Bridge for Fun

1st & 3rd Wednesdays, 2-5 p.m.
Contact: Patricia Grace, 828.505.0046,
pegrace@vt.edu or Grace Errico,
828.633.2734,
joe.grace3@hotmail.com

Bridge Grads

Thursdays, 2-5 p.m. Contact:
Nina Hansen, 828.299.7711,
hansenn@charter.net or Kay Harrold,
828.257.4027, karonharrold@gmail.com

Conversing in Spanish

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

Financial Strategies in Retirement

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

The Forum: Dialogue to Challenge Our Thinking

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

Français Facile

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

Intermediate Bridge

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

Meditation

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

Men's Wisdom Works

Email for meeting times. Contact:
Bob Tomasulo, robmtom@aol.com

Poetry Lovers

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

Stories for the Third Act

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

Texas Hold'Em Poker

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

Tile Clickers (Mah Jongg)

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

Wednesday Wine Tasting

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

Wine Tasting

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

Wine Tasting II

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

Women's Group

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

A Writers' Gathering

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

special events—Summer 2016

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

Advance Care Planning

On **Thursday, June 16, 7 p.m.**, OLLI at UNC Asheville will hold an advance care planning workshop that 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. Assistance will be provided for anyone wishing to complete a legally valid advance directive, including the notarization required in North Carolina, using the NC Short Form.

Asheville Living Treasures Recognition Ceremony

Asheville Living Treasures (ALT) is an all-volunteer organization whose mission is to honor elders of Asheville and Buncombe County who are 70 years of age or older. Honorees have devoted much of their time and energy to making our community a better place to live. ALT honors those selected at a public ceremony to recognize their achievements and record their stories for future generations. For more information contact ALT at ashevillelivingtreasures@gmail.com (preferred) or call 828.423.6476. Family, friends and the greater community are invited to join us as ALT honors the Spring 2016 Treasures on **Sunday, May 22, 1:30 p.m.**

Astronomy Club of Asheville

The Astronomy Club of Asheville meets the first Thursday of most months with an interesting lineup of speakers and topics. Meetings during the OLLI Summer 2016 term will take place **Thursday, June 2** and **Thursday, August 4, 7 p.m.**, with speakers and lecture subjects to be announced. OLLI members may attend the club meetings and star gazes; club members will be on hand to advise and assist in the basics of astronomy and the techniques of observing celestial phenomena. Participation at club meetings and events is free to OLLI members. For more information on the Astronomy Club of Asheville, including updates on speakers and lecture subjects, visit the club's website at www.astroasheville.org.

The Autumn Players Readers Theatre of the Asheville Community Theatre

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. On **Sunday, May 29, 2:30 p.m.**, The Autumn Players will present *Good People* by David Lindsay Abbair, directed by RoseLynn Katz. Tickets are \$6 at the door.

Carolinas' Nature Photographers Association

The Carolinas' Nature Photographers Association-Asheville Region's goal is to develop a group that will more fully experience the beauty of Western North Carolina through photography. Activities in the Asheville region include monthly meetings, photo outings, seminars, workshops, exhibits, photo contests and image critiques. The monthly meetings are held at the Reuter Center on the second Sunday of each month. Sessions begin at **5:30 p.m.** with a meet and greet; meetings begin at **6 p.m.** on **Sundays, June 12, July 10, and August 14**. For more information please visit: www.cnpaasheville.org

Chamber Music Chat

Chamber Music Chat is a lecture series offered by Pan Harmonia, an independent repertory company based in Asheville and directed by flutist Kate Steinbeck. Now in its sixteenth season, Pan Harmonia has been nationally recognized for its unique work and superb artistry. The final *Chamber Music Chat* of the season on **Friday, May 20, 3 p.m.** will feature Barbara Weiss. Barbara will discuss Baroque music and more from her own perspective as a harpsichordist and early musician. For more information on Pan Harmonia, please visit www.panharmonia.org.

Elisha Mitchell Audubon Society

The Elisha Mitchell chapter of the National Audubon Society (EMAS) was formed in Asheville in 1986. Its mission includes promoting birding and an appreciation of all nature and helping to preserve wildlife and natural ecosystems. EMAS offers free educational programs on the **third Tuesday of the month at 7 p.m.**, in the Reuter Center and leads free bird walks at the Sanctuary on the first Saturday of every month. For more information visit www.emasnc.org.

- **Tuesday, May 17, 7 p.m.**, John Yow, author of *The Arm-chair Birder*, will discuss the fascinating lives of the birds we see nearly every day and the improbable, unusual and comic aspects of their lives.
- **Tuesday, June 21, 7 p.m.**, James Costa, biology professor at Western Carolina University and director of the Highlands Biological Station, will talk about local insects and native plant interactions.

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). On **Friday, July 15, 2 p.m.**, experts from the Council on Aging of Buncombe County will offer an overview (plans, parts, and policies) of Medicare. The class is free, but spaces are limited. Registration is required. Reserve your space by visiting the Council on Aging of Buncombe County website at www.coabc.org.

special events—Summer 2016 *continued***Membership Social**

On **Friday, July 15, 4:30 p.m.**, join your OLLI friends for our fourth annual summer social. Take this opportunity to socialize, enjoy great food and celebrate the long days of summer.

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 to attend these lively and informative musical presentations:

- **Friday, May 20, 11:30 a.m.** (Note special time)
David Starkey hosts Dr. Jon Truitt from Ball State University on "Auditions from Behind the Scenes"
- **Friday, June 24, 3 p.m.** Asheville Lyric Opera Young Artist Program Performance and "Talk Back"
- **Friday, July 8, 3 p.m.** Summer Opera Cast Performance Highlights
- **Friday, August 12, 3 p.m.** Asheville Lyric Opera Local Troupe Performance and Discussion

Social Security Benefits and Medicare Enrollment

On **Friday, July 15 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 accessing the Agency's online services at www.socialsecurity.gov.

Storytelling Event

Mark your calendar for **Friday, August 12, 7 p.m.** to attend this Tim Lowry storytelling event! Whether slipping into the colorful lexicon of Gullah or anecdotes about his Great Aunt Nina Gwynn or Harper Lee, Tim Lowry is ready with fascinating stories of culture and history. He is a time traveler who takes us with him wherever he chooses to go. He has been telling stories "of the People, by the People, and for the People" for 15 years. Tim has been invited several times to the National Storytelling Festival in Jonesborough, TN. This free event is cosponsored by OLLI and the Weaverville Library.

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. Music aficionado Chip Kaufmann explores the composers and music for the performance, and Asheville Symphony Orchestra's music director and conductor Daniel Meyer discusses the performance. On **Friday, May 13, 3 p.m.**, the program will feature Weber's *Der Freischütz*, Daugherty's *Tales of Hemingway*, an Asheville Symphony Orchestra co-commission for cellist Zuill Bailey, and Dvořák's Symphony No. 9 "From the New World." For more information about the Asheville Symphony Orchestra or to find out how to purchase tickets for performances at the Thomas Wolfe Auditorium, visit www.ashevillesymphony.org.

Western North Carolina History Association Event

On **Saturday, June 25, 2 p.m.**, come to hear *Taking Another Look: New Views of the Blue Ridge Parkway* by Anne Mitchell Whisnant of UNC-Chapel Hill. Dr. Whisnant will explore the complicated and often contentious processes that brought the Blue Ridge Parkway into being from the 1930s to the 1980s. Looking at stories of Asheville, Little Switzerland, Ashe County, Cherokee and Grandfather Mountain, she reveals historical conflicts over land purchases, routing and Parkway access and use. From Dr. Whisnant's experience as the scholarly adviser to the online portal "Driving Through Time: The Digital Blue Ridge Parkway," we will discover how new technologies (especially the ability to overlay historic and present-day maps) are changing how we can learn about the Parkway's past and help create a vision for its future. Questions from the audience will be encouraged. This program is sponsored by the Western North Carolina Historical Association (WNCHA). There is a requested \$5 donation at the door.

workshops summer 2016

Welcome summer with one day and weekend workshops that fit your interests and schedule. OLLI membership is not required to register, and workshops are open to the public. Workshops have limited space. Register on catalog page 19 or 21 or by using OLLI's new online registration system. Visa and MasterCard payments are accepted. We do not offer refunds beginning 14 days before the workshop. **Up to 14 days prior, refunds are available except for \$10/person administrative fee. For more information contact Laurel Jernigan at ljerniga@unca.edu, 828.250.3871.**

Baking for Food Allergies

CRN # 30063

Saturday

June 25

9 a.m. – 1 p.m.

Fee: \$60/person

Location: Sherrill 346 -
The Teaching Kitchen,
UNC Asheville campus

Even if you don't have food allergies, chances are someone you know does. Many children and adults are diagnosed with food allergies or sensitivities each year. In this workshop, we will discuss common food allergies/sensitivities (wheat/gluten, eggs and dairy), and we will cook (and eat) brownies and cookies made from scratch using substitutions. **Materials fee:** Approximately \$25. The final fee will be calculated based on number of attendees and will be payable to the instructor.

Ellen Morrissey (LNMyogatherapy@gmail.com) has lived with food allergies and sensitivities most of her adult life. She loves to cook and bake and creates most of her meals in the kitchen. She also teaches therapeutic yoga at OLLI.

Social Media Bootcamp:

Facebook Focus

CRN # 30064

Saturday

June 25

10 a.m. – 3 p.m.

Fee: \$65/person

Today we have a wonderful variety of newer tools to socialize and share our opinions and interests. Come learn how to access, navigate and effectively use social media to communicate and engage with friends, family and the world. Facebook will be the focus, with a deeper dive into privacy and security considerations. This is a hands-on computer workshop, and laptops will be provided. Great for those new or semi-new to social media.

Marc Czarnecki (MarcCzarnecki@WebTechCzar.com) is a change manager with three decades of corporate, small business and individual software support experience including work with the NC Community College Network. www.WebTechCzar.com

Old Fashion Goat Milk Soap Making

CRN # 30065

Sunday

June 26

9 a.m. – 4:30 p.m.

Fee: \$80/person

Using the hot process method of cooking to saponify (convert into soap) oils and alkali, you will learn how to make real, old fashioned goat milk soap! You will take home a bar of soap and the knowledge to embark on a soap making adventure of your own. **Materials fee:** \$10 for ingredients and supplies, payable to the instructor.

Christina Gordon (cg@animalphat.com) is the founder of Animal Phat and Women's Wilderness Workshops, offering learning opportunities to experience primitive and sustainable living skills. She's offered programs for festivals, parks, schools, community colleges and non-profits and has been hosting workshops since 2005. www.animalphat.com

Opposites Attract: Using Complementary Colors

CRN # 30066

Saturday & Sunday

July 9 & 10

Saturday: 10 a.m. – 4 p.m.;

Sunday: 1 – 5 p.m.

Fee: \$125/person

Discover how to make your artwork have the WOW factor! Learn about using complementary colors, color wheel and shadows to bring your art to the next level. You will be amazed at what a difference learning this can make in your creative journey! Bring your choice of media, including oils, acrylics, watercolors, colored pencils, pastels and others. The instructor will offer lots of hands-on and one-on-one attention, and all experience levels are welcome. Participants will complete two pieces.

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

Basic Feng Shui for Your Home

CRN # 30067

Saturday

July 16

9 a.m. – 4 p.m.

Fee: \$75/person

Is your life thriving for you? In this workshop you will learn and apply the power of feng shui to rearrange your furnishings, use principles of the five elements and bagua (eight areas of your life) and your intuition to change the energy flow of your home so you can live, relax and sleep accordingly for better health, wealth, love, prosperity and happiness in your life.

Su Shen Huang (myneedle47@hotmail.com) has integrated her passions for Oriental philosophy/culture, psychology, science and spirituality into a holistic healing practice. With her knowledge of feng shui and five elements she has been able to advise her clients to live in harmony with their environments/homes to enhance their lives.

workshops summer 2016

Learn to Enjoy Watercolors - Easy & Fun!

CRN # 30068
Saturday
July 16
10 a.m. – 1 p.m.
Fee: \$55/person

Anyone can learn how to enjoy painting in watercolor. In this workshop we will use only three colors, a black pen and paper to yield great results quickly. You will find yourself addicted to this simple and fun style that creates a craving for learning more about watercolor without the fear. All levels of experience are welcome. Participants will each leave with work they will be proud to frame. **Materials fee:** \$20 if you don't have your own supplies. A materials list will be provided in advance by the instructor.

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

Understanding and Experiencing the Healing Power of Music

CRN # 30061
Saturday & Sunday
July 23 & 24
1 – 4:30 p.m. each day
Fee: \$75/person

Would you like to learn how to use music to improve your health and well-being? Music is a tool far more powerful than most people realize! In this interactive class, you will gain an understanding of how music is crucially important to the rhythm of the body to improve your sleep, memory, stress and pain management and to help strengthen your immune system.

With a doctorate in music education and musicology, **Mary Applegate** (mapple1031@aol.com) has integrated her passion for music and healing to enhance mental and physical health. Mary is certified in Ageless Grace and a practitioner in Healing Touch and Beyond Surgery. www.adagiohealingmusic.com

Create a Compote Floral Centerpiece

CRN # 30069
Saturday
July 23
1 – 5 p.m.
Fee: \$60/person

Learn to build a beautiful floral centerpiece the eco-friendly way (without foam). The workshop includes a short discussion on current and historic trends, mechanics of arranging, proper floral care and tips on choosing flowers for the longest life. Participants will create and take home a lush arrangement. **Materials fee:** \$40 for flowers, tools and a compote, payable to the instructor.

Shannon Kirshner (thefreckledpetal@yahoo.com) is the floral specialist at Whole Foods Market. She is passionate about supporting local floral farms and floral event planning. She studied with the 2014 Martha Stewart American Made award winner for floral and event design.

Joyous Alcohol Inks

CRN # 30070
Saturday
July 30
10 a.m. – 4 p.m.
Fee: \$75/person

Discover alcohol inks, a remarkable and vibrant art product, and see how much fun it is to use it on many different surfaces. Learn to play and let this diverse medium “do its thing” on yupo (plastic) paper, tiles, glass and more. We will apply inks to a variety of non-absorbent surfaces. This will be an enjoyable day of making art without drawing, no experience required. **Materials fee:** \$15 for supplies, payable to the instructor.

Sharon Sandel (sharsand46@gmail.com) is a Florida native who loves the mountains. She is a self-taught artist who enjoys experimenting with new and exciting artistic media and then sharing her passion with others. www.sharonsandel.wix.com/painting

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 for more information, 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

This program helps participants assemble the relevant information and ask the right questions to see whether a 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."



Engage In Community

"The only ones among you who will really be happy are those who have sought and found how to serve."

-Albert Schweitzer

"Sure it makes a difference. Helps the teachers and the students."

-Walt A-Akert

"Just love seeing the kids grow."

-Ron Navik

"The kids get it despite the struggle"

-Barbara Navik

Last year OLLI volunteers like Walt, Ron and Barbara contributed **3,456** hours to Asheville City

Schools. Join them to make a difference in 2016!

OLLI volunteers are making a difference in our community through the Civic Engagement Committee's Call to Action projects at **MANNA FoodBank** and **Asheville City Schools**. To find out how to get involved, contact Sarah Reincke at sarahreincke@gmail.com

Leadership Asheville Seniors

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

Dates: Tuesdays, 9 a.m. - 4 p.m.

September 13 - November 8, 2016

Orientation September 12, 2016

Cost: \$400 (scholarships available up to 75%) payable by cash, checks made 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.



online registration

As we noted in recent messages to members, we are completing our work to provide an online service for membership enrollment and registration for programs such as workshops and College for Seniors. Our goal is to have that system ready for use by May 23, 2016. You will receive an email close to that date that will direct you to the Web page where you will find the listing of Summer 2016 courses and a link to the registration information. We invite you to use the online system to register for Summer courses and workshops. If you have questions or need assistance with registration, our staff and volunteers will be happy to answer questions and assist you in completing your registration.

Should the new registration system not be available by May 23, we go to “Plan B” – which is to use the paper system. You can mail in a registration form or bring it in the Reuter Center on May 24. Registrations will be processed in order of receipt and you will receive notifications in the same manner as in the past.

While we do not have all the details about how the new registration system will work, these are the beginning steps you will take:

1. Members who have provided OLLI with an email address will be set up in the system by May 23. If you have changed your email address or have not given it to us, please be sure to update your information.
2. Current members will receive emails that provide their new online registration usernames and passwords. You will use these to log in to the system the first time. After you are logged in, the username and password can be changed by you to something you will remember. If you forget your username or password, there is a retrieval system to help you recover that information.
3. Members will search the registration pages in much the same way they browse the OLLI website course pages to review the courses that are offered for the Summer term. You can search by topic, by instructor, by day of week and by time of day.
4. You can choose up to three Summer 2016 courses for your initial registration. It is important to select your choices in order of priority.
5. There will be detailed instructions posted on the OLLI website for you to follow to complete the registration process.

The next steps have not been determined in enough detail to provide them to you at this time. Here's what we do know:

1. If you are registering by computer, from home or elsewhere, you will pay with a MasterCard or Visa.
2. If you need a scholarship to assist in paying the College for Seniors program fees, please submit your registration and scholarship forms to our office. The deadline to submit applications is May 27.
3. If you are an instructor we will provide detailed instructions so that members with faculty credit vouchers will know how to redeem them.
4. After the initial registration period is closed on May 27, your courses will be scheduled using a priority allocation process. While we cannot guarantee that everyone will get all the courses they want, we believe it will give members better access to the courses they most desire. As always, the enrollment in a course is limited by our space availability and by the instructor's desire to have a manageable size for discussion. Our most popular courses may still have waiting lists.
5. You will receive an email notification of your schedule.
6. We will announce when the Add/Drop period will begin. At that time you can browse the courses on the website, determine if there are other courses you want to take and if a course is filled, and add a new course or add your name to the wait list.

Questions?

Q: How do I know the credit card system is safe?

A: The new system uses a third-party, certified secure provider to process the charges. No one at OLLI or UNC Asheville will have access to your credit card information. We have contracted with the same company that is used on campus for undergraduate student tuition and fees payment.

Q: I'm not very good on the computer (or don't have access to a computer). Is there anyone to help me?

A: Yes. Starting on May 23, you may come in to the OLLI office and our staff along with trained volunteers will be able to assist you. For security reasons, we cannot enter the information for you, but we can walk you through the steps so that you can complete your registration.

Q: What if I miss the May 27 deadline for the initial registration period?

A: Registrations received after May 27 will be processed in order of receipt.

Q: Can I get a refund if I don't get the courses I want?

A: Yes, as always, we will offer a full refund if requested by Friday, June 17. You will be refunded via the manner in which you paid. If you paid by credit card, the money will be credited back to your charge card. If you paid by cash or check, a refund check will be issued through the UNC Asheville payment processing system, as before. There is often a two- or three-week wait.

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

Summer: June 20 – August 1, 2016 (registration begins May 23)

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

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

Spring: March 20 – May 19, 2017 (registration begins February 21)

Summer 2016 June 20 – August 1

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

Fee: \$75 for the term

The registration fee allows you to register for up to three courses, listed on pp. 21-34, during the initial phase of registration. Confirmation will be sent on June 3, 2016.

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

(Some courses require extra fees, which are listed in the catalog.) Courses may be added prior to the start of the second class period.

Add/drop begins Monday, June 6, 8 a.m.

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

OLLI membership is required to enroll in CFS classes

REFUNDS: Cancellation must be received by Friday, June 17, 3 p.m. for a full refund. This applies to ALL fees for CFS classes.

Course Information

In addition to the course descriptions in this catalog, details and resources for many CFS courses can be found on course Web pages on the OLLI website. To reach the listing of courses with Web pages, go to: olliasheville.com/courses. On this page, search for an instructor's name and find information such as course outlines, reading lists, materials lists and instructor biographies.

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 or as part of the online registration. For more information, call 828.251.6140.

Scholarships

Scholarships are available to partially cover the expense of the term; the annual OLLI membership fee is the member's responsibility. Applications are available in Room 208 of the Reuter Center and on the OLLI website. To ensure the best choice of courses, scholarship applications should be submitted by Friday, May 27, 3 p.m. For additional information, call 828.251.6140.

Teaching in College for Seniors

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

Course Proposal Form and Instructor Guide

- An online term-specific course proposal form is required for submission.
- An instructor guidebook is available to orient first-time instructors and to enhance the skills of experienced teachers. Visit: <http://olliasheville.com/college-seniors-1>

Course Proposal Due Dates:

July 15, 2016	for Winter 2017
October 15, 2016	for Spring 2017
January 17, 2017	for Summer 2017
April 15, 2017	for Fall 2017

Questions about College for Seniors?

Contact CFS Program Manager Herb Gunn at hgunn@unca.edu or call 828.251.6873.

mondays

8-9 a.m.

Classical Pilates.....21

9-11 a.m.

Advanced Photography.....21

Frankenstein and Dracula21

Introduction to Making Wet

Felted Fiber Beads21

Writing the Screenplay22

9 a.m.-Noon

Cooking with Mars and Venus22

9:30-11 a.m.

Body Sampler22

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

Asheville on the Cheap22

A Docent's Journey23

Radiant Health 10123

2-3:30 p.m.

Yoga for Your Health23

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iPhone: Basic Apps.....23

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Write That Novel25

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Do Fairy Tales Tell the Truth?25

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Intermediate Mah Jongg25

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Women Training for Health.....26

2-3:30 p.m.

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Dimensional Health30

Summer Wildflowers of the

Southern Blue Ridge30

2-5 p.m.

Bend, Fold and Spindle:

Beginners Book Arts30

Seniors in Cinema.....30

Summer 2016 Calendar

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

For changes that occur after the catalog goes to print, see "Catalog Updates" at www.olliasheville.com

thursdays

9-11 a.m.

Angel Painted Canvas	31
Beginning Digital Camera (see Tuesday)	25
Music of the Brill Building Era	31

11:30 a.m.-12:30 p.m.

Foot Fitness	31
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11:30 a.m.-1:30 p.m.

Beyond Knit and Purl	31
Egypt in the 18th Dynasty	32
Introduction to Adobe Lightroom	32
The Music of the Civil War	32

2-3:30 p.m.

Therapeutic Yoga for Healthy Backs ...	32
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2-4 p.m.

The Many Faces of Beer	33
Microfinance and Global Poverty	33
Intermediate Texas Hold'em Poker	33
You Can't Take It With You	33

2-4:30 p.m.

A Salute to Flicker Alley	33
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2-5 p.m.

Developing Your Interpersonal Effectiveness	34
--	----

6-8 p.m.

Healthy Cooking. Healthy Eating.	34
---------------------------------------	----

fridays

9-11 a.m.

Introduction to Therapeutic Yoga	34
Lawn Bowling	34

Don't Forget!

**Member
Social**

**Friday
July 15
4:30 p.m.**

workshops

Saturday

June 25

9 a.m. – 1 p.m.

Baking for Food Allergies	8
---------------------------------	---

Saturday

June 25

10 a.m. – 3 p.m.

Social Media Bootcamp: Facebook Focus	8
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Sunday

June 26

9 a.m. – 4:30 p.m.

Old Fashion Goat Milk Soap Making	8
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Saturday & Sunday

July 9 & 10

Saturday: 10 a.m. – 4 p.m.

Sunday: 1 – 5 p.m.

Opposites Attract: Using Complementary Colors	8
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Saturday

July 16

9 a.m. – 4 p.m.

Basic Feng Shui for Your Home	8
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Saturday

July 16

10 a.m. – 1 p.m.

Learn to Enjoy Watercolors - Easy & Fun!	9
---	---

Saturday & Sunday

July 23 & 24

1 – 4:30 p.m. each day

Understanding and Experiencing the Healing Power of Music	9
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Saturday

July 23

1 – 5 p.m.

Create a Compote Floral Centerpiece ..	9
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Saturday

July 30

10 a.m. – 4 p.m.

Joyous Alcohol Inks	9
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A Health and Fitness Partnership: OLLI and the Woodfin YMCA

Two Summer 2016 courses
For the College for Seniors

Women Training for Health
(see page 26)

Tuesdays, 2-3 p.m.

Restorative Yoga
(see page 28)

Tuesdays, 3:15-4:15 p.m.

Location: Woodfin YMCA
40 Merrimon Ave, Asheville, NC
www.ymcawnc.org

There is a Health and Fitness registration course fee
of \$30 (only \$20 for YMCA members). Registration is
required through OLLI.



**YMCA OF WESTERN
NORTH CAROLINA**

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Frank Lloyd Wright	29
Get Wired: Jewelry Using Wire and Beads	29
Introduction to Adobe Lightroom	32
Introduction to Making Wet Felted Fiber Beads	21

registration form

OLLI Summer 2016 (to be used if we are unable to hold online registration)

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 E-mail address ☐ I don't use email

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

☐ I will volunteer to be a CLASS REP in one of my CFS courses

Emergency Contact: Name _____ Phone Number _____

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

Total CFS Fees: Term fee plus course fees CFS Summer Term Fee \$75 TOTAL CFS \$ _____

Total # of classes desired

Workshops Registration – Workshops are listed on pages 8 - 9. See back of sheet for important information.

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

TOTAL Workshops Fees \$ _____

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

Staff use only / Comments _____

registration form

If not a current 2015-16 OLLI Member, become an OLLI member for Summer 2016 term for only \$30.

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

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

OLLI Membership is REQUIRED.

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

TOTAL FROM PAGE 1 \$ _____

Membership fee total \$ _____

HFC Fee \$ _____

TOTAL PAYMENT ENCLOSED \$ _____

Registration Information

If the new online registration system is not operational by May 23, we will proceed with registration using paper documents. Following are the steps to use for that process:

- OLLI membership is required for CFS registration but not for Workshops.
- Initial registration is limited to a maximum of three CFS courses. Note that Workshops (pages 8 and 9) do not count in this total.
- Please fill out your form as completely as possible and double-check that the CRNs listed in the course descriptions match the titles of the courses you wish to take. Check dates of classes in each course as they may vary from the regular schedule. Please ensure that all information is legible, especially email address.
- Health, fitness and dance courses with this symbol **\$30** require a \$30 fee in addition to your CFS summer term fee of \$75. The courses that are held in partnership with other organizations do not show this symbol; the fee for those courses will be paid at their location and not as part of your CFS registration fee. 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 on May 24, 2016. If you will be away, you may mail your registration and check, send a registration with a friend or you may contact OLLI Director Catherine Frank (cfrank@unca.edu or 828.251.6188) to discuss your options for submitting a registration in a timely way.
- Registration forms will be processed in order of receipt.
- If we are able to register you for three of the courses you requested, we will not put you on a wait list for other courses. You may add your name to a wait list during the Add/Drop period.
- Your schedule will be emailed to you on June 3 and June 10, 2016.
- Add/Drop begins on Monday, June 6, 8 a.m. **At this time, you may add as many courses as your schedule will allow.**
- **Scholarship applications should be submitted with the registration form. The deadline for requesting a CFS scholarship for the summer term is May 27, 2016, 3 p.m.**
- **Refunds for Workshops (pp. 8-9) are available until 14 days before the scheduled session. College for Seniors refunds are available until Friday, June 17, 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 Summer 2016 (to be used if we are unable to hold online registration)

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 E-mail address ☐ I don't use email

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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 Summer Term Fee \$75 TOTAL CFS \$ _____
 Total # of classes desired

Workshops Registration – Workshops are listed on pages 8 - 9. See back of sheet for important information.

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

TOTAL Workshops Fees \$ _____

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

Staff use only / Comments _____

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Membership fee total \$ _____

HFC Fee \$ _____

TOTAL PAYMENT ENCLOSED \$ _____

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- Initial registration is limited to a maximum of three CFS courses. Note that Workshops (pages 8 and 9) do not count in this total.
- Please fill out your form as completely as possible and double-check that the CRNs listed in the course descriptions match the titles of the courses you wish to take. Check dates of classes in each course as they may vary from the regular schedule. Please ensure that all information is legible, especially email address.
- Health, fitness and dance courses with this symbol **\$30** require a \$30 fee in addition to your CFS summer term fee of \$75. The courses that are held in partnership with other organizations do not show this symbol; the fee for those courses will be paid at their location and not as part of your CFS registration fee. 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 on May 24, 2016. If you will be away, you may mail your registration and check, send a registration with a friend or you may contact OLLI Director Catherine Frank (cfrank@unca.edu or 828.251.6188) to discuss your options for submitting a registration in a timely way.
- Registration forms will be processed in order of receipt.
- If we are able to register you for three of the courses you requested, we will not put you on a wait list for other courses. You may add your name to a wait list during the Add/Drop period.
- Your schedule will be emailed to you on June 3 and June 10, 2016.
- Add/Drop begins on Monday, June 6, 8 a.m. **At this time, you may add as many courses as your schedule will allow.**
- **Scholarship applications should be submitted with the registration form. The deadline for requesting a CFS scholarship for the summer term is May 27, 2016, 3 p.m.**
- **Refunds for Workshops (pp. 8-9) are available until 14 days before the scheduled session. College for Seniors refunds are available until Friday, June 17, 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

Mondays, 8-9 a.m.

Classical Pilates

Health and Fitness CRN#30003

6 weeks: June 20, 27,
July 11, 18, 25, August 1
(no class July 4)
Mondays, 8-9 a.m.

\$30

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

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

Mondays, 9-11 a.m.

Advanced Photography

Visual Arts CRN #30004

6 weeks: June 20, 27,
July 11, 18, 25, August 1
(no class July 4)
Mondays, 9-11 a.m.

For students who have knowledge of the topics covered in *Beginning Photography*, we will explore more advanced photographic topics. We will cover evaluating exposure, proper metering choices, light and color theory, composition and framing, sensors and resolution, digital work flow, pre-printing rules, RAW file handling and file formats. If you are unsure of your skill level, contact the instructor prior to registering. Participants must have a camera and its user manual and be familiar with navigating the individual camera's menus.

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

Frankenstein and Dracula: 19th Century Monster Mash

Languages/Literature/Writing
CRN #30005

6 weeks: June 20, 27,
July 11, 18, 25, August 1
(no class July 4)
Mondays, 9-11 a.m.

When many of us think of Frankenstein or Dracula, we remember the actors Boris Karloff and Bela Lugosi more frequently than the authors Mary Shelley and Bram Stoker. We will look at the original texts of these two Gothic novels (one written in 1818 in the second generation of England's Romantic movement and the other in 1897 near the end of the Victorian era). We will unearth what these monsters and authors can tell us about the fears and hopes of the eras in which they first appeared and work to understand why the stories and characters continue to have a hold in the popular imagination. **Required text:** Any edition of the novels. Please check the course webpage for suggestions, including information about free online editions.

Catherine Frank (cfrank@unca.edu) is executive director of OLLI at UNC Asheville and holds three degrees in English from UNC Chapel Hill. She has a monstrous affection for understanding 19th century literature and exploring it with others.

Introduction to Making Wet Felted Fiber Beads

Visual Arts CRN #30006

4 weeks: June 20, 27,
July 11, 18
(no class July 4)
Mondays, 9-11 a.m.

We will learn how to take fiber and turn it into felted, spherical beads and then take those beads and transform them into beautiful earrings, necklaces or other forms of jewelry. We will also explore how to felt "cane" beads with multiple colors of wool and transform those beads into various forms of jewelry. Bring a towel and a 16-ounce container for water. All other materials will be provided. **Materials fee:** \$40, payable to instructor at first meeting.

Rose Szabo (artzy2@icloud.com) has enjoyed the many aspects of felting for the past 13 years. From simple wet felted beads to complex nuno felted garments, Rose has taken classes and experimented with new techniques. Rose has a passion for felting and would like to share that with others.

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

Writing the Screenplay

Languages/Literature/Writing
CRN #30007

6 weeks: June 20, 27, July 11, 18, 25,
August 1

(no class July 4)

Mondays, 9-11 a.m.

Your story idea demands to be told visually. Maybe you've always wanted to write a movie or television series. You don't quite know how to start, or you've gotten stuck. In this course we will learn the differences among screenplays, novels and short stories and the unique formatting of the screenplay. We will cover story development, specialized software and the business realities of selling a screenplay. Class exercises will help you learn the "how to." **Highly recommended text:** *The Hollywood Standard* by Christopher Riley. ISBN-13: 978-1932907636.

Jim Norman (JimNormanMysteries@gmail.com) writes short stories, novels and screenplays. His screenplays *Corey's Hand*, *From Schmear To Eternity* and *Kosher Delicate Lesson* have won awards at a number of film festivals this year.

Mondays, 9 a.m.-Noon

Cooking with Mars and Venus

Personal Development CRN #30008

4 weeks: June 20, 27, July 11, 18

(no class July 4)

Mondays, 9 a.m.-noon

Location: Instructors' home

Via demonstrations and hands-on practice, students will learn about food safety, basic knife skills, dicing and chopping, brining, olive oils, vinegars, cheeses and more. We will prepare menus, learn to adapt them to our lifestyles and enjoy healthful, nutritious meals together. Students must be able to stand for long periods of time and move about in tight quarters and must be able to attend all four classes. Classes will be held at the instructors' home, about 10 minutes north of UNC Asheville. A map will be provided. **Materials fee:** \$80 for food, payable to the instructors at the first class.

Sheila Murphy (murphy.sheila.a@gmail.com) and **Dennis Murphy** have been cooking together for more than 50 years. They have taken courses all over the world, most recently in Budapest, Hungary.

Mondays, 9:30-11 a.m.

Body Sampler

Health and Fitness CRN #30009

6 weeks: June 20, 27,
July 11, 18, 25, August 1

(no class July 4)

Mondays, 9:30-11 a.m.



Body Sampler is a fun combination of qigong to get the energy flowing, dance aerobics to get aerobic exercise and burn calories and chair yoga to relax and stretch out.

Liz Ridley (lizridley@hotmail.com) has been teaching exercise for more than 25 years. Her certifications include Silver Sneakers Classic, Silver Sneakers Yoga, Silver Splash, Pilates, and Tai Chi for Arthritis. Liz teaches many classes throughout the Asheville area.

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

Asheville on the Cheap

Personal Development CRN #30010

6 weeks: June 20, 27,
July 11, 18, 25, August 1

(no class July 4)

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

We'll have a fast paced discussion about fun things to do in Asheville and Western North Carolina. First you'll learn how to find things to do on your own. Then we'll talk about visual and performing arts, food, day trips and outdoor activities. We will find ways to do things for little or no money. **Required:** Participants must use email for fast-paced class communication.

Linda Orowitz (AshevilleDeals@GMail.com) is an Asheville Visitor Center volunteer. She loves Asheville's art, music, food and festivals. Telling people about the many fun things to do in town is her passion. Linda writes and sends an email on Asheville activities to more than 1,000 people.

Mondays, 11:30 a.m.-1:30 p.m. *continued***A Docent's Journey of Painting, Sculpture and Architecture of the Western World**

Visual Arts CRN #30011

6 weeks: June 20, 27,
July 11, 18, 25, August 1
(no class July 4)

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

Art is more than paintings on canvas, architectural structures or figures chipped from stone. Western art mirrors its cultural forces, historical events and the social changes that define each period. We will study different periods of Western art with a virtual stroll through world famous museums and locations using lectures, slides and DVDs.

Recommended resources: See the instructor's course Web page where a summary of the focus of each week's class is available along with a list of specific art history books used by the presenter. Scholarly works and materials on each period are abundant and available on the internet for free.

Ari Landau (arilandau629@hotmail.com) received his Bachelor of Science in history and education, his Master of Arts in history, and his Juris Doctorate cum laude in law. He has completed formal instruction as a docent and received his certifications as a docent from the Dallas Museum of Art and the Dallas Holocaust Museum. Ari has given hundreds of museum guided tours in European and American museums.

Radiant Health 101

Health and Fitness CRN #30012

6 weeks: June 20, 27,
July 11, 18, 25, August 1
(no class July 4)

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

For many people radiant health is a foreign concept. In reality it is a natural birthright. In this course we will look at "health care" in terms of "self care." We will examine paradigms about health and where they came from: caregivers, media, government, big pharmaceutical and big agriculture. More importantly, we will look at ways we can take immediate action to guide ourselves to the health we deserve. **Recommended text:** *The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest* by Dan Buettner, ISBN-13 978-1426202742.

David Macvaugh (dmacvaugh1@gmail.com) is a health coach focusing on primary foods, relationships, spirituality, exercise and career. Having weaned himself from 15 prescriptions and emotional baggage and lost 100 pounds, he decided his life's mission is helping people find their radiant health.

Mondays, 2-3:30 p.m.**Yoga for Your Health**

Health and Fitness CRN #30013

6 weeks: June 20, 27,
July 11, 25, August 1, 8
(no class July 4 and 18; make-up on
August 1 and 8)

Mondays, 2-3:30 p.m.

\$30

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 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. Jenne holds a master's degree in transpersonal psychology and is certified as an advanced instructor of therapeutic yoga and meditation. Learn more at jennesluder.com.

Mondays, 2-4 p.m.**iPhone: Basic Apps for Elementary Users**Math/Sciences/Technology
CRN #300145 weeks: June 20, 27,
July 11, 18, 25
(no class July 4)

Mondays, 2-4 p.m.

Are you a beginning iPhone user and do you find using it a little confusing? Come learn the basics in a slow-paced course (hands-on, but not one-on-one). Each skill will be presented with lecture/demo material followed by exercises to practice what we have learned. We will focus on non-voice calling features: navigate screens, increase keyboard skills, use the Safari browser, compose mail, use the calendar, manage contacts and more. **Minimum requirements:** Each participant must bring to class an iPhone with iOS 9 installed and have been **using the iPhone for at least six months.**

Lenore Baum (lenore@lenoresnatural.com) and **Joe Baum** (baumjoe51@gmail.com) have been using the iPhone and iPad daily for five years. They have taught several Apple courses at OLLI, and Joe has lectured at the Apple Users Special Interest Group (SIG). Lenore Baum has been an educator for more than 40 years.

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

Whole Foods and Plant-Based Health

Health and Fitness CRN #30040

5 weeks: June 20, 27,

July 11, 18, 25

(no class July 4)

Mondays, 2-4 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) brings six years of whole foods/plant-based living to the table and has a passion for the health benefits (personal and ecological) of a herbivore diet.

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

Performing Arts CRN #30016

5 weeks: June 20, 27,

July 11, 18, 25

(no class July 4)

Mondays, 2-4 p.m.

Experience an enjoyable and informative look at how music transformed from the era of 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'll 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 experienced and recognized 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.

Mondays, 2-5 p.m.

Beginning WNC Landscapes in Watercolors

Visual Arts CRN #30017

6 weeks: June 20, 27,

July 11, 18, 25, August 1

(no class July 4)

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. **Required materials:** See the instructor's Web page for a list of suggested watercolor supplies.

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

Tuesdays, 9-11 a.m.

Creative Counted Cross Stitch 101

Visual Arts CRN #30018

First 4 weeks: June 21, 28,

July 5, 12

Tuesdays, 9-11 a.m.

In this creative beginner class for folks interested in trying needlework, we will complete a minimum of three small, inexpensive projects while learning types of fabric, needles, floss, layout and design, where to start on a blank background and how to finish projects. Students choose their patterns for projects. Finished projects can be used as gifts to tuck into greeting cards or flat mailers with a flexibility for personalizing. **Materials fee:** \$10 to be paid to the instructor at the first class.

Designer and photographer, **Jill Breaux** (chimovr@gmail.com) studied art, design and Feng Shui in the United States and Canada. She tries to live in balance and harmony with nature's 12 seasons. Jill has enjoyed doing different types of needlework for more than 40 years.

Scenes From the Bard: Two Outsiders

Performing Arts CRN #30019

6 weeks: June 21, 28,

July 5, 12, 19, 26

Tuesdays, 9-11 a.m.

We will study and act out selected scenes from Shakespeare's *Twelfth Night* and *The Merchant of Venice*. Emphasis will be placed on Malvolio and Shylock as Puritan and Jewish outsiders, respectively. The two goals of the course are to enhance the student's ability to speak the Bard's lines meaningfully and to appreciate the relevance of the conflicts between these characters and the dominant views in their societies and how those conflicts are mirrored in the contemporary world.

Jim Reid (jfreid0530@yahoo.com) worked in higher education on both the teaching and administrative sides until he retired to become a student again at OLLI. He has a passion for the thespian arts and currently serves as chair of The Autumn Players, which is affiliated with Asheville Community Theater.

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

Write That Novel

Languages/Literature/Writing

CRN #30020

6 weeks: June 21, 28,

July 5, 12, 19, 26

Tuesdays, 9-11 a.m.

Writing a novel is a daunting task. Many people who want to write a novel don't know how to start—or tried and failed. We will focus on one of the many novel writing techniques and look at others. We'll explore creating a novel from story concept and outlining to editing and submitting for publication. Class exercises, fiction writing basics, genres and research will be part of this practical course.

Jim Norman (JimNormanMysteries@gmail.com) is a member of Mystery Writers of America. His writing credits include novels *Not A Pretty Picture*, *The Extraordinary Adventures of Milo F* and *Corey's Hand*. His short stories include "Fatal Finale," "Adam, Eve and the Dog," "The Case of the Tattooed Redhead" and "Pickled Red Herring."

Tuesdays & Thursdays, 9-11 a.m.

Beginning Digital Camera

Visual Arts CRN #30021

4 weeks, 8 sessions: June 21, 23, 28, 30,

July 12, 14, 19, 21

(no class July 5 or 7)

Tuesdays & Thursdays, 9-11 a.m.

This course is for first-time owners of a digital camera (including smartphones) who want to use the darn thing! We will learn about the buttons, dials, icons and other features. Each participant will have an opportunity for a one-on-one session with the instructor to learn the specifics of his/her camera/smartphone. Bring your camera/smartphone and manual to each session.

Dennis Murphy (murphdennisw@gmail.com) has been involved in photography for several decades and has experienced the culture shock of giving up film and the need to learn a whole new technology just to take a photograph.

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

Do Fairy Tales Tell the Truth?

Languages/Literature/Writing

CRN #30022

6 weeks: June 21, 28,

July 5, 12, 19, 26

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

Throughout history fairy tales have been written to share information with those beginning their life journey related to achieving success. We will read 12 well-known fairy tales in class and discuss their main themes. Then we will discuss whether those themes have held up in our own lives as we look back.

Bobbie Rockwell (bobbieamayrockwell@gmail.com) is a retired educator. She has received training from the Great Books Foundation in shared inquiry techniques for discussing literature.

Gnosticism or Not

Religion/Philosophy CRN #30023

6 weeks: June 21, 28,

July 5, 12, 19, 26

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

We will study the so-called Gnostic texts, discovered since the late-19th century, principally in 1945 in Egypt near Nag Hammadi. These texts are called "Gnostic" because they reference, directly or indirectly, "knowledge" (Greek, *gnosis*) as the means of salvation. The initial interest in these texts was as evidence of early Christian heresy, and interest continues toward an expanded understanding of early Christianity. We will consider eight of these texts with some care.

Farley Snell (snellfarleyw@netscape.net) has been teaching courses in religion at College for Seniors since winter 2009. His doctorate is from Union Theological Seminary in New York City.

Intermediate Mah Jongg

Personal Development CRN #30024

6 weeks: June 21, 28,

July 5, 12, 19, 26

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

Most people who play Mah Jongg lean toward the same hands of play and as a result limit their option of achieving mah jongg. We will broaden your horizons and open up new avenues for other hands to play. You will become a force to be reckoned with at the table, or better yet, you will have more fun as you play the game. **Please note:** This course is not for beginners. If you are unsure of your skill level, please contact the instructor.

Rosemary Walton (rh68@bellsouth.net) has played Mah Jongg for 48 years and has taught Wright Patterson rules for 18 years. **Kenn Haring** has played Mah Jongg for eight years and instructed for seven years.

college for seniors

Tuesdays, 2-3 p.m.

Women Training for Health

Health and Fitness CRN #30030

6 weeks: June 21, 28,

July 5, 12, 19, 26

Tuesdays, 2-3 p.m.

Location: Woodfin YMCA

40 Merrimon Ave, Asheville, NC

Women Training for Health is for women seeking collaboration with their peers under the direction of a personal trainer to utilize cardiovascular exercise, weight training and healthy eating to begin or continue a journey towards a healthy weight and lifestyle. This weekly workshop will include group discussion on lifestyle change as well as exercise programming that can be completed at home. Participants will learn body weight and free weight exercises using the following types of equipment: dumbbells, cardio barbells, stability balls, resistance bands and more. Note: Strength machines on the fitness floor, which are accessible only to Y members, will not be used. **Materials needed:** Wear comfortable clothing and closed toe shoes. A bottle of water is highly recommended. **Course fees:** \$30 fee to be paid to the YMCA on the first day of classes (only \$20 for YMCA members).

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

Tuesdays, 2-3:30 p.m.

Mindful Yoga and Meditation for Beginners

\$30

Health and Fitness CRN #30025

6 weeks: June 21, 28,

July 5, 12, 19, 26

Tuesdays, 2-3:30 p.m.

We will explore the practices of yoga: asana (poses) in a safe and mindful manner 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 registered yoga teacher (RYT 500) and 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.

Tuesdays, 2-4 p.m.

5Rhythms Movement

Meditation: Awaken Your Feet

Health and Fitness CRN #30026

6 weeks: June 21, 28,

July 5, 12, 19, 26

Tuesdays, 2-4 p.m.

**Location: Whiteside Hall,
Room 103**

Free-form dance with instruction to music can be fun! We will explore the life and creative process of movement that Gabrielle Roth has created through the 5Rhythms Movement Meditation, which is a global practice. In this physical, creative and inspirational course, we will use our bodies and feet to move through the dance room. Your movement will be inspired by using various speeds of movements and tapping into your creativity to heighten your senses. **Recommended text:** *Sweat Your Prayers* book (\$15) by Gabrielle Roth, ISBN-13: 978-0874779592, and music CD (\$10) are available for purchase from the instructor if you choose.

Karen Chapman (karenchapman237@yahoo.com) lives in Asheville where she has facilitated dance from 2007-2013. She has a master's degree in expressive arts therapy from Lesley University in Cambridge, Massachusetts. Karen discovered the Big Ecstatic dance group in Asheville, which is inspired by the 5Rhythms Movement Meditation, and fell in love with the process of teaching and leading workshops. She completed a 5Rhythms teacher training program in the spring.

Much Ado About Nothing: Stage, Page, Screen

Languages/Literature/Writing

CRN #30015

6 weeks: June 21, 28,

July 5, 12, 19, 26

Tuesdays, 2-4 p.m.

We will explore one of Shakespeare's most spirited comedies, featuring two of his liveliest characters, Beatrice and Benedict, and marked by a particularly nasty character, Don John. The language is rich and glorious, the insults mostly sharp and pleasing, the action troublesome and exciting. We will see the great film starring Kenneth Branagh and Emma Thompson and featuring Keanu Reeves as a would-be villain. The course will also offer an evening at the local production by the Montford Park Players. Get ready for a bumpy ride! **Recommended text:** *Much Ado About Nothing* ISBN-13: 978-0743482752. Participants may use any good edition of Shakespeare that is not a would-be "translation" or "modernization."

Mario DiCesare (dicesare1@mindspring.com) retired from the State University of New York Binghamton as distinguished professor of literature and has been teaching at College for Seniors almost every term since then. He has a doctorate from Columbia University and his major interest is Shakespeare. Mario has taught courses on Homer's *Odyssey*, Dante's *Inferno*, George Herbert's poetry, and Joyce's *Ulysses*.

Tuesdays, 2-4:30 p.m.

Know Thyself and Others

Personal Development CRN #30027

First 4 weeks: June 21, 28,

July 5, 12

Tuesdays, 2-4:30 p.m.

Using the Myers-Briggs Type Indicator (MBTI), we will enhance self-understanding by looking at our motivations, natural strengths and potential areas for growth. The MBTI identifies valuable differences between normal people, some of which can be the source of significant misunderstanding. We will discuss how to understand, appreciate and work better with people who differ from and sometimes frustrate us. This course is highly experiential; come prepared to learn by doing. **Materials fee:** \$20 for the MBTI instrument, collected at the first class.

Esther Pittman (esteken@aol.com) holds a doctorate from Harvard University, was a professor of organizational behavior and management and published numerous scholarly articles in her field. In her organizational consulting, Esther helps people in organizations build their communication and personal skills, and in her individual consulting she works with individuals and couples on their relationship issues.

Tuesdays, 2-5 p.m.

Bio-pics: British and American Writers

Performing Arts CRN #30028

6 weeks: June 21, 28,

July 5, 12, 19, 26

Tuesdays, 2-5 p.m.

The bio-pic has been going strong since its heyday of popularity in the 1930s, showing our real-life heroes in colorful stories—warts and all. Filmmakers have dramatized the behavior and fascinating episodes of the lives of presidents, criminals, scientists, sports figures and even writers. We'll consider the bio-pic genre, watch and discuss films about both 19th- and 20th-century British and American writers and look at their lives and times. Writers will include Charles Dickens, Oscar Wilde, Dora Carrington and T. S. Eliot.

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

Brevard Opera at OLLI

Performing Arts CRN #30029

6 weeks: June 21, 28,

July 5, 12, 19, 26

Tuesdays, 2-5 p.m.

Every summer the opera program at Brevard Music Center enrolls approximately 30 singers who constitute the Janiec Opera Company. They perform fully staged productions with an orchestra and professional directors, designers and costumers. We will collaborate with the Brevard Music Center to study the operas to be presented by the young artists of the Janiec Opera at Brevard. The singers will perform selections for the class and discuss their experiences.

Patricia Heuermann (patruschka@charter.net), a graduate of the Curtis Institute of Music, has directed opera, musical theatre and cabaret performances throughout the United States and Europe. She has taught at New York University, the Manhattan School of Music, Hofstra University and the American Institute of Musical Studies in Graz, Austria. Since moving to Asheville, she has directed productions for Asheville Lyric Opera, Opera Creations and Asheville Community Theatre. **Bill Heuermann** filmed, edited and created DVDs of Patricia's many opera productions from 1996 to the present. He assists in planning the materials and provides the technical support for these classes.

Tuesdays, 3:15-4:15 p.m.

Restorative Yoga

Health and Fitness CRN #30031

6 weeks: June 21, 28,

July 5, 12, 19, 26

Tuesdays, 3:15-4:15 p.m.

Location: Woodfin YMCA

40 Merrimon Ave, Asheville, NC

In *Restorative Yoga* participants seek to achieve physical, mental and emotional relaxation. The use of props (including bolsters, pillows, blankets, chairs, straps and blocks) makes it easier to maintain balance while stimulating and relaxing your body and helping to eliminate fatigue and stress that result from daily activities. Restorative yoga can also help with recovery from illness and injury and with overcoming emotional depression and anxiety that are caused by traumatic events such as divorce, loss of job and death of a loved one. **Course fees:** \$30 fee to be paid to the YMCA on the first day of classes (only \$20 for YMCA members).

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

Wednesdays, 9-11 a.m.

The Amazing World of Sand: Art, Nature and Technology

Math/Science/Technology

CRN #30032

First 4 weeks: June 22, 29,

July 6, 13

Wednesdays, 9-11 a.m.

What's in a grain of sand or a mountain's worth? From concrete and metal casting to art and forensics, the uses of sand are incredibly diverse. We will discuss sand's origins, composition and structure, sand in the desert and on the moon and sand's fantastic role in myth and legend. Sand is truly an extraordinary material! **Recommended text:** *Sand: The Never-Ending Story* by Michael Welland. ISBN-13: 978-0520254374.

Peter J. Blau (contactpjblau@gmail.com), a native of Reading, Pennsylvania, has degrees in metallurgy and materials engineering. He is an avid sand collector, and his 40-year career in research and development spans from lunar soil studies to abrasive wear. Peter edits the International Sand Collectors Society newsletter.

America's Superpower Status in 2030

Social Sciences CRN #30033

First 4 weeks: June 22, 29,

July 6, 13

Wednesdays, 9-11 a.m.

The United States, the world's only superpower, is experiencing significant problems in adapting to the current chaotic domestic and international conditions. This process is complicated by political polarization and a weakened economy. Meanwhile, China and Russia are trying to acquire superpower status. We will explore the characteristics a superpower nation must possess, evaluate the current superpower status of the United States, China and Russia and predict their relative superpower status in 2030.

George Yates is a UNC Asheville associate professor emeritus in the management and accountancy department. He holds a doctorate in management from the University of North Texas, a Master of Science in finance from the University of California at Los Angeles, and a Bachelor of Science in structural engineering from California State Polytechnic University. He spent 21 years in large corporation management.

Explore Tunisian Crochet

Visual Arts CRN #30034

6 weeks: June 22, 29,

July 13, 20, 27, August 3

Wednesdays, 9-11 a.m.

(no class on July 6;

make-up session on August 3)

We will learn basic Tunisian stitches, where to find patterns and supplies and how to follow a pattern. We will make a simple project of your choice and also cover Tunisian entrelac and reversible Tunisian using the double-ended hook. **Required materials:** Students will need yarn and a size J or K Tunisian hook.

Jean Castle's (jeancastle@hotmail.com) grandmother taught her to crochet when Jean was very young, but she did not discover Tunisian Crochet (called the afghan stitch) until 1976. At that time the only patterns were for afghans. We now have a wealth of patterns for this unique method.

Wednesdays, 11:30 a.m. -1:30 p.m.**Frank Lloyd Wright: America's Most Famous Architect**

Visual Arts CRN #30035

6 weeks: June 22, 29,

July 6, 13, 20, 27

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

Discover Frank Lloyd Wright's contributions to architecture through multi-media presentations and lectures. What were Wright's design concepts? How did Wright design and construct his buildings? How did the women in Wright's life influence him? Which of Wright's innovations are commonplace today? We'll explore these and many other topics utilizing DVDs and more than 400 digital images of his projects, furniture and art glass.

Bob Mellor (BM.OLLI@charter.net) has been awed by Frank Lloyd Wright since visiting Fallingwater many years ago. Since then he's been collecting stories about Wright and visiting as many of his buildings as possible.

Get Wired: Jewelry Using Wire and Beads

Visual Arts CRN #30036

6 weeks: June 22, 29,

July 6, 13, 20, 27

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

For more advanced beaders who have mastered beading basics, we will take the craft to the next level. Using wire and a "thing-a-ma-jig," we will learn various wire-wrapping techniques in order to craft necklaces, pendants, earrings and other wearable art objects.

Estimated costs: \$30-50. Students are expected to have the basic tools and buy their own "Thing-a-ma-jig" (a wire wrapping jig) for about \$20.

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

The Road to Rio: Summer Olympics from 1896 to 2012

History CRN #30037

Last 5 weeks: June 29,

July 6, 13, 20, 27

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

In December, *Sports Illustrated* stated the 2016 Summer Olympic Games in Rio will be the most watched sporting event on television—ever. After a brief description of the ancient Games, this course will move forward from 1896. Topics over four weeks will include America's first celebrity athlete, politics and the Games and the spectacular growth of the Olympics in our lifetimes. The final class will preview the 2016 Games that open on August 5.

As an advertising sales manager for *Sports Illustrated* when it was a worldwide Olympic Games sponsor, **Larry Griswold** (si54guy@gmail.com) attended Summer Olympic Games in Atlanta and Sydney and met Olympic athletes. He has taught sports history courses at College for Seniors since 2011.

Wednesdays, 2-3:30 p.m.**Qigong: The Art of Breathing**

Health and Fitness CRN #30043

6 weeks: June 22, 29,

July 6, 13, 20, 27

Wednesdays, 2-3:30 p.m.

\$30

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 the body's joints pain-free and limber, unblocking constrictions while providing 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.

Wednesdays, 2-4 p.m.

Dimensional Health: Techniques for Health and Well-Being

Health and Fitness CRN #30038

6 weeks: June 22, 29,

July 6, 13, 20, 27

Wednesdays, 2-4 p.m.

We will explore a model of personal well-being called Dimensional Health, which was developed by the instructor as a method to transform disease into a state of ease and wellness and used successfully in her 25 years of practice as a nurse practitioner. This holistic model promotes healing of medical, emotional and spiritual issues and supports identifying, clarifying and actively managing one's life situations. We will have interactive discussion during class time and contemplative, goal-oriented assignments to enrich the learning experience. **Recommended textbook:** *Nothing Changes If Nothing Changes; Seven Not So Easy Steps to Transformation* (E-book by Loretta O'Hanlon). More information on her work can be found on her website: lifemanagementasheville.com.

Loretta O'Hanlon (lorettaapn1@gmail.com) is the first board certified psychiatric nurse practitioner in western North Carolina and founder of Life Management Consultations & Educational Services. Her mission is to promote quality innovative holistic client-centered services through integrating cutting-edge practice and education.

Summer Wildflowers of the Southern Blue Ridge

Math/Science/Technology

CRN #30039

First 4 weeks: June 22, 29,

July 6, 13

Wednesdays, 2-4 p.m.

Four Saturday Field Trips, TBD

The wildflowers of the southern Blue Ridge Mountains are renowned for their beauty and diversity. Summer hosts an amazing flowering display that includes orchids, lilies and rhododendrons. Participants will learn how to identify summer wildflowers through classroom study of plant morphology, identification techniques and key plant family characteristics. Four botany field trips on weekends will entail short hikes at different locations. Students must be comfortable walking on rocky, uneven surfaces.

Bernard Arghiere (arghiere@gmail.com) has been studying the wildflowers and plant communities of the southern Blue Ridge for more than 20 years. He completed the *Blue Ridge Naturalist* program in 2013, and he has been an instructor at College for Seniors since 2006. **Marianne Mooney** (mooney.marianne@gmail.com) served as president of the Potowmack chapter of the Virginia Native Plant Society for 10 years. She has led plant walks, propagated native garden plants and presented programs on native plants.

Wednesdays, 2-5 p.m.

Bend, Fold and Spindle: Beginners Book Arts

Visual Arts CRN #30041

6 weeks: June 22, 29,

July 6, 13, 20, 27

Wednesdays, 2-5 p.m.

In an overview of simple book forms, we will develop skills in proper measuring, folding, mitering corners and sewing signatures. Through demonstrations and written instructions, students will learn to create one or two book forms per class. Although the emphasis will be on structure, there should be time for experimentation with book content as well.

Materials fee: \$30, paid to the instructor at the first class. See instructor's course Web page for list of materials and supplies needed and those provided by instructor.

Sheila May (sdmaymd@gmail.com) has been a paper crafter for more than 30 years, concentrating on book arts for the past six years. She is a paper junkie! With two national Daughters of the American Revolution (DAR) awards for book craft and teaching beginners in Texas, she is thrilled to teach at College for Seniors.

Seniors in Cinema

Performing Arts CRN #30042

6 weeks: June 22, 29,

July 6, 13, 20, 27

Wednesdays, 2-5 p.m.

Let's celebrate ourselves by paying tribute to virtuoso film performances by actors in their "wisdom" years. See how these accomplished artists help us explore identity, relationships and experiences in our search for meaning at this phase in our lives. Films shown and discussed include: *Cocoon*, *Ladies in Lavender*, *Amour*, *About Schmidt*, *The Trip to Bountiful*, and *Calendar Girls*. Come join the fun as we explore the comedy and drama of growing old together.

Beth Johnson (johnson1ea@earthlink.net) is a lifelong movie buff and leads a monthly film discussion group for the American Association of University Women.

Cindy Berryman-Fink has a doctorate in communication. She taught at the University of Cincinnati for 31 years and has facilitated groups in business, non-profit and educational organizations. Cindy has been a longtime connoisseur of film.

Thursdays, 9-11 a.m.

Angel Painted Canvas

Visual Arts CRN #30044

4 weeks: June 23, 30,

July 14, 21

(no class July 7)

Thursdays, 9-11 a.m.

We will learn basic painting for needlepoint canvas and more advanced stitches. The subject matter will be an angel. Faces, hands, clothing and hair will be the main subject. This course is for **intermediate** needle pointers who are familiar with basic stitches. We will be learning more complicated stitches each week. A list of materials will be available on the course Web page. **Cost of materials:** Approximately \$50.

Sheila Murphy (murphy.sheila.a@gmail.com) has had an avid interest in needlepoint for many years and has taught needlepoint courses at College for Seniors.

Music of the Brill Building Era

Performing Arts CRN #30045

6 weeks: June 23, 30,

July 7, 14, 21, 28

Thursdays, 9-11 a.m.

In this intense exploration of a unique period in pop history, we will get behind the music and gain an understanding of how the record business operated in its single-minded pursuit of hit records. From 1959 to 1965, a group of record labels, producers and songwriting teams centered in two buildings on Broadway dominated the creation of teen hits. During the early 1960s, the Brill Building was home to more than 150 music businesses. Often using girl groups as their voices, producers like Phil Spector and writers like Carole King and Gerry Goffin wrote some of the era's enduring classics.

Joe Sasfy (jsasfy@gmail.com) spent 35 years in the music business as a critic, writer and consultant in the Washington D.C. area. He wrote regularly for the *Washington Post*, taught music history courses at the Smithsonian and compiled hundreds of collections for Time Life.

Thursdays, 11:30 a.m.-12:30 p.m.

Foot Fitness

Health and Fitness CRN #30046

6 weeks: June 23, 30,

July 7, 14, 21, 28

Thursdays, 11:30 am – 12:30 p.m.

\$30

The feet are the foundation of the entire body—with 26 bones, 33 joints and more than 100 muscles, tendons and ligaments in each foot. But our feet are tied up all day in shoes and in need of a good fitness workout. We will use two apparatuses called the foot waker and the foot saver during this foot fitness course that is a combination of massage, chiropractic adjustment, reflexology, acupressure, strengthening and toning for the feet. **Materials fee:** \$10 to the instructor for use of specialized equipment. (The purchase cost would be \$110.)

Ann-Lee Waite (annleewaite@gmail.com) is a certified yoga instructor, Thai massage practitioner and body rolling and foot fitness instructor with more than 10 years of experience.

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

Beyond Knit and Purl

Visual Arts CRN #30047

6 weeks: June 23, 30,

July 7, 14, 21, 28

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

In this course for beginners who are ready to progress just a little bit beyond the basic knit-across purl-back, we will review the basics and learn how to fix mistakes and read and execute a simple knitting pattern. We will also knit a checkerboard dish cloth as a knit-along. Everyone will make the same pattern as we work through the project together, step-by-step. **Materials costs:** \$20 (see instructor's course Web page).

Gail Solomon (gailwriter@msn.com) is a certifiably addicted fiber artist who has been knitting and crocheting for more than 35 years. She is delighted to share her passion with others. In real life, she is a retired freelance writer and public relations professional.

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

Egypt in the 18th Dynasty

History CRN #30048

5 weeks: June 23, 30,

July 7, 14, 21

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

Does history change or is it our perspective that changes? Some people think the ancient world is long-buried and best forgotten. The rulers from Egypt's 18th Dynasty—Tutankhamen, Akhenaten, Hatshepsut and others—left behind evidence that over the years has received scientific scrutiny. In this lecture-format course, we will examine this era and apply past theories and new studies to uncover puzzles that have intrigued historians for decades.

Paula Withrow (pwwithrow@aol.com) has a Master of Arts in history from Colorado State University. She has instructed courses in U.S., European, medieval and ancient history. Her master's thesis focused on the 18th Dynasty of Egypt, a period that has seen many historical revisions.

Introduction to Adobe Lightroom

Visual Arts CRN #30049

6 weeks: June 23, 30,

July 7, 14, 21, 28

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

Adobe Lightroom is the go-to post-production software used by serious amateur and professional photographers. It is a rich and complex technology tool. In this course we will learn about using Lightroom as a way to organize, categorize and search photos as well as to change the appearance of digital photographs after they have been created in the camera. We will touch on other features as well.

Peggy Baker (peggy.baker@gmail.com) is an avid amateur photographer (and very amateur banjo player) who has taught technology classes for many years and led seminars for teachers and others around the country. Peggy has lived in East Asheville since relocating from Chicago five years ago.

The Music of the Civil War

Performing Arts CRN #30050

First 4 weeks: June 23, 30,

July 7, 14

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

The Civil War mixed, for the first time on a large scale, American social groups: immigrant and native-born, black and white, rural and urban. The musical introductions that took place would later give birth to popular American forms like jazz, blues, ragtime and gospel. We will examine some of these Civil War-era musical genres—military music, minstrelsy, parlor song, ballads and spirituals.

Writer and musician **Bruce Nemerov** (bnemerov@gmail.com) has taught at Middle Tennessee State University and created commentaries about southern musical history for NPR's *All Things Considered*. He was awarded a Grammy in 2007 for *John Work: Recording Black Culture*.

Thursdays, 2-3:30 p.m.

Therapeutic Yoga for Healthy Backs

\$30

Health and Fitness CRN #30051

6 weeks: June 23, 30,

July 7, 14, 21, 28

Thursdays, 2-3:30 p.m.

**Location: Sherrill Center
Room 306**

If you experience occasional aches or chronic pain, get back in action with therapeutic yoga. Alleviate pain, gain flexibility and develop strength. Find proper alignment in and out of the studio with correct posture for standing, sitting and bending. Experience evidenced-based yoga for chronic low-back pain as proven in the National Institutes of Health study published in *Annals of Internal Medicine*. More information may be found at www.bluebirdyoga.net. **Materials needed:** Please bring a yoga mat and blanket, large towel or small rug to class.

Annelise Mundy (ann@bluebirdyoga.net) is a registered yoga teacher with her RYT 500 certification in therapeutic yoga. Healing from a traumatic injury, she developed Bluebird Yoga—a practice for healthy backs. Ann is also an award-winning television documentary producer-director.

Thursdays, 2-4 p.m.

The Many Faces of Beer: The History and Future of Beer Styles

Personal Development CRN #30052

6 weeks: June 23, 30,
July 7, 14, 21, 28
Thursdays, 2-4 p.m.

**Location: One World Brewing,
10 Patton Ave, Asheville, NC**

The craft beer industry continues to grow rapidly. More than 3,700 breweries have cropped up in the United States, with more than 20 in Asheville. Beer is on people's minds, and brewery touring has become a favorite social outing. In most breweries, one can get a flight and try a wide range of different types of beer, some old traditional beer styles and others new and innovative. We will discuss different beer styles, including their origins, history and new takes and trends on these styles from our own Asheville beer scene. Each week there will be a beer sampling based on the beer styles addressed that week. This course will be held at the underground Asheville brewery One World Brewing, which has two flights of stairs at its entrance. Please contact the instructors if you have concerns about accessibility or parking. **Materials fee:** \$15 payable to the instructors at the first class.

Lisa and Jay Schutz (lisa@oneworldbrewing.com) have lived in Asheville for 10 years. Jay took up home brewing in 2004, and the couple opened their own downtown nano-brewery, One World Brewing, in May of 2014. You can check out their website www.oneworldbrewing.com to find out more about their mission and focus.

Microfinance and Global Poverty

Business/Law/Finance CRN #30053

6 weeks: June 23, 30,
July 7, 14, 21, 28
Thursdays, 2-4 p.m.

The United Nations Millennium Development Goals include microfinance to help end global poverty. We will explore the history of microfinance—its successes and crises—as it seeks to merge social development goals with private sector motivations. The course methodology is highly participatory, and there will be a homework assignment for week six.

Bill Tucker (w_tucker@msn.com) has an MBA from George Washington University where he studied international business with a minor in developmental economics following two years in the Peace Corps. He then worked in the field of microfinance for 37 years (1977-2014) while living in Colombia, Peru, Bolivia, Egypt and El Salvador before retiring to Asheville in 2014. Bill has worked or taught in 60 countries.

Intermediate Texas Hold'em Poker

Personal Development CRN #30054

6 weeks: June 23, 30,
July 7, 14, 21, 28
Thursdays, 2-4 p.m.

Howard Talesnick and Bruce Jones will demonstrate many concepts that will help improve the quality of play in this fascinating game. Course participants should know the fundamentals of how to play the game.

Bruce Jones (bruce_e_jones@yahoo.com) has taught several game classes at College for Seniors. He has taught the *Texas Hold'em Poker For Beginners* several times and runs the OLLI Texas Hold'em Poker SIG (special interest group). **Howard Talesnick** is an experienced player and has also taught Texas Hold'em Poker at College for Seniors.

You Can't Take It With You: Downsizing Whether You Like It or Not

Personal Development CRN #30055

4 weeks: June 30,
July 7, 14, 21
Thursdays, 2-4 p.m.
Note late start date

Is every closet in your house filled, but with what you're not sure? Is there a door you are scared to open for fear of what you'll find behind it? If you've been thinking of downsizing your "stuff" but don't know where to start, then join us. You'll get the tools and motivation to start sorting through your belongings—keeping what is meaningful and letting go of what is no longer necessary.

Rebecca Gallo (Rebecca.Gallo@gmail.com) assists people who would like to scale down their belongings. She helps people determine which items have meaning to them and what to do with those items they no longer need or value.

Thursdays, 2-4:30 p.m.

A Salute to Flicker Alley: The Gold Standard for Silent Film Restoration

Performing Arts CRN #30056

6 weeks: June 23, 30,
July 7, 14, 21, 28
Thursdays, 2-4:30 p.m.

In this six-week course, we will feature several examples of silent film restoration from America's foremost company in that field. Among the newly restored titles to be screened are the 1915 *Sherlock Holmes* with William Gillette, Robert Flaherty's *Nanook of the North*, and a number of rare, early Mack Sennett comedies.

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

Thursdays, 2-5 p.m.

Developing Your Interpersonal Effectiveness

Personal Development CRN #30057

6 weeks: June 23, 30,

July 7, 14, 21, 28

Thursdays 2-5 p.m.

We all know the importance of good two-way open communication. In daily life, however, we often vacillate about whether to have that open but difficult conversation with another. Why is it so difficult to decide whether to avoid or to confront? In this course, we will explore powerful ways to handle difficult conversations. With enrollment in this course, you are committing to active learning, to experimenting with new behaviors with which you may be unaccustomed and to contributing to the development of the community of the class—important because community facilitates learning.

Esther Pittman (esteken@aol.com) holds a doctorate from Harvard University, was a professor of organizational behavior and management and published numerous scholarly articles in her field. In her organizational consulting, Esther helps people in organizations build their communication and influence skills, and in her individual consulting she works with individuals and couples on their relationship issues.

Thursdays, 6-8 p.m.

Healthy Cooking. Healthy Eating.

Health and Fitness CRN #30058

First 4 weeks: June 23, 30,

July 7, 14

Thursdays, 6-8 p.m.

**Location: Sherrill 346 –
The Teaching Kitchen**

Let's cook together! In this hands-on course, we'll prepare flavorful, healthy foods using a variety of vegetables and fruits, animal and vegetable proteins, whole grains and healthy fats. We'll talk about the elements of a natural kitchen, and instruction will be offered in the simple preparation of fermented vegetables. Join us if you are an experienced healthy cook or if you would enjoy some instruction and inspiration. At the end of each class we'll eat together and have time for discussion. Recipes will be provided for all dishes prepared in class. **Materials fee:** \$60 to cover food costs, to be paid to the instructor at the first class.

Kathleen Colburn (kacolburn@gmail.com) is a personal chef and has been living, learning and teaching whole foods cooking for more than 30 years. She is very happy in the kitchen and loves to teach and inspire people to eat well and feel great.

Fridays, 9-11 a.m.

Introduction to Therapeutic Yoga

\$30

Health and Fitness CRN #30059

6 weeks: June 24,

July 1, 8, 15, 22, 29

Fridays, 9-11 a.m.

We will engage in a gentle introduction to yoga using standing and chair poses (no floor work) for people with some physical limitations that might impede floor exercises. Please wear loose comfortable clothing in which it is easy to move. A yoga mat, which can be provided, is preferred for the standing poses (or you may wear secure closed-toe shoes with good grip). This class is great for people who want to work on balance, flexibility, mobility and relaxation. As long as you can stand up and sit in a chair, this class is for you! No prior yoga experience is necessary.

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

Lawn Bowling

Health and Fitness CRN #30060

6 weeks: June 24,

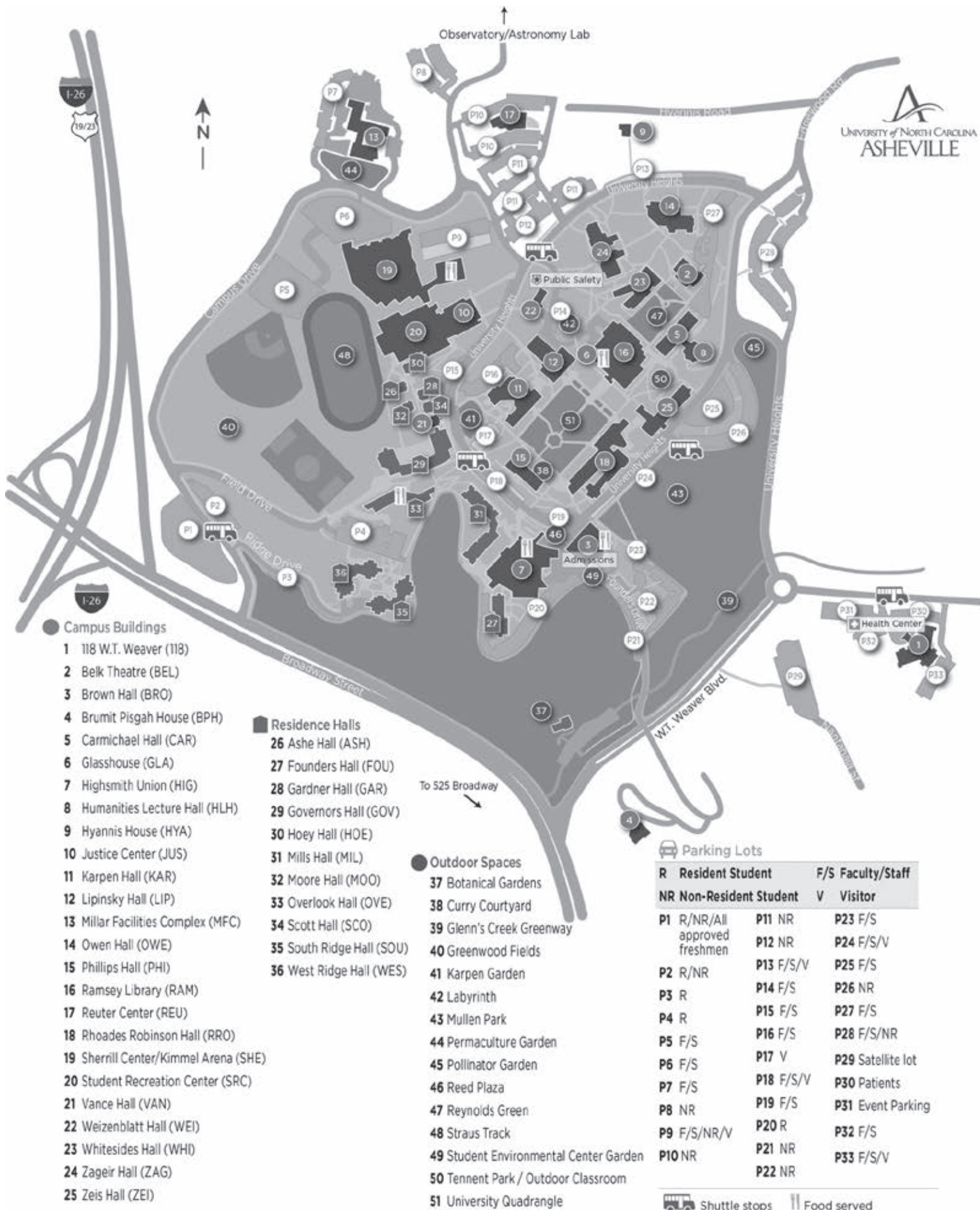
July 1, 8, 15, 22, 29

Fridays, 9-11 a.m.

**Location: Carrier Park,
220 Amboy Road,
Asheville, NC 28806**

Lawn bowling is popular in many English-speaking countries. A three-pound bowl with a built-in-bias is rolled 80 to 100 feet on grass to its target. The game is competitive, social and provides physical exercise. You'll learn the rules of lawn bowling and use the equipment, with lots of hands-on practice. Equipment will be provided by the Asheville Lawn Bowling Club. The first class will be at the Reuter Center with subsequent classes at Carrier Park (Amboy Road and Michigan Avenue in West Asheville).

Stan Glickman (stanthe1949man@yahoo.com) retired to Asheville after surviving more than 30 years with the U. S. Postal Service. He has been lawn bowling for more than eight years and has played in local, state and regional events.





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