



SPRING 2015 CLASSES & EVENTS



from the director

As an organization grows and changes, it's important to step back and make sure that we are still serving our mission and vision and that our mission and vision are still relevant and challenging. As we changed our name from the NC Center for Creative Retirement to OLLI at UNC Asheville and during our 2012 strategic planning process, we affirmed our core values: a sense of community, lifelong learning, innovation, collaboration, and continuous improvement. Every day at the Reuter Center there are opportunities to observe, maintain, and challenge these values and to make sure that they inform all of our governance and decision making.

Our surveys suggest that our members are very aware of the values of community and lifelong learning. As our members come to classes and events, as they linger in the atrium at the Reuter Center or gather for one of our special interest group meetings, they build friendships and connections that enrich their lives inside and outside the classroom. Every day our members embrace the challenge of preparing classes, running meetings, and finding ways to be a more inclusive community of intellectually curious older adults.

The values of innovation, collaboration, and continuous improvement can seem less tangible, but they are critical to our success. Our OLLI at UNC Asheville lifelong learning community offers rich and varied opportunities because we understand that the face of retirement is changing. As longevity increases and as we serve more diverse populations, we must continue to innovate in order to stay relevant. We seek opportunities to collaborate as staff and volunteers, across committees, with other university departments, with other lifelong learning programs, and with organizations in our community who share our goals and values. Collaboration helps us to increase our resources and broaden our perspectives. Finally, although we have a rich tradition of success and serve as a model for best practices in programming for older adults, we always seek to improve by considering how to meet our goals more effectively. As we refine and live by these core values, we develop habits that make us more resilient in changing times.

These are times of unprecedented change for our organization. We want to make sure that we introduce ourselves to our new chancellor Mary Grant in ways that will underscore the value of lifelong learning in the context of our seriously creative liberal arts university.



The entire UNC system will have a new leader after President Tom Ross steps down; we have already seen a challenge to the work of centers and institutes throughout the system and know that budget constraints will require that we make the case in a statewide arena for the work we do. Kali Lightfoot retired as the director for the OLLI National Resource Center, and the center itself has moved from the University of Southern Maine to Northwestern University. We want to make sure that through all of these changes we maintain a clear voice in the national conversation about lifelong learning.

Closer to home and more keenly felt by our members, long-time director for the College for Seniors Susan Poole will be retiring. We will give all of the stakeholders in our organization the opportunity to articulate the skills and values we seek in someone who can preserve the successful programs we have offered but also help us think through new possibilities.

As we face times of change, we can easily give in to fear of the unknown and mourn the loss of what is familiar and successful. We have the opportunity, however, to use these moments to learn from our success, to shore up our strengths, to take an honest look at what we could improve and to see with fresh eyes our opportunities to provide opportunities for creativity and engagement in "life's second half." Let's look forward together at the new opportunities that await our organization, made strong and resilient by shared values and goals.

Catherine Frank

Executive Director, OLLI at UNC Asheville



about our programs

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

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

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

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

spring 2015 events calendar

F. l	
Febru	
17	World Affairs Council, 7:30 pm
18 19	Blue Ridge Orchestra Open Rehearsal, 7 pm
19	Advance Care Planning Workshop, 3 pm STEM Lecture, 4:30 pm
20	Opera Talk, 3 pm
22	Manheimer Book Talk and Signing, 3 pm
24	Spring Registration, 8 am
24	World Affairs Council, 7:30 pm
25	Blue Ridge Orchestra Open Rehearsal, 7 pm
Marc	:h
1	Autumn Players Readers Theatre, 2:30 pm
3	World Affairs Council, 7:30 pm
4	Brevard Music Center Concert, 3 pm
4	Blue Ridge Orchestra Open Rehearsal, 7 pm
5	Astronomy Club of Asheville, 7 pm
8	Carolinas' Nature Photographers Association, 5:30 pm
10	World Affairs Council, 7:30 pm
11	f/32 Photography Group, 7 pm
13 17	Opera Talk, 3 pm Elisha Mitchell Audubon Society, 7 pm
18	"Meeting Mozart," 10 am or 2 pm
20	New Member Welcome, 10 am
23	College for Seniors Spring 2015 classes begin
26	STEM Lecture, 4:30 pm
27	Fab Friday Lecture, 11:30 am
31	OLLI Town Hall Meeting, 4:30 pm
April	
2	Astronomy Club of Asheville, 7 pm
3	Fab Friday Lecture, 11:30 am
5	Brevard Music Center Concert, 3 pm
7	Evenings at the Cabaret Weimar, 7 pm
8	Blue Ridge Orchestra Open Rehearsal, 7 pm
8 9	f/32 Photography Group, 7 pm
10	STEM Lecture, 4:30 pm Fab Friday Lecture, 11:30 am
10	New to Medicare Information Session, 2 pm
10	Opera Talk, 3 pm
12	Carolinas' Nature Photographers Association, 5:30 pm
15	Blue Ridge Orchestra Open Rehearsal, 7 pm
16	Human Hearing Lecture, 7 pm
17-19	Paths Workshop (Reuter Center closed for all other activities)
21	Elisha Mitchell Audubon Society, 7 pm
21	Evenings at the Cabaret Weimar, 7 pm
22	Blue Ridge Orchestra Open Rehearsal, 7 pm
24 24	Fab Friday Lecture, 11:30 am Smart Driver Class, 1 pm
26	Autumn Players Readers Theatre, 2:30 pm
28	Evenings at the Cabaret Weimar, 7 pm
29	Blue Ridge Orchestra Open Rehearsal, 7 pm
May	
1	Smart Driver Class, 8:30 am
1	Fab Friday Lecture, 11:30 am
1	Reuter Center Singers Spring Concert, 7 pm
2	Reuter Center Singers Spring Concert, 3 pm
3	Brevard Music Center Concert, 3 pm
6	Blue Ridge Orchestra Open Rehearsal, 7 pm
7	Astronomy Club of Asheville, 7 pm
8	Summer 2015 Catalog mails and is available on-line
8	Fab Friday Lecture, 11:30 am Symphony Talk with Daniel Meyer, 3 pm
10	Carolinas' Nature Photographers Association Meeting, 5:30 pm
13	f/32 Photography Group, 7 pm
15	College for Seniors Spring 2015 classes end
15	Fab Friday Lecture, 11:30 am
15	Opera Talk, 3 pm
19	Summer Registration, 8 am

19

Elisha Mitchell Audubon Society, 7 pm

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Center Steering Council 2014-15

Chair: Judy LaMée

Chair-Elect: Patrick Chitwood Secretary: Jacob Cohen Past Chair: Jim Lenburg CFS Director: Susan Poole

OLLI Executive Director: Catherine Frank

Committee Chairs

Civic Engagement: Chuck Rosenblum College for Seniors: Bobbie Rockwell &

Gail Sobel Facilities: Barry Mundt Finance: Terry Reincke Inclusion: Steve Kaagan

Life Transitions: Cindy Berryman-Fink

Marketing: Kirk Borland Membership: Sandy Bowles & Kathleen Mainardi Nominating: Patrick Chitwood Planning: Catherine Jordan Research: Steve Schleifer

and Martha McKinney

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

OLLI membership

Your gateway to OLLI at UNC Asheville (OLLI) programs and events is annual membership. A fee of \$60 covers the membership period of August 1, 2014 to July 31, 2015. Member benefits include:

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

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

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

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

- Use of UNC Asheville wireless Internet connection
- Access to:

Special Interest Groups (SIGs) (p. 5) Activities, Programs, and Special Events (p. 5-9) College for Seniors (p. 13-46) UNC Asheville Health & Fitness Center (p. 5)

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

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

EATING ON CAMPUS: The Reuter Café on the Center's lower level is open during College for Seniors fall, winter, and spring terms, from mid-morning to mid-afternoon. There are soda and snack vending machines on the Center's lower level. Other campus dining options include Argo Tea in Ramsey Library, the Down Under in Overlook Residence Hall, The Highsmith Union Food Court, Lifestyle Dining in Brown Hall, and Rosetta's Kitchenette in the Sherrill Center.

NEED MORE INFORMATION? Check out these resources:

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

registration—spring 2015 term

INITIATE or RENEW your Center membership (or proceed to next step if you are a 2014-15 member)

- Complete membership form, p. 23 or 25
- Pay \$60 membership fee and receive membership through July 31, 2015
- Mail in or drop off form and payment at the Reuter Center office anytime (Cash or check payable to OLLI only—we do not accept debit or credit cards)

REGISTER for classes starting Tuesday, February 24, 8 am

Note: Registration forms will be processed in order of date received at the Reuter Center on or after February 24. Forms submitted during registration on February 24 will be processed before registrations mailed or received prior to February 24.

- View catalog (hard copy or online at www.olliasheville.com)
- Complete registration form, p. 23 or 25
- Mail in or drop off forms at the Reuter Center office with payment (Cash or check payable to OLLI only—we do not accept debit or credit cards)
- To apply for a scholarship for College for Seniors program fees, submit a scholarship application with your registration form. See p. 13 for details

RECEIVE registration confirmation to be sent, Monday, March 9, and again on Monday, March 16

Add/drop begins Tuesday, March 10, 8 am and continues through the second meeting of the course

activities&programs

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

Reuter Center Singers

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

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 part of OLLI's Civic Engagement Committee and the Buncombe County Council on Aging.

Health and Fitness Center Membership Fee: \$350 annually

OLLI members are invited to join the UNC Asheville Health and Fitness Center with facilities in the Sherrill Center and the Justice Center on campus. Use the registration form on page 24 or 26 to join. You will be asked to fill out an additional form outlining the terms of the membership, including information about hours of access. Membership is valid for one year from the date of enrollment. For more information, contact Ann Cadle at 828-251-6384 or acadle@unca.edu.

special interest groups—SIGs

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

Apple Users

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

Beer on Tap

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

Bridge Buddies

Tuesdays, 2-5 pm Information: Gary Soldow, 505-7711, Garysanta@charter.net

Bridge Grads

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

Conversing in Spanish

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

Creative Singles

1st Wednesdays, 5:30 pm, potluck at the Reuter Center; 3rd Wednesdays, 5:30 pm at a restaurant. Information: Linda Lewandowski, 665-1787, themerrywanderer@yahoo.com

Financial Strategies in Retirement

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

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

Fridays, 1 pm Information: Lou Millin, 298-3863, Imillin@bellsouth.net

Hooks and Needles

1st & 3rd Mondays, 2-4 pm Information: Barbara Stein, 505-0736, barb@mbstein.net

Intermediate Bridge

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

Making Art Together

Fridays, 1-4 pm Information: Diane Chambers, 271-4645, pdchambers@charter.net

Meditation

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

Men's Wisdom Works

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

Poetry Lovers

3rd Fridays, 1:30-3:30 pm Information: Karen Depew, karendepew@outlook.com

Stories for the Third Act

3rd Tuesdays, 4:30-6 pm Information: Debbie Gurriere, 505-7453, Funtale@aol.com or Sarah Larson, 450-5462, slarso@gmail.com

Texas Hold'Em Poker

Mondays, 4:15-6 pm Information: Bruce Jones, 338-0265, bruce_e_jones@yahoo.com

Tile Clickers (Mah Jongg)

Wednesdays, 2-5 pm Information: Rosemary Walton, 667-8979, rh68@bellsouth.net

Wine Tasting

2nd Sundays, 7 pm at a member's home Information: Ulana Mellor, 253-5031, Ulana.Mellor@charter.net

Wine Tasting II

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

Women's Groups

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

A Writers' Gathering

2nd & 4th Thursdays, 4:15 pm Information: John Himmelheber, johnhimmelheber@aol.com or Bobbie Rockwell, bobbiemayrockwell@gmail.com

activities&programs

special events—spring 2015

Advance Care Planning Workshop

An advance care planning (ACP) workshop is scheduled on **Thursday**, **February 19, 3-5 pm.** The workshop 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 ACP "Short Form." This event is free and open to the public.

Astronomy Club of Asheville

The Astronomy Club of Asheville meets the **first Thursday of each** month (March 5, April 2, and May 7) at 7 pm, with an interesting lineup of speakers and topics. OLLI members may attend club meetings and star gazes at no cost. Club members will be on hand to advise and assist in the basics of astronomy and the techniques of observing celestial phenomena. Find out more at www.AstroAsheville.org.

Autumn Players Readers Theatre of Asheville Community Theatre

The Autumn Players (part of Asheville Community Theatre) 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. Tickets are \$6 at the door. The upcoming performances are:

- Sunday, March 1, 2:30 pm: Any Wednesday by Muriel Resnick, directed by Walter Goodrich. One reviewer describes the play as a "happy comedy with the giddy bubble of champagne."
- Sunday, April 26, 2:30 pm, Humble Boy, by Charlotte Jones, directed by Andy Reed. One reviewer praises the play as "rich, original, funny and touching with characters you come to care about."

Blue Ridge Orchestra

Led by Music Director Milton Crotts, the Blue Ridge Orchestra's accomplished amateur, semi-professional, and professional musicians volunteer their time to make fine orchestral music more accessible to the community. As spring term begins, this 70-piece orchestra rehearses one last time for its March contributions to the Asheville Amadeus festival, then begins rehearsals for its May concerts featuring Beethoven's Seventh and Eighth Symphonies. The Orchestra's Wednesday rehearsals in the Manheimer Room are open to OLLI members who are particularly encouraged to drop by and listen to rehearsals immediately before concert dates. Rehearsals will take place Wednesdays, February 18, 25, March 4, April 8, 15, 22, 29, and May 6, 2015, 7 pm. Details at http://www.blueridgeorchestra.org

Brevard Music Center Concerts

OLLI now has a partnership with historic Brevard Music Center, a longstanding summer training program and festival. The Brevard Music Center Concerts series will include hour-long solo and chamber recitals by members of the Brevard Music Center's faculty, held at the Reuter Center. Concerts are free and open to the public. The performance dates are as follows:

- Wednesday, March 4, 3 pm: Cellist Alistair MacRae and soprano Allison Pohl
- Sunday, April 5, 3 pm: Violinist Jason Posnock
- Sunday, May 3, 3 pm: Clarinetist Steve Cohen and Pianist Kay Kim

Carolinas' Nature Photographers Association

The Carolinas' Nature Photographers Association (CNPA) was founded in 1992 to promote nature photography in the Carolinas, to help conserve and preserve the diverse natural ecosystems in the Carolinas, and to educate others interested in nature and wildlife photography. The CNPA-Asheville Region's goal is to develop a group that will more fully experience the beauty of Western North Carolina through photography. Activities in the Asheville region include 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 pm with a meet and greet; meetings begin at 6 pm on March 8, April 12, May 10. For more information please go to: www.cnpaasheville.org

Elisha Mitchell Audubon Society

The Elisha Mitchell chapter of the Audubon Society (EMAS) was formed in 1986 with a mission to promote birding and an appreciation of all nature, and to preserve wildlife and natural ecosystems. The chapter spearheaded an effort to preserve a lakefront property and now owns and manages it as the Beaver Lake Bird Sanctuary. EMAS offers free educational programs on the **third** Tuesday of the month at 7 pm and leads bird walks at the Sanctuary on the first Saturday of the month. Please mark your calendars and plan to join us!

- **Tuesday, March 17, 7 pm:** Bob Cherry, chief biologist of the Blue Ridge Parkway, will present a program on wildlife of the Parkway lands.
- Tuesday, April 21, 7 pm: Heather Hahn, executive director of North Carolina Audubon, will speak on recent Audubon initiatives.
- Tuesday, May 19, 7 pm: Members of the American Bird Conservancy will showcase their inspiring bird conservation efforts in the US and the Americas.

Evenings at the Cabaret Weimar

This series of evening presentations will take you back to the Weimar Era, Germany's tumultuous experiment with democracy between the World Wars. These lectures, presented in partnership with UNC Asheville's Center for Jewish Studies, are free and open to the public.

- **Tuesday, April 7, 7 pm, Einstein in Berlin:** At the Phyllis Freed Sollod Memorial Lecture, enter the world of epoch-making physicists in 1920s Berlin as Professor Peter Venves recounts Einstein's revolutionary theories of the universe and his role as a social activist denouncing German militarism and advocating for a Jewish homeland.
- Tuesday, April 21, 7 pm, The Poet of Crossing Boundaries: Dr. Markus Hallensleben will bring to life the long-forgotten avant-garde poetry, prose, and drama of Else Lasker-Schuler. Gender defying, exotic, multi-talented, Lasker-Schuler was one of the few women affiliated with the Expressionist movement, an artist who, after winning the German literature Kleist Prize, had to flee Nazi Germany, living first in Switzerland and then Jerusalem.
- **Tuesday, April 28, 7 pm, Martin Buber: Jewish Existentialist.** At this lecture, delve into the life and work of "I-Thou" philosopher Martin Buber with noted theologian Dr. Claire Sufrin, lecturer in the department of religious studies and Crown Family Center for Jewish and Israel Studies at Northwestern University.

f/32 Photography Group

f/32 is a diverse group that shares an appreciation and love of photography. Members range from amateurs who like to take point-and-shoot snapshots to working professional photographers. At monthly meetings, they share their work, learn new methods, and keep abreast of the latest industry news and equipment. OLLI members are offered free membership in f/32. Attend on Wednesdays, March 11, April 8, and May 13, 7 pm. For more information: www.f32nc.com

Human Hearing: The Science and Innovations in Technology to Enhance Performance

In this lecture scheduled for **Tuesday, April 16, 7 pm,** Dr. Beth Fountain, AuD, and Dr. Perry Sprawls, PhD, will begin with a brief review of the physics and characteristics of sound and the role it plays in human communications, including frequency, loudness, noise, and environmental conditions. They will then conduct an illustrated discussion of the human hearing process and limitations that can develop, including the effects of aging. An emphasis will be placed on the many innovations in technology that can enhance and optimize hearing, addressing various personal limitations and environmental conditions. This lecture is presented by the WNC IEEE(Institute of Electrical and Electronic Engineers).

special events—spring 2015 continued

Manheimer Book Talk and Signing

Dr. Ronald Manheimer, author of A Map to the End of Time and founding director for the NC Center for Creative Retirement (now OLLI at UNC Asheville), is celebrating the publication of his new book Mirrors of the Mind, with a book talk and signing at the Reuter Center. On **Sunday**, February 22, 3 pm, meet the author and discover the fascinating way Mirrors of the Mind looks into the private lives of philosophers, made public in narratives by important thinkers who have changed the world and how we perceive it. The book will be available for purchase at this event, as well as area bookstores, independent retailers, online retailers, and through the publisher Jorvik Press.

"Meeting Mozart" Lecture

As a part of the Asheville Amadeus Festival, in cooperation with the Asheville Symphony Orchestra (ASO), OLLI is hosting two sessions of a lecture titled "Meeting Mozart: His Life and Music." Learn about Mozart through analysis of historical background, lively discussion and performances by ASO quest musicians led by Alicia Chapman, ASO oboist and lecturer. Scheduled in the Manheimer Room for **Wednesday, March 18**, attend either the **10 am - 12 pm** session or the **2 - 4 pm** session. Free and open to the public.

New to Medicare?

Are you new to Medicare? Are you confused by the many choices? Unbiased and accurate information is available from trained volunteers from the North Carolina Seniors' Health Insurance Information Program (SHIIP). A free class will be held on Friday, April 10, 2 pm in the Reuter Center. The class will provide important information to assist you in understanding how Medicare works and what you need to do to obtain benefits and save money. Spaces are limited, so reserve your space by registering online at www.coabc.org or calling the Council on Aging, 828-277-8288.

New Member Welcome

Are you new to OLLI at UNC Asheville and the Reuter Center? Are you returning after being gone awhile? Come to the New Member Welcome on **Friday, March 20, 10 am**, to learn about all that OLLI has to offer and about ways to get involved. Meet other members and get answers.

OLLI Town Hall Meeting

Please join us **Tuesday**, **March 31 4:30 pm** in the Manheimer Room for our annual Town Hall meeting. We'll hit the past year's highlights including member survey results and accomplishments from our OLLI programs and activities. The Nominating Committee will introduce the 2015-2016 slate of candidates. Light refreshments will be served. You are encouraged to bring your questions for our staff and Steering Council members. Call 828-251-6188 for more information.

Opera Talk

Asheville Lyric Opera (ALO) brings great stories and music to 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. These talks are free and open to the public. Upcoming Opera Talk topics are as follows:

Friday, February 20, 3 pm, Food, Wine, and Opera: Guest chefs from around the Asheville region will explain the importance of food and wine in opera.

- Friday, March 13, 3 pm, Impresario plus More!: This lecture focusing on the Asheville Amadeus Festival, will include highlights from the festival and ALO's upcoming production of Mozart's Impresario.
- Friday, April 10, 3 pm, Guest Artists Talk About Performing in West Side Story: Performers, directors, and those who work behind the scenes of ALO's spring production, West Side Story, will be the special guests for this lecture
- Friday, May 15, 3 pm, How Can Anybody Sing?: This lecture will include a discussion of the differences between singing professionally and singing for pleasure.

Reuter Center Singers Concert

The Reuter Center Singers, OLLI's in-house choral group directed by Chuck Taft, study and perform classical, popular, show tunes and other favorites and perform regionally. Mark your calendar and plan to attend their popular Spring Concert on Friday, May 1, 7 pm or Saturday, **May 2, 3 pm,** for a program featuring the music of the Beach Boys and the Beatles. Join us to relive hits of the '60s. These concerts are free and open to the public. Donations at the door are welcome.

Smart Driver Classes

This four-hour Smart Driver class offers numerous tips for coping with inevitable changes in perception and reaction time, as well as increased hazards on the roads with faster cars and busier traffic. Participants can expect to review the rules of the road, tips on dealing with aggressive drivers, and general safety tips such as how to make left turns into heavy traffic. The course, offered nationwide, is designed to help participants avoid crashes and remain safely behind the wheel. Contact instructor Jan Stephanides, 828-443-1051 to register for either class: Friday, April 24, 1-5 pm or Friday, May 1, 8:30 am - 12:30 pm. Content is identical in the two sessions. The cost is \$20 or \$15 for AARP members, payable to the instructor.

STEM Lectures

The STEM Lecture Series is interdisciplinary, with a focus on science, technology, engineering, and mathematics (STEM). The upcoming lectures for the spring term are designed around the theme of new developments in STEM disciplines. These lectures are free and open to the public. Upcoming lectures are scheduled as follows:

- **Tuesday, February 19, 4:30 pm:** New Developments in Digital Dentistry by Dr. Mark Knollman
- Thursday, March 26, 4:30 pm: New Developments in Health and Wellness - Different Perspectives by Dr. Ameena Batada and Ellen Garrison, both from UNC Asheville's Health and Wellness
- Thursday, April 9, 4:30 pm: New Developments in Our Understanding of Brain Structure and Function by Dr. Don Martin, retired chemist

Symphony Talk with Daniel Meyer

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

Friday, May 8, 3 pm: Music to be discussed includes Debussy's Rhapsodie, Ellington's Black, Brown, and Beige, Milhaud's Scaramouche, and Ravel's Daphnis et Chloé. Saxophonist Joe Luloff will perform.

World Affairs Council

World Affairs Council (WAC) lectures and panel discussions advance international awareness and foster Western North Carolina's global ties. All WAC meetings take place Tuesdays at 7:30 pm. OLLI members receive a discount on WAC annual membership fee. For more information vist the WAC website: www.main.nc.us/wac/

- **Tuesday, February 17, 7:30 pm:** "Privacy in the Digital Age" by Jagdeep Bhandari, Mars Hill University
- Tuesday, February 24, 7:30 pm: "Russia and the Near Abroad" by Steve Solnick, Warren Wilson College
- Tuesday, March 3, 7:30 pm: "India Changes Course" by Keya Maitra, UNC Asheville
- Tuesday, March 10, 7:30 pm: "Sectarianism in the Middle East" by David Hudleson, National Security Agency.

activities&programs

fabulous fridays

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

March 27: Nightmare vs Reality: A World Without **Antibiotics**

Can you imagine a world without antibiotics; where people die of urinary tract infections, sinus infections or complications from simple surgeries? Modern-day bacteria have learned how to outsmart antibiotics, the only weapons we have to fight them. Multi-drug resistant organisms, also known as super bugs, have the capacity to overtake chronic disease as the leading cause of mortality. How can we protect ourselves? Come learn about what you can do to help stop this fast moving train. Jacie Volkman, MPH, CIC, is the director of infection prevention at Mission Health System and the owner of Safe Patient Surveys, an infection prevention consulting company. She is also a member of the board of directors for the Association for Practitioners in Infection Control and Epidemiology. This presentation is part of the Health Education Series.

April 3: Finding the Emeralds in Our Own Backyard

Plans for a new arboretum emerged in Western North Carolina during the 1980s, almost one hundred years after Frederick Law Olmsted envisioned the world's finest research arboretum within the Biltmore Estate. At the same time, the furniture, tobacco, textile, and manufacturing sectors of our region's economy were all declining. Since it was created twenty-eight years ago, the leadership of the North Carolina Arboretum has interpreted and celebrated landscape architecture in the Southern Appalachians and has helped to form place-based economic strategies. As a public garden, the Arboretum now attracts about 500,000 visitors annually and conducts a broad portfolio of educational offerings. As importantly, it helps to nurture the leveraging of local resources and capabilities into economic and community progress. George Briggs, a member of the Council of Fellows of the American Society of Landscape Architects, has been the Executive Director of the Arboretum since 1987.

April 10: Integrative Medicine

Would you believe that 75% of our health expenses are avoidable and that lifestyle interventions could save \$3 trillion annually in the US, while simultaneously improving both our communities and the environment? New research demonstrates that simple, personalized programs can reverse disease previously thought incurable, and also promote longevity. Woven into daily routines, these practical approaches help you create a fulfilling life at any age. Please attend this interactive session where Brian Lewis, MD, MPH, from Integrative Family Medicine of Asheville will explain the research and building blocks of these programs. You will leave with an understanding of how to create such a lifestyle program for yourself. This presentation is part of the Health Education Series.

April 24: Africa: A Photo Journey

Bob and Ulana Mellor, OLLI members and retired software designers and developers, have enjoyed taking nature-oriented photographic and educational trips around the world for over thirty years. During the winter of 2014 they spent three weeks fulfilling a twenty-five year desire to participate in an African safari photographing the wildlife of Kenya and Tanzania with a small group of like-minded people. Their slide presentation will highlight images of the different species and behaviors they saw, what a typical safari day was like, a Maasai village visit, and some of the planning required for such an adventure.

May 1: Statins: Friend or Foe?

High cholesterol, a major contributor to heart disease and stroke, is common in older Americans, and statins are the most prescribed medications used to treat this problem. Latest cholesterol guidelines are prompting a significant shift in the way we use these medications; twenty-five million Americans use statins currently, and guidelines would indicate that more than twice that number are actually eligible to be on one, including nearly all men older than 60! This session by Tasha Woodall, associate director of pharmacotherapy at Mountain Area Health Education Center (MAHEC) Family Medicine, will explore the pros and cons of statin use and encourage an open dialogue to address any specific questions or concerns. This presentation is part of the Health Education Series.

May 8: What Has the Supreme Court Wrought?

The outcome of opinions issued by the United States Supreme Court from the controversies presented to it has a tremendous impact on the lives of each and every person in this country. Judge Carl Peterson will assess the potential impact, of significant opinions that were published by the US Supreme Court in the October 2013-2014 term and in the current term to date. The discussion will include the controversies that remain pending and will likely be resolved by the Court by the end of the session in June 2015. Carl Peterson is a retired trial judge with experience as a prosecutor, twenty years as a practicing lawyer, and twenty years on the trial bench. He has provided numerous classes and seminars on the US Supreme Court and landmark cases decided by this court.

May 15: Lungs in Health and Disease, Part II

After a brief review of Part I (delivered as a Fab Friday lecture in Fall 2014), you will learn about additional lung functions and related diseases. Why does heart disease make your lungs gurgle? What's so difficult about transporting oxygen? Why are there normally soap bubbles in the lungs? How can deep breathing cause fainting? What causes lungs to collapse? Which productive coughs require antibiotics? Why does a person with chronic obstructive pulmonary disease (COPD) have large lungs but diminished lung function? David Mouw, PhD (human physiology), MD (family practice) with Added Qualification in Geriatrics, has given ten previous Health Education Series lectures and regularly uses the audience response system. This presentation is part of the Health Education Series.

life transition programs

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

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

Dates: May 19, 26, June 2, 9, 23, 2015 Cost: \$100 member/\$110 non-member

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



Exploring Continuing Care Retirement Communities

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

Dates: May 21, 28, June 4, 11, 18, 23, 24, 2015

Cost: \$150 per person

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



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

Dates: April 17-19, 2015 August 28-30, 2015 Cost: \$850 per person

More Information: www.PathstoCreativeRetirement.com



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.

Dates: June 5-7, 2015

Cost: \$400/person before May 15, 2015 \$450/person after May 15, 2015

More Information: www.AshevilleCREW.com



workshops

Welcome spring with one day and weekend workshops that fit your interests and schedule. OLLI membership is not required to register, and workshops are open to the public. Workshops have limited space. Register on catalog page 23 or 25. For additional information or to register by phone call 828-251-6140. Visa and MasterCard are accepted. **Refund policy:** Refunds are available until fourteen days before the workshop (\$10 per person is non-refundable).

Android Smartphone/Tablet Boot Camp – Beginners Only!

CRN# 20106 Saturday and Sunday March 14 and 15 10 am – 1 pm each day Fee: \$65/person

Android devices can be quite intimidating for total beginners. This workshop includes plenty of hands-on learning designed to help you get functional and to understand what you're doing. No prior experience is needed. Please bring your charged Android Smartphone or tablet, and be ready to rock! No Apple products please. This is a great leadin to the CFS Android course offered Thursdays, 9 – 11 am or 11:30 am- 1:30 pm in the College for Seniors spring term (see page 38 or 41 for details).

Neil Rosenberg (neil@vectorr.com) is an experienced technology instructor whose mission is to make complex subjects understandable to non-technical folks. He also brings humor and perspective to the material to keep it interesting and enjoyable. See the website for this workshop at http://adroidcourse.weebly.com

Use All of Your Digital Camera's Features to Get Dramatically Improved Photos

CRN# 20105 Tuesday, Wednesday and Friday March 17, 18, and 20 9 am -12 pm each day Fee: \$95/member; \$105/non-member Improve the quality of your photographs by using more of your camera's features effectively. This workshop was designed for those who have difficulty understanding all of their camera's capabilities or are considering a new camera. You'll see why using your camera in "automatic" often compromises image quality and how easy it is to take control. Workshop discussions are in everyday terms. Afterwards you can schedule an optional one-hour, one-onone session with the instructor to answer questions about your camera and demonstrate your camera's features. **Optional individual session fee:** \$30 payable to the instructor.

Bill Roskind (wlrbus@att.net) has more than fifty years of photographic experience, including creating prize winning images, working as a professional photographer, and teaching courses and workshops on composition and using cameras effectively.

Hand Drumming: Rhythm and Sound Exploration Workshop

CRN# 20107 Saturday, March 21 1-4 pm Fee: \$35/person

Location: Odyssey Community School, 90 Zillicoa Street, Asheville,

NC

Learn proper playing techniques for hand drums and how to keep your internal time going. Explore rhythms from around the world. Bring your doumbek, frame drum, djembe, cajon, etc. or reserve a drum (as available) from the instructor. Participants will also experiment with gongs and Tibetan singing bowls and investigate their effects on the body.

River Guerguerian (riverhumm@yahoo.com) is a multi-percussionist/composer/educator and has been performing internationally for thirty years with such artists as Omar Faruk Tekbilek, Tan Dun, Tibetan Singing Bowl Ensemble, Lionel Hampton, Chuck Berry, and Ziggy Marley. He is the music director at the Odyssey Community School and director of the Asheville Percussion Festival. See River's website: www.ShareTheDrum.com

Introduction to Figure Drawing From Life

CRN# 20108 Saturday and Sunday April 11 and 12 1-5 pm each day

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

Drawing the human body is easy if you know how. While viewing a live nude model, participants learn to create depictions that are accurate and pleasing. The instructor will provide step by step demonstrations to illustrate how to improve composition, proportions, form, line, and contrast. Materials fee: \$10 per person for model's fee.

Frances Greenberg (francesgreenberg@aol.com) has experience as a drawing and design instructor at Prince George's Community College in Landover, Maryland. She is currently the open studio coordinator at the Red House Studios and Galleries in Black Mountain. Frances has been a full-time working artist since 1976, with both BFA and MFA degrees.

The Storytellers' Compass: **Discovering Your Own Stories**

CRN# 20109 Saturday and Sunday April 11 and 12 9 am-4 pm Saturday; 9 am-12 pm Sunday Fee: \$95/member; \$105/non-member

You have a story to tell! The Storytellers' Compass uses conversational storytelling to create a mosaic of stories and memories. Participants make observations and reflections on their experience and discover the core concepts and values of their stories. By the end of this workshop, participants have a deeper understanding of their own stories and a method for discovering, composing, organizing, and applying stories in writing and performance.

David Novak (david@david-novak.com) is a "Circle of Excellence" storyteller for the National Storytelling Network. He is a member of Actors Equity with an MFA in theatre arts and over thirty years of teaching, performing, and consulting in story arts. See David's website: www.novateller.com

Better Nature Photography

CRN# 20110 Friday, April 24 9 am – 5 pm

Fee: \$105/member; \$115/non-member

Learn to make better nature photographs with your camera, whether you have a pointand -shoot version or full DSLR digital camera. We will cover composition and camera techniques including lenses, filters, and flash outdoors and discuss close-up and landscape photography. The workshop consists of classroom lectures followed by a field-trip to get hands on experience with subjects. Materials fee: \$3 per person to cover the cost of admission to the NC Arboretum (100 Frederick Law Olmsted Way, Asheville, NC 28806).

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

Learn Appalachian Ribbed Basketry

CRN# 20111 Saturday and Sunday,

April 25 and 26: 10 am -3 pm each day Fee: \$95/member; \$105/non-member

Create a potato basket or wall pocket, and learn ribbed basketry technique. In this two-day workshop, participants will be able to create a large size basket woven with hand dyed reeds. The instructor encourages you to bring some wild vines no bigger than 1" in diameter for interesting rim or handle. Materials fee: \$15 per person, payable to the instructor.

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

Is Long Term Care Insurance Right for Me?

CRN# 20112 Saturday, April 25 9 am – 2 pm Fee: \$55/person

Long term care insurance—it's not for everyone but is it right for you? What does it cover? What does it really cost? What does it really do? How do you choose a good company? How much coverage is right? Through discussion, presentation, and exercises, you will gain a better understanding of whether this coverage should be considered as part of your financial and retirement planning.

Betty Doll, MBA, CLTC (Betty@LTCOnly.com) is a nationally recognized speaker and trainer on topics related to long term care insurance and promises to "make the discussion of long term care planning easy, enlightening, and even enjoyable." Betty is the owner of Doll & Associates, Long Term Care Insurance Services. See Betty's website: www. LTCOnly.com

Creating Improvisational Quilt Blocks

CRN# 20113 Saturday, May 2 9 am – 3 pm Fee: \$65/person Join us for a fun day of color, creativity, and companionship, as we explore the possibilities of improvisational guilting. Learn several techniques to use your intuition (instead of a pattern) to make easy, playful, "wonky" quilt blocks. These blocks can then be combined to make an awesome quilted creation of your own design. Come release your inner child! Estimated materials cost: \$0 - \$40 depending upon whether fabric will need to be purchased. Participants must have sewing experience and bring their own sewing machine and supplies. A detailed supply list will be provided in advance of the workshop.

Nancy Rosenberg (nancy@vectorr.com) has been sewing since childhood and guilting for over twenty-five years. Some of her original design quilts have won awards in New Hampshire and Massachusetts guilt shows. She is excited about sharing her love of creating with fabric. See Nancy's website: http://nancysfiberart.weebly.com

Hot Spots, Hot Shots: Improve Your Travel and Vacation Photography

CRN# 20114 Saturday and Sunday, May 2 & 3 9 am - 5 pm Saturday 2 - 4 pm Sunday

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

Asheville has been called "The Paris of the South." In this hands-on workshop we will photograph the sights and subjects around town and explore ways to improve and refine "creative" photography skills and imagination. This is also a great way to learn more about Asheville from a photographic perspective. The tour will be followed by classroom Q&A and a critique of images for those wishing comments.

Bob Walther (Shutterbob@gmail.com) is a professional photographer and an active member of Professional Photographers of America and the local f/32 Photography Group. His photographs have won many national awards and have been shown at the Biltmore Estate, Asheville Area Arts Council, and the Black Mountain Center for the Arts. To see Bob's photos visit www.photographyforartists.us

civic engagement

Leadership Asheville Seniors

CONNECT ***** ENGAGE ***** LEARN

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

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

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

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

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

Call To Action

Improving the Performance of Students in Asheville City Schools

In the fall of 2014, 57 OLLI volunteers contributed over 500 hours teaching and guiding children as tutors, mentors and classroom assistants. Vance Elementary, Hall Fletcher Elementary, Ira B. Jones Elementary, Asheville Middle and

Asheville High Schools have greatly benefitted from our help.

And our folks have derived a great deal of satisfaction and reward as part of our assistance:

"I love being with my kids. They make my whole day."

"I know my work makes a difference in these kids' lives."

"Working with the staff at Asheville Middle School reinforces my faith in teachers. They are effective, inventive and open minded."

Asheville City Schools desperately need more of the high caliber volunteers found at OLLI. Do it for the students and be amazed at the benefits you reap personally!

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



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

Spring: March 23 - May 15, 2015 (registration begins February 24) **Summer:** June 15 - July 24, 2015 (registration begins May 19)

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

SPRING 2015

March 23 - May 15

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

Fee: \$115 for the term

This flat fee allows you to register for up to three courses, listed on pp. 17-46, during the initial phase of registration. Confirmation will be mailed on March 9. After you receive your schedule, you may add additional courses without cost. Courses may be added prior to the start of the second class period in the course.

Add/drop begins Tuesday, March 10, 8 am

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

OLLI Membership is required to enroll in CFS

REFUNDS: Cancellation must be received by 3 pm, Friday March 20, for a full refund. This applies to all fees for CFS courses.

Course Information

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

Class Reps

If you are interested in helping newer members become acclimated, assisting instructors in class, and ensuring that classes operate smoothly, consider being a class rep! Check the box for being a rep in the CFS section on the registration form. For more information, contact Anita Shields at 828-253-5624 or Jacque Morgan at 828-658-9738.

Scholarships

Scholarships are available to cover up to 75% of the fee for the term; the annual OLLI membership fee is the member's responsibility. Applications are available in Room 208 of the Reuter Center and on OLLI's website. To ensure the best choice of courses, scholarship applications should be submitted along with the registration form as early in the registration period as possible. For additional information, call 828-251-6140.

Teaching in College for Seniors

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

Instructor Guide

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

Course Proposal Due Dates:

April 15 for Fall 2015 Iulv 15 for Winter 2016 October 15 for Spring 2016 for Summer 2017 January 25

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

QUESTIONS ABOUT CFS? SUGGESTIONS? Contact the OLLI Exceutive Director Catherine Frank; 828-251-6188

mondays

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Don't forget to add **Fabulous Fridays Lunch and Learn** Lectures to your schedule...

Every Friday, March 27 - May 15 11:30 am - 1:15 pm in the Manheimer Room See page 8 for details

New Member Welcome

Friday, March 20, 10 am **Discover Your Possibilities**

- Learn about programs & activities
- Find ways to participate in our community of learners
- Meet new friends
- Ask questions
- Get involved

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Mondays, 9-10 am

Authentic Pilates: Mat 1

CRN # 20001

8 weeks: Mar. 23, 25, 30,

Apr.1, 6, 8, 13, 15, 20, 22, 27, 29,

May 4, 6, 11, 13 (16 sessions)

Mondays and Wednesdays, 9-10 am

This beginning level Pilates mat class is for those new to Pilates or wishing to review basic principles. Core strength, alignment, stretching, breathing, and control is taught using beginning mat exercises. No prior experience is required. Individuals must be comfortable working on the floor and able to get up and down without assistance. Participants must bring an exercise mat (at least 1/4" thick) and three hand towels to class. Comfortable clothing is suggested. **Recommended text:** *The Pilates Body*, Brooke Siler, ISBN: 978-0767903967. Cost: \$15.

Kristine Angelacos (Kristine@nothome.org) completed training through Balanced Body University and taught with Cathy Zisman at The Pilates Studio of Carmel, CA. She is completing the certification program at Pure Pilates of Asheville with second generation teacher Penelope Barrow.

Deep Water Aerobics

CRN # 20002

8 weeks: Mar. 23, 30, Apr. 6, 13, 20, 27, May 4, 11

Mondays, 9-10 am

Location: Student Recreation

Center Pool

In this course we will be doing deep water aerobics using a medium- size pool noodle as a prop. We will "ride" the noodle, use it behind us like an armchair, have it in front of us, sit on it, and jump over it. This will be a vigorous class with lots of opportunity for strengthening, stability, and aerobics. Wear your bathing suit and water exercise shoes if desired. The intensity of the exercises can be modified for individuals. **Note:** Please be aware that the water is 4 ½ feet deep at the shallowest end and chillier than most pools.

Liz Ridley (lizridley@hotmail.com) has been teaching water exercise for fifteen years. She teaches water exercise at Gold's Gym (formerly The RUSH) and at Ardenwoods Retirement Center. In the past she has taught water exercise at the Grove Park Inn and Asheville YWCA.

Mondays, 9-10:30 am

Yoga for Your Health

CRN # 20003

8 weeks: Mar. 23, 30, Apr. 6, 13,

20, 27, May 4, 11 Mondays, 9-10:30 am

Location: Sherrill Center Meditation Room



(\$20)

Participants in this class will use safe, gentle, therapeutic yoga sequences to stretch, strengthen, and increase mobility in the muscles and joints. The practice will improve circulation, balance, respiratory and digestive function, and mental clarity. We will begin with chair poses and standing poses followed by gentle floor poses (lying down on the stomach and on the back). Each class finishes with guided relaxation. Please bring a yoga mat and wear loose, comfortable clothing. Due to topic popularity, participants may take only one yoga course at initial registration.

Jenne Sluder (jenneuine@gmail.com) has her 500-hour certification in therapeutic yoga and is a 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 www.jennesluder.com

Mondays, 9-11 am

The Inner Civil War

CRN # 20004

8 weeks: Mar. 23, 30, Apr. 6, 13, 20, 27, May 4, 11 Mondays, 9-11 am

In this course we will focus on the fact that many of the most important developments during the Civil War came for non-combatants. These include the change in race relations, a new national identity, changes in gender roles, a dramatic shift in the national economy, an altered political system, and enforced modernization on a changing population.

Gordon McKinney (gordon_mckinneyy@berea.edu) has taught several courses at the College for Seniors. He is a former history faculty member at Berea College and Western Carolina University and is the author of several books on the American Civil War.

Mondays, 9-11 am continued

Living Well in Spring

CRN # 20005 2nd 4 weeks: Apr. 20, 27, May 4, 11 (note late start date) Mondays, 9-11 am

In this multi-faceted participatory course we will explore the wisdom of Oriental medicine to restore and support our health naturally. Participants will learn to choose food and spices to restore and balance internal organ systems. We will learn about the element of wood and the associated meridians of liver and gallbladder and their acupressure points. We will enjoy a simple gigong and a spring cleanse to enhance energy for the season.

Sushen Huang (myneedle47@hotmail.com) has integrated her passion for science, psychology, and spirituality into a holistic healing service. Her love of world travel and exploration of diverse cultures has enhanced her work as an inspiring teacher and compassionate healer. She was a licensed acupuncturist and completed a postgraduate degree in Oriental medicine.

Native American Talking Stick

CRN # 20006 1st 4 weeks: Mar. 23, 30, Apr. 6, 13 Mondays, 9-11 am

This four-week course will consist of history, purpose, and construction of the Native American talking stick. Participants will be instructor-coached in making a talking stick out of wood, feathers, shells, rabbit fur, beads, and other natural products that are significant to the participant. In the last class the participants will show completed sticks, explaining metaphysical aspects based on objects chosen to construct it. Materials will be available which participants may supplement with personal objects. Materials cost: Approximately \$20. Please contact the instructor for a materials list.

Over the years, **Eileen Ayers** (riveroflife100@gmail.com) has attended many spiritual seminars. She has studied energy medicine and is a Reiki master. Eileen is inspired by Native American lore, hence her involvement with the Native American talking/healing stick which she uses in her energy medicine practice.

Voice; Brain; Music

CRN # 20007 8 weeks: Mar. 23, 30, Apr. 6, 13, 20, 27, May 4, 11 Mondays, 9-11 am

This course will be an exploration of song/vocal music, past and present, pop to opera, from America and the world. Each class will include listening to several brief examples via YouTube, followed by deconstruction of the piece (including rudimentary music theory), perception of the work (including basics of relevant brain research), creativity of the songwriter (the choices involved in songwriting/ composing), and discussion of the performer in relation to the audience. No musical training is required; however, please sign up only if interested in all of the above.

After nearly a half century of professionally playing and teaching music, **Kathleen Pierson** (kashainwords@gmail.com) continues seeking new insights and new ways to share her love of music and her love of teaching at the College for Seniors. Visit www.kathleenpierson.com for more on her background.

Writing Family Stories

CRN # 20008 8 weeks: Mar. 23, 30, Apr. 6, 13, 20, 27, May 4, 11 Mondays, 9-11 am

Think about it. What experiences in your unique and wonderful life stand out and long to be told? Writing is a way to find out what you remember and what you don't know. In this nonfiction course, we will focus on the craft of writing, the means of gaining perspective, and the hazards of "saying it out loud."

Molly Walling (mollywalling@gmail.com) has taught creative and college writing at King College, Virginia Highlands Community College, Mars Hill University, and UNC Asheville. Currently she teaches for the Great Smokies Writing Program. A published writer, Molly will draw on her experience writing Death in the Delta: Uncovering a Mississippi Family Secret.

Mondays, 11:30 am-12:45 pm

GROOVEing and Moving

CRN # 20009

8 weeks: Mar. 23, 30, Apr. 6, 13, 20,

27, May 4, 11

Mondays, 11:30 am-12:45 pm

Location: 351 Sherrill Center

GROOVE is simple, easy, and fun! We take simple movements and set them to different styles and genres of music. Through a common movement, we unify as a group and then explore our own creative, authentic style to express this movement or rhythm in our unique way. We remember the wonder and joy of being fully alive and establish vibrant, holistic health for the mind, body, heart, and soul. This course is open to all levels; no previous experience is necessary.

Joanna Fireman (ifirewoman@gmail.com) is a certified GROOVE facilitator. As a counselor with a master's degree in education, she has over twenty years' experience conducting workshops in the art of living. At the core of her passionate, fun-loving approach is integrating mind, body, heart, and soul.

Mondays, 11:30 am-1:30pm

The Craft of Braiding

CRN # 20010

8 weeks: Mar. 23, 30, Apr. 6, 13, 20,

27, May 4, 11

Mondays, 11:30 am-1:30 pm

This course will include preparation of materials, simple braiding, and various stitches used to join braided strips. Participants will make a key ring, hot pad, chair pad, and possibly a rug, and will leave with many techniques that can be applied to other projects. Good manual dexterity is necessary. Materials fee: \$30, to be paid to the instructor at the first class.

Dianne Ellis (828-479-2568) was a middle school teacher for twenty-three years in St. Petersburg, Flordia. She has taught rug braiding for twenty-one years at the John C. Campbell Folk School. She has also demonstrated at both the North Carolina State Fair and the Mountain State Fair for over ten years, sharing this craft.

Intermediate Acting

CRN # 20012

1st 4 weeks: Mar. 23, 30, Apr. 6, 13 Mondays, 11:30 am-1:30 pm

CRN # 20013

2nd 4 weeks: Apr. 20, 27, May 4, 11

(note late start date)

Mondays, 11:30 am-1:30 pm

Using monologues, scenes, improvisation, and theatre games, we will explore characterization at a deeper level. It will be helpful if you have taken an acting class or had previous experience. You may bring a monologue or scene you want to explore further; we will also have scripts from which to choose. Please wear comfortable clothing and come prepared to have FUN. Please note that the two sections offered are identical; you may enroll in only one.

Nels Arnold (pikwik@bellsouth.net) received a BS from the School of Speech at Northwestern University. She also studied at the Royal Academy of Dramatic Art in London. She has performed in community theaters in Atlanta and Asheville, with the Autumn Players, and in a one-woman piece, Going Giddily. She has cofacilitated acting courses at the College for Seniors since 2007. Kermit Brown (kermitbrown@bellsouth.net) is an Equity actor with forty years' experience. Locally, he has worked with the Southern Appalachian Repertory Theater, North Carolina Stage Company, the Autumn Players, and Flat Rock Playhouse. He has taught courses at the College for Seniors since 2009.

The Invention of the Transistor: **Broken Genius True Genius and** the Farm Boy

CRN # 20014

8 weeks: Mar. 23, 30, Apr. 6, 13, 20,

27, May 4, 11

Mondays, 11:30 am-1:30 pm

The transistor is the most important invention of the twentieth century. There are now more transistors in the world than there are neurons in the world's population. This course will present the history of the invention of the transistor and the biographies of the three American physicists who were awarded the Nobel Prize for the discovery.

With a PhD in theoretical physics from Cornell University, **Ted McIrvine** (mcirvine@aol.com) managed research and development in industry. Personal knowledge gained from working with John Bardeen, one of the inventors of the transistor, supplemented that gained from the published biographies of Bardeen and William Shockley, one of the other inventors.

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

Mary Pickford: The Rise and Fall of America's Sweetheart

8 weeks: Mar. 23, 30, Apr. 6, 13, 20, 27, May 4, 11 Mondays, 11:30 am-1:30 pm

In this eight-week course we will trace

the career of actress Mary Pickford from her early days with D.W. Griffith, through the 1920s when she became the most powerful woman in Hollywood, to 1933 when she stopped making movies and disappeared from the Hollywood scene (although she lived for another forty-six years). Films to be screened include The Little Princess, Stella Maris, Swallows, and The Taming of the Shrew.

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

Therapeutic Yoga for Healthy Backs (\$20)

CRN # 20016

CRN # 20015

8 weeks: Mar. 23, 30, Apr. 6, 13, 20,

27, May 4, 11

Mondays, 11:30 am-1:30 pm

Location: Sherrill Center Meditation

Room

In this course we will practice yoga for chronic low-back pain in a practice based on evidence in the National Institutes of Health study published in Annals of Internal Medicine. Alleviate pain, gain strength and flexibility, improve posture and balance, learn breathing and meditation techniques to enhance the cardiovascular system, improve mood, lessen anxiety, and renew energy for overall well-being. More information may be found at www.bluebirdyoga.net. **Please** bring a yoga mat and blanket, large towel or small rug to class. Due to topic popularity, participants may take only one yoga course at initial registration.

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

Mondays, 2-4 pm

Continuing Beginning French ID

CRN # 20018

8 weeks: Mar. 23, 30, Apr. 6, 13, 20,

27, May 4, 11 Mondays, 2-4 pm This course is a continuation of French IC and is not for first time French learners. If you've had the equivalent of two years of high school or a year of college French, this could be the level for you. We will continue to use the Discovering French Bleu, Valette book (provided); participants should purchase the workbook, Activités Pour Tous that accompanies the Valette book, ISBN: 0-618-29836-3. Cost: \$4.50. Contact the instructor if you have any questions about the course, materials, or level of instruction.

Renée Raffini (raffinir@gmail.com) has taught French courses at the College for Seniors for two years. She has studied and lived in France and French-speaking Cameroon. After five years as an economist with the Securities and Exchange Commission, she became a high school teacher. She taught French in suburban Maryland high schools for twenty years. She holds a BA in French and economics from the University of Wisconsin-Madison and an MA in economics and MEd in secondary education from The George Washington University.

iPhone Basics: Beyond the Call

CRN # 20019

2nd 4 weeks: Apr. 20, 27, May 4, 11

(note late start date) Mondays, 2-4 pm

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

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

Mondays, 2-4 pm continued

Mixed Up Water Media

CRN # 20020 8 weeks: Mar. 23, 30, Apr. 6, 13, 20, 27, May 4, 11 Mondays, 2-4 pm

This course will be taught using non-traditional materials to add textures combined with watercolors or acrylics to create abstract or less representational pieces. This is NOT your mother's watercolor course! Please bring an image that inspires you. See the course webpage at www.olliasheville.com/courses for a list of materials.

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

Plantations of the South Carolina Low Country

CRN # 20021 1st 4 weeks: Mar. 23, 30, Apr. 6, 13 Mondays, 2-4 pm

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

Barbara Weatherall (barbweather65@gmail.com) is an avid reader and student of history. With a master's degree in library science, she has worked at the Universities of Cincinnati and Illinois libraries. She has family roots in South Carolina.

Mondays, 2-5 pm

The Comic Genius of Mel Brooks

CRN # 20022 8 weeks: Mar. 23, 30, Apr. 6, 13, 20, 27, May 4, 11 Mondays, 2-5 pm

From Brooklyn to the Catskills, from the pioneer days of television to Broadway to Hollywood and back to Broadway, Mel Brooks has made an indelible mark in show business. This "film" course will feature a Brooks movie each week, plus interviews and performance videos, sprinkled with biographical information which presents him as the three-dimensional wizard he is. The man who prides himself as "the first Jew to make a buck out of Hitler" will have the Western North Carolina platform he deserves.

Randy Robins (robnest09@yahoo.com) has taught courses in performing stand-up comedy at the College for Seniors since 2011. He performs stand-up comedy locally and in New York.

Functional Meditation

CRN # 20023 1st 4 weeks: Mar. 23, 30, Apr. 6, 13 Mondays, 2-5 pm

Location: Sherrill Center Meditation Room

Participants will learn and be able to reproduce a meditative state. Classroom hours will be spent primarily exploring moving into and out of the meditative state with time for questions and answers. Members will be encouraged to integrate the power of positive thinking, learn to actively move into relaxation and stress release behavior, and to develop the art of personal pain control. As the participant reinforces his/her skills, life gets better and better. Please bring a pillow, blanket, or yoga mat to class.

In 1974, Jacquie Wollins (jwollins5@gmail.com) stumbled upon a class promising to improve health. She enrolled and now can clearly say, "What I learned and integrated from this work has changed my mode of life." Jacquie has been practicing this meditation based on the works of José Silva and can pass this wisdom on to course participants. She has a BS in physical therapy, a masters in community health education, and is certified both as a Feldenkrais teacher and in craniosacral therapy.

Mondays, 2-5 pm continued

Hiking for Beginners

CRN # 20024 8 weeks: Mar. 23, 30, Apr. 6, 13, 20, 27, May 4, 11 Mondays, 2-5 pm

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

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

War is Hell: A Cinematic Look at the Realities of War

CRN # 20025 8 weeks: Mar. 23, 30, Apr. 6, 13, 20, 27, May 4, 11 Mondays, 2-5 pm

Wars exact harsh tolls on the individual combatants, their families, their homelands, and post-war lives. We will examine these travails by viewing realistic movies about wars from the Boer War through the current Mid-East wars. We will learn about the production of these movies and discuss the films' messages and how well they came across. The eight films will include: All Quiet on the Western Front, Hope and Glory, Born on the Fourth of July, and Breaker Morant. Some films may contain adult content and language. For a complete list of films, please see the course webpage at www.olliasheville.com/courses.

Terry May (terry.r.may@gmail.com) is an acknowledged cinema addict. He grew up in Hollywood and graduated from the Massachusetts Institute of Technology and the University of California Los Angeles. He produced several training films while in the army as an artillery officer and is a Vietnam War veteran. He also worked in the movie industry for ten years.

Tuesdays, 9-10:30 am

Happy Feet

CRN # 20026 1st 4 weeks: Mar. 24, 31, Apt. 7, 14 Tuesdays, 9-10:30 am



Participants will learn about their feet, how normal feet function, and how to release time worn stresses. Each student will be in his or her own greenhouse of discovery while Jacquie instructs in hands-on mobilization of soft tissue, improving the flexibility of the foot. At each session, the class will move into an Awareness Through Movement lesson to enhance the dynamics of the newly-eased feet. This course is designed to improve comfort and balance skills and is appropriate for all levels of ability. Participants who are able to get up and down from the floor will need to bring a yoga mat to **class.** Those unable to get to the floor will do exercises in a chair.

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

T'ai Chi for Balance and Agility \$20

CRN # 20027

8 weeks: Mar. 24, 31, Apr. 7, 14, 21, 28, May 5, 12

Tuesdays, 9-10:30 am

This course introduces students to t'ai chi principles in the Yang style form of Professor Cheng, Man-Ching. By practicing a series of postures and a short form of eight key movements, we will follow the t'ai chi classics to become more balanced, agile, coordinated, relaxed, and mentally alert. Due to topic popularity, participants may take only one t'ai chi course at initial registration.

Terry Call (tfcall@icloud.com) has been studying and teaching t'ai chi for eighteen years. He has trained in several styles of hand forms and weapons forms. He has a special interest in t'ai chi as a lifestyle for active seniors.

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TOTAL Workshops Fees \$_____

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

	TOTAL FROM PAGE 1	\$
Become a 2014-15 OLLI Member or renew for \$60	Membership fee total	\$
Membership year is August 1, 2014 - July 31, 2015.		
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.	HEC FAR	\$
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Registration Information:

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

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

Cash or checks only, payable to OLLI

- Wellness and Recreation courses with this symbol \$20 require a \$20 fee in addition to your CFS fee of \$115. Because of topic popularity, you may register for one yoga or t'ai chi course during initial registration. You may be asked to sign a liability waiver for some courses. Check with your physician before you begin any new physical activity.
- Submit your registration starting February 24, 2015 for best availability. During registration at the Reuter Center, you may submit a form for yourself and up to two additional people for a total of three registration forms.
- If you will be away or if you have trouble standing in line, you may send a registration form with a friend, or you may contact OLLI director Catherine Frank (cfrank@unca.edu or 828-251-6188) to discuss your options for submitting registration in a timely way. If you know someone who may have a challenge standing in line, offering to deliver a registration form is a meaningful way to promote our sense of community.
- If we are able to register you in the number of courses, up to three, that you request, we will not put you on a wait list for other courses.
- Your schedule will be sent on March 9 and March 16, 2015.
- Add/Drop begins on March 10, 2015 at 8 am. At this time, you may add as many courses as your schedule will allow.
- Refunds for Workshops (p. 10-11) are available until fourteen days before the scheduled session. College for Seniors refunds are available until Friday, March 20, 3 pm

OLLI Spring	g 2015						OFFICE USE ONLY
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TOTAL Workshops Fees \$

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

	TOTAL FROM PAGE 1	\$
Become a 2014-15 OLLI Member or renew for \$60	Membership fee total	\$
Membership year is August 1, 2014 - July 31, 2015.		
lealth and Fitness Center (HFC) Membership - \$350		
DLLI Membership is REQUIRED.	UE0 E	Φ.
his is an annual membership and runs from the date of purchase for 365 days	HFC Fee	\$
Membership year is August 1, 2014 - July 31, 2015. Health and Fitness Center (HFC) Membership - \$350		

TOTAL PAYMENT ENCLOSED	\$
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Registration Information:

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

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

Cash or checks only, payable to OLLI

- Wellness and Recreation courses with this symbol \$20 require a \$20 fee in addition to your CFS fee of \$115. Because of topic popularity, you may register for one yoga or t'ai chi course during initial registration. You may be asked to sign a liability waiver for some courses. Check with your physician before you begin any new physical activity.
- Submit your registration starting February 24, 2015 for best availability. During registration at the Reuter Center, you may submit a form for yourself and up to two additional people for a total of three registration forms.
- If you will be away or if you have trouble standing in line, you may send a registration form with a friend, or you may contact OLLI director Catherine Frank (cfrank@unca.edu or 828-251-6188) to discuss your options for submitting registration in a timely way. If you know someone who may have a challenge standing in line, offering to deliver a registration form is a meaningful way to promote our sense of community.
- If we are able to register you in the number of courses, up to three, that you request, we will not put you on a wait list for other courses.
- Your schedule will be sent on March 9 and March 16, 2015.
- Add/Drop begins on March 10, 2015 at 8 am. At this time, you may add as many courses as your schedule will allow.
- Refunds for Workshops (p. 10-11) are available until fourteen days before the scheduled session. College for Seniors **refunds** are available until Friday, March 20, 3 pm.

Tuesdays, 9-11 am

Innovators: Computing and the Internet

CRN # 20028 2nd 4 weeks: Apr. 21, 28, May 5, 12 (note late start date) Tuesdays, 9-11 am

In this course we will study the creation of digital computing and the Internet, with a focus on the people (e.g., Ada, Countess of Lovelace; William Hewlett and Davis Packard; John von Neuman; Grace Hopper; Doug Engelbart; Vint Cerf; Paul Allen and Bill Gates; Steve Jobs and Steve Wozniak; Tim Berners-Lee; and Larry Page and Sergey Brin) who were the innovators. The instructor will discuss his half-century of participation in the revolution, and the participants will be expected to share their experiences as well. Recommended text: The Innovators: How a Group of Inventors, Hackers, Geniuses, and Geeks Created the Digital Revolution, Walter Isaacson, ISBN: 978-1-4767-0869-0. Cost: \$8.99 (ebook)

Larry Fincher's (larryfincher@mac.com) career in academia included study in science, math, computing, philosophy, social science, and management. He has taught courses at the College for Seniors in computing, science, and philosophy.

Modern Chinese History Before 1950

CRN # 20029

7 weeks: Mar. 24, 31, Apr. 7, 14, 21, 28,

Tuesdays, 9-11 am

In this course we will explore the history of China before the creation of the People's Republic in 1950. The focus is NOT on US/Chinese relations but rather on the internal history of China from around 1800 to the end of and aftermath of World War II in Asia. We will explore the traditional, cultural, and political system of China and examine China's response to the Western threat, efforts to modernize the country, the Revolution of 1911 and its aftermath, the emergence of the Nationalist and Communist Parties, and the invasion and occupation of China by the Japanese.

Jim Lenburg (jlenburg@mhu.edu) has been teaching at the College for Seniors since 2010. In his previous life, he was a professor of history at Mars Hill University. He retired in 2006 after thirty-three years.

Performance and Interpretation of Classical Music

CRN # 20030 7 weeks: Mar. 24, 31, Apr. 14, 21, 28, May 5, 12 (no class on Apr. 7) Tuesdays, 9-11 am

The interpretation of a musical work is often as important as the score. We will hear two or three versions of the same composition and discuss our reactions to each performance. Included will be works by Bach, Handel, Haydn, Mozart, Beethoven, Schubert, Brahms, Chopin, and others, time permitting. No musical background is needed, just a love of classical music.

Chuck Briedis (bcb31nic@aol.com) was raised on classical music and played the violin from age five to twenty-two. He had the pleasure of teaching three previous classes at the College for Seniors in classical music and has a special passion for chamber music.

Play of the Hand—Bridge III

CRN # 20031

8 weeks: Mar. 24, 31, Apr. 7, 14, 21, 28,

May 5, 12

Tuesdays, 9-11 am

Have you taken intermediate bridge? Do you want to improve your skills? We will address playing the hand by declarer and defending by the opposition to get more out of your cards, when and where to better use "bridge maxims," and other topics such as hold-up plays and attitude signals. Lectures will be followed by play of the hands illustrating the topic. **Required text:** Play of the Hand as Declarer and Defender, Shirley Silverman, ISBN: 0-939460-69-6, plus point count bidding guide, (which will be available in class). Cost: \$8, to be paid to the instructors at the first class.

Bob Evans (mickeybob2@aol.com) earned his PhD in education. He has taught beginning, intermediate, and play of the hand bridge classes for over twenty years and played bridge for over fifty years. Marilyn Evans (mickeybob2@aol.com) has had various careers in education at all levels and has enjoyed playing bridge for over fifty years. The Evanses have been teaching bridge courses in the College for Seniors since 2001.

Tuesdays, 9-11 am continued

Political Demography in the Twenty-First Century

CRN # 20032

8 weeks: Mar. 24, 31, Apr. 7, 14, 21,

28, May 5, 12 Tuesdays, 9-11 am Political demography is a relatively new field which analyzes the political and economic consequences of population change at regional, national, and international levels. In this course we will examine population data from a public policy perspective on topics such as aging, immigration, fertility, the work force, and urbanization. Through lectures, analytical exercises, and class discussion, we will consider impacts on the United States and Europe, including public policy responses to future demographic challenges. **Recommended text:** Political Demography: How Population Changes Are Reshaping International Security and National Politics, Jack A. Goldstone, Eric P. Kaufmann and Monica Duffy Toft (editors), ISBN: 9780199945962. Cost: \$10-15 (used).

John Plant (jtplant@att.net) is a retired US Army officer and has served as a defense consultant for both the United States and the Czech Republic. He is a PhD candidate at George Mason University, currently writing his dissertation on demographic change in Central and Eastern Europe.

Talk is Cheap

CRN # 20033

1st 4 weeks: Mar. 24, 31, Apr. 7, 14 Tuesdays, 9-11 am

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

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

Tuesdays, 11:30 am-1:30 pm

Beginning Mah Jongg

CRN # 20034

8 weeks: Mar. 24, 31, Apr. 7, 14, 21,

28, May 5, 12

Tuesdays 11:30 am-1:30 pm

Mah Jongg is a classic game of skill and chance that has become part of mainstream America. This course is the perfect place to learn the set-up of the game with emphasis on learning to choose a hand and the confidence to carry out the execution of the hand. Come learn the rules, etiquette, and rituals of a game that has been around for thousands of years. Materials fee: \$5 for the course rule book.

Rosemary Walton (rh68@bellsouth.net) has been playing Mah Jongg for fortysix years and has taught the Wright Patterson rules for eighteen. Kenn Haring (kennharing@charter.net) has been playing for six years and instructing for four.

Beginning Spanish IV

CRN # 20035

8 weeks: Mar. 24, 31, Apr. 7, 14, 21,

28, May 5, 12

Tuesdays, 11:30 am-1:30 pm

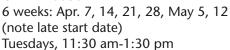
This course is a continuation of Beginning Spanish III. It is an interactive course which will further explore the Spanish language in order to build vocabulary and improve sentence structure and grammar skills. It is designed for students with a basic working knowledge of the Spanish language. New students are welcome and will be able to take a test at the beginning of the course in order to help the instructor assess where the focus in their learning should be. **Required text:** Spanish Now – Level 1, Ruth Silverstein, Seventh Edition, ISBN: 0-7641-2933-3. Cost: \$10 (used).

Margarita McGuire (margaritamcquire@gmail.com) is from Quito, Ecuador, but has lived most of her life abroad in Venezuela, Brazil, England, Denmark, and the United States. Margarita has tutored students privately in Spanish and enjoys music, dancing, tennis, hiking, travelling, and reading good books.

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

Gentle Yoga

CRN # 20036



Stretch, breathe, strengthen, balance, and relax, all within your own abilities. This course is intended to keep you as active as possible by managing stress, finding stillness, and increasing awareness of the mind-body connection. Our emphasis will be on the process, not the end point, of poses, allowing yoga to be an expression of gratitude for what we can do. Please bring a yoga mat and any other yoga props (e.g., blankets, non-elastic strap, blocks) to class. Due to topic popularity, participants may take only one yoga course at initial registration.

Fran Ross (franiji@charter.net) has been teaching yoga since 2001, having been certified in Kripalu and Anusara forms of hatha yoga. Recent trainings have led her back to basics—the biomechanics of movement—in an atmosphere that encourages exploration, awareness, and self-acceptance.

Healing the Body, Mind and Spirit



CRN # 20037

8 weeks: Mar. 24, 31, Apr. 7, 14, 21, 28, May 5, 12

Tuesdays, 11:30 am-1:30 pm

This course offers an introduction to the philosophy, symbolism, and other aspects of traditional yoga. We will explore the five precepts of hatha yoga to live a healthier, stress-free life. Participants will learn the importance of proper exercise, breathing, relaxation, diet, positive thinking, and an understanding of the alpha brain wave inducing deep relaxation technique, yoga nidra (yogic psychic sleep), and so much more. Although this is not a yoga/movement course, participants will learn gentle yoga movements to increase agility and strength through the mind-body connection.

Valerie Fernando (www.pranamayastudios.com/bio/) is certified in hatha yoga and the healing art of reiki. She is dedicated to spreading the knowledge of traditional aspects of yoga to help individuals live a healthier, happier, and balanced life, as well as increasing knowledge beyond the yoga mat.

How the Southern Colonies Won the American Revolution

CRN # 20038

8 weeks: Mar. 24, 31, Apr. 7, 14, 21,

28, May 5, 12

Tuesdays, 11:30 am-1:30 pm

Using lecture, slides, DVDs, and discussion, we will examine the social, political, and economic causes of the American Revolution. After reviewing the war in the North, we explore the British decision to go south and the reasons their southern campaign failed. We will review the military conflict in the South and analyze the four crucial Southern battles that resulted in the final victory at Yorktown. **Recommended texts:** The Road to Guilford Courthouse: The American Revolution in the Carolinas, John Buchanan, ISBN: 0-471-32716-6. Cost: \$19.95. George Washington's War: The Saga of the American Revolution, Robert Leckie, ISBN: 0-06-016289-9. Cost: \$16.03 (used).

John Moore (jem2458@gmail.com) has history and JD degrees from the University of Oregon, practiced trial law for fifty years, and read history all the while. He looks forward to sharing the exciting story of the American Revolution and the South's winning role.

It's Raining Cats and Dogs!

CRN # 20039

8 weeks: Mar. 24, 31, Apr. 7, 14, 21, 28,

May 5, 12

Tuesdays, 11:30 am-1:30 pm

The pet care industry has been growing exponentially for at least the past thirty years. Pet owners' relationships with their companions have also dramatically changed. We shall begin by viewing and discussing a number of video clips that exemplify these changing relationships. In the following classes, invited guest presenters will discuss various segments of the Asheville companion pet industry, including veterinary care, training, boarding, day care, mental health, nutrition, accessories, and end of life issues.

Stan Binder (stanbinder@att.net) retired as chairman and chief executive officer of a NASDAQ listed technology company. He and his wife Barbara have loved and enjoyed caring for a diverse assortment of companion animals for more than fifty years. **Terry** Fields (tofields@ymail.com) is a retired hospital administrator and a medical practice administrator. Terry and his wife currently share their home with Sasha, the world's best yellow labrador. She is the third dog to share their home over the past twenty-five years.

Tuesdays 11:30 am-1:30 pm continued

Let's Write about Food: We Are **What We Eat**

CRN # 20040

6 weeks: Mar. 24, 31, Apr. 7, 14, 21,

Tuesdays, 11:30 am-1:30 pm

We'll be writing about any and everything, with food as a touchstone. Whether eating, sharing, preparing, growing, or selling it, we all have a relationship with food. Each week's session will focus on an aspect of the craft of writing, such as character, setting, theme, voice, and dialogue. Inspired by prompts, our classroom free-writes will lead to a finished story to be shared with the class at the end of the term.

Marjorie Klein (wunsuponatime@frontier.com) is a novelist, a freelance writer, and has taught creative writing at the University of Miami, Florida International University, Warren Wilson College, UNC Asheville's Great Smokies Writing Program, and at the College for Seniors.

Tuesdays 2-3 pm

Ageless Grace: Tools for Lifelong Comfort and Ease



8 weeks: Mar. 24, 31, Apr. 7, 14, 21,

28, May 5, 12 Tuesdays, 2-3 pm Engage your body and brain with this playful exercise program based on the science of neuroplasticity, which suggests that the brain can change structurally and functionally. Learn how twenty-one simple tools or movements realistically address skills such as balance, breathing, joint mobility, muscle tone, cardiac functioning, and more. Practicing in a chair focuses on the core to stimulate cognitive and physical function simultaneously. Participants with varying degrees of abilities can benefit from this

program, including those with diabetes, joint restrictions, and physical limitations. **Recommended text:** The Ageless Grace Playbook: 21 Tools for Lifelong Comfort and Ease, Denise Medved, ISBN: 978-1-883230-52-4. Cost: \$ 19.99.

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

Tuesdays 2-4 pm

Downton Abbey Remix

CRN # 20043

8 weeks: Mar. 24, 31, Apr. 7, 14, 21,

28, May 5, 12 Tuesdays, 2-4 pm Presented in a unique style of lecture combined with a theatrical production rather than group discussion, this completely updated version of last year's highly successful All Things Downton Abbey includes a limited number of live performances. The main emphasis is on the television drama itself, including the cast, recaps of all five seasons, and limited historical context including clothing, celebrities, and world events of the

For over three decades **Dennis DeSimone** (myfrienddennis@att.net) has been a highly successful and sought-out national speaker. His experience combined with a lively presentation style make this course a fascinating exploration of the most popular television show in the world.

Economics Uncomplicated

CRN # 20044

8 weeks: Mar. 24, 31, Apr. 7, 14, 21, 28,

May 5, 12

Tuesdays, 2-4 pm

This course will be a review of selected economic principles, terms, and concepts. After the review, we'll explore selected issues of the day. Topics may include how a market functions and possible consequences, as well as policies to influence market behaviors. Policy options such as fiscal policy, monetary policy, and market control policies, among other options, will be discussed. We'll cover inequality of income and wealth, unemployment, market participation, debt (public and private), environmental issues, and, time-permitting, issues suggested by course participants. This is not a finance, stock market, or a portfolio-development course.

Shirley Browning (scbrowning@bellsouth.net) is a Kentucky native, with BS and MS degrees from the University of Kentucky, and a PhD from the University of Connecticut. He taught a wide range of economics and humanities courses at UNC Asheville for fortytwo years. He is an active Rotarian, a Paul Harris Fellow, and a member of the Paul Harris Society.

Tuesdays 2-4 pm continued

CRN # 20045

2nd 4 weeks: Apr. 21, 28, May 5, 12 (note late start date) Tuesdays, 2-4 pm

The Life and Times of Stephen Foster Combining lecture and discussion, we'll examine Foster's career, look at important people and places in his life, and consider the popular music culture of his time. We'll also view a film about Foster's life, listen to brief sound clips of songs by Foster and others, and hear an interview with a Foster biographer. Issues of race raised by Foster's music will be considered within the context of mid-nineteenth-century America. **Recommended** text: Stephen Foster & Co., Ken Emerson, ISBN: 1598530704. Cost: \$9.53 (from \$.01,

> **Doug Cooper** (cdoug38@gmail.com) has taught college English courses in his native Michigan as well as in Missouri, Louisiana, Pennsylvania, and overseas. He has taught at the College for Seniors since 2003.

Relativity for Anybody

CRN # 20046 1st 4 weeks: Mar. 24, 31, Apr. 7, 14 Tuesdays, 2-4 pm

Relativity for Anybody is not part of a physics course, and the instructor will not assume a background in physics from those who wish to enroll. In this course we will explore how Einstein's theory of relativity, both the special and the general versions, changed our understanding of almost everything: matter, energy, gravity, and even the fundamental properties of time and space. The course will begin with a summary of the study of physics that led up to relativity, and it will end with a discussion of some of the recent applications, such as black holes and the expanding universe.

Mark Whipple (mark.whipple77@gmail.com) has been a physics and astronomy teacher for his entire adult life and has been teaching at the College for Seniors for two years since moving to Asheville from Maryland. Outside interests include books, bridge, and baseball.

Sew a Purse Organizer Insert

CRN # 20047 2nd 4 weeks: Apr. 21, 28, May 5, 12 (note late start date) Tuesdays, 2-4 pm

De-clutter your purse and be able to easily find your phone, keys, wallet, pen, credit cards, etc. Sew a purse insert with zippers and plenty of pockets to keep you organized. The purse insert will fit into your purse or tote bag and keep everything organized and within easy reach. This course is for intermediate/advanced sewers. You must bring your sewing machine to class. Materials fee: \$25. Please contact the instructor for a list of materials.

Ulana Mellor (ulanacfs@charter.net) has been involved in crafts since childhood. Her two passions are quilting and beading.

Story for Life

CRN #20048

8 weeks: Mar. 24, 31, Apr. 7, 14, 21, 28,

May 5, 12 Tuesdays, 2-4 pm Story for Life, a community initiative of New Umbrella and Asheville Community Theater, exists to transform the aging experience through the elevation of memory into monologue. In this special workshop, students interview elders of the Western North Carolina community and transform their memories into theatrical monologues to be performed for the public. Interviews and writing assignments will be completed outside of the classroom session; participants should be prepared to make a significant time commitment to the course outside of class.

Patricia Green (artisticdirector@newumbrella.org) is a three-time Emmy award-winning writer of Cagney and Lacey, L.A. Law, North and South, Chicago Hope, China Beach and Christy, among other series. She has taught writing at the Graduate School of Film and Television at the University of Southern California and at the American Film Institute.

The Ultimate Tote Bag

CRN # 20049

1st 4 weeks: Mar. 24, 31, Apr. 7, 14 Tuesdays, 2-4 pm

Create the ultimate tote bag with plenty of zippered pockets and room for a bottle of water, cell phone, laptop computer, notebook, umbrella, passport and boarding pass, keys, pens, and more. This course is for intermediate/advanced sewers. You will need to bring your sewing machine to class along with the material, zippers, interfacing and sewing notions to make the bag. Materials fee: \$25. Please contact the instructor for a list of materials.

Ulana Mellor (ulanacfs@charter.net) has been involved in crafts since childhood. Her two passions are guilting and beading.

Tuesdays, 2-4:30 pm

Movies on the Civil War: A **Southern View**

CRN # 20050

8 weeks: Mar. 24, 31, Apr. 7, 14, 21,

28, May 5, 12

Tuesdays, 2-4:30 pm

Many popular movies present the Northern point of view of the Civil War. Come see and hear the Southern point of view through seven movies. Some of the movies to be viewed and discussed are The Raid, Alvarez Kelly, The Last Confederate, and Gods and Generals.

Gordon Prescott (gordonprescott65@gmail.com) attended Northern Essex Community College and has always been an avid fan of movies and books about the Civil War. He spent most of his adult life learning about the American Civil War and has a special affection for movies that portray a Southern point of view.

Wednesdays, 9-11 am

The Alexander Technique: Exploring Habit and Choice

CRN # 20051

8 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29,

May 6, 13

Wednesdays, 9-11 am

Location: Sherrill Center Meditation Room

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

ISBN: 978-1904468790. Cost: \$19.95

Fifteen years studying the Alexander Technique has not diminished **Michèle Drivon's** (conciousalignment@gmail.com) awe of its capacity to illuminate and enliven. Certified to teach by international standards (1600 hours over three years), she continues to study with skillful teachers near and far. Please see her website at www.alexanderasheville.com.

Community History Projects

CRN # 20052

8 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29,

May 6, 13

Wednesdays, 9-11 am

Community History Projects is a course designed to promote history education and to design and implement creative initiatives for our families and institutions. Using slide shows prepared for previous workshops (for museums, retirement centers, and civic organizations), we'll consider examples of story-telling using family history, biographies, memoirs, journals, and exhibits. We will discuss ways to put our skills to use as "history therapy" for young and old alike.

Ellen Apperson Brown (inglesferry@gmail.com) loves researching, writing, and teaching history. With advanced degrees from UNC Asheville, the University of Virginia, and Virginia Tech, she also has considerable experience in museum administration as well as print and online publishing.

Creative Greeting Cards

CRN # 20053

7 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29,

May 6

Wednesdays, 9-11 am

Participants will receive kits each week in order to make four cards per class, including one of the student's own design. The kits will contain all the materials needed to create a beautiful, handmade card and a lined envelope. Though previous experience is helpful, none is required. There will be a variety of cards for holidays as well as "all occasion" cards. If a participant is absent, kits will be provided, but completion of missed projects will be up to the student. Written instructions are provided with each card, as well as verbal directions and demonstrations. **Materials fee:** \$30, payable to the instructor at the first class.

Deb Mears (debmears14@gmail.com) taught art for over twenty years and has been a serious crafter since the late 1990s. This is the second card class Deb has taught at the College for Seniors, though she has participated in numerous workshops, both as a student and as a teacher.

Wednesdays, 9-11 am continued

Dante, Tolkien and Cosmic Imagining

CRN # 20054 8 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29, May 6, 13

Wednesdays, 9-11 am

This course will be an introduction to Dante's fourteenth-century Divine Comedy and Tolkien's twentieth-century Lord of the Rings (with its closely related narratives). Optional readings listed on the course website are not required, but participants are strongly encouraged to start reading one of these narratives at their own pace. The emphasis is on these writers' similar efforts to build a literary treatment of EVERYTHING in human knowledge and experience, including the latest "science" known to them, by means of their fantasy universes.

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

Meaning of Life

CRN # 20055

8 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29, May 6, 13 Wednesdays, 9-11 am

What is it that enriches and gives meaning to the lives of Americans today? What drives people's personal lives and gives them joy? These questions have been of enduring interest to longtime College for Seniors history teacher Mary Lasher who will coordinate the course with fourteen presenters discussing various meanings. A pair of presenters will discuss two related meanings per class session. Lectures include "Love," "Conflict Resolution," "Power," "Money," "Public Service," "A Cause," "Competitive Games," "Celebrity and Status," "Healing," "Teaching," "Religion," "Spirituality," "Pursuit of Knowledge," and "Artistic Expression." In the eighth class participants and presenters will extend the discussions and suggest additional meanings not mentioned in the course. For further course information, schedule, and introduction of presenters, see the course webpage at olliasheville.com/courses

Course coordinator is **Mary Lasher** (mlelasher.avl@gmail.com). Other presenters include Frank Goldsmith (goldsmith.cf@gmail.com), Rick Devereaux (rickdevereaux1@gmail.com), Martha Marshall (marshall@ret.unca.edu), Dennis Winner (dwinner329@gmail.com), Carol Rogoff Hallstrom (crhesg@gmail.com), Larry Griswold (si54guy@gmail.com), Lee Cooper (ashevillecats1@charter.net), David Mouw (davidmouw@charter.net), Paula Withrow (paula66vw@gmail.com), Farley Snell (snellfarleyw@netscape.net), Tom Sanders (tsanders.avl@qmail.com), Paul Lillebo (saderjock@gmail.com), and Michael Ruiz (mjtruiz@gmail.com).

Persistent Themes in Popular Music 5.0

CRN # 20056 1st 4 weeks: Mar. 25, Apr. 1, 8, 15 Wednesdays, 9-11 am

In this course we will survey selected themes that repeatedly appear in the lyrics of twentieth century recordings. Topics examined will include answer songs, couples, murders and suicides, nicknames, railroads and trains, tribute tunes, weddings, and more. Students will listen to a variety of recordings, identify and analyze specific topics, experience different performing styles and musical genres, reflect on their own personal musical treasuries, and hone their listening skills by spotting key words or phrases embedded within lyrical contexts. Music and fun will prevail!

B. Lee Cooper (ashevillecats1@charter.net) is an award-winning author in the field of popular music. Beyond enjoying blues, rock 'n' roll, and soul recordings, he is attracted to the images, topics, and themes repeated in twentieth century song lyrics.

Wednesdays 9-11 am continued

Realism and Surrealism in Spanish Painting

CRN # 20057 2nd 4 weeks: Apr. 22, 29, May 6, 13 (note late start date) Wednesdays, 9-11 am

We will examine the art and lives of five Spanish artists and their influence on the styles of realism and surrealism. Discussions will cover Velasquez, El Greco, Goya, Picasso (before Cubism), with a special emphasis on Dali's influence on art and film.

Beverly Briedis (bcb31nic@aol.com) was a high school history teacher for over thirty years, having taught in Michigan, Germany, and on Long Island, New York. Art and music have always been important in her life, as is exploring new areas to share that information with others.

Wednesdays 11:30 am-1 pm

A Body Sampler: T'ai Chi, Aerobics, and Yoga

CRN # 20058

8 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29,

May 6, 13

Wednesdays, 11:30 am-1 pm **Location: Sherrill Center**

Meditation Room

This fun course starts out with a t'ai chi warm-up to get you moving and harmonize the energies in the body. The next segment will be dance aerobics and exercises done to music from the 1930s through modern day. The final segment will be chair yoga to get you stretched out and ready for the rest of your day.

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

Wednesdays 11:30 am-1:30 pm

Appalachian Foodways: Culture, History, and Economics

CRN # 20059

8 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29,

May 6, 13

Wednesdays, 11:30 am-1:30 pm

The study of foodways is a lens through which culture can be understood. Looking at what foods are produced, how they are grown, how they are distributed, and how they are prepared tells us about communities. A series of quest speakers will connect environmental, cultural, historic, and economic factors that have popularized "farmto-table" and "sustainable" food production in Southern Appalachia. One session will be a field trip to Hickory Nut Gap Farm.

Susan Grabel (susangrabel2@gamil.com) is a retired special education administrator. Meridith Miller (mlmiller1020@gmail.com) is a social and community psychologist by training. They have been learning about Appalachian culture, history, economics, and foodways to better understand their adopted homeland.

God in the Hands of an Ageing **Historical Theologian**

CRN # 20060

8 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29,

May 6, 13

Wednesdays, 11:30 am-1:30 pm

In an eight-session course in the "Last Lecture" tradition, against his better judgment, way out of his depth, and with apologies to Jonathan Edwards for the title, the instructor will lay out how he thinks and what he thinks on a variety of theological topics. This will be an introduction to the discipline of historical theology, which looks at ideas not as fixed or even as developing, but as they were created in specific historical settings. We will see how this approach offers different and invigorating understandings of such ideas as God, scripture, creation, sin, time, ethics, and Jesus (itself a historical construct).

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

Magazine Mosaics

CRN # 20061

8 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29,

Wednesdays, 11:30 am-1:30 pm

Create your own one-of-a-kind "painting" by recycling gently used frames and old magazines. Your finished pieces will resemble mosaics – as all the paper is handtorn – allowing the jagged edges to mimic the grout-lines of more traditional media. Together we will create bold compositions of flora or fauna (perhaps both) and explore shading and texture. Some phases of this work require concentration while others allow for pleasant conversation while we play!

Shelley Schenker (shelley@schenker.net) is an Asheville artist who has been making her signature mosaics for seven years. Her works are sold through her studio in the River Arts District, online, and at regional art festivals.

Wednesdays 11:30 am-1:30 pm continued

Nuclear Power, Nuclear Weapons, and Nuclear Terrorism

CRN # 20062

8 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29,

May 6, 13

Wednesdays, 11:30 am-1:30 pm

This course is for anyone who seeks a safer world for future generations. Nuclear weapons are dangerous. Disarmament and nuclear weapons nonproliferation is important. The world's fissile materials, the explosive power of nuclear weapons, must be secured. Nuclear power is connected to fissile materials, both in its fuel and its spent fuel. This course is about understanding these complex connections. We will be following Iran and North Korea closely. Come prepared to engage in lively and meaningful discussion about these topics.

Dot Sulock (dsulock@unca.edu) teaches The Nuclear Dilemma at UNC Asheville and has taught many courses at the College for Seniors on nuclear weapons and renewable energy.

Practicing Wholehearted Living

CRN # 20063

8 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29,

May 6, 13

Wednesdays, 11:30 am-1:30 pm

Many people—especially perfectionists—have "not-being-enough" thoughts. Participants will reframe these thoughts by practicing wholehearted living: courage enough to let go of what people think, compassion enough to love ourselves, and self-acceptance enough to make real connections. Our dialogue will be informed by reading Brene Brown's The Gifts of Imperfection. Registering means committing to attend each class, deliberately practice wholehearted living, share experiences, listen, read, and journal. Required text: The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are, Brene Brown, ISBN: 978-1-59285-849-1. Cost: \$14.95.

Nancy Bragg (nibragg1@gmail.com) supports people as they explore, experiment, and reflect on their lives. Before completing life coach training six years ago, Nancy was an educator. She enjoys yoga, Nia, and learning. **Beverly Cutter** (beverlycutter123@gmail.com) is fascinated by our current lives as we allow our true selves to be seen and honor the person we have become. Beverly's higher education career included thirteen years as vice chancellor for university relations at UNC Asheville.

Raymond Carver: Short Stories

CRN # 20064

8 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29,

May 6, 13

Wednesdays, 11:30 am-1:30 pm

Raymond Carver contributed to the revitalization of the American short story in the 1980s. He is described by Stephen King as "the most influential writer of American short stories in the second half of the twentieth century." He has been compared to Hemingway and Chekhov and is one of the few short story writers who also wrote poetry. In this course we will look at Carver's short stories, his life and its impact on his writing, the relationship between Carver and Gordon Lish, and a screen adaptation of several Carver short stories. Required text: Raymond Carver: Collected Stories, William Stull and Maureen Carroll (editors), ISBN: 13:978-1598530469. Cost: \$22.55.

Sylvie Horvath (horvathwms@gmail.com) was an educator for thirty-one years. She has taught various subject areas in grades prekindergarten through high school. Last spring she taught a course at the College for Seniors about Alice Munro.

Two-Step for Beginners

CRN # 20065

8 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29,

May 6, 13

Wednesdays, 11:30 am-1:30 pm

Location: 351 Sherrill Center

Two-step is a partnered country western dance with some similarity to ballroom foxtrot. It is fun, aerobic, social, and the heart of country-style dancing. This course will cover all the basics, including footwork, turns, and partnering skills, with an emphasis on having fun while mastering beginner level skills. Participants must be able to move and stand for two hours with one or two short breaks. Appropriate footwear is required and available from \$13. The instructor will provide links to sources. Signing up with a partner is preferred, but not required. Please plan to attend from the beginning in order to benefit from the later classes.

Debbie Belles (dabinavl@charter.net) began dancing two-step in 1988, with a growing passion leading to teaching at local dances, participation in three troupes over a ten-year period, and amateur competitions through 2005. She honed her skills by receiving instruction and learning choreography from nationally renowned coaches Dean and Dawn Garrish from Washington, DC.

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Wednesdays, 2-3:30 pm

BE Well Yoga

CRN # 20066

8 weeks: Mar. 25, Apr. 1, 8, 15, 22,

29, May 6, 13

Wednesdays, 2-3:30 pm **Location: Sherrill Center Meditation Room**

Increase well-being in your body, mind, and life. In addition to improving physical vitality and balance, yoga improves your mood. With support of a chair, enjoy a gentle synthesis of adaptive physical postures, breathing techniques, and self-reflection to awaken an optimal capacity for living well. Primary focus will be spinal flexibility and joint mobility, enabling the body to move more freely. Participants must be able to get up and down from a chair to the floor. Please bring a yoga mat and beach towel to class. Due to topic popularity, participants may take only one yoga course at initial registration.

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

Wednesdays, 2-4 pm

Cajun and Zydeco Dancing

CRN # 20067

8 weeks: Mar. 25, Apr. 1, 8, 15, 22,

29, May 6, 13 Wednesdays, 2-4 pm

Location: 351 Sherrill Center

Students will learn the Cajun two-step, zydeco, and Cajun waltz. These are generally high energy dances. The instructor will choose the most suitable music for this group of students (i.e. choosing slower pieces if necessary). You do not need to sign up with a partner—singles are welcome! The traditional footwear for this kind of dance is cowboy boots, however any comfortable shoe that is not too heavy will be

Patricia Grace (pegrace1117@gmail.com) is an experienced Cajun and zydeco dancer. She was part of a group in Gainesville, Florida who learned the dance from well-known dance instructor Bart Rourke. The group regularly traveled to Lafayette, Louisiana, to dance and enjoy the local culture. She has previously taught several classes in vintage waltz at the College for Seniors.

Confident Online Dating for Men & Women

Section 1 CRN # 20068

4 weeks: Mar. 25, Apr. 1, 8, 15

Wednesdays, 2-4 pm

OR

Section 2 CRN # 20069

4 weeks: Apr. 22, 29, May 6, 13

(note late start date)

Wednesdays, 2-4 pm

Dispel the mystery and hesitation that sometimes goes along with online dating! Come prepared to create or polish your profiles, emails, and methods. We'll cover the basics and more sophisticated topics: what online dating is and is not, choosing sites, limiting costs, profile development, writing great openers, photos, screening, finding a gem, and first dates. We will discuss deal-breakers and must-haves, privacy and safety, and refining social and conversational skills. Please bring your laptop to class. If you do not have one, a laptop can be made available to you. Please note that the two sections of the course cover identical content; you may enroll in only one.

Jamesa Selleck (jamies243@gmail.com) enthusiastically encourages online dating for seniors. Widowed and divorced, she has extensive online experience from both perspectives. A bit irreverent, Selleck offers insight, tips, and techniques for rewarding online experiences.

Moth Storytelling

CRN # 20041

6 weeks: Mar. 25 Apr. 1, 8, 15, 22, 29

Wednesdays, 2-4 pm

Moth Storytelling is based on improvisational "true stories told live" storytelling evenings in which participants are given approximately twelve minutes to captivate their audience with tales from their lives, delivered extemporaneously. We will begin with a first class of recorded Moth stories and a second and third class led by a guest storyteller who will talk about and present the art of making stories unforgettable. The last three classes will be taken up with class members voluntarily delivering their own true stories to other members of the course. This will be an exercise in learning, sharing, and self-discovery.

Jay Fields (jay_fields@att.net) is a writer/creative director with thirty-five years' experience, author of The Craft Heritage Trails of Western North Carolina and a number of regional histories. He is currently a Moth-genre storyteller with performances at "Listen to This" and a board member of Stories on Asheville's Front Porch.

Wednesdays, 2-4 pm continued

Rush and Splint Chair Seats

Wednesdays, 2-4 pm

CRN # 20070 8 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29, May 6, 13

Participants will learn seat weaving techniques with paper fiber rush and splint reed on chairs with four rails. Students may bring **two** of their own chairs or purchase new/used chair frames from the instructors. This class is not for big porch rockers. Tools are available during class, but the students can bring their own hammers, flat head screwdrivers, clamps, and putty knives if they prefer. Basic hand and arm dexterity and strength are necessary. Materials fee: \$45, to be paid to the instructors at the first class. **Recommended texts:** The Caner's Handbook, Jim Widess and Bruce Miller, ISBN: 0-937274-60-7. Cost: \$18.95 or The Complete Guide to Chair Caning, Jim Widess, ISBN: 978-1-4547-0384-6. Cost: \$19.95.

Brandy Clements (gochairrepair@gmail.com) is a fourth-generation chair caner. She and **Dave Klingler** (gochairrepair@gmail.com) have been weaving new lives into chairs for ten years. Their mission is to promote enthusiasm for the craft through education, restoration, and travel. Visit www.gochairrepair.com for more information.

Stephen Sondheim: His Life and Music

CRN # 20071 8 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29, May 6, 13 Wednesdays, 2-4 pm

Enjoy live piano performances of the wonderful music of Stephen Sondheim. We will begin with his lyricist days of West Side Story and Gypsy, continuing with his years as a composer-lyricist. We will cover his great musicals such as Company, Follies, A Little Night Music, and Into the Woods. Experience the great music of this legendary composer and winner of many Tony and Grammy Awards, a Pulitzer Prize, and an Academy Award.

Michael Ruiz (mjtruiz@gmail.com), a seasoned teacher at the College for Seniors, is a pianist/composer who studied classical piano with Stewart Gordon and jazz with Ron Elliston at the University of Maryland. Ruiz's "day job" is professor of physics at UNC Asheville.

Wednesdays, 2-4:30 pm

Films From the "New Europe" CRN # 20072

8 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29, May 6, 13 Wednesdays, 2-4:30 pm

This course is designed so that participants can discuss and guestion the identity of specific nations in European space, which have always been a fascinating crossroad of ideas and ideologies as well as the birthplace of wars and totalitarian systems. We will look at major films and directors from Poland, Hungary, Czechoslovakia (and its successor states), Romania, Bulgaria, and Yugoslavia (and its successor states) since the fall of Communism in 1989.

Barbara Weitz (weitzb@fiu.edu) has taught literature, writing, and film studies at Florida International University for thirty-two years and was director of the film studies program for fourteen years. She also has been teaching during summers in Prague for twenty-three years.

Quilt Floor Cloths

CRN # 20073

7 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29,

May 6

Wednesdays, 2-4:30 pm

Location: Instructor's home

The same basic skills are used for quilt cloths as for painted floor cloths, the obvious difference being that the designs are created with cotton fabric instead of paint. However, no sewing is required to make these floor cloths. There will be three projects completed in this class: a game board, a table runner or place mats, and a floor cloth suitable for a stair landing or in front of the kitchen or laundry room sink. Participants may choose to work on a project at home between class times. A materials list will be sent prior to the first class. This class will be taught at the instructor's home, about ten minutes north of the Reuter Center. Materials fee: \$30 payable to the instructor at the first class.

Deb Mears (debmears14@gmail.com) has taken and taught floor cloth classes prior to this. This course, however, will be the first one at the College for Seniors using cotton fabric instead of paint. Deb has taught art for over twenty years and has been a serious crafter for longer than that. She began teaching at the College for Seniors three years ago.

Wednesdays, 2-5 pm

The Met at the Movies

CRN # 20074 8 weeks: Mar. 25, Apr. 1, 8, 15, 22, 29, May 6, 13 Wednesdays, 2-5 pm

We will explore the operas to be shown this spring at the Hi-Def Live from the Met series. The Metropolitan will present Donizetti's Lady of the Lake, Mascagni's Cavalleria Rusticana, and Leoncavallo's Pagliacci. Additional classes will deal with Italian opera from 1800 to 1926, Rossini through Puccini.

Patricia Heuermann (patruschka@charter.net), a graduate of the Curtis Institute of Music, has directed opera, music theatre, and cabaret performances throughout the United States and Europe. She has taught at New York University, the Manhattan School of Music, Hofstra University and the American Institute of Musical Studies in Graz, Austria. Since moving to Asheville she has directed productions for Asheville Lyric Opera, Opera Creations, and Asheville Community Theatre. Bill Heuermann (whitwill@charter.net) filmed, edited, and created DVDs of Patricia Heuermann's many opera productions from 1996 to 2008—including inserting sub-titles in many cases. He has co-taught *The Met at the Movies* from 2009 to the present. He assists in planning the materials to be shown in class and provides the technical support.

Thursdays, 9-10:30 am

Healthy-Steps: The Lebed Method



CRN # 20075 8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14 Thursdays, 9-10:30 am

Healthy-Steps is a medically based, therapeutic movement program set to music. It is based on the idea of slow, smooth, resistance moves developed to increase energy, improve circulation, reduce pain, increase range of motion, improve flexibility, stimulate the lymphatic system, and promote confidence and positive self-image. In short, it is designed to make you feel better while having fun.

Sally DiMuzio (sallydimuzio@aol.com) has been a certified Lebed Method instructor since 2005. After teaching physical education and secondary mathematics in public schools for thirty-one years, she retired and became certified to teach Healthy-Steps and taught for six years. She also taught this course at the College for Seniors in the fall of 2013 and spring of 2014.

Thursdays, 9-11 am

Android Tablets and Smartphones: Make them Work for You!

Section 1 CRN # 20076 8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14 Thursdays, 9-11 am

This course will help participants understand and make the most of their Android device. Using common sense solutions and methods, we will start with the most basic operations and progress logically through the term to more advanced features. We also will identify "must-have" apps that are free, easy to use, and very powerful. This course is for those who have at least used the basic functions of their Android phone or tablet. Participants must bring their Android device to class, charged and ready to use; no Apple products, please. Beginners may consider attending the Android Boot Camp Workshop which takes place just prior to the start of this class term. See page 10 for further details. Please note that a section of this course, covering identical material, is offered on Thursdays, 11:30 am-1:30 pm. You may only sign up for one section.

Neil Rosenberg (neil@vectorr.com) is an experienced technology instructor whose mission is to make complex subjects understandable by non-technical folks. He also brings humor and perspective to the material to keep it interesting and enjoyable.

Thursdays, 9-11 am continued

Eat Healthy/Get Active

CRN # 20077

8 weeks: Mar. 26, Apr. 2, 9, 16, 23,

30, May 7, 14 Thursdays, 9-11 am

Location: 351 Sherrill Center

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

Betsy Gorman (brewerbg@hotmail.com) is a registered nurse and personal trainer with a master's degree in exercise physiology. After eighteen years working in the operating room, Betsy decided to change course and work to keep people healthy instead of waiting to help them once they were already sick. Since moving to Asheville in 2008, she has worked in the wellness industry as a personal trainer, group exercise instructor, nutrition educator, and health coach.

Intermediate French IIE

CRN # 20078

8 weeks: Mar. 26, Apr. 2, 9, 16, 23,

30, May 7, 14 Thursdays, 9-11 am This course is intended for those who have taken Intermediate French D and will continue the development of listening, speaking, reading, and writing skills using audio, video, and print materials. Others with similar background (approximately equivalent to high school French II or college French 101) may also take this course. The instructor will provide the textbook.

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

The Power of Art

CRN # 20079

8 weeks: Mar. 26, Apr. 2, 9, 16, 23,

30, May 7, 14 Thursdays, 9-11 am This course is based on Simon Schama's *Power of Art* series on PBS, along with his companion book (no required purchase). Artists discussed will be Caravaggio, Bernini, Rembrandt, David, Turner, Van Gogh, Picasso, and Rothko.

Walter A-Akert (aakert@charter.net) graduated from Carroll University with a degree in art, English, and education, and taught for Elmbrook schools in Brookfield, Wisconsin. He has taught two previous courses on twentieth-century Western art at the College for Seniors.

The Rock Renaissance: 1966-1967

CRN # 20080

8 weeks: Mar. 26, Apr. 2, 9, 16, 23,

30, May 7, 14

Thursdays, 9-11 am

In this course we will examine two critical years in rock history—1966 and 1967—years in which rock grew into an "art" form that embraced expanding musical influences and invited serious listening and analysis. From landmark albums by the Beatles, Beach Boys, and Dylan to mind-blowing debuts by Cream, the Doors and Hendrix, and on to unforgettable 45s by everyone from the Queen of Soul to the Monkees, we will revel in the sounds of one tumultuous era.

loe Sasfy (isasfy@gmail.com) spent thirty-eight years in the Washington, DC, area, working first as a social scientist and then as a music journalist and consultant. He contributed regularly to the Washington Post, taught rock history at the Smithsonian Institute, and served as a consultant to Time-Life Music. He graduated with a PhD in psychology from Pennsylvania State University.

Thursdays, 9-11 am continued

Tap Dancing for Fun

CRN # 20081 8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14 Thursdays, 9-11 am

This course is for anyone wanting to learn to tap or wanting to improve their skills. The emphasis is on fun and getting exercise. Tap shoes or leather soled shoes are necessary. There is no pressure, so if you always wanted to try to tap, now is the time!

Mary Walker (mwalkertap@yahoo.com) is a graduate of Ohio University, with thirty years' experience as a teacher/librarian. For six years she taught English in Japan, China, and Slovakia. She has had extensive experience as a tap dancing teacher and has performed in two groups entertaining at nursing homes and assisted living facilities.

Yoga for Peace and Vibrancy \$20

CRN # 20082

8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14

Thursdays, 9-11 am

Location: Sherrill Center Meditation Room

The instructor has designed this course to keep our bodies in strong and fluid vibrancy for life. Learn and practice timeless yoga techniques such as physical postures, breath work, and visualization to complement your overall health and peaceful well-being. This course is for those who do not have any physical limits and want to experience a more traditional, yet elder-oriented yoga class. Please bring a yoga mat, block(s), thick blankets, and/or firm cushion to support your seated posture. Due to topic popularity, participants may take only one yoga course at initial registration.

Elle Jai Taylor (elletayloryoga@gmail.com), has her 500-hour certification in therapeutic yoga and has taught yoga and meditation, full time, for over twentyfive years She spent ten years living at a Rocky Mountain yoga retreat, fifteen years within her own yoga studio and small ashram in southwest Pennsylvania, and now two years in Asheville.

Thursdays, 11:30 am-1:30 pm

CRN # 20083

8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14

Thursdays, 11:30 am-1:30 pm

Advanced Intermediate French IIIB This course is a continuation of French IIIA and is designed for those who have studied French to an intermediate level of proficiency. Participants will continue to develop vocabulary and proficiency in the past tenses, comparisons, conditional statements, as well as using the subjunctive mood to express more complex opinions and sentiments. Listening comprehension and speaking will be improved along with more control over increasingly complex grammatical structure in a variety of contexts. We will continue to use the Glencoe en Voyage text and workbook provided. Reading aloud and some speaking in the course is expected. There will be about thirty minutes of homework per week assigned, and corrections will be given. The course textbook will be provided.

> Renée Raffini (raffinir@gmail.com) has taught French courses at the College for Seniors for two years. She has studied and lived in France and French-speaking Cameroon. After five years as an economist with the Securities and Exchange Commission, she became a high school teacher. She taught French in suburban Maryland high schools for twenty years. She holds a BA in French and economics from the University of Wisconsin-Madison and an MA in economics and MEd in secondary education from The George Washington University.

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

Android Tablets and Smartphones: Make them Work for You!

Section 2 CRN # 20084

8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30,

May 7, 14

Thursdays, 11:30 am - 1:30 pm

This course will help participants understand and make the most of their Android device. Using common sense solutions and methods, we will start with the most basic operations and progress logically through the term to more advanced features. We also will identify "must-have" apps that are free, easy to use, and very powerful. This course is for those who have at least used the basic functions of their Android phone or tablet. Participants must bring their Android device to class, charged and ready to use; no Apple products, please. Beginners may consider attending the Android Boot Camp Workshop which takes place just prior to the start of this class term. See page 10 for further details. **Please note** that a section of this course, covering identical material, is offered on Thursdays, 9-11 am. You may only sign up for one section.

Neil Rosenberg (neil@vectorr.com) is an experienced technology instructor whose mission is to make complex subjects understandable by non-technical folks. He also brings humor and perspective to the material to keep it interesting and enjoyable.

Folk Music's Transformation into Folk-Rock

CRN # 20085

8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30,

May 7, 14

Thursdays, 11:30 am-1:30 pm

Folk music forms the basis of many musical genres, including folk-rock. Using lectures, videos, and recorded music, we'll explore the evolution of folk-rock by beginning with its early folk music roots, adding some 1950s rock 'n' roll, and combining the influences of the folk music revival with the British Invasion to form folk-rock in 1965. Along the way, we'll discover the people who spearheaded this progression and their stories.

Bob Mellor (bm.olli@charter.net) has been interested in and followed folk, folkrock, and popular music since his mid-teens. As a fan of the evolving music scene of the 1960s, he especially appreciates the variety of musical genres available today.

MELT for Well-Being and Better Health



CRN # 20087

8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30,

May 7, 14

Thursdays, 11:30 am-1:30 pm

MELT is a simple self-care technique that helps you take better care of your connective tissue. Connective tissue is the fluid-based, flexible scaffolding of your body. Daily living causes connective tissue to become dehydrated and less supportive, ultimately leading to pain and inflammation. In this course you will learn the basic principles of using rollers and balls to improve hydration. Your hydrated connective tissue will provide better support for muscles, bones, joints, organs, and nerves. Body awareness, alignment, and relaxation will improve almost immediately when you tap into this powerful tissue in the body. MELT balls and rollers will be provided by the instructor for your use during the session. Students must be able to get up and down off the floor. Wear yoga-type clothing and bring a yoga mat to class.

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

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

Topics in American Medicine

CRN # 20088

2nd 4 weeks: Apr. 23, 30, May 7, 14 (note late start date)

Thursdays, 11:30 am-1:30 pm

This will be a four-week course exploring areas of interest in the social, political, and service delivery areas of the American medical system. The course material includes comparisons with international health care systems in Asia (Japan and Taiwan) and Europe (the United Kingdom, Germany, and Switzerland). The course material also includes a historical look at medical abuses in the state mental hospitals of the 1940s through the 1970s. Finally, the course includes a presentation on the problems prevalent in the Federal Drug Administration prescription drug approval process.

Bradley Fuller (brad2rei@gmail.com) served for twenty-five years as an adjunct professor at St. Joseph's University in health administration, teaching both undergraduates and graduates. His expertise is in health policy, managed care, aging services, organizational design, management theory, and psychology. He also has thirty-six years of experience in executive administration in nonprofit human services, dealing with issues of mental health, retardation, the elderly, and youth.

Walking Asheville's Downtown

CRN # 20089

2nd 4 weeks: Apr. 23, 30, May 7, 14

(note late start date)

Thursdays, 11:30 am-1:30 pm

We'll walk the streets of downtown Asheville for two hours, discussing the historical characters who built Asheville from the 1700s to the 1990s. Special attention will be paid to the architectural elements from the 1890s to 1929. Participants must be able to access email for last minute changes due to weather. All classes meet downtown; members will have to drive to the starting points. The parking fee in downtown lots is \$1 per hour after the first free hour.

Linda Orowitz (ashevilledeals@gmail.com) volunteers at the Asheville Visitors' Center. She has taken numerous architecture courses at the College for Seniors. She teaches a course on fun things to do, Asheville on the Cheap, and writes an email newsletter on What to Do in Asheville that goes to over 1000 people.

Walking the River Arts District

CRN # 20090

1st 4 weeks: Mar. 26, Apr. 2, 9, 16 Thursdays, 11:30 am-1:30 pm

We'll visit artists' working studios and galleries in twenty-four buildings in the River Arts District. We'll discuss the history of the area and the reuse of some of the buildings. Participants must be able to stand, climb stairs, and walk on uneven pavements for two hours. Members will have to drive to all of the classes. Participants must have access to the Internet and have an email address for class meeting schedules.

Linda Orowitz (ashevilledeals@gmail.com) volunteers in the River Arts District as a Friend of the River Arts District Artists. She served on their board in 2012 and 2013. She volunteers at the Asheville Visitor's Center and teaches a course on fun things to do for less, Asheville on the Cheap.

Women's Accumulated Wisdom and Aging

CRN # 20091

8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30,

May 7, 14

Thursdays, 11:30 am-1:30 pm

This course will be in a learning circle format for those who wish to discuss the personal challenges of being older. Each week we will identify the various challenges that members face due to aging. We will exchange ideas about solutions, change, and areas for potential growth. Topics will arise weekly from the participants and from readings provided by the facilitator, covering such topics as maintaining health, vanity, being single, spouses, friendship, housing, and mortality. Participants should be prepared to share and to lend an empathic ear to others. We will use the wisdom we have collectively gathered over the years to apply to this new situation.

Judith Young (jayoung10@gmail.com) is a mostly retired psychotherapist establishing her life in Asheville. She has worked at being a psychoanalyst for over thirty-five years, becoming strongly identified with her professional self. She is now interested in how one forms a new sense of self during the retirement and aging phase of life.

Thursdays, 2-4 pm

Advanced French IV

CRN # 20092

8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30,

May 7, 14

Thursdays, 2-4 pm

Marcel Pagnol has been called the "Dickens of the South of France" and is best known in the United States for films (Jean de Florette, La Gloire de Mon Père) based on his books. We will read and discuss one of his novels while continuing a review of French grammar, pronunciation, and conversation. Participants should be able to read, with the help of an instructor-provided glossary, thirty to thirty-five pages per week. The course will be taught entirely in French. Please contact the instructor for the required text.

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

Beginning Ballroom Dance: Waltz and Rumba

CRN # 20017

8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30,

May 7, 14

Thursdays, 2-4 pm

Location: 351 Sherrill Center

We'll learn basic waltz, one of the most beautiful and graceful ballroom dances. Then we'll turn to rumba, the Latin "dance of love." No partner is required, as we will switch partners. Please wear dance shoes, leather-soled street shoes, or dance sneakers. Sherry loves creating an environment where it's fun for everyone and hopes her joy of dancing will inspire in others a passion to dance.

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

James Joyce's Ulysses

CRN #20093

8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14 Thursdays, 2-4 pm

Joyce's *Ulysses*, which changed the modern cultural landscape, is the preeminent twentieth century novel, the story of a twenty-four hour period in the lives of three individuals: the young would-be writer, Stephen Daedalus; the everyman fatherfigure, Leopold Bloom; and the earth-mother wife, Molly Bloom. The novel set new standards, with experiments in structure, style, and language. Because the book is so big, we will omit the 200-page NightTown chapter and a few other short sections. The course will focus on the characters and the language so that participants can read with understanding and insight what at first looks like an impossible farrago. Required text: Ulysses, James Joyce, (Hans Walter Gabler, editor), ISBN: 0-394-74312-1. Cost: under \$20.

Mario DiCesare (dicesare1@mindspring.com) is a retired distinguished professor of literature from the State University of New York. He has taught courses at the College for Seniors every term since 1998. His particular interests include Homer, Vergil, Dante, Shakespeare, Milton, George Herbert, Joyce, poetry, and fiction.

These Spies Wore Silk

CRN # 20094 2nd 4 weeks: Apr. 23, 30, May 7, 14 (note late start date) Thursdays, 2-4 pm

This course will be a four-week lecture format course delving into the history of spies from the feminine side of the game. We will cover the art of spying, what talents are needed for a successful spy, why women were drawn to espionage, and then meet some of them from ancient times to modern eras.

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

Thursdays, 2-4 pm continued

Understanding Real Estate Transactions

CRN # 20095 6 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30

Thursdays, 2-4 pm

Learn how to control the process and minimize the frustrations of buying and/or selling your home. Topics include choosing an agent, pricing, financing, negotiation, home inspections, reverse mortgages, and settlement. Instructors include an attorney, a mortgage lender, a home inspector, and the class instructor who is and has been a real estate agent/consultant since 1978.

Binna Green (binnag@bellsouth.net), course coordinator, was raised in Miami, Florida, and attended The University of Miami, graduating with a BA in English literature and art history. She lived in Manhattan for a few years and then in Italy for six years, after which she returned to Miami. In 1978 she became a realtor and residential real estate agent. She brings a deep wealth of experience to the table and enjoys sharing it with her clients and her students. Other presenters will be Virginia Cartner (virginia@cartnerlaw.com), David Kanis (davidk@fairwaymc.com), and **Doug Jones** (esi1@economy-services.com).

Thursdays, 2-4:30 pm

The Films of Phillip Seymour **Hoffman**

CRN # 20096

1st 4 weeks: Mar. 26, Apr. 2, 9, 16 Thursdays, 2-4:30 pm

A brilliant actor, Philip Seymour Hoffman left a wealth of masterful performances. We'll watch clips of some of his earlier works, and then three complete films for which he is justifiably famous: Capote, Doubt, and The Master. We'll examine the specifics of Hoffman's performances and explore their interplay with other cinematic elements to create a coherent film. **Note:** Several films are rated R, with strong language, sexual situations, and (in one case) nudity.

In a previous life, Carol Taylor (carolmctaylor@gmail.com) enjoyed theater courses at the undergraduate and graduate level and acted in university and community theater productions. She absolutely loves movies.

Spring Wildflower Hikes in the Blue Ridge Mountains

CRN # 20097

4 weeks: Apr. 16, 23, 30, May 7 (note late start date) Thursdays, 2-4:30 pm

We will focus on identifying and learning about the many spring wildflowers that bloom in our area. We will visit areas that are known for a diversity of wildflowers and are considered the best places to see the most spring bloomers. Participants must wear hiking boots, have a hiking stick, and be able to walk at least three miles. The first class will meet at the Reuter Center and will include a field trip to the Botanical Gardens. Subsequent classes will be held off-site. All field trips end in the field, which may be as far as one hour from the Reuter Center. There will be one Saturday all-day excursion. Field trips include the Blue Ridge Parkway, Pearson's Falls, the Botanical Gardens of Asheville, and Big Creek in the Smoky Mountains National Park. **Recommended texts:** Wildflowers of Tennessee, the Ohio Valley and the Southern Appalachians, Dennis Horn and Tavia Cathcart, ISBN: -13: 978-1-55105-428-5. Cost: \$22.95. Newcomb's Wildflower Guide, L. Newcomb, ISBN: -0-316-60442-9. Cost: \$19.00

Lou Dwarshuis (Idmkd@aol.com) and Marilyn Kolton (Idmkd@aol.com) are both certified Blue Ridge Naturalists with a special interest in wildflowers and birds. They are also past presidents of the local Audubon Society.

Thursdays, 2-5 pm

Florida Crime: Books and Movies

CRN # 20098

6 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30 Thursdays, 2-5 pm

This is a discussion course focusing on six crime fiction movies made from books set or partially set in Florida. The instructor will provide a context for each book and movie. Participants will read the book in advance of the class, watch the movie and then engage in a guided critical discussion of both book and movie. Books/movies include: To Have and Have Not, Goldfinger, Striptease, Miami Blues, Big Trouble, and Out of Sight. **Note:** When available, close captions will be used.

Elizabeth Pou (elizpou@gmail.com) is a retired lawyer/human resources executive/ consultant/Peace Corps volunteer with a lifelong interest in crime fiction and a collection of over 5000 first edition hardback books. She is a North Carolina native and spent most of her adult life in New York City, where at one point she was a pay-free intern at The Mysterious Bookshop, the oldest surviving mystery store in the United States (and probably the world). She volunteers for SCORE, the Literacy Council, and is a foster mom for Boston Terrier Rescue of North Carolina.

Thursdays, 2-5 pm continued

Play Ball: Hollywood Takes Us **Out to the Ballgame!**

CRN # 20099 8 weeks: Mar. 26, Apr. 2, 9, 16, 23, 30, May 7, 14 Thursdays, 2-5 pm

The pitcher winds up and throws—the batter swings—it's going, going, gone! From Jackie Robinson's breaking the color barrier to an Iowa farmer's field of dreams, movies about baseball have portrayed the real and imagined hopes and aspirations of all of us. Join us as we watch eight award-winning films about America's favorite summer pastime. Whatever team you root for, these movies are surefire winners. Films to be shown include Pride of the Yankees, Bull Durham, Eight Men Out, Field of Dreams, and 42.

Barbara Jaslow (barbjas@aol.com), a lifetime New York Yankees fan, enjoys watching classic baseball movies now that going to Yankee Stadium is no longer practical (or affordable). This is the fourth film class she has taught at the College for Seniors

Fridays 9-11 am

Cryptic Crosswords

CRN # 20100 8 weeks: Mar. 27, Apr. 3, 10, 24, May 1, 8, 15, 22 (no class on April 17) Fridays, 9-11 am

Enjoy wordplay? Like solving challenging puzzles? Can you think flexibly? Discover the fun of cryptic crosswords. Popular in the United Kingdom and growing in popularity in the United States, cryptic clues use hidden words, anagrams, charades, homophones, and other tricks. Plus, clues include a straightforward definition just like regular crosswords! Sounds easier, right? The fun comes from figuring out which part is which. Like all crosswords, the more you fill in, the easier they get. **Recommended** text: 102 Cryptic Crosswords, Fraser Simpson, editor, ISBN: 10-1402754892. Cost: \$8.95

Cryptic crosswords have fascinated Jacob Cohen (jacobwoodworker@gmail.com) since he was a child. But he was intimidated by their strange clues for nearly forty years! One day, he decided to figure them out. Since then, cryptics have become one of his favorite diversions.

Empowering Your Innate Capacity to Heal

CRN # 20101 8 weeks: Mar. 27, Apr. 3, 10, 24, May 1, 8, 15, 22 (no class April 17) Fridays, 9-11 am

Participants will be provided with a basic understanding of how the nervous system is central to the body's ability to heal itself. Basic concepts of nervous system functioning and involvement in healing will be covered through short lectures enhanced with practical exercises to demonstrate content. Personal experiences with various techniques will be learned through interactive demonstrations, discussions, and guest teachers who work in the field being explored. This course does not follow conventional medical practices; alternative methods will be explored.

Penny Bond (healinginnovationsnc@gmail.com) taught high school biology and chemistry and holds a master's degree in health science. Because of her professional work using reflex biofeedback, she has extensively studied the autonomic nervous system and has, over the last nine years, used the techniques taught in this course to help relieve pain she has suffered from post-polio syndrome.

Faulkner Revisited

CRN # 20102 8 weeks: Mar. 27, Apr. 3, 10, 24, May 1, 8, 15, 22 (no class April 17) Fridays, 9-11 am

We will read and discuss short stories "That Evening Sun," "A Rose For Emily," and the novel Absalom. Absalom! and view two videos on the life of William Faulkner. This class is for readers who always meant to read more of the work of this important author. **Required text:** Selected Short Stories of William Faulkner, ISBN: 0-679-42478-4. Cost: \$10.66. Absalom, Absalom!, William Faulkner, ISBN:0-679-73218-7. Cost: \$7.11.

Paul Spivey (jspivey20@charter.net) has a BA from Northwestern University in history. He has led Great Books discussion groups for eight years. This will be his twelfth course teaching at the College for Seniors.

Fridays 9-11 am continued

Philosophers' Autobiographies

CRN # 20115

8 weeks: Mar. 27, Apr. 3, 10, 24, May

1, 8, 15, 22

(no class on April 17) Fridays, 9 – 11 am

Enter the lives and times of some of the world's most influential thinkers as philosophers from St. Augustine to Simone de Beauvoir describe and evoke their inner and outer worlds. Drawing from the instructor's new book, Mirrors of the Mind: Reflecting on Philosophers' Autobiographies, students with little prior education in philosophy will discover the life of the mind—the great thinkers' and their own. Expect about twenty-five pages of weekly reading and some reflective writing assignments. **Required text:** *Mirrors of the Mind: Reflecting on* Philosophers' Autobiographies, Ronald Manheimer, ISBN: 978-0-9884122-8-6. Cost: \$25.

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

Therapeutic Yoga



CRN # 20103 8 weeks: Mar. 27, Apr. 3, 10, 24, May 1, 8, 15, 22 (no class April 17) Fridays, 9-11 am

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

Ellen Morrissey (Inmyogatherapy@gmail.com) has her 500-hour certification in therapeutic yoga and specializes in gentle and therapeutic yoga. She has been practicing yoga since 2000. You can learn more about her and therapeutic yoga at www.LNMyoga.com.

Fridays, 11:30 am - 1:30 pm

Exploring UNC Asheville on Foot CRN # 20104 2nd 4 weeks: Apr. 24, May 1, 8, 15 (note late start date) Fridays, 11:30 am-1:30 pm

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

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

Adverse Weather Policy

OLLI classes, events, meetings, and other activities will be canceled or delayed when UNC Asheville classes are canceled or delayed for adverse weather. OLLI members should consult the UNC Asheville website at www.unca.com to receive the latest information regarding the University Adverse Weather and Emergency Bulletins. By 8 am on bad weather days, the OLLI staff will post specific program information on our outgoing messages at 828-251-6140 or 828-251-6188. We will also, if at all possible, send an email to active members of OLLI by 8 am regarding OLLI cancellations, closings, and delays. If there is a delay, 9 am classes will begin at 10 am and run until 11 am. All other classes would meet on a regular schedule.

Giving

OLLI at UNC Asheville is a vital and vibrant part of our members' lives and the WNC community. Your support helps us continue to inspire a community of learners who are dedicated to thriving in life's second half and giving back to the community.

We invite you to consider the many ways OLLI enriches your life. It might be:

- The instructor who inspired you to different ways of thinking or doing or being
- The friendships you've made as an OLLI member
- The joy you've experienced volunteering for different events
- The staff member who found a very simple, elegant solution to a challenge you faced
- · The field trip that introduced you to the wonders of this bountiful, beautiful area where we live!

Or it might be any of a dozen different things.

As you consider the many gifts OLLI has provided in your life, we invite you to join in the spirit of giving back by making a gift to our annual fund campaign.

The Annual Fund campaign builds a financial "nest egg" to ensure that the programs we all value continue to be strong into the future. Your support will allow us to rebuild our scholarship fund to ensure that our programs continue to be accessible to those who may not otherwise be able to enjoy the richness of our OLLI community.

Consider all the gifts and benefits you realize through your OLLI membership, then make a tax-deductible gift to the OLLI 2014-15 Annual Fund. Gifts of all denominations have a

profound impact. Thank you in advance for considering a gift.

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

Make your check payable to UNC Asheville Foundation. Indicate on the subject line that your gift is for OLLI.

Checks should be mailed to UNC Asheville Foundation, One University Heights, CPO #3800, Asheville, NC 28804, or you may drop off your donation in the OLLI office on the upper level of the Reuter Center.





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

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

