



Grow through life

OSHER
LIFELONG
LEARNING
INSTITUTE

OLLI

at UNC
ASHEVILLE

FALL 2016 CLASSES & EVENTS

from the director

As OLLI grows, it may be a challenge for any of us to comprehend the complexity and vitality of our operation and to appreciate how all the parts add up. Members may focus on a given class, special interest group or committee and not recognize the variety of opportunities for learning, community and service that OLLI offers. Staff focuses on the daily routine of scheduling classes, running programs, managing finances, implementing registration and getting catalogs done on time. We have to make time to take stock of the ways our work contributes to the quality of life for so many people (and how all of those people enrich our lives). It always helps when we hear the excitement of newcomers who read our catalog, visit our website or simply walk in to the Reuter Center on a busy day. Most are overwhelmed by the scope of our programming and the hive of energy we create when we assemble. We feel even better when newcomers tell us they have found a new home in our organization. Particularly as we grow, it is important for all of us to recognize that OLLI means many things to many people. As we come together with a shared sense of intellectual curiosity and a passion for learning and community, every activity here re-defines and exemplifies "creative retirement" and conscious aging. The variety and diversity of our offerings requires all of us to contribute and creates a whole that is greater than the sum of its parts.

You may have heard the story of the blind people and the elephant. The story probably originated in India as part of the Hindu tradition, and variations appear in Buddhist, Jain, Bahai and Sufi Muslim traditions. The story goes that six blind people (or people in the dark) touch an elephant to try to know what it is. Each person feels only one part. The person who feels the tall side of the elephant infers that an elephant is like a wall. Feeling the tusk leads to a perception of the elephant being like a spear. The trunk feels like a snake, the tail feels like a rope, the leg feels like a tree, and the ear feels like a fan. In some versions of the story the people feeling the elephant recognize the importance of understanding the manifold quality of experience. In other versions the people with different perspectives come to blows because they cannot agree who has the "right" image of an elephant.

People interpret the story in various ways and use it as a metaphor for everything from advocating religious tolerance and inclusion



to explaining scientific theory. The story reminds us that each of us experiences reality from a limited perspective or set of experiences. We must recognize that we are challenged to understand that there is a greater whole that we can know only by listening and cooperation. The story has come to my mind recently as we have initiated our strategic planning process. We recognize that OLLI is an organization that relies on volunteer vision, effort and energy. Each of those volunteers sees the organization from a unique point of view. Because we have so many people contributing, it is particularly important that we define our common values and that we articulate common goals to make the best use of our resources. While it is the responsibility of staff to have a clear sense of the whole, we can only achieve that understanding when we consult and engage as many members as possible. Our whole organization is enlivened when more people invest their talent, expertise, and interest to animate, understand and enrich our community. The work of planning inspires us to step back and take in the whole to see what may need to be nurtured or changed, and planning also gives us a chance to understand where our strengths and opportunities lie.

As we move through the planning process, we will create opportunities for you to tell us more about what OLLI looks like from your perspective and to invite you to contribute to our understanding of the whole and to contribute to keeping the organization healthy and vital.

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 Zentangle to The Trans Pacific Partnership, Freethought in America to the History of Islam, Pilates to Asheville's Acoustic Music. We offer four terms throughout the year, each one different with stimulating, entertaining and relevant courses.

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

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

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

fall 2016 events calendar

AUGUST

- 10 f/32 Photography, 7 p.m.
- 10 Fall 2016 initial registration begins, 10 a.m.
- 12 Opera Talk, 3 p.m.
- 12 Storytelling Event, 7 p.m.
- 14 Carolinas' Nature Photographers Association, 5:30 p.m.
- 19 Appalachian Tales and True Stories, 7 p.m.
- 19 Fall 2016 initial registration ends, noon
- 20 WNC Historical Association Lecture, 2 p.m.
- 26-28 Paths to Creative Retirement Workshop (Reuter Center and OLLI Office Closed)
- 28 The Autumn Players Readers Theater, 2:30 p.m.

SEPTEMBER

- 1 Astronomy Club of Asheville, 7 p.m.
- 2 Fall CFS schedules sent
- 5 Reuter Center and OLLI Office closed for Labor Day
- 6 Add/Drop for fall term begins, 10 a.m.
- 6 World Affairs Council, 7:30 p.m.
- 7 Successful Aging Health Fair, 8:30 a.m. (registration required)
- 7 STEM Lecture, 4:30 p.m.
- 9 Opera Talk, 1 p.m.
- 9 Chamber Music Chat, 3 p.m.
- 11 Carolinas' Nature Photographers Association, 5:30 p.m.
- 14 f/32 Photography, 7 p.m.
- 16 New Member Welcome, 10 a.m.
- 16 Social Security Benefits Information, noon
- 16 NC Stage Behind the Scenes, noon
- 16 Inside the Music, 1:30 p.m.
- 16 New to Medicare Class, 2 p.m. (registration required)
- 16 Symphony Talk with Daniel Meyer, 3 p.m.
- 19 College for Seniors Fall 2016 courses begin
- 20 Elisha Mitchell Audubon Society, 7 p.m.
- 21 STEM Lecture, 4:30 p.m.
- 23 Fab Friday Lecture, 11:30 a.m.
- 30 Fab Friday Lecture, 11:30 a.m.
- 30 Forget Me Not Lecture, 1:30 p.m.
- 30 Opera Talk, 3 p.m.

OCTOBER

- 1 WNC Historical Association Lecture, 2 p.m.
- 4 World Affairs Council, 7:30 p.m.
- 6 Astronomy Club of Asheville, 7 p.m.
- 7 Fab Friday Lecture, 11:30 a.m.
- 7 Safe Driving Program, noon (registration required)
- 7 Montford Park Players, 2 p.m.

- 9 Carolinas' Nature Photographers Association, 5:30 p.m.
- 10 STEM Lecture, 4:30 p.m.
- 12 f/32 Photography, 7 p.m.
- 13 Advanced Care Planning Workshop, 7 p.m.
- 14 Fab Friday Lecture, 11:30 a.m.
- 14 Forget Me Not Lecture, 1:30 p.m.
- 18 Elisha Mitchell Audubon Society, 7 p.m.
- 21 Fab Friday Lecture, 11:30 a.m.
- 21 Safe Driving Program, 12 p.m. (registration required)
- 21 Symphony Talk with Daniel Meyer, 3 p.m.
- 23 Asheville Living Treasures Recognition Ceremony, 1:30 p.m.
- 25 STEM Lecture, 4:30 p.m.
- 28 Fab Friday Lecture, 11:30 a.m.
- 28 Forget Me Not Lecture, 1:30 p.m.
- 28 Opera Talk, 3 p.m.
- 30 The Autumn Players Readers Theater, 2:30 p.m.

NOVEMBER

- 1 World Affairs Council, 7:30 p.m.
- 2 Winter 2017 catalog available
- 3 Astronomy Club of Asheville, 7 p.m.
- 4 Fab Friday Lecture, 11:30 a.m.
- 4 NC Stage Behind the Scenes, 1:30 p.m.
- 4 Chamber Music Chat, 3 p.m.
- 7 Winter 2017 initial registration begins, 10 a.m.
- 11 College for Seniors Fall 2016 term ends
- 11-12 Art Bazaar, 11 a.m.
- 13 Carolinas' Nature Photographers Association, 5:30 p.m.
- 15 STEM Lecture, 4:30 p.m.
- 15 Elisha Mitchell Audubon Society, 7 p.m.
- 16 Winter 2017 initial registration ends, noon.
- 18 Inside the Music, 1:30 p.m.
- 23-25 Reuter Center and OLLI Office closed for Thanksgiving

DECEMBER

- 1 Astronomy Club of Asheville, 7 p.m.
- 5 Reuter Center Singers Holiday Concert, 7 p.m.
- 6 Winter 2017 CFS schedules emailed
- 7 Add/Drop for Winter 2017 term begins, 10 a.m.
- 9 Opera Talk, 3 p.m.
- 19 Reuter Center and OLLI Office closed for winter break. Reopens January 3, 2017

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OLLI Steering Council 2016-2017

Chair: Catherine Jordan

Chair-Elect: Kirk Borland

Secretary: Kathleen Mainardi

Past Chair: Patrick Chitwood

OLLI Executive Director: Catherine Frank

Committee Chairs

Civic Engagement: Sarah Reincke

College for Seniors: Cindy Berryman-Fink,
Erik Vedeler and Paula Withrow

Facilities: Terry Liles

Finance: Terry Reincke

Inclusion: Contact Larry Haas

Life Transitions: Dave Castel

Marketing: David Langdon

Membership: Sandy Bowles and

Stephanie Ward

Nominating: Kirk Borland

Planning: Barbara von Hauzen

University Liaison: Jim Canavan

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. The membership fee of \$70 covers the membership period from August 1, 2016 to July 31, 2017. Member benefits include:

- UNC Asheville parking decal
- UNC Asheville photo ID (OneCard)
- UNC Asheville Ramsey Library borrowing privileges
- Quarterly course catalogs
- OLLI at UNC Asheville weekly electronic newsletter
- Rental use of the Reuter Center for personal events after one year of membership
- Use of UNC Asheville wireless internet
- Access to :
 - Special Interest Groups (SIGS, p. 5)
 - Activities, Programs, and Special Events (p. 6-10)
 - College for Seniors (p. 15-49)
 - UNC Asheville Health & Fitness Center (p. 5)

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

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

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

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

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

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

NEED MORE INFORMATION? Check out these resources:

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

registration—fall 2016 term

You must register online for OLLI membership, Workshops, Life Transitions programs, Leadership Asheville Seniors and College for Seniors courses. You may use a credit card to pay online or you may pay in the OLLI office using a check. See p. 26 for instructions.

Initiate your OLLI membership for 2016-17

- Pay \$70 fee and receive membership through July 31, 2017

Register for courses – Initial registration period is August 10 – 19

- Add the CFS Registration Fee (\$115) to cart.
- Request up to six courses in the initial registration and prioritize your choices. After allocation, you will be enrolled in up to three courses and waitlisted if you do not receive three courses. You will be dropped from courses if you are enrolled in three, but you can add more courses during the Add/Drop period.
- To apply for a scholarship for College for Seniors program fees, submit a scholarship form by August 18, 5 p.m. See p. 15 for details.
- Receive registration confirmation September 2 by email. If you do not receive an email, contact the OLLI office regarding your registration.

Register and Add/Drop – Begins September 6, 10 a.m.

- If you missed the initial registration period, you can register for courses with available openings.
- If you have already registered for courses, you may add any courses in which seats are available or add your name to a waitlist through the online registration process. Add/Drop ends after the second meeting of a course.
- To drop a course, contact the OLLI office at 828.251.6140 or olli@unca.edu.
- To drop all courses and receive a refund, please submit your request by Friday, September 16, 3 p.m.

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 occasions 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 p.m. and perform regularly. Participants must be OLLI members. Register by calling 828.251.6140. There is a \$40 fee for music, payable to the Reuter Center Singers treasurer, at your first meeting. Contact Robert Dutnell (rhdutnell@gmail.com) for more information.

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 provided in partnership with the Council on Aging of Buncombe County.

Health and Fitness Center Membership

Fee: \$350 annually

OLLI members are invited to join the UNC Asheville Health and Fitness Center with facilities in the Sherrill Center and the Justice Center on campus. You will be asked to fill out an additional form outlining the terms of the membership, including information about hours of access. Membership is valid for one year from the date of enrollment. For more information, contact Ann Cadle at 828.251.6384 or acadle@unca.edu.

special interest groups—SIGs

Once you're an OLLI member, you may join Special Interest Groups (SIGs) as another way to learn and develop friendships based on shared interests. All SIGs are approved and evaluated by the Membership Committee and are member-organized. To find detailed information about SIGs and how to initiate a SIG, call 828.251.6140 or visit our website at www.olliasheville.com and look for SIGs under "OLLI Groups and Volunteers."

Alliance des Français

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

Apple Users

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

Art

Fridays, 1-4 p.m. Contact: Diane Chambers,
828.271.4645, pdchambers@charter.net

Beer on Tap

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

Bridge Buddies

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

Bridge for Fun

First and third Wednesdays, 2-5 p.m.
Contact: Patricia Grace 828.505.0046,
pegrace@vt.edu or Beth Alford,
828.505.2922

Bridge Grads

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

Conversing in Spanish

First and third Wednesdays, 4 p.m. Contact:
Harv Wechsler, wechsler7@hotmail.com or
Nicole Kelly, nicole.gadon@gmail.com

Financial Strategies in Retirement

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

The Forum: Dialogue to Challenge Our Thinking

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

Français Facile

Second and fourth Tuesdays, 2-3:30 p.m.
Atlanta Bread Co., 633 Merrimon Ave.
Contact: Renée Raffini, 828.684.6371,
raffinir@gmail.com

Intermediate Bridge

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

Meditation

Second and fourth Mondays, 4:15 p.m.
Contact: Sally Ekaireb, beriake@yahoo.com

Men's Wisdom Works

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

Poetry Lovers

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

Stories for the Third Act

Third Tuesday, 4:30-6 p.m. Contact:
Sarah Larson 828.450.5462,
slarso@gmail.com

Texas Hold'Em Poker

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

Tile Clickers (Mah Jongg)

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

Wednesday Wine Tasting

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

Wine Tasting

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

Wine Tasting II

Third Sundays, 7 p.m. Contact:
Kathleen Mainardi, 828.633.2119,
kkmainardi@gmail.com

Women's Groups

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

A Writers' Gathering

Second and fourth Thursdays, 4:15
p.m. Contact: John Himmelheber,
jxhimmelheber@gmail.com

special events—fall 2016

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

Advance Care Planning Workshop

On **Thursday, October 13, 7 p.m.** OLLI at UNC Asheville will hold an advance care planning (ACP) workshop that will feature a panel whose members are experienced in addressing end-of-life issues. Discussion will include communicating 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.

Appalachian Tales and True Stories

On **Friday, August 19, 7 p.m.** you can enjoy a superstar lineup of performers telling real Appalachian tales and true stories. Connie Regan-Blake has appeared on NPR's *All Things Considered*, PBS, and ABC's *Good Morning America*. She has been a host and featured performer at the National Story Telling Festival in Jonesborough, Tennessee. David Joe Miller is a native of Jonesborough and a former staff storyteller for the National Storytelling Association. He is in his 27th year of telling stories, is executive director of David Joe Miller Presents and produces shows in Asheville and around the globe. Tom Godleski is an Asheville native, a storyteller and lead performer for the musical group Buncombe Turnpike. He has written several plays, including *Snowbound*, to be performed at the Asheville Community Theatre in December 2016. Don't miss this opportunity to hear stories masterfully told.

Art Bazaar

Mark your calendar for **Friday, November 11, 11 a.m. and Saturday, November 12, 11 a.m.** for the Annual OLLI Art Bazaar. Member exhibitors will have a wide variety of handcrafted items on display and for sale. You will discover a showcase of members' talents in painting, photography, jewelry, textiles and more. The Bazaar is a perfect event to find one of a kind hand-crafted works and to begin holiday shopping! This event is free and open to the public.

Asheville Living Treasures Program

Asheville Living Treasures' (ALT) mission is to honor elders of Asheville and Buncombe County who have greatly contributed to making our community a better place to live. Seniors from all walks of life, age 70 or older, residing in Asheville/Buncombe County are eligible for nomination. Living Treasures are selected twice a year and are publicly honored at a recognition ceremony in the spring and fall. Each honoree's oral history is recorded for future posterity and archived at UNC Asheville's Ramsey Library Special Collections. The fall recognition ceremony will be held **Sunday, October 23, 1:30 p.m.** in the Manheimer Room. The public is invited to attend. Is there an elder in your life that's an Asheville Living Treasure? The nomination period for Fall 2016 closes on August 30th. Send nomination letters via USPS to: Asheville Living Treasures, 24 Curve St, Asheville NC 28801, Attn: Carmen Ramos-Kennedy, or via email at: ashevillelivingtreasures@gmail.com or online: <http://ashevillelivingtreasures.com> Questions? Contact ALT Chair Carmen Ramos-Kennedy: 828.423.6476.

Astronomy Club of Asheville

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

- **Thursday, September 1, 7 p.m.** "Young Solar Analogs" by Richard Gray, Ph.D., Appalachian State
- **Thursday, October 6, 7 p.m.** speaker TBA
- **Thursday, November 3, 7 p.m.** topic TBA, by Stephen Danford, Ph.D., University of NC Greensboro;
- **Thursday, December 1, 7 p.m.** Annual Club Holiday Social and Auction.

The Autumn Players Readers Theater

The Autumn Players is a troupe of seasoned actors dedicated to taking the theatre experience into the community. Readings of great literature by experienced performers can spark deep understanding and kindle lasting interest. As words jump from the page with conviction and emotion, stories come to life. Tickets are \$6 at the door. Check the OLLI calendar for information about additional Sunday performances.

- **Sunday, August 28, 2:30 p.m.** *The Circle* by Somerset Maugham, directed by Elliot Weiner. This witty drama from 1921 brings period charm as well as ageless questions about the human condition.
- **Sunday, October 30, 2:30 p.m.** *The Young Man from Atlanta* by Horton Foote, directed by Jim Reid. The haunting secrets of a Texas family come to light after 64-year-old Will Kidder gets fired from a company where he's been working for many years.

The Carolinas' Nature Photographers Association

The Carolinas' Nature Photographers Association (CNPA) was founded in 1992 to promote nature photography in the Carolinas, to help conserve and preserve the diverse natural ecosystems in the Carolinas and to educate those interested in nature and wildlife photography. The CNPA-Asheville Region holds meetings on the **second Sunday of each month, August 14, September 11, October 9 and November 13, 5:30 p.m.** The organization'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. For more information visit www.cnpa-asheville.org.

special events—fall 2016 *continued***Chamber Music Chat**

Chamber Music Chat is a lecture series offered **Fridays, September 9, and November 4, 3 p.m.** by Pan Harmonia, an independent repertory company based in Asheville, NC, and directed by flutist Kate Steinbeck. Now in its 17th season, Pan Harmonia has been nationally recognized for its unique work and superb artistry. In these informal sessions, the musicians of Pan Harmonia will discuss their process, inspiration, the music they love and more!

Elisha Mitchell Audubon Society

The mission of the Elisha Mitchell Audubon Society (EMAS) is to promote an awareness and appreciation of nature, to preserve and protect wildlife and natural ecosystems and to encourage responsible environmental stewardship. EMAS meetings at the Reuter Center are scheduled for **Tuesdays September 20, October 18, and November 15, at 7 p.m.** For more information about planned programs, visit the EMAS website: <http://www.emasnc.org>.

f/32 Photography

f/32 is a diverse group whose members share an appreciation and love of photography. Members range from amateurs who like to take point-and-shoot snapshots to working professional photographers. At monthly meetings, they share their work, learn new methods and keep abreast of the latest industry news and equipment. OLLI members are offered free membership in f/32. Attend on **Wednesdays, August 10, September 14, and October 12**; all meetings begin at **7 p.m.** For more information: www.f32nc.com.

Forget Me Not Series

Sponsored by the Alzheimer's Association of WNC, this series of lectures will offer insight into this disease. Denise Young, regional manager of the Alzheimer's Association of Western Carolina Chapter, will present, along with area experts. For more information, visit the Alzheimer's Association website: www.alz.org/northcarolina.

- **Friday, September 30, 1:30 p.m.** "Know the 10 Signs: Early Detection Matters"
- **Friday, October 14, 1:30 p.m.** "Effective Communication Strategies"
- **Friday, October 28, 1:30 p.m.** "Healthy Living for Your Brain and Body: Tips from the Latest Research"

Inside the Music

Inside the Music is a conversation with the conductor of the Asheville Choral Society (ACS) and also a performance by soloists from upcoming ACS events. Artistic director and conductor Dr. Melodie Galloway, UNC Asheville music department chair and director of choral activities, will be sharing insights about the music and gifted singers and instrumentalists who will be performing.

- **Friday, September 16, 1:30 p.m. *Annelies* by James Whitbourn** James Whitbourn's *Annelies* is the first major choral setting of the diary of Anne Frank, which has inspired millions since it was published in 1947. Premiered in London in 2005, *Annelies* was praised for its "woundingly beautiful" music and an extraordinary and moving libretto that captures Anne's keen observations and indomitable spirit. It brings the story to life with echoes of church bells, popular music and with music from Frank's Jewish and German heritage. ACS will perform *Annelies* Saturday, October 8 at a location to be announced.
- **Friday, November 18, 1:30 p.m. The Yuletide Candlelight Concert** We will preview the second annual Yuletide concert. The music will be festive and beautiful with Christmas, Hanukkah, and Solstice songs, performed by ACS, with children's voices and hand bells! Selections will include: *Ave Maria* by Franz Biebl, *Cherubim Song* by Tchaikovsky, *Carol of the Bells*, *Pat-a-Pan*, and a *Procession and Carols* for women's chorus and harp. The ACS Yuletide Candlelight Concert will be on December 2 at a location to be announced.

Montford Park Players: Is Shakespeare Relevant?

On **Friday, October 7, 2 p.m.**, The Montford Park Players (MPP) will present a lecture on the modern relevance of William Shakespeare's works and the continued influence they have on our lives. The lecture will include a performance from MPP's upcoming production of Shakespeare's *Julius Caesar*. MPP has been entertaining Asheville audiences with free "Shakespeare in the Park" performances for forty-two years. To learn more about MPP, visit their website at www.montfordparkplayers.org.

New Member Welcome

Are you new to OLLI at UNC Asheville and the Reuter Center? Are you returning after being gone awhile? Come to the New Member Welcome on **Friday, September 16, 10 a.m.** to learn about all that OLLI has to offer and about ways to get involved. Meet other members and learn what it means to "grow through life."

special events—fall 2015 *continued*

New to Medicare Class

Are you new to Medicare? Are you confused by the many choices? Unbiased and accurate information is available from trained volunteers from the North Carolina Seniors' Health Insurance Information Program. In partnership with OLLI, a free class will be held on **Friday, September 16, 2 p.m.** 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. In addition, beginning at **noon**, representatives from the Social Security Administration will be available to answer questions about Social Security benefits and Medicare enrollment. They will also provide detailed instructions for accessing the agency's online services at www.socialsecurity.gov.

NC Stage Behind the Scenes

Join NC Stage Artistic Director and co-founder Charlie Flynn-McIver as he takes you behind the scenes of the professional productions of NC Stage. We'll look into the themes of the plays, the rehearsal process, the design process, talk to actors, directors and designers and even have a scene or two from the upcoming show. Get an insider's view of the workings of a professional theatre. Presentations are held in the Manheimer Room and are free and open to the public.

- **Friday, September 16, noon** *Grounded* by George Brant
- **Friday, November 4, 1:30 p.m.** *Curvy Widow*, book by Bobby Goldman, music and lyrics by Drew Brody

Opera Talks

Asheville Lyric Opera (ALO) brings great stories and music to life on Asheville's premiere theatrical stage, the Diana Wortham Theatre. *Opera Talks* offer a behind the scenes journey as ALO General Director David Craig Starkey and a cast of industry professionals guide you through their operatic world on **Fridays, August 12, 3 p.m., September 9, 1 p.m., September 30, 3 p.m., October 28, 3 p.m. and December 9, 3 p.m.** Watch the OLLI online newsletter for details on individual programs.

Reuter Center Singers Concert

The Reuter Center Singers, OLLI's in-house choral group directed by Chuck Taft, study and perform classical, popular and show tunes. Make plans to attend the very special Holiday Concert on **Monday, December 5, 7 p.m.** Enjoy and sing along with traditional music of the season. The performance is free, but donations are welcome.

Safe Driving Program

On **Fridays, October 7 and 21, noon**, AARP will offer a driver safety refresher course designed to help mature drivers remain safely on today's faster highways with a myriad of challenges. Instructors for this four-hour course will teach valuable defensive driving techniques, highlight hazards particular to seniors and provide a refresher about the rules of the road and tips for avoiding crashes. The course is offered as a nationwide effort to keep drivers behind the wheel safely. The cost of the course is \$15 for AARP members and \$20 for non-members. To register for either session, contact instructor Celeste Selwyn, 828.708.7404 or sel@mindspring.com.

STEM Lectures

The STEM Lecture series is an interdisciplinary program that covers a wide range of science, technology, engineering and mathematics disciplines. Each lecture provides the lecturer with the opportunity to share his/her work, present new ideas for feedback, learn new ideas that participants can use and introduce students to exciting areas to explore.

- **Wednesday, September 7, 4:30 p.m.** "X-Planes" by Jim Tyson, OLLI member and pilot
- **Wednesday, September 21, 4:30 p.m.** "Exploring Gene and Cell Therapies for Cardiac Arrhythmias" by Richard Robinson, Columbia University
- **Monday, October 10, 4:30 p.m.** "Mathematics of Spirography" by David Bates, OLLI member
- **Tuesday, October 25, 4:30 p.m.** "Deep Water Corals: A Vital Habitat Off the Carolina Coast" by Garry Mayer
- **Tuesday, November 15, 4:30 p.m.** "A Changing Paradigm: Cancer Metastasis as the Target" by Jon Wiener, AB Tech faculty

Storytelling Event

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

Successful Aging Health Fair

On **Wednesday, September 7, 8:30 a.m.-3 p.m.**, the Council on Aging of Buncombe County offers a daylong event for older adults, caregivers and anyone interested in aging successfully. Breakout sessions focus on health and wellness and topics relating to aging. Lunch will be provided. Register on the Council on Aging of Buncombe County website, <http://www.coabc.org/>. For additional information, contact Zoe Trout, zoet@coabc.org, 828.277.8288.

special events—fall 2015 *continued***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. Asheville Symphony Orchestra's music director and conductor Daniel Meyer will speak about the performance for the next evening's concert and local music aficionado Chip Kaufmann will speak about the composers. For more information about the Asheville Symphony Orchestra, or to find out how to purchase tickets for performances at the Thomas Wolfe Auditorium, visit ashevillesymphony.org.

- **Friday, September 16, 3 p.m.** *All Tchaikovsky* – Suite from *Sleeping Beauty*, *Francesca da Rimini*, and *Violin Concerto* with soloist Jennifer Koh
- **Friday, October 21, 3 p.m.** Saint-Saëns' *Danse Macabre*, Florent Schmitt's *La Tragedie de Salome*, Brahms' *Concerto for Violin and Cello* with soloists Jason Posnock, violin, and Alistair MacRae, cello

WNC Historical Association Lectures

The mission of the Western North Carolina Historical Association is to preserve and promote the history of Western North Carolina through the care, interpretation and presentation of the Smith-McDowell House, the education of the public through lectures, exhibitions, publications, and related events and the facilitation of cooperation among regional historical organizations. There is a \$5 admission for these lectures.

- **Saturday, August 20, 2 p.m.** "Cherokee Nation of WNC: The Removal Era" by Dr. Brett Riggs. Accomplished archeologist Dr. Brett H. Riggs, Sequoyah Distinguished Professor of Cherokee Studies, Western Carolina University, will explore the crisis that Cherokee families faced during the WNC removal era of the 1830s and the resulting Trail of Tears. In addition, Dr. Riggs will discuss Western Carolina University's current initiatives in Native health, as well as Cherokee language, history, archeology and public heritage. Dr. Riggs serves as an executive board member for the National Trail of Tears Association and was chair of the Native Affairs Liaison Committee for the Southeastern Archaeological Conference.
- **Saturday, October 1, 2 p.m.** "Kiffin Rockwell: Asheville's Celebrated WWI Fighter Pilot" by Dr. Marc McClure. Walters State Community College history professor Marc McClure presents the story of Kiffin Rockwell of Asheville who joined the French Foreign Legion immediately upon the start of WWI. After a year of battle in the trenches, Rockwell gained admission into French Aviation and soon became a noted fighter pilot with the newly formed American Escadrille. The short film *Valor* will be shown to highlight Rockwell's war experiences through his own letters as well as photographs from the French archives of the American Escadrille. This is the story of a young boy from WNC who would be decorated and honored by the French government in 1916 for his remarkable courage against German aviators in the skies over France.

World Affairs Council

The World Affairs Council (WAC) presents these fascinating lectures and discussions to advance international awareness and foster Western North Carolina's global ties. OLLI members receive a discount on WAC annual membership fee. These lectures are free to WAC members and students and \$10 for all other participants at the door. For more details about programs, consult the World Affairs Council website: www.main.nc.us/wac.

- **Tuesday, September 6, 7:30 p.m.** Dr. Steve Solnick, President of Warren Wilson College and a Fulbright Scholar of Russia, will open the series with a review of the latest moves and initiatives of President Vladimir Putin and his current leadership in Russia, including an emphasis on the internal politics and pressures within the country.
- **Tuesday, October 4, 7:30 p.m.** Dr. Donald Mayer, professor of business ethics at Denver University's Daniels School of Business and St. Mary's College in California, will consider the implications and the responses to the release earlier this year of the "Panama Papers" and the challenges to the status quo in international finance they present.
- **Tuesday, November 1, 7:30 p.m.** Dr. Don Puchala, Byrnes Professor of International Studies, Emeritus at the University of South Carolina in Columbia will present "Pirates, Anarchists, and Cowboys."

Adverse Weather Policy

OLLI classes, events, meetings and other activities will be canceled or delayed when UNC Asheville classes are canceled or delayed for adverse weather. By 8 a.m. on bad weather days, the OLLI staff will post specific program information on our outgoing messages at 828.251.6140 and on our website at olliasheville.com. We will, if possible, send an email to OLLI members by 8 a.m. explaining how weather will affect events scheduled on bad weather days.

fab Fridays - fall 2016

On **Fridays, 11:30 a.m. - 1:15 p.m.** in the Reuter Center's Manheimer Room, members and guests are invited to socialize while they enjoy stimulating presentations and dynamic question and answer sessions. Purchase lunch in our Reuter Café or bring your own brown bag. Don't miss these great programs which are free and open to the public.

September 23: The 2016 Election and The Future of Our Country.

Speakers will be George Peery, emeritus professor of political science at Mars Hill University and World Affairs Council member, Asheley Moraguez, assistant professor of political science at UNC Asheville, and *Asheville Citizen-Times* political reporters Mark Barrett and Joel Burgess. Dr. Peery and Dr. Moraguez will focus on the unique aspects of this year's national election. Mr. Barrett and Mr. Burgess will focus on North Carolina and local elections. Learn more about why candidate rhetoric has become so divisive and what consequences it will have in this year's elections. What is the future for the major political parties? What are the prospects for governing in the future of the United States? This matters to anyone who cares about what our country, our state and our community will become.

September 30: Senior Brain Health: Cognition or Perspiration?

Dr. Patrick Foo, associate professor of psychology at UNC Asheville and director of its highly regarded neuroscience minor, has spent many years writing about and researching brain health. His talk will help you thread your way through the many, often contradictory, claims about what you can do to improve your brain health. He will focus on the latest evidence contrasting "brain training" (e.g., through gaming exercises) with the neurological health effects of overall physical exercise (e.g., improving aerobic capacity). Over the last two years Dr. Foo has shared the work of his neuroscience students with OLLI through their poster presentations about neurological health issues. This presentation is part of the *Health Education Series*.

October 7: Beer City, USA

Who knew that a Jamaican born retired engineer would land in Asheville in 1994 and give birth to Beer City, USA? Highland Brewing founder Oscar Wong and his daughter Leah, now Highland's president, will join Tim Schaller, owner of The Wedge Brewing Company, and Alex Dwoinen, brewing manager of New Belgium Brewery, to bring answers to everything we wanted to know about beer in Asheville. While we won't be able to enjoy any of their tasty brews, we will leave knowing a lot more about the history and sociology of beer drinking and what makes Asheville microbrew beer, and not so microbrew, so special.

October 14: Macular Degeneration and the Blue Light Danger

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

October 21: The Black Potter by Jim McDowell.

The potter Bernard Leach wrote, "The pot is the man: his virtues and his vices are shown therein—no disguise is possible." Jim McDowell, who calls himself "The Black Potter," may well be the only black potter who creates face jugs based on both his family traditions and the sacred ancestral tradition of using face jugs as grave markers. Jim made his first ugly face jug in 1983 after seeing one created by a Southern white potter familiar with the art form. Jim made his with black features to honor his ancestors who used the jugs in spiritual rituals. Like the slave potter Dave from Edgefield, SC, he inscribes messages on his face jugs. Jim pours his stored-up emotions about slavery, his share-cropper ancestors, Civil Rights, discrimination he experienced, as well as his religious beliefs, into his pottery. Jim, essentially a self-taught potter, will bring samples of his pottery and present a historical perspective on face jugs from African traditions. He'll include material about the illegal slave ship *The Wanderer*, whose human cargo mostly went to Edgefield in 1858, where some became potters.

October 28: Bone Health, Osteoporosis, and Why Gravity is Good!

The human endoskeleton is regulated by a complex array of factors including hormonal interactions, nutritional requirements, and gravitational forces. Explore these factors and learn more about the ways the presence or absence of specific components leads to the overall health and function of this often surprising but multifaceted organ system. David F. Ward, MD is a former NASA flight surgeon with experience caring for astronauts who develop physiological changes after both short and long duration spaceflights. As a private practice physician at General Preventive Medicine in Brevard and Hendersonville, NC, he often counsels patients on the changes related to normal aging and bone health. This presentation is part of the *Health Education Series*.

November 4: The Answer World

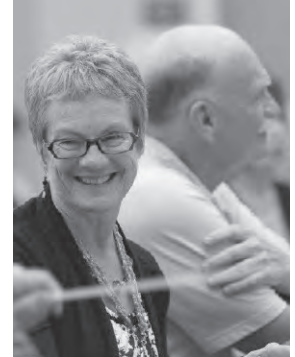
Who tracks down the answers to your burning questions about all things happening in and around Asheville? The Answer Man and Answer Woman do. This presentation will bring you the people behind the popular columns in the *Asheville Citizen-Times*: John Boyle and Casey Blake. John and Casey will talk about their backgrounds and how they came to answer questions for a living. They will discuss their experiences in the "Answer World" – where the questions come from, how many they receive, what are some of the odder queries they've had and how they divide their work. (Casey claims she gets all the whimsical questions, while John fields the burning questions about potholes.)

life transitions programs

Members and staff of OLLI at UNC Asheville collaborate to offer unique and innovative programs to help participants navigate major life transitions. Register online; Visa and MasterCard accepted. For questions or for more information, 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. Open to OLLI members. More Information: www.olliasheville.com/gift-of-time

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



Exploring Continuing Care Retirement Communities (CCRCs) helps participants assemble the relevant information and ask the right questions to see whether the CCRC is a living option that meets their needs. The course includes expert speakers and site visits to local CCRCs. Open to OLLI members. More Information: www.olliasheville.com/exploring-ccrcs

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



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

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



The Creative Retirement Exploration Weekend (CREW) focuses specifically on relocating in retirement—whether to Asheville or anywhere else. Our optional Sunday program is for those who are considering Asheville for relocation. More Information: www.AshevilleCREW.com

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



workshops fall 2016

Welcome fall 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 through the online registration system www.olliasheville.com using Visa or MasterCard. For additional information call 828.251.6140. Refunds are available up to 14 days prior to the workshop date, except for \$10/person administrative fee. After that, no refunds are available.

Photographic Composition: Learn How to See

Monday, September 12, 1-5 p.m.,
Tuesday, September 13, 9 a.m.-3 p.m. &
Thursday, September 15, 9 a.m.-3 p.m.

Fee: \$165

Location: Reuter Center + field trip

Ever wonder how some photographers seem to “see” the world differently, turning mundane subject matter into intriguing works of art? We all have the ability to “see” like this, but it is a creative skill that needs to be nurtured and practiced. This inspiring three-day workshop provides a balance of lecture, hands-on shooting and professional critique of each student's work. Instruction is suitable for all levels, beginner to professional.

David Simchock (david@vagabondvistas.com) is an award-winning professional photographer, active for more than thirteen years. An able instructor, his talents include travel and editorial photography as well as portraiture, fine art and music. www.davidsimchock.com

Mastering the NC Digital Library

Saturday, October 1
9 a.m. – noon

Fee: \$50

Join tech expert Gary Crossey to discover and learn how to use free digital library services, opening a world of easily accessed media and information. Learn how to search, reserve, download and return free eBooks and audio books from multiple sources and discern best practices for digital publications. A Buncombe County library card is required.

Gary Crossey (admin@irishguy.us) is an adult professional development instructor, author and library advocate. Gary's teaching awards include Adobe Education Trainer, and AB-Tech Continuing Education Faculty Member of the Year. www.irishguy.us

Creatively Acrylic: Exuberant Expressions in Paint and Mixed Media

Saturday, October 1, noon-4 p.m. &
Sunday, October 2, noon-4 p.m.

Fee: \$115

Discover unconventional and playful approaches to art that combine acrylic paint with every-day art materials like paper, fabric and tape to create joyful works of art and unique gifts. Students will make a series of colorful paintings on paper with the option of incorporating them into new artful forms like gift cards, weavings and wall hangings. This class is appropriate for students of all levels and experience. A materials list will be emailed.

Ursula Gullow (ursulagullow@gmail.com) has been exhibiting her paintings for 15 years and has received numerous honors including the Williams and Womble scholarship to study at Penland School of Crafts in 2014. Currently Gullow teaches at A-B Tech Community College and was awarded “Outstanding Instructor of 2014.” www.ursulagullow.com

Live Long, Live Healthy: Melatonin to Endorphins

Saturday, October 8
9 a.m.-noon

Fee: \$50

You've heard of melatonin, endorphins, adrenalin, testosterone, etc. But what, precisely, are they and how do they affect your health, your emotions, even your behavior and longevity? This workshop will reveal the hidden world of hormones, neuropeptides and neurotransmitters. We will cover the latest research, with entertaining slides, and inform you on 12 simple ways you can affect hormone levels, improve your health and increase your longevity. **Materials fee:** \$5 payable to the instructor

Alicia Swaringen (alicia@bodywisdomtherapy.net) has helped hundreds of people decipher their bodies' messages since 1995. She earned certificates in process oriented psychology, energy kinesiology and Jinshin acupressure, is a Reiki Master, and uses these skills in her practice in Asheville, NC. www.bodywisdomtherapy.net

Clutter Conundrum: Getting Smart with Your Stuff

Saturday, October 15
9 a.m. – 4:30 p.m.

Fee: \$75

Do you love your stuff but hate clutter? Naturally! Clutter interferes with creativity and productivity, socialization, and intimacy. So how do you solve the clutter conundrum? Learn smart ways to keep the patterns of clutter from returning in this lively interactive workshop. Working together in small groups led by the instructor, we will create our own individual practical plan to successfully manage the seven types of life clutter.

Lauren Griffin, M.A. (workshop@WildPrecious.Life) is a licensed professional counselor and has maintained a private practice since 1987. Her workshops and courses are presented in a warm, fun style and are filled with practical skills and tips for living your one wild and precious life. www.WildPrecious.Life

Carving Faces on Walking Sticks

Saturday, October 15, 10 a.m.-4 p.m. &

Sunday, October 16, 1-4 p.m.

Fee: \$90

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

Richard Hall (hallclan1@gmail.com) has been creating traditional Appalachian woodcrafts for 30 years. With family roots in the Tennessee and North Georgia mountains, he took an early interest in the "old ways" of working wood. Through his art, he seeks to preserve the heritage of the mountain folks who came before us.

Exploring Cold Wax and Oils

Saturday, October 22

10 a.m. – 4 p.m.

Fee: \$95

Use cold wax with your oils to give texture and manipulative properties. Learn how to layer and scrape off to create wonderful effects. With this engaging process, you will work on wood panels or oil paper to create unique pieces. A materials list will be provided, and you can expect to spend \$50-\$75 on supplies.

Sharon Sandel (sharsand46@gmail.com) is a Florida native who loves the mountains. An artist who experiments with new and exciting artistic media, she enjoys sharing her passion with others. www.sharonsandel.wix.com/painting

Intro to Wilderness First Aid

Saturday, October 22, 1-5 p.m. &

Sunday, October 23, 1-5 p.m.

Fee: \$95

Location: Wooded areas on UNC Asheville campus.

This workshop will provide hikers and adventurers with a basic introduction to managing common backcountry emergencies that can occur while exploring the WNC mountains. We will practice improvisational splinting and wound management, discuss bites and stings (from mosquitoes to snakes), treatment of hypothermia and heat emergencies.

Participants must be able to walk 1/4 mile outside and lift 25-30 lbs.

Materials fee: \$50 for first aid kit, payable to the instructor.

Jon Clancy (jon@activeavl.com) has worked in the outdoor industry since 2000 as everything from camp counselor to raft guide. He's trained adventurers in backcountry emergency medicine for nine years. Today he runs Active Asheville, a massage practice focused on helping people recover from injuries. www.activeasheville.net

Envision and Live a Natural Life

Saturday, October 29

9 a.m. – 4 p.m.

Fee: \$80

Feeling overwhelmed by the fast-paced demands of society? Come and join others to envision and live a life style that is right for you. We will explore ways for you to attune to your natural rhythm, to choose the responsibilities you want to take on and to be in charge of your daily needs. You will then create an action plan to motivate you to live a more balanced, harmonious and natural life style.

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

Wet Felted Seamless Bags

Saturday, November 5

9 a.m. – 4:30 p.m.

Fee: \$95

Come learn the basics of using hot water, soap and raw wool right from the sheep to make a beautiful fabric and seamless bag from these lanolin filled fleeces! No carding, spinning or weaving required to make this beautiful fabric. Buttons and straps will be provided for you to complete your bag or purse. **Materials fee:** \$15 payable to the instructor.

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

WANTED

Tutors & Classroom Assistants Needed This Fall

Support the Asheville City Schools: benefit kids, assist teachers and join our volunteer community.

Wanted: Volunteer Tutors and Classroom Assistants

Requirements: Likes kids, wants to give back to community, has two or more hours a week, VALUES MAKING A DIFFERENCE

UPCOMING EVENTS FALL 2016

For New Volunteers

What: Attend a Recruiting Event

Where: Reuter Center

When: September 19, 2016
4:30-6:30 pm

What you will Learn: Details about opportunities to volunteer in the Asheville City Schools and all the ways we will support you

For Returning Volunteers

What: Attend Tips from the Pros Session

Where: Reuter Center

When: September 8, 2016
4:30-6 pm

What You Will Learn: Hear from educational experts about how to develop strategies for success with your student(s)



Visit us at: <http://olliasheville.com/civic-engagement>

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

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

Fall: September 19 – November 11, 2016 (initial registration August 10-19)

Winter: January 9 – February 20, 2017 (initial registration November 7-16)

Spring: March 20 – May 19, 2017 (initial registration February 13-21)

Summer: June 12 – July 25, 2017 (initial registration May 10-17)

Fall 2016

September 19 – November 11

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

Fee: \$115 for the term

The registration fee allows you to register for up to three courses, listed on pp. 20-49, during the initial phase of registration.

Confirmation will be sent on September 2, 2016.

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

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

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

Add/drop begins Tuesday, September 6, 10 a.m.

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

OLLI membership is required to enroll in CFS classes

Refunds: Cancellation must be received by Friday, September 16, 3 p.m. for a full refund.
This applies to ALL fees for CFS classes.

Course Information

In addition to the course descriptions in this catalog, descriptions and information for College for Seniors courses can be found on the online registration portal under Search Catalog (by curriculum category or instructor). Course materials are also listed on course web pages on the OLLI website. To reach the listing of courses with web pages, go to: olliasheville.com/courses. On this page, type in an instructor's name and find information such as course outlines, reading lists, materials lists and instructors' biographies.

Class Reps

If you are interested in helping newer OLLI members become acclimated, assisting instructors during a class and ensuring that classes operate smoothly, consider being a Class Rep! Check the box for becoming a Class Rep in the online registration process. For more information, call 828.251.6140.

Scholarships

Scholarships are available to partially cover the expense of the term fees (the annual OLLI membership fee is the member's responsibility). Scholarship applications are available in Room 208 of the Reuter Center and on the OLLI website. The deadline for applying is August 18, 5 p.m. For more information, call 828.251.6873.

Teaching at College for Seniors

At the heart of the College for Seniors program are dedicated volunteer instructors. While many instructors are retired academics, others with no formal teaching background successfully facilitate learning experiences centered on their areas of passion, interest or expertise. Eleven Curriculum Committees and the Program Manager receive and review course proposals and create the class schedule for each term.

Course Proposal Form and Instructor Guide

A term-specific course proposal form is found on the Forms page of the OLLI website. An instructor guidebook is available to orient the first-time instructor and to enhance the skills of experienced teachers.

To view resources for College for Seniors instructors, visit: <http://olliasheville.com/college-seniors-1>.

Course Proposal Due Dates:

Spring term 2017
Summer term 2017
Fall term 2017
Winter term 2018

October 15, 2016
January 16, 2017
April 15, 2017
July 15, 2017

Questions about College for Seniors?

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



STAY ACTIVE STAY HEALTHY



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

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

- **Free Weights Strength and Conditioning – Section 1**, with instructor Staci Smith, a Healthy Living instructor specializing in yoga, cycling, and functional strength training at the YMCA of Western North Carolina (see page 42).
- **Free Weights Strength and Conditioning – Section 2**, with instructor Staci Smith, a Healthy Living instructor specializing in yoga, cycling, and functional strength training at the YMCA of Western North Carolina (see page 42).
- **West Coast Swing for Beginners**, with instructor Debbie Belles, teacher of dance specializing in partner style dancing (see page 35).
- **Beginning Ballroom**, with instructor Sherry Lubix, popular College for Seniors dance instructor and former full-time ballroom dance instructor in Florida (see page 46).

YMCA membership is not required, but the course fee will be discounted for Y members. OLLI members can join the Y through December 1 and pay no joining fee, a savings of up to \$139. For more information about the benefits of a YMCA membership, call the Woodfin Y at 828 505 ~~2950~~ or visit www.ymcawnc.org/join.

3990

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**Every Friday,
September 23-November 4
11:30 a.m. – 1:15 p.m. in
the Manheimer Room
See page 10 for details**

**New
Member
Welcome**

Friday, September 16, 10 a.m.

Learn about programs & activities

Find ways to participate in our
community of learners

Meet new friends

workshops

Monday, September 12,

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Fall 2016 Calendar

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

Mondays, 9-10:30 a.m.

Classical Yoga

Health and Fitness

8 weeks: September 19, 26,
October 3, 10, 17, 24, 31, November 7
Mondays, 9-10:30 a.m.

S30

We will explore the classical yoga style of the Sivananda Lineage, a repetitious style that has five points of practice: proper breathing, relaxation, exercise, diet and positive thinking meditation. Each session is 75-90 minutes and includes this traditional routine with a special focus on the five points of practice, mobility and flexibility, balance and emotional awareness. Open to all levels.

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

Mondays, 9-11 a.m.

Documentaries of the Silent Era

Performing Arts

8 weeks: September 19, 26,
October 3, 10, 17, 24, 31, November 7
Mondays, 9-11 a.m.

Movies began by recording everyday life. In this survey of documentary movie history, we will start with those earliest efforts in the 1890s and trace the development of the documentary in the silent era. Documentaries to be screened include *South* (1919), *Everest* (1924), *Grass* (1925) and *Kino-Eye* (1927).

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

Explorations of Central and Northern Italy 2016

Current Events and Regional Cultures

First 4 weeks: September 19, 26,
October 3, 10
Mondays, 9-11 a.m.

We will focus on explorations across Italy north of Rome, in Lazio to the Lakes Region and border provinces of the country. We will discuss logistics of travel, hotels and restaurant recommendations for some locations as well as the less well-known corners of many villages, towns and cities: Ascoli Piceno, Montefalco, Santa Maria Maggiore, Montepulciano, Siena, Livorno, Bologna, Florence and Urbino to name just a few. Join us for an interesting and enjoyable journey across northern Italia!

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

Islam and Muslims

Religion and Philosophy

8 weeks: September 19, 26,
October 3, 10, 17, 24, 31, November 7
Mondays, 9-11 a.m.

In this overview of the Islamic faith, we will examine the belief system and the practices of the Islamic religion. We will cover some areas of Muslim history and also the Muslim world in our time and seek to deepen our understanding of Islam and Muslims.

Imam Mohamed Taha (mohmdtaha@gmail.com) is the Imam of the Islamic Center of Asheville. He received his education in Cairo, Egypt. He has a Bachelor of Arts in languages and another in Islamic studies.

Psychology 101 for Seniors

Social Sciences

8 weeks: September 19, 26,
October 3, 10, 17, 24, 31, November 7
Mondays, 9-11 a.m.

In a style similar to an *Introduction to Psychology* offered to college freshman, we will examine the concepts and theories covered from a senior citizen's point of reference. Examples and explanations will specifically focus on the life stages of those who are now post-middle age. Some of the topics will deal directly with one's current life situation and others will be based on the various psychological perspectives to explain what is happening in the world around us.

Mark Watman (wat812@aol.com) has undergraduate and graduate degrees in psychology. He recently retired and moved to Asheville from the Chicago area. He taught high school courses, including Advanced Placement psychology, and was an adjunct professor at a community college teaching psychology and education courses.

Mondays, 9-11 a.m. *continued***Tips and Packing List for the Aging Journey**

Personal Development

First 4 weeks: September 19, 26,
October 3, 10

Mondays, 9-11 a.m.

Some people have observed segments of the aging journey via friends and family, but when it becomes our journey it seems like *terra incognita*. Yet, for the “young-old,” there is a wealth of new information as well as resources to help us plan our route specifically, what we want to happen (and importantly what not to happen) and how to improve our chance of getting it. We will explore best practices to prepare for the aging journey, advanced aging residential offerings (including naturally occurring retirement communities called NORCs), the varied health-care options and new alternatives for care along the aging continuum. We will also talk about The End and our choices when planning for death and our remains.

Carole Spainhour (elderlegal@att.net) has been an estate planning and elder law attorney serving Western North Carolina for more than 20 years and was council chair of the North Carolina Bar Association Elder Law Section.

Trains and the Transformation of Western North Carolina

History

Current Events and Regional Cultures

Last 4 weeks: October 17, 24, 31,
November 7

Mondays, 9-11 a.m.

We will revisit the heartbreak, heroism, hardships and political corruption that brought the railroad to Western North Carolina after the Civil War. We will explore the revolutionary changes wrought by the railroad using historic photos, maps and artifacts including a newsreel shot in the 1930s about the famed Eastern Tennessee and Western North Carolina (ET&WNC) Railroad.

Ray Rapp (rrapp@mhu.edu) is retired dean of the Adult ACCESS Program at Mars Hill University, former Mars Hill mayor and alderman and five-term North Carolina legislator. He co-chaired the House Education Appropriations Committee and two Select Committees on Expanding and Improving Rail Service in North Carolina. Ray curated the *How The West Was Won: Trains and the Transformation of Western North Carolina* rail exhibition at the Rural Heritage Museum. The exhibition opens in February 2017 at the NC Transportation Museum in Spencer. Ray is the co-chair of the Western North Carolina Rail Corridor committee.

The Trans-Pacific Partnership: To Ratify or Not to Ratify?

Business, Law and Finance

Current Events and Regional Cultures

Last 4 weeks: October 17, 24, 31,
November 7

Mondays, 9-11 a.m.

The Trans-Pacific Partnership (TPP) is a comprehensive trade agreement that was negotiated among 12 Pacific Rim nations. TPP will be considered for ratification by the U.S. Congress. The TPP has also become a hot issue in the 2016 presidential campaign season. The stakes are high not only for the United States, but also for its 11 partner countries. If the TPP is ratified, what might be the potential impact on the U.S. economy, business community, workers, consumers and other stakeholders? If the TPP is not ratified, what might be the future impact for U.S. global leadership? To help develop informed opinions, we'll dive deep into the provisions of the TPP and discuss the pros and cons of ratification within a mock Senate Finance Committee.

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

Mondays, 9 a.m.-noon**Fall Cooking with Mars and Venus**

Personal Development

First 4 weeks: September 19, 26,
October 3, 10

Mondays, 9 a.m.-noon

Location: Instructors' Home

With demonstrations and hands-on practice, we will learn about food safety, basic knife skills, slicing, dicing, chopping, brining, etc. We will prepare a different menu each week. **Required:** Participants must attend all four sessions, be able to stand for 2 1/2 hours and move around in tight spaces. **Materials fee:** \$80 for food is due at first meeting. Classes will be held at the instructors' home about 10 minutes north of Reuter Center.

Under pseudonyms Mars and Venus, **Dennis Murphy** and **Sheila Murphy** (murphy.sheila.a@gmail.com) have been cooking together for more than 45 years and have attended cooking classes in various parts of the world. Their latest cooking class was in Budapest, Hungary.

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

Chicago: Before and Between the Fairs

History

8 weeks: September 19, 26,
October 3, 10, 17, 24, 31, November 7
Mondays, 11:30 a.m.-1:30 p.m.

Chicago, host city to World Fairs in 1893 and 1933, is considered by many the prototypical American metropolis. We will look at the city as an economic center, the home of Chicago architecture and a magnet for European immigrants. We will also note the development of neighborhoods, urban religion and politics, organized crime, the scene of ethnic and class struggles and a lot more.

While at Southwestern University in Georgetown, Texas, **Farley Snell** (snellfarleyw@netscape.net) team-taught a six-hour, interdisciplinary course on Chicago 10 times over 20 years and took the students to Chicago for a four-day field trip. He has taught religion courses at College for Seniors since the winter of 2009.

Editing Your Photos Using a Free Alternative to Photoshop

Math, Science and Technology
Visual Arts

First 6 weeks: September 19, 26,
October 3, 10, 17, 24
Mondays, 11:30 a.m.-1:30 p.m.

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

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

Financial Conversations for Women

Business, Law and Finance

Last 4 weeks: October 17, 24, 31,
November 7
Mondays, 11:30 a.m.-1:30 p.m.

We will explore the various challenges women face today and create a space to share common experiences in the world of finance. We introduce information to broaden the financial awareness and knowledge of the group and to deepen the discussions. The experience is engaging and casual, educational yet fun and always evolving. Topics include "Investments 101", "Cash Flow Projections" and "Economic And Market Outlooks." The course is partnered with *Legal Life Care Planning*, which is offered on Friday mornings, but there is no requirement to take both.

At Altavista Wealth Management, **Jacqui Friedrich** (jfriedrich@altavistawealth.com) is a lead relationship manager for approximately 50 clients. She is the director of financial planning for the firm, leading the efforts to fulfill clients' financial planning needs. Jacqui is also a member of Altavista's Investment Committee.

History of Buncombe County

History

Last 4 weeks: October 17, 24, 31,
November 7
Mondays, 11:30 a.m.-1:30 p.m.

We will begin our understanding of Buncombe County with the Native American presence in the area and continue through the 20th century. We will discuss significant personalities and social and political trends. We will pay special attention to the era before the Great Depression, its impact and the slow recovery of the region.

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

Meteorology: A Forecast Fascination

Math, Science and Technology

First 4 weeks: September 19, 26,
October 3, 10
Mondays, 11:30 a.m.-1:30 p.m.

We will learn basic to advanced meteorology, including how weather data is collected, how the atmosphere works and how weather is created and forecast. We will also explore severe and unusual weather, computer models and forecasting.

Jason Boyer (jboyer@sbgvtv.com), a broadcast meteorologist with more than 17 years of experience, has been chief meteorologist for WLOS/News13 for the past six years. He graduated from the University of Illinois where he developed his passion for his favorite weather: a good snowstorm. **Timothy Ballisty**, a graduate of Penn State University and former meteorologist for *The Weather Channel* (2001-2014), is the co-instructor for this course.

Mondays, 11:30 a.m.-1:30 p.m. *continued***The Invention of the Transistor**

Math, Science and Technology

History

8 weeks: September 19, 26,

October 3, 10, 17, 24, 31, November 7

Mondays, 11:30 a.m. – 1:30 p.m.

The transistor is the most important invention of the 20th century. There are now more transistors in the world than there are neurons in the world's population. The instructor 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. **Recommended texts:** *True Genius: The Life and Science of John Bardeen* by Lillian Hoddeson and Vicki Daitch, ISBN-13: 978-0309095112, and *Broken Genius: The Rise and Fall of William Shockley, Creator of the Electronic Age* by Joel Shurkin, ISBN-13: 978-0230551923.

With a doctorate in theoretical physics from Cornell University, **Ted McIrvine** (McIrvine@aol.com) managed research and development in industry. He worked with John Bardeen, and this personal knowledge supplements the published biographies of John Bardeen and William Shockley, inventors of the transistor.

The Short Stories of William Trevor

Languages, Literature and Writing

Last 4 weeks: October 17, 24, 31,

November 7

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

William Trevor's name often tops the yearly list of most likely nominees for the Nobel Prize for Literature. He has written novels, screenplays, non-fiction and short stories. We will learn more about William Trevor and analyze some of his short stories in order to understand why he is considered one of the great short story writers of our time. **Required text:** *After Rain: Stories* by William Trevor, ISBN-13: 978-0670870073.

Sylvie Horvath (horvathwms@gmail.com) was an educator in various positions for 31 years and has always had a strong interest in literature. She has previously taught courses at College for Seniors.

Turning Points: Writing About That Fork in the Road

Languages, Literature and Writing

First 4 weeks: September 19, 26,

October 3, 10

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

Certain moments stand out above all other memories. These are the turning points, those forks in the road when our lives changed direction: for better or for worse, by circumstance or serendipity, from our own choice or someone else's. Using prompts to evoke those memories, we will write about the times when something happened, things changed and somehow life took a different path. **Materials list:** Paper, pen or pencil or laptop with which to write.

Marjorie Klein (wunsuponatime2@gmail.com) is a novelist and freelance writer for several publications and has taught creative writing at the University of Miami, Florida International University, Warren Wilson College, UNC Asheville's Great Smokies Writing Program and College for Seniors.

Understanding Your Real Estate Transaction

Business, Law and Finance

First 4 weeks: September 19, 26,

October 3, 10

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

In this primer for anyone interested in buying or selling real estate, we will navigate the choppy waters of contracts, negotiations, real estate agents, attorneys and all of the other complicated aspects of a real estate transaction. The goal is to help you walk away from the closing table with a smile on your face.

Binna Green (binnag@bellsouth.net) has worked in all aspects of residential and commercial real estate since 1978. A home inspector and an attorney will assist with instruction.

Mondays, 2-3 p.m.**Foot Fitness**

Health and Fitness

Last 4 weeks: October 17, 24, 31,

November 7

Mondays, 2-3 p.m.

S30

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

Ann-Lee Waite (annleewaite@gmail.com) has been active in different forms of movement training since she was in high school. She has 10 years of experience as a yoga teacher and 12 years of experience as a body rolling, foot fitness instructor and Thai body worker. Learn more about Ann-Lee's practice at her website www.wellnessorbust.com.

Mondays, 2-4 p.m.

Arab Spring: Bedouin Roots to 21st Century Tragedy

Current Events and Regional Cultures
8 weeks: September 19, 26, October 3, 10, 17, 24, 31, November 7
Mondays, 2-4 p.m.

We will explore aspects of Bedouin and Arab culture, traditions, religions and social conditions across the Middle East-North Africa region that led to the development of Islam and to some of its more prominent sects. We will integrate these concepts with the current factors of education, dissatisfaction with government, uneven distribution of wealth, social conditions and the impact of Western colonialism. We will also explore the spread of the Arab Spring uprisings and the links to extremist groups such as Al Qaeda and the Islamic State, and also the impact of terrorism, refugee resettlement and Israeli-Palestinian tensions on the prospects for a more peaceful future.

For most of the last 15 years, **Larry Wilson** (larrywilsonzu@outlook.com) has lived in the United Arab Emirates where he served as provost of a federal university. He now advises the Minister of Culture and Knowledge Development. Larry has held positions at universities in the United States, including UNC Asheville.

Continuing Beginning French 1C

Languages, Literature and Writing
8 weeks: September 19, 26, October 3, 10, 17, 24, 31, November 7
Mondays, 2-4 p.m.

We continue building on French vocabulary and sentence structures beyond the very basics. Participants are expected to have the equivalent of at least a year of high school French, even if it's rusty! A variety of visual and listening activities are used to build language skills. We work in a serious but light and non-threatening environment. Homework is suggested, and answers will be given in class. Both French and English are used to ensure understanding. **Required text:** *Points de Depart* (first edition) by Cathy Pons et al, ISBN-13: 978-0135141120 and its website practice tools.

Renée Raffini (raffinir@gmail.com) studied in France and worked in French-speaking Cameroon with the Peace Corps. After working for five years with the U.S. Securities and Exchange Commission, she started her family and became a high school French teacher in the suburbs of Washington, D.C. Renée has a Bachelor of Arts in economics and French from the University of Wisconsin-Madison and a Master of Arts in economics and secondary education from George Washington University.

The Historical Jesus: Messages for the Post Modern

Religion and Philosophy
Last 4 weeks: October 17, 24, 31, November 7
Mondays, 2-4 p.m.

What most of us learned about Jesus we learned when we were very young and for many of us, our notion of Jesus has not advanced much. But the Jesus of history—the itinerant rabbi from Galilee as opposed to the Christ of the churches—deserves a second, more sophisticated adult look. We will use historical methodology to locate the historical Jesus from amidst the centuries of theology, philosophy, politics and prejudice that have been heaped upon him. As we leave the modern age and venture into the post-modern, the core message of Jesus may prove particularly relevant.

Bob Falanga (robertjfalanga@gmail.com) is a lifelong student of the historical Jesus and has taught a similar course several times. Bob holds a Master of Arts in psychology and studied religion for three years in a joint doctorate program at Columbia University and Union Theological Seminary in New York City.

Steinbeck's Stories of Salinas Valley

Languages, Literature and Writing
First 4 weeks: September 19, 26, October 3, 10
Mondays, 2-4 p.m.

The 1962 Nobel Prize laureate John Steinbeck is—with Hemingway and Faulkner—one of America's great early 20th century literary figures. Like much of his work, *The Long Valley* collection of stories is set in California's Salinas Valley, a major agricultural region that provides the backdrop for some of his best writing. We will read and discuss several stories and watch *East of Eden* (1955), a film set in Salinas Valley and Monterey. **Required text:** *The Long Valley* by John Steinbeck, ISBN-13: 978-0140187458.

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

Worksheet for College for Seniors and Workshops Course Selection

Use this page to note the courses you want in priority order before selecting them in the Online Registration system

List the courses you want in priority order

Priority	Course Name	Day/Time Meets	Instructor/ Catalog pg.	Has Fee
1				
2				
3				
Alternates if any course above is not available				
4				
5				
6				

Workshops

Workshop Name	Date/Time Meets	Fee

The CFS Registration Fee for Fall 2016 is \$115.

2016-17 Membership (\$70 for the period running from August 1, 2016 – July 31, 2017) is required to enroll in College for Seniors courses. Please note that some courses (particularly health and wellness courses) carry an additional \$30 fee. You will be responsible to pay this fee once you have received notification (on September 2, 2016) that you have been registered. All extra fees must be paid by Friday, September 16, or you will be dropped from the course.

online registration instructions–Fall 2016

Go to our website at www.olliasheville.com and click on the **Online Registration** link on the upper right of the page. That will take you to the **Registration Home** page. From that page, follow these steps

Step 1 - Sign In

- Click on the **Sign In** link at the top right of the page.
- If you were a member in 2015-16, you have a username and password. Scroll down to “Sign In to Existing Account” and enter your username and password.
- If you are a new member, scroll down to the “Create New Account Box” and enter a username and password (write them down for future reference).
- If you have entered everything correctly, at the top of the screen it will show “Welcome [Your Name]”
- Click on **Registration Home** page to proceed with membership purchase and renewal and to request Fall 2016 courses

Step 2 – Purchase an OLLI Annual Membership

(Annual Membership expires August 1, so almost all participants will need to purchase a membership)

- Scroll down, click on **Memberships and CFS Fees**, then click on **OLLI Annual Membership**
- Add that fee (\$70) to cart.
- Return to **Registration Home** page.

Step 3 - Purchase the CFS Registration Fee

- Scroll down, click on **Memberships and CFS Fees**, then click on **CFS Registration Fee**
- Add that fee (\$115 for the Fall 2016 term) to cart.
- If you know what courses you want to take, click on **Search Catalog** at the top left of the page.

Step 4 - Request Your College for Seniors Courses and add them to cart

- You can look up the course by typing the title (or part of it) into the Keyword box, **or** you can select the instructor, **or** you click on the box for the day of the week of the course. Then click on **Search**.
- When you see the title for the course you want, click on the title.
- Review course information and click on the **Request Course** button to add it to your cart.
- Return to the **Search Catalog** page and repeat the process. During the “request courses” period, you may request up to six courses. You will be enrolled in the top 3 available priorities (see Step 6).
- Another way to view and select courses is to click on the **Registration Home** link at the top of the page. Scroll down and click on **College for Seniors**; a list of topic areas will appear on the right. You can click on the topic you want and then see the titles of the courses in that topic. Click on the course title to review the course information and then click on **the Request Course** button if you want to select that course.

Step 5 - Purchase the items in your cart.

- Click on the **View Cart** link to review your purchases, then click on **Check Out**. Be sure the billing address for the credit card you use is correctly entered. Follow the instruction steps to pay by MasterCard or Visa.
- If there is an error in processing your payment, the system may not allow further attempts at payment. If that occurs, you will need to mail or bring in a check or cash (exact change, please) for your purchases.

Step 6 – Prioritize your College for Seniors requested courses after your purchase

- After you see your payment receipt, click on the **My Account** link at the top of the page.
- Click on the **Course Priorities** link and choose the #1 for your first priority course, #2 for your second priority, etc.
- Click on **Save Priorities** to save your selections.

Worksheet for College for Seniors and Workshops Course Selection

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- Click on **Save Priorities** to save your selections.

Mondays, 2-5 p.m.

Bogie in the '50s: The Films of Humphrey Bogart

Performing Arts

8 weeks: September 19, 26,
October 3, 10, 17, 24, 31, November 7
Mondays, 2-4:45 p.m.

We will watch six of Humphrey Bogart's best films from the 1950s. Terry will share information about the making of each film, how scripts become movies and the movie business in general. Time will follow each film for discussions. Films will include: *The African Queen*, *The Caine Mutiny*, *In a Lonely Place*, *Sabrina*, *The Desperate Hours* and *The Harder They Fall*, plus two other Bogart films chosen by the class.

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

The Films and Career of Billy Crystal, Comic Virtuoso

Performing Arts

8 weeks: September 19, 26,
October 3, 10, 17, 24, 31, November 7
Mondays, 2-5 p.m.

Billy Crystal is an actor, director, producer, writer and stand-up comic. He has hosted nine Academy Awards and three Grammy Awards shows, broke ground performing as the first openly gay TV character in *Soap*, was a cast member on *Saturday Night Live*, played many iconic roles in films, and wrote and performed in *700 Sundays* on Broadway and HBO. Each class will include a full length movie featuring Billy Crystal, as well as biography, film clips and other surprises.

Randy Robins (robnest09@yahoo.com) is a retired New York City special education teacher of 33 years and a comic since 1998. He has taught multiple sessions of *Performing Stand-Up Comedy* at College for Seniors and three previous film courses on comic icons Mel Brooks, Sid Caesar and Woody Allen.

Functional Meditation

Health and Fitness

4 weeks: September 19, 26,
October 10, 17
Mondays, 2-5 p.m.

Note: Class will not be held
on October 3

Location: Sherrill Center 468

The Feldenkrais Method is a program designed to teach practitioners to explore within their own greenhouse of safety their potential through meditation. Utilizing the work of José Silva, we are invited to move into the meditative state several times during each session. Outcomes to be expected are relaxation, focused thought, pain control and increased personal comfort.

Jacquie Wollins (jwollins5@gmail.com) has been teaching at College for Seniors for several years providing self-help classes in functional meditation and The Feldenkrais Method. Each class is a joy, and she wants to do more. A transplant from New York and New Jersey, Jacquie is now at home in Asheville.

Genesis Stories

Religion and Philosophy

First 4 weeks: September 19, 26,
October 3, 10
Mondays, 2-5 p.m.

Every culture has origination stories, and Genesis holds such a place not only in the Abrahamic religions but in Western culture in general. These stories cover the full gamut of the human condition—temptation, jealousy, family dysfunction, murder, exile. In the first hour of each session, we will listen to Bill Moyers' video series *Genesis: A Living Conversation*. Moyers gathers eight major thinkers from various disciplines and faith backgrounds for a stimulating discussion of the Genesis stories. In the second hour, we will pursue our own conversation. This course requires no preparation or expertise—only your thoughts and enthusiasm.

Bob Falanga (robertjfalanga@gmail.com) has taught in lifelong learning programs for several years at College for Seniors and in Paramus, New Jersey. Bob holds a Master of Arts in psychology and studied religion for three years in a joint doctorate program at Columbia University and Union Theological Seminary in New York City. Bob is a lifelong student of theology, and origination stories and Genesis in particular are a major fascination.

Mondays, 2-5:30 p.m.

Go Take a Hike! (For Beginners)

Health and Fitness

8 weeks: September 19, 26,
October 3, 10, 17, 24, 31, November 7
Mondays, 2-5:30 p.m.

Location: off campus

We will hike seven of the eight weeks and within a 40-minute drive from Asheville. We will hike between three and five miles, starting with an easy hike, then gradually increasing the duration and elevation. You should be able to walk three miles on uneven terrain before enrolling in the course. Due to high demand, if you have taken this course before, please do not enroll before the Add-Drop period of registration. **NOTE:** After the autumnal time change, hikes during the final two weeks may begin at 1 p.m. due to the earlier sunset.

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

Tuesdays, 9-10 a.m.

Pilates: Foundational Mat

Health and Fitness

8 weeks: September 20, 27,
October 4, 11, 18, 25, November 1, 8
Tuesdays, 9-10 a.m.

Using the exercises developed by Joseph Pilates, we will focus on building core strength, flexibility, coordination, alignment and posture. This beginning course will introduce participants to Pilates as an exercise regimen and also as a support for other activities such as hiking, running, yoga, gardening and everyday pursuits. Pilates is an exceptional workout regardless of current fitness level because all exercises are easily adapted or modified to meet individual physical needs. Participants should be able to get up and down to the floor comfortably. **Materials needed:** Bring a yoga or exercise mat along with a towel (OLLI has mats to lend).

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

Tuesdays, 9-11 a.m.

Beginning Bridge

Personal Development

8 weeks: September 20, 27,
October 4, 11, 18, 25, November 1, 8
Tuesdays, 9-11 a.m.

We will learn the point count method with upgrades known as Standard American. By the end of the first session, we will be playing a hand! Each lesson begins with a lecture and discussion of the assigned topic, followed by play of appropriate hands. This course is not for experienced players. **Materials fee:** \$8 for the text, payable to the instructor at the first session. **Required text:** *Elementary Bridge Five Card Major Student Text*, by Shirley Silverman, ISBN-13: 978-0939460663.

Bob Evans earned a doctorate in education and has taught *Beginning*, *Intermediate* and *Play of the Hand Bridge* classes for more than 25 years. **Marilyn Evans** was an assistant professor in information technology at Cuyahoga Community College in Cleveland, Ohio, and has assisted in Bob's classes. Bob and Marilyn (mickeybob2@aol.com) have played bridge for more than 55 years.

Ecology of Southern Appalachia

Current Events and Regional Cultures
Math, Science and Technology

6 weeks: September 20, 27,
October 4, 11, 18, 25
Tuesdays, 9-11 a.m.

Explore the uniqueness of the southern Appalachian Mountains, the oldest and most bio-diverse mountains in the world. We will cover the geology, hydrology, climatology, biology and human ecology of our region. Each week, different speakers will present on their area of expertise to up to 54 participants and then lead a related field trip the following Friday beginning at 1 p.m. (the fourth week field trip will be on Saturday, October 15). Field trips will be limited to 20 people and scheduled after the course begins. See the MountainTrue website for additional information at <http://mountaintrue.org>. **Required fee:** \$40 payable at the first class to cover speakers' fees and a minimum of two field trips.

MountainTrue serves 23 counties of Western North Carolina and focuses on sensible land use, restoring public forests, protecting water quality and promoting clean energy—all of which have a high impact on the environmental health and sustainability of our region.

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

Happy Feet

Health and Fitness

6 weeks: September 20, 27,

October 4, 11, 18, 25

Tuesdays, 9 -11 a.m.

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

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

Learning to Draw—For Real

Visual Arts

First 4 weeks: September 20, 27,

October 4, 11, and Oct 18, 2016

Tuesdays, 9 -11 a.m.

We will invest 20 hours—10 hours over five class sessions—plus 10 hours practice time. During that time we will learn to draw, *really!* Participants will produce pictures from life and understand the principles and practice of drawing. They will continue to improve those skills with constructive criticism and practice. We will use simple tools: pencil or pens and a paper sketchbook. Erasers are optional. **Prerequisite:** Commitment to practice.

Bill LaRocque (boomrbill@gmail.com) is a lifelong cartoonist, caricaturist and illustrator. His work has appeared in *The Washington Post*, *Asheville Citizen-Times* and *Mountain Xpress*. Bill illustrated a best-selling children's book, *Where Do Missing Things Go*. He has taught art courses for 16 years.

National Parks:

Geology Behind the Scenery

Math, Science and Technology

8 weeks: September 20, 27,

October 4, 11, 18, 25, November 1, 8

Tuesdays, 9 -11 a.m.

Did you ever wonder what geologic forces created waterfalls and landforms of Yosemite, geothermal activity in Yellowstone or scenery of parks such as Arches and Shenandoah? What earth history is recorded in the Grand Canyon? We will explore these and other questions in a tour of the geology behind the scenery of the U.S. National Parks during the centennial celebration of the creation of the National Park Service. No prior science background is required. We will take an optional field trip on a Saturday morning.

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

Men in Transition: Retirement and Aging Cancelled

Personal Development

Last 4 weeks: October 18, 25,

November 1, 8

Tuesdays, 9 -11 a.m.

Men face new-found and, for some, overwhelming challenges as they enter retirement. These challenges include loss of meaning, aging (especially at decade points), illness of family or self, death in the family, loss of career, diminished power, diminished libido, changes in relationships with family and friends, fighting loneliness and others. This discussion course focuses on topical issues. Just bring your life circumstances and stories.

Having difficulty adjusting to retirement in 2008, **Chuck Fink** (chuck@mwwasheville.com) founded a Special Interest Group (SIG) for men called Men's Wisdom Works. Today, 12 groups are part of the MWW system at OLLI and continue to have an impact on 130 men, including Chuck.

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

U.S. Agricultural Policy: An Historical Perspective

History
Business, Law and Finance
8 weeks: September 20, 27,
October 4, 11, 18, 25, November 1, 8
Tuesdays, 9 -11 a.m.

From the establishment of the earliest European colonies in North America to our present times, agriculture remains an important component of both local and national economies. We will survey United States agricultural policy and the historical developments that led to the current maze of local, state, federal and international policies. We will also discuss the impact of population growth, political struggles and technological innovations that have led to over-production, poverty and damage to valuable natural resources. While some “farm programs” deserve the criticism they receive, others are important in protecting the flow of necessary agricultural products that feed and clothe much of the world.

James Wade (jcwadeaz@gmail.com) is the son of many generations of farmers—mostly poor farmers who struggled to sustain their existence in the rapidly changing national economy from colonial days to the present times. He saw a “way out” and become a professor of agricultural economics and a university administrator. James’s experience includes teaching, research and extension (outreach) in land-grant universities including the universities of Arizona and Maryland. For two years, he was director of the Center for Agricultural and Natural Resource Policy at the University of Maryland.

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

Healthy-Steps, The Lebed Method

S30

Health and Fitness
8 weeks: September 20, 27,
October 4, 11, 18, 25, November 1, 8
Tuesdays, 11:30 a.m. – 1:00 p.m.

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

Sally DiMuzio (sallydimuzio@aol.com) has been a certified Healthy-Steps/Lebed method instructor since the fall of 2005. After teaching physical education and secondary mathematics in public schools for 31 years, she retired and became certified to teach Healthy-Steps and taught for six years. Sally has taught this course at College for Seniors six times.

InterPlay: Unlock the Wisdom of Your Body

Personal Development
Health and Fitness
8 weeks: September 20, 27,
October 4, 11, 18, 25, November 1, 8
Tuesdays, 11:30 a.m. – 1 p.m.

InterPlay is about playing with movement, voice, stillness and story-making. Without even trying, you discover the wisdom of your body you never knew you had. In this introduction, we experience four different ways of moving to the accompaniment of music and feel which ones we prefer and which ones we avoid. Contact with people will become easy and satisfying, even with strangers. As a result you feel very free and close to your own authentic being. InterPlay is so different from anything else that you really get it only when you experience it.

Maria Thomas (mariati00@hotmail.com) joined InterPlay in Asheville in 2003 and finds the practice refreshing. She became an InterPlay instructor so she can pass on the pleasure she finds in the practice. Maria has been an actress, a kindergarten teacher, a Hebrew teacher and a full-time mother to five kids.

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

Appreciating Asheville's Acoustic Music

Current Events and Regional Cultures
Performing Arts
8 weeks: September 20, 27, October 4,
11, 18, 25, November 1, 8
Tuesdays, 11:30 a.m. – 1:30 p.m.

Celtic, old-time and bluegrass musicians abound in Asheville—but how can you tell the difference when each genre sounds similar and uses many of the same instruments? Through film, musical examples and live performances, we will enhance appreciation of each musical genre and build a keen appreciation of which type of music is being played.

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

Tuesdays, 11:30 a.m.-1:30 p.m. *continued***Beginning Spanish—Session 7**

Languages, Literature and Writing

8 weeks: September 20, 27,

October 4, 11, 18, 25, November 8, 15

Tuesdays, 11:30 a.m. – 1:30 p.m.

NOTE: Class will not be held on November 1; make-up date will be November 15.

This new course follows Session 6 of *Beginning Spanish*. It's an interactive course that focuses on improving grammar and sentence structure skills through the use of vocabulary themes, CDs, DVDs, handouts and group discussion on a variety of topics. We will continue with the use of the preterit and the imperfect forms of regular and irregular verbs, and we will reinforce the use of basic grammar like the present tense, imperative forms, reflexive verbs and direct and indirect pronouns.

Prerequisites: Participants must have Spanish instruction of at least two years in high school or one year in college. New students are encouraged to contact the teacher via email if you are in doubt as to the ability level required for this course and to see if this course would be a good match for you. **Required text:** *¡Buen viaje!* (Glencoe Spanish 2) by Woodford/Schmitt. ISBN-13: 978-0078619700.

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

Building a Safer World

Math, Science and Technology

8 weeks: September 20, 27,

October 4, 11, 18, 25, November 1, 8

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

With the *Building a Safer World* tutorials from the Nuclear Threat Initiative (NTI) as an anchor, we will explore the issues of nuclear weapons proliferation. Topics include Nuclear 101, ballistic missiles and other weapons of mass destruction (WMD) delivery systems, nuclear and radiological security, the Non-Proliferation Regime and the Non-Proliferation Treaty. We will view the NTI videos about nuclear terrorism, *Last Best Chance*, and the discussion by former U.S. Senators Sam Nunn and Richard Lugar about the possibilities of nuclear terrorism. For additional information, see <http://www.nti.org>.

Dot Sulock (dsulock@unca.edu) has taught many courses at UNC Asheville and College for Seniors on nuclear issues throughout the past 30 years.

The Quest to Remake the World

History

8 weeks: September 20, 27,

October 4, 11, 18, 25, November 1, 8

Tuesdays, 11:30 a.m. – 1:30 p.m.

Was it hubris that propelled decision-makers at the 1919 Paris peace talks after World War I? It was not a successful treaty. Its acclaimed principles were ignored. Most of the victors and all of the losers were dissatisfied. The United States never ratified the Treaty of Versailles. How did this happen? How did the decision-makers get it so wrong that the previous Western European ascendancy no longer corresponded to the facts of the 1919 world? We will consider the Big Four, terms of the treaties, their global effects then and now a century later and the changed status of the United States. **Recommended text:** *Paris 1919: Six Months That Changed the World* by Margaret MacMillan, ISBN-13: 978-0375760525.

Mary Lasher (mlelasher.avl@gmail.com) has taught history at universities and, after retiring in Asheville, more than 30 courses at College for Seniors, most of which were histories of 20th century United States, modern Europe, the Middle East and Central Asia. Mary has a Master of Arts in history from Duke University.

Who's Afraid of Wittgenstein, Socrates and Popper?

Religion and Philosophy

6 weeks: September 20, 27,

October 4, 11, 18, 25

Tuesdays, 11:30 a.m. – 1:30 p.m.

What is philosophy all about? We will compare three great philosophers and their different conceptions of truth and other matters and even attempt to give each of these three giants an evaluation.

Cyril Fefer (cyrilfefer@gmail.com) has taught logic, mathematics and programming since 1947. He received a bachelors and masters equivalent (DSSWV) in mathematics in 1947 from the University of Illinois and a Master of Arts in philosophy from Cornell University in 1950. From 1950-1951, he was a statistician for the city of Chicago. In 1977 Cyril moved to North Carolina and took a position at the Asheville School where he taught for 19 years in mathematics and programming and retired in 1996.

Tuesdays, 2-3:30 p.m.

Chakra Sound Healing

Health and Fitness

8 weeks: September 20, 27,
October 11, 18, 25, November 1, 8, 15
Tuesdays, 2-3:30 p.m.

NOTE: Class will not be held October 4;
make-up session will be November 15.

Location: Sherrill Center 468

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

Linda Go (lindagomusic@gmail.com) is the co-creator of Sounds of the Chakras vocalization practice, utilizing voice and natural pitch for enhancing overall health through the chakra system. She has facilitated sound healing workshops since 2000 in the United States and Mexico. Learn more about Linda's practice at AshevilleSoundHealing.com.

Tuesdays, 2-4 p.m.

Between Words, Between Worlds: Writing Poetry

Languages, Literature and Writing

8 weeks: September 20, 27,
October 4, 11, 18, 25, November 1, 8
Tuesdays, 2-4 p.m.

Jane Reichhold in *Writing and Enjoying Haiku* says, "Poetry is what happens between the words. Words are like signposts or way markers that allow the reader to follow steps the author's mind has taken to come to a poetic idea." W.B. Yeats observed, "There is another world, but it is within this one." Poetry moves freely between the material and the spiritual. We will explore the paths to poetry and how you, as a poet, can help readers follow your footsteps. Experienced and beginning poets are welcome.

Mike Ross (ubifil@charter.net) has advanced degrees in English language and literature. His poems have appeared in *Potomac Review*, *Poet Lore*, *Great Smokies Review*, and *Asheville Poetry Review*. A book of his poems, *Small Engine Repair*, was published in November 2015.

Cosmic Imagining by Dante, Tolkien and You

Languages, Literature and Writing

8 weeks: September 20, 27, October 4,
11, 18, 25, November 1, 8
Tuesdays, 2-4 p.m.

This course will be an introduction to Dante's 14th century *Divine Comedy* and Tolkien's 20th century *Lord of the Rings* (with its closely related narratives). An important part of the course will explore how the author involves the reader in the act of imagining on a cosmic scale. Optional readings are suggested, and participants will be 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. **Recommended text:** See the instructor's course web page on the OLLI website for optional reading.

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

Gentle Yoga

Health and Fitness

8 weeks: September 20, 27,
October 4, 11, 18, 25, November 1, 8
Tuesdays, 2-4 p.m.

\$30

Gentle Yoga is for those who are interested in beginning or continuing a yoga practice. We will focus on comfort, breath, flexibility, balance and strength, as well as meditation practice and body-mind awareness. **Prerequisite:** Ability to sit on and get up from the floor will help with most of the work. **Materials list:** A yoga mat, yoga blanket or towel, and a yoga strap or old necktie. OLLI has yoga mats to lend.

Fran Ross (frani61@gmail.com) has been teaching yoga at College for Seniors for the past several years. She believes that yoga should be gentle, as it is about total body awareness. This nonjudgmental awareness—of posture, of alignment, of states of mind—is essential to feeling better.

Tuesdays, 2-4 p.m. *continued***Landmark Supreme Court Decisions**

Business, Law and Finance
History

8 weeks: September 20, 27,
October 4, 11, 18, 25, November 1, 8
Tuesdays, 2-4 p.m.

We will explore the theoretical and practical determinants of legal decision-making through a careful examination of United States Supreme Court decisions on some of the most provocative issues vexing our nation: the constitutionality of contraception, abortion, same-sex marriage, social welfare programs, public school integration, affirmative action and voting rights. The class will engage in extensive reading of Court decisions and critical inquiry through class discussion in order to gain a realistic understanding of how American law is defined, interpreted and applied. Three historically evolving relationships will guide our discussions: the relationship between government power and individual liberty; the relationship between the federal government and the states; and the balance of power between the legislative, executive and judicial branches of government. The discussion will not be a forum for partisan viewpoints but rather a careful analysis of the Court decisions themselves. **Prerequisite:** Participants must make a commitment to read a significant amount of complex material (50-70 pages a week) and be prepared to discuss those materials.

Ben Gilbert (bgilbert217@gmail.com) recently retired as senior vice president and general counsel of UNC Health Care System. He taught courses about law to graduate and professional students at UNC Chapel Hill for 25 years and taught a version of this course at OLLI at Duke University in 2012.

West Coast Swing for Beginners

Health and Fitness

8 weeks: September 20, 27,
October 4, 11, 18, 25, November 1, 8
Tuesdays, 2-4 p.m.

Location: Woodfin YMCA

40 Merrimon Avenue, Asheville, NC

West Coast Swing is a funky, fun, partner dance almost identical to shag, which is popular because it can be danced in almost any venue. *West Coast Swing for Beginners* is a great follow-up dance to East Coast Swing. Although this is beginner level, it is not recommended for those who have never had any kind of dance instruction. Having a partner is recommended but not required. Participants must be able to stand and move up to two hours and maintain a moving balance and a moderate pace appropriate for the dance. **Materials needed:** Dance footwear (\$15 to \$50). **Prerequisite:** Strongly recommended to have taken at least one partner dance course. Contact the instructor with any questions. **Course fees:** \$30 to be paid to the YMCA on the first day of classes (\$20 for YMCA members).

Debbie Belles (dabinavl@charter.net) has been dancing more than 30 years, primarily focusing on country-western style partner dancing. She has taught workshops, participated in three troupes and entered amateur competitions with instruction and choreography from nationally renowned coaches Dean and Dawn Garrish from Washington, D.C.

Worlds Lost in Time

Math, Science and Technology

8 weeks: September 20, 27, October 4,
11, 18, 25, November 1, 8
Tuesdays, 2-4 p.m.

Have you ever wondered what life is like on another planet? We can stay on earth and go back in time to find out. We will start with the Cambrian Period—543 million years ago—when rapid diversification began and follow evolution as life begins in the ocean and then colonizes the land. We will also cover the five major mass extinctions and their impact on life on earth. **Recommended text:** *The Sixth Extinction: An Unnatural History* by Elizabeth Kolbert. ISBN-13: 978-1250062185.

Richard W. Reynolds (richard.william.reynolds@gmail.com) received his doctorate in physical oceanography from the University of Hawaii in 1975. He worked for the National Oceanic and Atmospheric Administration for 29 years. Richard has published more than 75 papers and has given many international presentations.

Your Health Care: What You Don't Know Can Hurt You

Health and Fitness

8 weeks: September 20, 27, October 4,
11, 18, 25, November 1, 8
Tuesdays, 2-4 p.m.

We will explore how to select and develop a collaborative relationship with your primary care provider and clinic. We will examine the inner workings of a medical practice and a hospital, how to be an active participant in your care and be the best advocate for yourself or a loved one. We will learn about patient safety initiatives, reducing risk and medical errors, transparency and disclosure and explore how patients make decisions.

Lori Postal (loripostal@gmail.com) has worked in nursing administration in hospital and ambulatory settings for 35 years. She currently works at Mission Health in Accreditation and Patient Safety, and is the executive director for the Southern Pain Society. Lori is a graduate of Columbia University and has a masters in health administration.

college for seniors

Tuesdays, 2-5 p.m.

The Met at the Movies

Performing Arts

8 weeks: September 20, 27,

October 4, 11, 18, 25, November 1, 8

Tuesdays, 2-5 p.m.

We will explore the operas showing in the fall at the Hi-Def *Live from the Met* series. The productions are Wagner's *Tristan and Isolde*, Puccini's *La Boheme*, Mozart's *Don Giovanni*, Rossini's *William Tell*, Verdi's *Aida* and Strauss's *Salome*.

Patricia Heuermann (patruschka@charter.net) is a graduate of the Curtis Institute of Music and has directed opera, musical theatre and cabaret performances throughout the United States and Europe. She 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, Pat has directed productions for Asheville Lyric Opera, Opera Creations and Asheville Community Theatre. **Bill Heuermann** has co-taught *The Met at the Movies*, assisted in planning class materials and provided technical support from 2009 to the present.

Wednesdays, 9-10:30 a.m.

Therapeutic Yoga for Low Back and Hips

Health and Fitness

8 weeks: September 21, 28,

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

Wednesdays, 9-10:30 a.m.

\$30

We will learn the most effective, powerful and safe yoga methods for working with low back and hip pain. We learn how pain manifests differently in different bodies and how to modify and sequence yoga poses to serve our unique bodies. We will learn the four essential poses for keeping the spine and hips healthy and pain-free. You are encouraged to bring your own yoga props.

Lydia Jane Michaels (lydia@ashevilleyogatherapy.com) is a Certified Yoga Therapist with more than 1,200 hours of advanced training and eight years of teaching experience. She specializes in low back and hip pain and chronic illness. Lydia has worked extensively with seniors. See Lydia's website at www.ashevilleyogatherapy.com to learn more.

Wednesdays, 9-11 a.m.

Eisenhower, Nixon and the Cold War

History

Seven weeks: September 21, 28,

October 5, 12, 19, 26, November 2

Wednesdays, 9-11 a.m.

A pair of Republican presidents played crucial roles in the continuation and expansion of the Cold War from the 1950s through the mid-1970s. We will examine their policies toward the Soviet Union, the People's Republic of China and the nations that were allied with or sympathetic to these powers.

Jim Lenburg (leroytnitny@aol.com) retired after teaching history and humanities at Mars Hill University. In 2009 he began teaching courses at College for Seniors. Jim's major interests are U.S./China relations, American foreign policy and post-World War II social history.

The End of Life Journey

Personal Development

First 4 weeks: September 21, 28,

October 5, 12

Wednesdays, 9-11 a.m.

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

Debbie Ward (deborah.ward@msj.org) has been a nurse case manager at CarePartners Hospice since 2006 and has worked with hundreds of patients and families as they approach the end of life. She has taught classes on death and dying at College for Seniors and has found participants who take this course open and willing to learn and share their thoughts about the end of life journey.

Wednesdays, 9-11 a.m. *continued***Lessons of the Holocaust**

History
Religion and Philosophy
8 weeks: September 21, 28,
October 5, 12, 19, 26,
November 2, 9
Wednesdays, 9-11 a.m.

What are the lessons of the Holocaust? How did an extreme radical anti-Semitic political party gain control of a culturally advanced European nation and lead it into the greatest horrific World War in history? Why did so many participate in the Nazi Final Solution and what can be done to prevent another Holocaust from occurring? We will focus on the causes, acts and effects of the World War II Jewish Holocaust and explore solutions and directions for current and future national and international policies.

Recommended text: *A Convenient Hatred: The History of Antisemitism* by Phyllis Goldstein, ISBN-13: 978-0981954387.

Ari Landau (arilandau629@hotmail.com) is a second generation survivor of the World War II Holocaust. His father survived Auschwitz and Mauthausen extermination and slave labor camps. Ari has earned his Bachelor of Science and Master of Arts in history and his Juris Doctorate in Law. He has taught about the Holocaust for more than 45 years.

**Nature as Secular Sanctuary:
Freethought in Early America**

Religion and Philosophy
8 weeks: September 21, 28, October 5,
12, 19, 26, November 2, 9
Wednesdays, 9-11 a.m.

We will track the evolution of freethought in America and explore the fertile ground planted by the pioneering philosophies that produced a ripe crop of radical ideas harvested in some of the most innovative (and heretical) literature in modern history. As we explore the wild edges of secular/spiritual engagement, we will give particular attention to naturalistic perspectives found in the writings of Paine, Wright, Stanton, Emerson, Whitman, Ingersoll and Burroughs. Selected readings identified by the instructor each week will provide the basis for this primarily lecture and discussion course.

Chris Highland (chris.highland@gmail.com) holds a Bachelor of Arts in philosophy and religion from Seattle Pacific University and a Master of Divinity from San Francisco Theological Seminary. He has been a Protestant minister, interfaith chaplain, college instructor, shelter director and housing manager. Chris is also a writer with 10 published works. See his website at www.chighland.com.

**Persistent Themes in
Popular Music** **Cancelled**

Performing Arts
Last 4 weeks: October 19, 26,
November 2, 9
Wednesdays, 9-11 a.m.

We shall survey selected topics that appear repeatedly in the lyrics of 20th century recorded music including such themes as breaking up, cars, crying, fools, letters, trains and weddings. 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 experiences and hone listening skills by spotting key words or phrases embedded in lyrical contexts. Music and fun shall prevail!

Lee Cooper (ashevillecats1@charter.net) is an award-winning author in the field of popular music. Beyond enjoying the rhythms of blues, rock 'n' roll and soul recordings, he is fascinated by the images and topics that are repeated in song lyrics. In addition to holding a doctorate in American history from Ohio State University, he is currently CEO and president of Popular Music Research, Ltd., a voluntary association of teachers and scholars who assist students who are pursuing music-related projects.

**Science and Technology for
Global Citizens** **cancelled**

Math, Science and Technology
8 weeks: September 21, 28,
October 5, 12, 19, 26, November 2, 9
Wednesdays, 9-11 a.m.

Do you want to better understand and evaluate popular media coverage of scientific and technological issues? In this course for non-scientists, we will begin with the "nature of scientific proof" followed by exploration of important scientific/technological issues including: the evolution of the universe; energy sources and consequences; climate change; weapons of mass destruction and extremism; sustainability and emerging new technologies. **Prerequisite:** An inquiring mind! No particular background in science and technology is needed.

Larry Wilson (larrywilsonzu@outlook.com) has a passion for helping non-scientists understand issues in science and technology that affect their everyday lives. He has taught a similar course at two universities including non-traditional students in UNC Asheville's Masters of Liberal Arts and Sciences program. Larry holds a doctorate in chemistry.

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

The Science of Mind and its Basis in the Brain

Math, Science and Technology

8 weeks: September 21, 28,

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

Wednesdays, 9-11 a.m.

We will explore progress made (largely in the past two decades) in understanding the human mind/brain in areas such as tools for studying the brain, learning, memory, language, music, sleep and dreams and problems arising in the aging brain, particularly Alzheimer's disease. We will elaborate on the role of the neuron—the communicating cell of the nervous system. This course is for the layman and requires no background in bioscience.

Donald Martin (dhmart@att.net) taught, took courses and served on committees at College for Seniors (CFS) from 2002-2007. He is renewing his love of teaching at CFS with this course. Don focuses on teaching science for the non-scientist and strives to make information and concepts understandable for any CFS student.

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

MELT for Well-Being and Better Health

Health and Fitness

5 weeks: September 21, 28,

October 5, 12, 19

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

MELT is a simple self-treatment technique that reduces chronic pain and helps you stay healthy, youthful and active. By balancing your nervous system and hydrating your connective tissue, MELT improves your body's ability to restore balance and repair itself. Wear yoga-type clothing and bring a yoga mat to class. **Materials fee:** \$15 deposit for the use of MELT balls and rollers during the course to be paid to the instructor on the first day. The deposit will be refunded when the equipment is returned at the end of the course.

Lifelong educator **Terry Peters** (terryptrs@yahoo.com) is a certified MELT instructor who trained 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 world-renowned yoga educator and author of *Yoga Anatomy*, Leslie Kaminoff.

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

The American Home Front in World War II

History

First 4 weeks: September 21, 28,

October 5, 12

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

We will view World War II from the perspective of the home front, which experienced tremendous social and economic change as it pursued the objective of maximum production of the weapons of war. While the attack on Pearl Harbor broke the country's neutrality and brought it to war, the war itself highlighted unresolved social problems on the home front as the American people, seemingly united, would become "the great arsenal of democracy."

Renée Melchiorre (rdm10and11@gmail.com) has previously taught courses in American history at College for Seniors. She earned a Bachelor of Arts from the University of Michigan and a Master of Arts from the University of Kansas where she also taught American history.

Creative Composition in Photography

Visual Arts

8 weeks: September 21, 28,

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

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

Do you use a point-and-shoot or DSLR camera? Enjoy photographing your grandchildren, your travels or nature? Love sharing your images with family and friends? Harbor a secret desire to hang your prints in a gallery? Whatever your answers, a strong command of creative composition will increase enjoyment of your photography. Learn the principles of composition and integral camera settings that will take your work to the next level. **Required:** Students should have a good working knowledge of their cameras and the ability to send images over the internet to the instructor.

Susanna Euston (Images@susannaeustonphotography.com) is a long-time graphic designer and award-winning photographer. Her studies include the Worcester Art Museum School and the Maine Photographic Workshops. She has taught workshops and tutorials in photography and website design. For more info, www.susannaeustonphotography.com.

Wednesdays, 11:30 a.m.-1:30 p.m. *continued***Demagogues and Demagoguery in United States History**

History

8 weeks: September 21, 28,
October 5, 12, 19, 26, November 2, 9
Wednesdays, 11:30 a.m. - 1:30 p.m.

We will attempt to define the terms “demagogue” and “demagoguery” and to provide an overview of the factors contributing to the rise and development of both in United States history. To illustrate the roles demagogues and demagoguery have played in U.S. history, we will use the narratives of six historical figures: Ben Tillman, Huey Long, Father Charles Coughlin, Joseph McCarthy, George Wallace and Donald Trump. We will also examine the role of media and the elections of 2016.

An academic physician (hematologist) for 40 years, **Kenneth Zamkoff** (kenhondo@gmail.com) taught at three academic medical centers – SUNY Syracuse, SUNY Stony Brook, and Wake Forest University School of Medicine. He is now retired and maintains his lifelong interests in history and politics.

Navigating Windows 10

Math, Science and Technology

6 weeks: September 21, 28,
October 5, 12, 19, 26
Wednesdays, 11:30 a.m. - 1:30 p.m.

Windows 10 is the latest release of the Microsoft Windows family and has another new premise for navigation and applications. Most users have to re-learn how to use Windows effectively. This class provides an overview of using Windows 10 on both touch-screen and mouse-driven computers/tablets, including real time examples based on student questions. Instruction in this course is not hands-on, but feel free to bring your device to class to follow along. **Prerequisite:** Familiarity with using a computer.

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

The Olympic Mountains: Men, Mules and Exploration

History

Last 4 weeks: October 19, 26,
November 2, 9
Wednesdays, 11:30 a.m. - 1:30 p.m.

The American West had been traveled, mapped and photographed, but there were still unknown wildernesses as late as the 1870s. We will examine the history (ancient and modern) as well as the tales of the explorers of western Washington. While the focus of this course will be on the O’Neil and Press Expeditions, we will also travel with de Fuca, Barkley, Meares, Vancouver and others.

Paula V. Withrow (pwwithrow@aol.com) has a Master of Arts in history from Colorado State University. She has a varied background in western U.S. history and a passion for sharing her research. Paula has taught courses at College for Seniors for seven years, covering many different eras of history beyond the American west.

Shakespearean Tragedy: Hamlet and Richard IIILanguages, Literature and Writing
Performing Arts

8 weeks: September 21, 28,
October 5, 12, 19, 26, November 2, 9
Wednesdays, 11:30 a.m. - 1:30 p.m.

While considerably different in many ways, these tragedies amply demonstrate Shakespeare’s genius in such matters as character portrayal, language, imagery, story, action and dramatic challenge. Hamlet and Richard are among his most interesting and memorable characters, both for what they do and why. They live in a universe that has gone “rotten,” as Hamlet puts it, but both men transcend that universe, even reshape it, as they go, quite differently, to their tragic ends. Supplemental classes with an outstanding film of each play will be offered at the home of the instructor in Fairview. **Recommended text:** New Folger Shakespeare Library editions of these two plays is recommended, as these editions have notes on the left-hand page facing the text on the right-hand page. *Hamlet*, ISBN-13: 978-0743477123. *Richard III*, ISBN-13: 978-0743482844.

Mario A. DiCesare (dicesare1@mindspring.com) is the retired Distinguished Professor of Literature at SUNY Binghamton. He received his doctorate from Columbia University in 1960. Mario has taught at College for Seniors for 18 years, mainly Shakespeare and occasionally Homer, Dante, Milton, George Herbert and James Joyce.

Sports Illustrated: From Zero to 62

History

First 6 weeks: September 21, 28,
October 5, 12, 19, 26
Wednesdays, 11:30 a.m. - 1:30 p.m.

In August 1954, the very successful publisher of *Time* and *LIFE* magazines launched a national sports weekly, but it floundered for years. It gradually improved and became one of America’s best-written, best-edited, award-winning and most widely read magazines. In this course about magazine publishing, we will start with the decision to create *Sports Illustrated* and trace its history from the people who turned it around to its place in today’s digital media world.

Larry Griswold (si54guy@gmail.com) was an advertising sales manager at *Sports Illustrated* for 19 years during which time he was recognized throughout the staff for his in-depth knowledge of the magazine. Larry has taught sports history courses at College for Seniors since 2011.

Wednesdays, 2-3:30 p.m.

GROOVEing and Moving

Health and Fitness

8 weeks: September 21, 28,
October 5, 12, 19, 26, November 2, 9
Wednesdays, 2-3:30 p.m.

Location: Sherrill Center 306

\$30

GROOVE is simple, easy and fun! We take simple movements and set them to different styles and genres of music. Through a common movement we unify as a group and then explore our own creative, authentic way to express this movement 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. GROOVE is great exercise that lets us have delicious fun!

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

Wednesdays, 2-4 p.m.

Alexander Technique: Exploring Habit and Choice

Health and Fitness

8 weeks: September 21, 28,
October 5, 12, 19, 26, November 2, 9
Wednesdays, 2-4 p.m.

\$30

The Alexander Technique teaches us how to be open to change and stop getting in our own way. We will update our "mental map" of the body so we can sit, stand and move with better balance and efficiency; distinguish habits of effort and inflexible thinking that impede the lightness of mental, emotional and physical being that is a birthright; and learn to cultivate "directed thinking" for more expansion and ease in every situation. **Required text:** *Body Learning: An Introduction to the Alexander Technique* by Michael Gelb, ISBN 978-1854109590.

Once a bookish, awkward youth, **Michèle Drivon** (consciousalignment@gmail.com) credits Alexander Technique with empowering her physical and mental freedom to enjoy Argentine Tango, hiking, public speaking, improv theater, vulnerability and self-determination. She has been awed since 1999 at the Technique's capacity to illuminate and enliven.

A Gradual Awakening: Stephen Levine

Religion and Philosophy

8 weeks: September 21, 28,
October 5, 12, 19, 26, November 2, 9
Wednesdays, 2-4 p.m.

Stephen Levine is one of the most articulate spokespersons for the process of becoming increasingly conscious in one's life as a means of freeing the personality from neurosis and opening the spirit to its own universal truth. A compatriot of Ram Dass, together they co-authored *Grist For the Mill* in 1976. *A Gradual Awakening* was written in 1979 and has been a beacon of clarity into the work of becoming increasingly conscious in life ever since. The class will include meditation and discussion. **Required text:** *A Gradual Awakening* by Stephen Levine, ISBN-13: 978-0385262187.

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

Living Well in Fall

Health and Fitness

Last 4 weeks: October 19, 26,
November 2, 9
Wednesdays, 2-4 p.m.

In this multi-faceted participatory course, we will explore the wisdom of Oriental medicine to restore and support our health naturally. Participants will learn the element of metal and the associated meridians of lung and large intestine. We will learn to choose food and herbs to restore and balance the organ systems. We will practice simple qigong and acupressure points to enhance our health.

Su Shen Huang (myneedle47@hotmail.com) has integrated her passion for science, psychology and spirituality into a holistic healing practice. She was an acupuncturist and completed a postgraduate degree in Oriental medicine.

Wednesdays, 2-4 p.m. *continued***Photo Editing Beyond Picasa**

Visual Arts

Last 4 weeks: October 19, 26,

November 2, 9

Wednesdays, 2-4 p.m.

In this beginning level course, we will learn how to improve and enhance photographs using Google's Picasa plus other basic photo editing software such as Nik and Photoshop Elements. The emphasis will be on using basic "one-button" photo editing tools to improve your photos. This course is not hands-on, but students will have take-home assignments. This course is not for iPhone photographers. **Minimum requirements:** Participants must know how to use Google's Picasa and have a flash drive, access the internet and have experience with internet browsers.

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

**Sex, Greed and Violence:
Even More Stories of WNC's Past**

History

Current Events and Regional Cultures

First 4 weeks: September 21, 28,

October 5, 12

Wednesdays, 2-4 p.m.

We will explore all new stories that shaped some of Western North Carolina's intriguing past, centered around three universal themes—sex, greed and violence. The course includes stimulating information and humor. Stories are enhanced with illustrations, photos and videos. Class members are encouraged to add their knowledge of historical events and to perform instructor-prepared scripts. **Note:** You do not have to have attended previous classes to enjoy this one which focuses on new material not delivered previously.

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

Wednesdays, 2-4:30 p.m.**Feel Better, Think Better, Look
Better and Live Longer**

Health and Fitness

First 4 weeks: September 21, 28,

October 5, 12

Wednesdays, 2-4:30 p.m.

We will explore how to: 1) have more energy; 2) reduce sugar cravings; 3) tune-up your brain; 4) improve the functioning of your gastrointestinal tract; 5) reduce the "fire" of inflammation; 6) learn about and taste some super foods; and 7) examine the 11+ pieces of the "puzzle" of weight loss. We'll also talk about taking nutritional supplements and getting a restorative night's sleep. **Materials list:** Bring one nutrient-dense food that contains one "super food" for students to sample. (Estimated cost per student is \$5-10). **Required texts:** *Digestive Wellness* by Elizabeth Lipski, Ph.D., ISBN-13: 978-0071668996; *The UltraMind Solution: The Simple Ways to Defeat Depression, Overcome Anxiety, and Sharpen Your Mind* by Mark Hyman, M.D.; ISBN-13: 978-1416549710, ASIN: B008GAVS84.

Based on 30 years of experience, **Elizabeth Pavka** (drpavka@elizabethpavka.com) incorporates whole foods appropriate for each unique person, quality nutritional supplements, herbs and many other complementary approaches to help people achieve better health at any age.

Wednesdays, 2-5 p.m.**The Big Life of the Little Tramp:
Charlie Chaplin**

Performing Arts

Last 4 weeks: October 19, 26,

November 2, 9

Wednesdays, 2-5 p.m.

We will examine the life and work of Sir Charles Spencer Chaplin, including a look at his lifestyle and the experiences that motivated him—all of which will help us draw the link between Chaplin's life and Chaplin's films. We will then view scenes from four of the more highly regarded films by an artist whose entire body of work stands alone. We'll view and discuss *The Kid*, *City Lights*, *Gold Rush*, and *Modern Times*. Fasten your seatbelts for the joyride is about to begin.

Chuck Fink (chuck@mwwasheville.com) retired to Asheville in 2008. He's a lifelong devotee of film comedies, with a particular love of the silent films and "oldies." Since retiring Chuck has acted, performed stand-up comedy and engaged in storytelling in the Asheville area.

Wednesdays, 2-5 p.m. *continued*

Crime Fiction Books and Movies:

LA Crime

Performing Arts **cancelled**
Languages, Literature and Writing
First 4 weeks: September 21, 28,
October 5, 12
Wednesdays, 2-5 p.m.

We will focus on four iconic crime fiction writers and watch movies made from their novels, all set in Los Angeles. Participants are encouraged to read the relevant book each week. Classes will include a brief lecture about the book and movie and a discussion of our likes and dislikes. **Recommended texts:** *L.A. Confidential* by James Elroy, ISBN-13: 978-2869303768. *Get Shorty* by Elmore Leonard, ISBN-13: 978-0385301411. *Devil in a Blue Dress* by Walter Mosley, ISBN-13: 978-0743451796 and *To Live and Die in LA* by Gerald Petievich, ISBN-13: 978-1466219649.

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

Fun With Oils

Visual Arts
8 weeks: September 21, 28, October 5,
12, 19, 26, November 2, 9
Wednesdays, 2-5 p.m.

Learn a new technique each week for how to manipulate oils for different effects and have fun with oil in the process. **Prerequisite:** Some basic knowledge and prior use of oil paints. **Materials needed:** Paints, brushes, palette, palette knives, cleaning fluid, canvases or canvas paper (Estimated costs: \$0-\$200, based on your own supplies).

Sharon Sandel (sharsand46@gmail.com) has been painting off and on since 1978 and has taught at College for Seniors for several years. She has led workshops for other teachers both locally and in Florida.

Zentangle Basics and Beyond

Visual Arts
Last 4 weeks: October 19, 26,
November 2, 9
Wednesdays, 2-5 p.m.

Imagine having fun, being peaceful and creative and improving fine motor skills, focus and self-esteem. Discovery and relaxation happen as you let go and enjoy the journey with this easy-to-learn and relaxing method of drawing beautiful designs using structured patterns call zentangle. This process is great for non-artists and artists. There are no mistakes, just opportunities to experience. **Materials fee:** \$15 to be paid to instructor at first class for a zentangle basics kit.

Three years ago **Michelle Marshall** (michelle@marshallartsavl.com) was introduced to zentangle. The freedom of knowing she couldn't make a mistake released her creativity. In 2014 Michelle became a certified zentangle teacher so she could introduce others to this wonderful art form.

Wednesdays, 2:15-3:15 and 3:30-4:30 p.m.

Free Weights Strength and Conditioning—Section 1

Health and Fitness
8 weeks: September 21, 28,
October 5, 12, 19, 26, November 2, 9
Wednesdays, 2:15-3:15 p.m.
Location: Woodfin YMCA
40 Merrimon Ave, Asheville, NC

Free Weights Strength and Conditioning will help participants find ease in the activities of daily living, improve range of motion and increase confidence and self-efficacy in movement. We will learn body weight and free weight exercises using the following types of equipment: dumbbells, cardio barbells, stability balls, resistance bands and more. **Note:** Strength machines on the fitness floor, which are accessible only to members of the YMCA, are not used in this course. Wear comfortable clothing and closed toe shoes. A bottle of water is highly recommended. **Course fees:** \$30 to be paid to the YMCA on the first day of classes (only \$20 for YMCA members).

Free Weights Strength and Conditioning—Section 2

Health and Fitness
8 weeks: September 21, 28, October 5,
12, 19, 26, November 2, 9
Wednesdays, 3:30-4:30 p.m.
Location: Woodfin YMCA
40 Merrimon Ave, Asheville, NC

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

Thursdays, 9-10:30 a.m.

Yoga for Arthritis

Health and Fitness

\$30

8 weeks: September 22, 29, October 6, 13, 20, 27, November 3, 10
Thursdays, 9-10:30 a.m.

Arthritis creates challenges for everyday movement and pain, one of the most common reasons for limiting physical activity. Yet, people with arthritis who exercise regularly have less pain, more energy and improved sleep. We will combine ancient yoga practices with modern medical knowledge based on research evidence from John Hopkins Arthritis Center. With an emphasis on mindful movement through a full range of motion, in this beginner yoga course we will practice simple, gentle movements with modifications to address the unique abilities and limitations of persons with arthritis and gradually build flexibility, strength and balance. Please bring a yoga mat and blanket. OLLI has mats to lend.

Annelise Mundy (annelise@bluebirdyoga.net) has her 500-hour certification in therapeutic yoga. After healing a traumatic injury, she developed Bluebird Yoga classes, including Yoga for Posture 101, Yoga for Pain Relief and Therapeutic Yoga for Healthy Backs. Annelise is an award-winning TV documentary producer-director.

Thursdays, 9-11 a.m.

Curved Stitching Goes Whimsical!

Visual Arts

8 weeks: September 22, 29, October 6, 13, 20, 27, November 3, 10
Thursdays, 9-11 a.m.

After two hours of basic instruction in curved stitching, we will explore and create whimsical works of art. In this relaxed and fun setting—where there is no wrong idea—whimsical flora, fauna and abstracts will result. This novel approach will definitely stimulate brain functioning. **Materials fee:** \$5, payable to instructor at the first class. See the course web page on the OLLI website for photos and a supply list.

Barbara E. Mueller (bmueller66@yahoo.com), a retired special education teacher, has a new life mission: to prove that interesting and stunning works of art can be created by everyone, especially those who think they have no artistic skills.

Light: It Isn't Just for Beer

Math, Science and Technology

8 weeks: September 22, October 6, 13, 20, 27, November 3, 10, 17
Thursdays, 9-11 a.m.

Note: Class will not be held on September 29; make-up date will be Thursday, November 17.

We are affected by light every day, but what is it? We will take an historical approach concerning the nature of light, from ancient times to the wave vs. particle controversy to the modern day applications of quantum mechanics. No previous experience in physics will be expected or necessary.

Mark Whipple (mark.whipple77@gmail.com) has been teaching at College for Seniors (CFS) since 2013 because it's the only thing he knows how to do. He is a retired public school teacher from Maryland who has taught CFS courses on astronomy, relativity, sci-fi movies and even the statistics and science of baseball.

Practicing Wholehearted Living

Personal Development

8 weeks: September 22, 29, October 6, 13, 20, 27, November 3, 10
Thursdays, 9-11 a.m.

Many people have “not-being-enough” thoughts—especially perfectionists! Participants will reframe such thoughts by living wholeheartedly: practicing courage by letting go of what others think, practicing compassion by accepting ourselves and others and practicing connection by letting ourselves be seen, heard and valued. Our dialogue will be informed by reading Brené Brown's *The Gifts of Imperfection*. Registering means a commitment to show up, deliberately practicing wholehearted living, sharing experiences, listening, reading and journaling. **Required text:** *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are* by Brené Brown, ISBN-13: 978-1592858491

Nancy Bragg (njbragg1@gmail.com) supports people as they explore, experiment and reflect on their lives. Before completing life coach training eight years ago, Nancy was an educator. She enjoys yoga, Nia, and learning. **Paula Massey** (massey.paula@gmail.com) formerly directed a nursing professional organization. Paula is addicted to knitting, gardening and spending time with grandchildren.

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

Transitioning to a Whole Foods/ Plant-Based Diet

Health and Fitness

8 weeks: September 22, 29,
October 6, 13, 20, 27, November 3, 10
Thursdays, 9-11 a.m.

Using video, lecture and discussion, we will investigate why a plant-based diet is healthful for the individual and sustainable for the planet. We will transition to a whole foods/ plant-based (WFPB) diet by participating in the 21-Day Kickstart sponsored by the Physicians Committee for Responsible Medicine. We will follow the kick start diet at home and discuss our experiences. If you have health issues consult your physician prior to making dietary changes.

Bonnie Wheeler (bonniewhee@gmail.com) and her husband Warren moved to Asheville in 2013 and have followed a WFPB diet for personal health and the health of the planet for the past six years.

Understanding Mexico: An Historical Approach

History

8 weeks: September 22, 29,
October 6, 13, 20, 27, November 3, 10
Thursdays, 9-11 a.m.

Although our next door neighbor, Mexico is poorly understood by most Americans. We will survey political, economic and cultural developments from the pre-conquest indigenous civilizations through the colonial period, independence, national formation and struggles in the 19th century, the revolution and post-revolution, recent and current issues.

Tom Sanders (tsanders.avl@gmail.com) holds a Bachelor of Arts from Duke University and a doctorate from Columbia University. For 20 years, he was the Latin American expert for a consortium of universities. Tom lived three years in Mexico and wrote more than 40 articles on developments there.

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

Appalachian Sampler

Current Events and Regional Cultures

8 weeks: September 22, 29,
October 6, 13, 20, 27, November 3, 10
Thursdays, 11:30 a.m. – 1:30 p.m.

Appalachian Sampler remains a marquee course for College for Seniors and an invitation for OLLI members to experience the southern Appalachian highlands through its unique history, culture, music and folkways. The theme for the 2016 *Appalachian Sampler* is "Our Appalachian Home." We will explore diverse views of the meaning of home and how family life and home economics were sustained in the mountains and connected to local industry. Guest speakers will discuss regional cultures, family systems, the role of churches, music, folklore, farming, industries and land use.

Meridith Miller (mlmiller1020@gmail.com) and **Tom Plaut** (tplaut3@gmail.com) and the Appalachian Studies Committee are coordinating the *Appalachian Sampler* for this, its seventh year.

Intermediate French 2C

Languages, Literature and Writing

8 weeks: September 22, 29, October 6,
13, 20, 27, November 3, 10
Thursdays, 11:30 a.m. – 1:30 p.m.

In *French 2C*, we will build on the four language skills of listening, speaking, reading and writing that were emphasized in *French 2A-B*. Any students who have already begun studying basic French grammar elsewhere are also welcome. The instructor can loan the textbook to students, and the workbook may be purchased online by new students.

Prerequisite: Students should have completed a beginner's course in French, whether level 1A-D at College for Seniors or French 101 elsewhere. **Required text:** *Discovering French Blanc* by Jean-Paul Valette and Rebecca M. Valette, ISBN 13: 978-0669239362. (Instructor can loan copies.) *Discovering French Blanc Activity Book* by Jean-Paul Valette and Rebecca M. Valette, ISBN 13: 978-0669239393.

Sue Larmon (susanlarmon@yahoo.com) has taught French for 19 years, most recently at Western Carolina University. She holds Master of Arts degrees in both French and German and worked as a French and German linguist for the National Security Agency in Maryland for 20 years.

Thursdays, 11:30 a.m.-1:30 p.m. *continued***Justice and Morality in the Modern American Economy**

Business, Law and Finance

First 4 weeks: September 22, 29,

October 6, 13

Thursdays, 11:30 a.m. – 1:30 p.m.

As the 2016 presidential election approaches, economic questions fill the air: Where have all the good jobs gone? Are they coming back? Can we fix income inequality? Is government stifling the free market? Is capitalism inherently unjust? What kind of world awaits our kids? In this timely course, we will explore what drives our economy and its outcomes and how informed citizens may have a unique role in the creation of a better and fairer future.

Terry O'Keefe (terry@etok.net) writes about business, economics and change. For several years, his column on those topics ran every Sunday in the *Asheville Citizen-Times*. He brings four decades of business experience, entrepreneurship and study of the American economy to his talks. Terry has a Bachelor of Arts in economics from Queens College of City University of New York and 10 years as syndicated business book review columnist.

Maimonides and Spinoza: Their Conflicting Views on Religion and Human Nature

Religion and Philosophy

8 weeks: September 22, 29,

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

Thursdays, 11:30 a.m. – 1:30 p.m.

What does a 12th-century rabbi in Egypt, whom many consider the greatest thinker in Jewish history, have in common with a 17th-century Jewish philosopher in Amsterdam who was “expelled from the people of Israel” for “abominable heresies and monstrous deeds” and who would go on to become the most radical philosopher of his time? What could their philosophical differences and similarities possibly have to do with us, many centuries later? Find out as we explore issues of rationality, theology, politics, ethics and even cosmology as the debate between Maimonides and Spinoza continues to this very day. **Recommended texts:** *Betraying Spinoza: The Renegade Jew Who Gave Us Modernity* by Rebecca Goldstein (Schocken: 2006), ISBN-13: 978-0805211597 and (Kindle) ASIN: B00276A4YC. *Maimonides: Life and Thought* by Moshe Halbertal, ISBN-13: 978-0691165660.

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

Middlemarch: The Classic English Novel

Languages, Literature and Writing

Last 4 weeks: October 20, 27,

November 3, 10

Thursdays, 11:30 a.m. – 1:30 p.m.

We will examine the major novel of George Eliot, one of the key 19th century British novelists, and experience her deep understanding of “Middle England”—its values, conventions, beliefs and conduct. The course will proceed through the book in four sessions, each hour devoted to one of the eight books within the novel. Class members will be asked to keep ahead of their reading, so they can join in the discussion part of each session. **Required text:** *Middlemarch* by George Eliot, ISBN-13: 978-0141439549.

David Barratt (dandjbarratt@netscape.net) has taught for many years at College for Seniors, mainly courses in 19th century literature. Previously, David taught at the University of Chester, England; F.C. College, Lahore, Pakistan; UNC Asheville; and Montreat College.

Presidential Elections of the 19th Century

History

7 weeks: September 22, 29,

October 6, 13, 20, 27, November 3

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

The political history of the United States in the 19th century helped determine among other things how we elect presidents today. In this lecture course, we will explore seven interesting and important presidential elections of the 19th century from the election of 1800 to the election of 1896.

Dennis Winner (dwinner329@gmail.com) is an Asheville native who received his Bachelor of Arts in economics and his law degree from UNC Chapel Hill. Dennis is a retired lawyer, judge and state senator with a passion for American history.

Thursdays, 2-4 p.m.

Great Events in World History

History

8 weeks: September 22, 29,
October 6, 13, 20, 27, November 3, 10
Thursdays, 2-4 p.m.

In this intriguing and stimulating course we will explore great events in world history from how man evolved to the exploration of space. We will focus on the significance of each event. Some topics you might expect such as the historical significance of the American Revolution, the Gutenberg press and the development of language. You may find other subjects surprising, at first anyway, such as modern psychology and the importance of man and dogs joining forces.

Dennis DeSimone (myfrienddennis@att.net) has created and presented numerous courses at College for Seniors since retiring from leading seminars in all 50 states for his business. His interest in history and its importance to who we are today and may become tomorrow is a lifelong fascination. Dennis has a minor in history in addition to two degrees in education.

Advanced French Grammar and Conversation

Languages, Literature and Writing

8 weeks: September 22, 29,
October 6, 13, 20, 27, November 3, 10
Thursdays, 2-4 p.m.

In this advanced French course, taught entirely in French for those who have a solid background (minimum *French 2* course at College for Seniors), grammar will be taught as a review, including some finer points of the language. We will use internet resources to provide listening comprehension practice, vocabulary expansion and as a basis for discussion. Contact the instructor for further information and instructions for ordering the text. **Required text:** *Une Fois pour Toutes* by Hale Sturges II, Linda Cregg Nielsen and Henry L. Herbst, ISBN-13: 978-0801308253.

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

Beginning Ballroom: Waltz and Rumba

Health and Fitness

8 weeks: September 22, 29,
October 6, 13, 20, 27, November 3, 10
Thursdays, 2-4 p.m.

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

We will learn basic waltz, one of the most beautiful and graceful dances, followed by rumba, the Latin "dance of love." No partner is required. Sherry loves creating an environment where it's fun for everyone, so be prepared to have a good time while learning. Participants must be able to stand and move up to two hours and maintain a moving balance and a moderate pace appropriate for the dance. **Materials needed:** Proper dance footwear (cost is typically about \$40). **Required fees:** \$30 to be paid to the YMCA on the first day of classes (\$20 for YMCA members).

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

Income and Wealth Inequality: Why it Matters

Business, Law and Finance

8 weeks: September 22, 29,
October 6, 13, 20, 27, November 3, 10
Thursdays, 2-4 p.m.

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

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

Improving Balance Through Tai Chi—Beginning Class

Health and Fitness

8 weeks: September 22, 29,
October 6, 13, 20, 27, November 3, 10
Thursdays, 2-4 p.m.

Location: Sherrill Center 306

\$30

Tai chi has been described as "swimming on land." It is an ancient system of simple, graceful movements that develops flexibility and strength and improves one's balance and health. In a relaxed, fun manner we will learn simple, basic moves that are common to all tai chi forms, linking them together to form a simple, easy-to-learn routine. We will also explore qigong—breathing techniques for stress reduction, relaxation, health and longer life.

Bill Muerdter (bobag@charter.net) has been practicing and studying tai chi (Yang style) and qigong (ancient Chinese practice combining simple body movements with effective breathing for health and healing) since the 1980s as well as the yoga tradition of Pranayama and the present-day breathing program of Dr. Andrew Weil and the latest university medical research.

Thursdays, 2-4 p.m. *continued***Wines You Never Knew You Loved
(And a Few That You Do)**

Personal Development

8 weeks: September 22, 29,
October 6, 13, 20, 27, November 3, 10
Thursdays, 2-4 p.m.**Location: Metro Wines**
169 Charlotte Street,
Asheville, NC 28801

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

Andy Hale (andy@metrowinesasheville.com) joined Metro Wines to combine his expertise in wine and teaching. Andy was a sommelier at Jasmine Porch and the Ocean Room on Kiawah Island. He began his teaching career at Appalachian State University. **John Kerr** (john@metrowinesasheville.com) grew up in wine country, and moved his wine business to Asheville in 2013. John has taught classes on wine and finance for more than 20 years.

Thursdays, 2-5 p.m.**Exiles in Hollywood**

Performing Arts

8 weeks: September 22, 29,
October 6, 13, 20, 27, November 3, 10
Thursdays, 2-5 p.m.

In the 1930s and 1940s, as the horrors of Nazism engulfed Europe, Los Angeles became a sanctuary for some of Europe's most celebrated artists: Fritz Lang, Billy Wilder, Bertolt Brecht and Thomas Mann, to name a few. We will watch films that highlight the talents of this close-knit and influential group of emigrés, including works created as films, screen adaptations of their novels and filmed versions of their plays. The films are listed on the course web page at the OLLI website.

Barbara Weitz (weitzb@fiu.edu) began teaching in the English department at Florida International University in 1983. She was director of film studies from 2000 until her retirement in 2014. Barbara was a film festival programmer for many years with a number of international film festivals.

**Sidney Poitier:
Actor, Activist, Author**

Performing Arts

8 weeks: September 22, 29,
October 6, 13, 20, 27, November 3, 10
Thursdays, 2-5 p.m.

The first African-American actor to be cast in leading roles, Sidney Poitier used his talents to help break down social and racial barriers in Hollywood and around the world. We will examine his life both on and off the screen as we view eight of his landmark films, discuss whether they are a realistic reflection of the times and the characters they portray and how his films reflected what was happening in this country when they were made.

Barbara Jaslow (barbjas@aol.com) has taught five film classes at College for Seniors and has always admired Sidney Poitier, the actor and the man. He can come to dinner at her house anytime.

**Speak Out, Speak Up!
Being Persuasive in Any
Speaking Situation**

Personal Development

8 weeks: September 29,
October 6, 13, 20, 27,
November 3, 10, 17
Thursdays, 2-5 p.m.

Note: Course will begin September 29

Most speakers assume that if they know their topic, they'll be successful. Not true! These factors are much more important: Do you engage the listener? Do you seem competent and comfortable? Are you projecting your voice and body energetically? We will use videotaping and intensive coaching to explore the changes that will help you be a more interesting, persuasive communicator. We will also discuss a new way to choose content (not just organize it) and to develop stimulating visual aids. **Prerequisite:** Due to the limited size of the group, we ask that you not register if you expect to miss ANY of the first four sessions or if you have taken *Speak Out, Speak Up!* in the last year.

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

Fridays, 9-11 a.m.

Aging in Community: Exploring Options

Personal Development

8 weeks: September 23, 30,

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

Fridays, 9-11 a.m.

Using the articles included in *Aging in Community* as a jumping off point, we will work toward a personal action plan with the help of readings, discussion and a virtual field trip. Rebecca and Linda will moderate the series with a guest lecturer who will explore options for meaningful and interdependent lifestyles in our later years. For anyone interested in options beyond isolation or living in a nursing home, this exploration will prove useful.

Recommended text: *Aging in Community* by Janice M. Blanchard, ISBN-13: 978-1482302653.

Linda Giltz (lindagiltz@gmail.com) has a Master of Arts in geography from UNC-Charlotte and is a member of the American Institute of Certified Planners (AICP). She has been doing urban, rural and regional planning work for 20 years. In the past few years, Linda has focused on planning issues related to older adults and newer models for housing and communities. **Rebecca Chaplin** (rchaplin@aarp.org) is passionate about health and aging. She graduated with a Master of Arts in gerontology from Naropa University in 2003 and has worked in gerontology research, policy and practice in the UK, Canada and the United States. Rebecca serves as the associate state director of advocacy and outreach with AARP.

History of Broadway Sing-Along

Performing Arts

8 weeks: September 23, 30,

October 7, 14, 21, 28, November 4, 18

Fridays, 9-11 a.m.

Note: Class will not be held on November 11; make-up date will be Friday, November 18

We will discuss the evolution of Broadway musical theatre from the mid-'20s to the mid-'90s and pause along the way to sing many of the familiar songs that the great musicals have given us. Join us in the Manheimer Room for fun-filled Friday mornings (lyrics provided).

Dave Bates (davebates95@yahoo.com) is a pianist, songwriter and playwright. His musical plays have been produced at the Southern Appalachian Repertory Theatre (SART), The Asheville School and Wings Theatre in Manhattan. For the past 18 years, Dave has conducted a twice-monthly sing-along in Asheville.

Drôme: The Other Provence

History

Current Events and Regional Cultures

First 4 weeks: September 23, 30,

October 7, 14

Fridays, 9-11 a.m.

We will explore the landscape, culture and heritage of the Drôme region, the other Provence. We will study its geography and the evolution of the area through time. We will look at its place in French history and economy. We will discover the secret beauty of the region, the people, their livelihood and their stories. This gem of France will open a window on what France is beyond Paris and stereotypes. PowerPoints and short videos will be used to support each class.

Sylvie Delaunay (france26120@gmail.com) was born and raised in southern France. She has a Bachelor of Science in child, family and community development. She has been a teacher for 25 years including a teacher of French in elementary and high school. She currently works as an early education specialist and runs tours to her native region in early summer. Sylvie has a passion for sharing information and stories of her native land.

Legal Life Care Planning

Business, Law and Finance

7 weeks: September 23, 30,

October 7, 14, 21, 28, November 4

Fridays, 9-11 a.m.

We will learn about the legal issues of the aging adult by covering topics like Medicare, long-term care insurance, powers of attorney, advance care planning, dementia, guardianships, financial exploitation, Medicaid, veterans benefits, retirement income maintenance, wills, trusts and final arrangements. Through the information presented by a dozen local finance professionals, participants will be empowered to enhance their quality of life, sustain resources to meet care needs and preserve a legacy for loved ones. The course is partnered with *Financial Conversations for Women*, which is offered on Monday mornings in the last four weeks of the term, but there is no requirement to take both.

After working as a public benefits paralegal for Legal Aid in Asheville, **Nicki Applefield** (nla@psrmlaw.com) attended West Virginia College of Law and thereafter pursued a career in elder and special needs law. Licensed to practice in North Carolina and South Carolina, Nicki focuses on estates and trusts, guardianships and public benefits.

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

Tap Dancing for Fun

Health and Fitness

8 weeks: September 23, 30,
October 7, 14, 21, 28, November 4, 11
Fridays, 9-11 a.m.

Oct 1, 8, 15, 22, 28, 29, & Nov 5, 2016

Moved to Saturdays

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

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

Fridays, 9 a.m.-noon

Digital Collage Experiment

Visual Arts

Last 4 weeks: October 21, 28,
November 4, 11
Fridays, 9 a.m. – noon

Join this experimental class and explore digital collage—an exciting new art medium. We will find out how much we can learn about this medium in just four sessions. Scissors are replaced with the computer mouse. Glue is exchanged for digital layering. Using OLLI Macintosh laptop computers loaded with Photoshop Elements software, we will develop fine collage art from scanned materials and photographs. A very simple set of basic computer skills is all that is needed to create a universe of digital visual images. No previous art experience is required. **Materials fee:** \$15 to cover the cost of high quality thumb drives that will be pre-loaded and distributed to all participants with the necessary course materials.

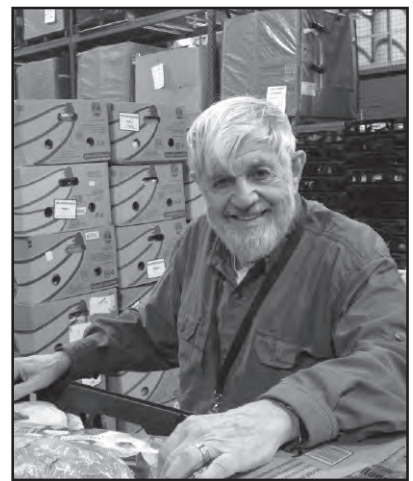
In retirement **Bob Falanga** (robertjfalanga@gmail.com) has reinvented himself as a collage artist. Bob has exhibited and sold his works in both New Jersey and Asheville. Bob has enjoyed teaching collage to seniors for several years in New Jersey and at College for Seniors.

leadership asheville seniors

Every fall, OLLI offers this learning and civic engagement program, planned and led by its graduates and community members. It provides participants with a multi-faceted view of Asheville and Buncombe County.

Through discussions with community leaders in distinctive venues, newcomers and longtime residents alike can gain new perspectives and consider ways to contribute their diverse experiences and talents for the good of the community.

Leadership Asheville Seniors 30 Fall 2016



REGISTRATION NOW FULL FOR LEADERSHIP ASHEVILLE SENIORS 30

Each day of the nine-week program offers an insider's view of topics concerning our community, including history, environment, government, food insecurity, the arts, the economy, education, health, and poverty. www.olliasheville.com/LAS

LAS 30 is FULL. Check the website in early 2017 for details on LAS 31 and join the tradition of more than 800 individuals who have graduated from the program since 1987.

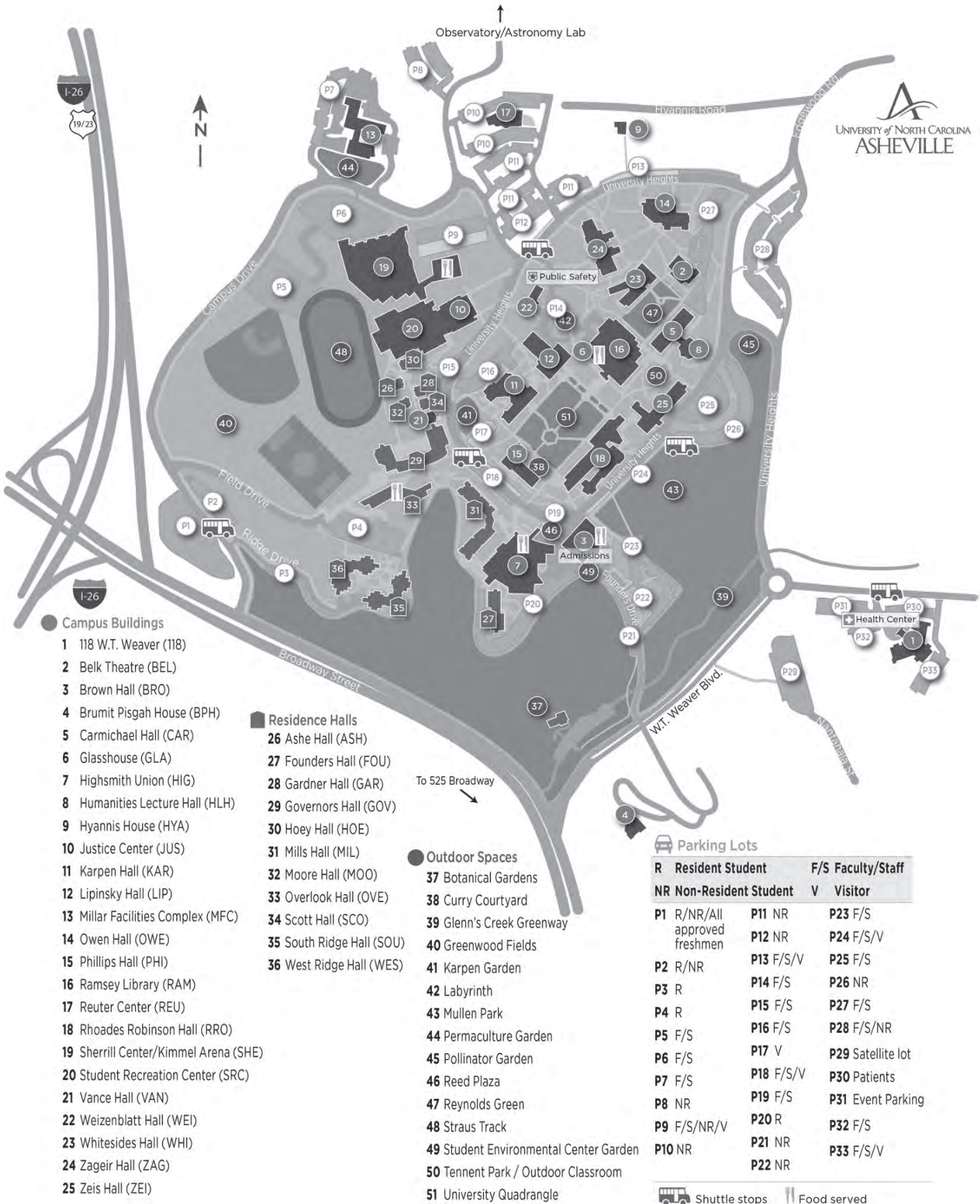
Dates: Tuesdays, 9 a.m. - 4 p.m.
September 13 - November 8, 2016
Orientation September 12, 2016

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

Payment: Cash, check, Visa or MasterCard

Registration: Open to OLLI members only. Visit www.olliasheville.com/LAS to join the waitlist for this year's sold out program.

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





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