Grow through life
from the director

Members occasionally approach me to say that they hesitate to express conservative points of view. Some people have requested that we discourage all political or religious discourse, and some lifelong learning institutes steer clear of provocative and divisive subjects in order to “keep the peace.” On college campuses throughout the country we have witnessed the struggle to uphold the values of freedom of expression and academic inquiry while recognizing that speech can threaten people’s sense of security and expose the unwritten codes of privilege in the academy. Complex, respectful conversations elude us as we gain more of our news from social media or news outlets where fact and balance seem to be in short supply.

I was first awakened to the unique ways that a lifelong learning program can foster opportunities to “disagree without being disagreeable” when I attended a course titled “Describe Your God” during my first months as an OLLI director. Saul, the instructor, had a long career as a urologist, serving as a clinician, researcher and teacher. In his 50s he earned a law degree and specialized in legal disputes involving urology. Both inside and outside his professions he had promoted public discourse about spirituality and ethics in order to help communities develop a sense of purpose and empathy.

I knew something about Saul’s impressive credentials, but when I met him, he was legally blind. With his cane, baggy jacket and thick glasses, he looked like the stereotypical “little old man.” I admit that I was not immune to making an ageist judgment based on superficial appearances. I anticipated a series of people simply justifying their entrenched beliefs, and I anticipated that people who signed up for a course like this would all think alike. Saul was insistent, however, so I agreed to attend, choosing a seat by the door and assuring myself that I could slip out after the first 15 minutes. Saul worked with others to pull the chairs in the tiny room into a circle, and I was dismayed when I ended up well away from my escape route. Looking back, I suspect that Saul may have known that I was not a willing participant but that I could be a convert to the possibility of a better conversation.

Saul reviewed the class rules. Two people would be reading five-minute essays describing their God or their spiritual beliefs or doubts. After each essay, we would go around the circle, each person offering a three-minute reflection on what they had just heard. Saul pulled a well-worn kitchen timer out of his pocket and after a minute’s struggle to read the dial demonstrated the tinny ring that would let you know time was up. I began to frame the funny story I would tell my husband, type casting a whole group of eccentric talkers. I felt relieved that visitors were not required to reflect (although we were invited to do so). I would not have to offer an opinion or perhaps even pay much attention.

That was the beginning of one of the most revealing 90 minutes of my journey in lifelong learning. The first essayist approached the lectern nervously and quietly read an explanation of the ways she found peace and spiritual awareness in nature. She had chosen her words carefully so that even the most skeptical listener would attend to the way she drew on literal and metaphorical images of nature to chronicle the peace and healing she found in the practice of walking the creek bed by her home. Although I felt speechless when she finished, the class eloquently shared personal stories mirroring and diverging from the essayist’s point of view. Many quoted essays and observations from earlier classes, implying that they had internalized the insight they gained. I heard twenty unique spiritual perspectives expressed around that circle; half of the people who had signed up to “describe their God” identified as agnostics or atheists. Everyone, however, recognized that this was not a debate or an attempt to convert anyone but an honest examination of belief, greatly enriched by differing points of view. The response to the first essay was not a fluke. The circle engaged in a vigorous and exacting conversation when the next essayist explained how as a scientist and engineer, he simply could not “make the leap of faith.”

That day I learned some of the ways we can live into the admonition to “disagree without being disagreeable.” First, I learned to check my assumptions at the door. I recognized that in this lifelong learning community I would have the privilege of listening to varied and passionate discussions about important subjects by people who were open to new ideas. I recognized that little things encouraged dialogue rather than serial monologue. The circle forced and allowed everyone to connect, and creating a set of rules liberated the conversation. Everyone knew what to expect, and everyone felt a sense of responsibility for the success of the conversation. Saul modeled the value of synthesizing the essay and reflections so that we all understood the values of every participant. He never had to call time. Everyone valued the collection of voices, not having the loudest voice. This was not a group of “like-minded people” but a group of intellectually curious people exploring a topic that could have been too intimate or too divisive but instead stretched people outside of their comfort zones in a tolerant if demanding environment. After that day I often consulted Saul when I had to manage conflict and eagerly accepted invitations to visit his classes, and I found new uses for my oven timer.

As we approach our theme term on race in black and white, I know that we can cultivate respect when we are brave enough to speak and brave enough to listen. If we understand that we can always learn, even when we cannot always agree, we will be on our way to a more inclusive organization.

Catherine Frank
Executive Director, OLLI at UNC Asheville
## Spring 2018 Events Calendar

### February

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>More Than a Month, 2 p.m.</td>
</tr>
<tr>
<td>16</td>
<td>Death Café, 5 p.m.</td>
</tr>
<tr>
<td>19</td>
<td>Winter 2018 College for Seniors term ends</td>
</tr>
<tr>
<td>20</td>
<td>Spring 2018 online allocation registration opens, 10 a.m.</td>
</tr>
<tr>
<td>20</td>
<td>STEM Lecture, 4:30 p.m.</td>
</tr>
<tr>
<td>20</td>
<td>World Affairs Council, 7:30 p.m.</td>
</tr>
<tr>
<td>22</td>
<td>Advance Care Planning Workshop, 4:30 p.m.</td>
</tr>
<tr>
<td>27</td>
<td>Spring 2018 online allocation registration ends, noon</td>
</tr>
<tr>
<td>27</td>
<td>March Madness Lecture, 3 p.m.</td>
</tr>
<tr>
<td>27</td>
<td>World Affairs Council, 7:30 p.m.</td>
</tr>
</tbody>
</table>

### March

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Astronomy Club of Asheville, 7 p.m.</td>
</tr>
<tr>
<td>6</td>
<td>World Affairs Council, 7:30 p.m.</td>
</tr>
<tr>
<td>6</td>
<td>STEM Lecture, 4:30 p.m.</td>
</tr>
<tr>
<td>9</td>
<td>Book Talk: Masons, Miners and Thieves: The Real Lives of America’s Bees, noon</td>
</tr>
<tr>
<td>9</td>
<td>Confident Caregiver Series, 2 p.m.</td>
</tr>
<tr>
<td>11</td>
<td>Carolinas’ Nature Photographers Association, 5:30 p.m.</td>
</tr>
<tr>
<td>13</td>
<td>World Affairs Council, 7:30 p.m.</td>
</tr>
<tr>
<td>14</td>
<td>f/32 Photography Group, 6:30 p.m.</td>
</tr>
<tr>
<td>16</td>
<td>More Than a Month, 1 p.m.</td>
</tr>
<tr>
<td>16</td>
<td>Symphony Talk, 3 p.m.</td>
</tr>
<tr>
<td>16</td>
<td>Death Café, 5 p.m.</td>
</tr>
<tr>
<td>16</td>
<td>Reuter Center Singers Spring Concert, 7 p.m.</td>
</tr>
<tr>
<td>18</td>
<td>Reuter Center Singers Spring Concert, 3 p.m.</td>
</tr>
<tr>
<td>20</td>
<td>Elisha Mitchell Audubon Society, 7 p.m.</td>
</tr>
<tr>
<td>20</td>
<td>World Affairs Council, 7:30 p.m.</td>
</tr>
<tr>
<td>21</td>
<td>STEM Lecture, 4:30 p.m.</td>
</tr>
<tr>
<td>23</td>
<td>New Member Welcome, 10 a.m.</td>
</tr>
<tr>
<td>23</td>
<td>Confident Caregiver Series, 2 p.m.</td>
</tr>
<tr>
<td>26</td>
<td>College for Seniors Spring 2018 courses begin</td>
</tr>
<tr>
<td>27</td>
<td>OLLI Town Hall Meeting, 4:30 p.m.</td>
</tr>
<tr>
<td>30</td>
<td>Fab Friday Lecture, 11:30 a.m.</td>
</tr>
<tr>
<td>30</td>
<td>Behind the Scenes at NC Stage, 1:30 p.m.</td>
</tr>
<tr>
<td>30</td>
<td>Medicare Choices Made Easy, 2 p.m. (registration required)</td>
</tr>
</tbody>
</table>

### April (continued)

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Fab Friday Lecture, 11:30 a.m.</td>
</tr>
<tr>
<td>6</td>
<td>Confident Caregiver Series, 2 p.m.</td>
</tr>
<tr>
<td>6</td>
<td>More Than a Month, 4:30 p.m.</td>
</tr>
<tr>
<td>8</td>
<td>Manheimer Book Talk, 3 p.m.</td>
</tr>
<tr>
<td>8</td>
<td>Carolinas’ Nature Photographers Association, 5:30 p.m.</td>
</tr>
<tr>
<td>11</td>
<td>f/32 Photography Group, 6:30 p.m.</td>
</tr>
<tr>
<td>13</td>
<td>Fab Friday Lecture, 11:30 a.m.</td>
</tr>
<tr>
<td>13</td>
<td>Symphony Talk, 3 p.m.</td>
</tr>
<tr>
<td>14</td>
<td>WNC Historical Association Event, 2 p.m.</td>
</tr>
<tr>
<td>17</td>
<td>Elisha Mitchell Audubon Society, 7 p.m.</td>
</tr>
<tr>
<td>20-22</td>
<td>Paths to Creative Retirement Workshop (Reuter Center closed)</td>
</tr>
<tr>
<td>27</td>
<td>Fab Friday Lecture, 11:30 a.m.</td>
</tr>
<tr>
<td>27</td>
<td>Behind the Scenes with NC Stage, 1:30 p.m.</td>
</tr>
<tr>
<td>28</td>
<td>Midday Music with Pan Harmonia, noon</td>
</tr>
<tr>
<td>29</td>
<td>The Autumn Players, 2:30 p.m.</td>
</tr>
</tbody>
</table>

### May

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>World Affairs Council, 7:30 p.m.</td>
</tr>
<tr>
<td>2</td>
<td>Hot Topics: Housing and Race in Asheville, 11:30 a.m.</td>
</tr>
<tr>
<td>3</td>
<td>Astronomy Club of Asheville, 7 p.m.</td>
</tr>
<tr>
<td>4</td>
<td>Fab Friday Lecture, 11:30 a.m.</td>
</tr>
<tr>
<td>4</td>
<td>More Than a Month, 2 p.m.</td>
</tr>
<tr>
<td>8</td>
<td>Hot Topics: The Past is Not the Past, The History of Lynching in North Carolina, 9 a.m.</td>
</tr>
<tr>
<td>9</td>
<td>f/32 Photography Group, 6:30 p.m.</td>
</tr>
<tr>
<td>10</td>
<td>Asheville SCORE Presentation, 4:30 p.m.</td>
</tr>
<tr>
<td>11</td>
<td>Summer 2018 OLLI catalog available and on-line</td>
</tr>
<tr>
<td>11</td>
<td>Fab Friday Lecture, 11:30 a.m.</td>
</tr>
<tr>
<td>13</td>
<td>Carolinas’ Nature Photographers Association, 5:30 p.m.</td>
</tr>
<tr>
<td>14</td>
<td>Hot Topics: A World Class Art Museum for Asheville, 9 a.m.</td>
</tr>
<tr>
<td>15</td>
<td>Hot Topics: A Game Called Salisbury, 11:30 a.m.</td>
</tr>
<tr>
<td>15</td>
<td>Smart Driver Class, 1:45 p.m. (registration required)</td>
</tr>
<tr>
<td>15</td>
<td>Elisha Mitchell Audubon Society, 7 p.m.</td>
</tr>
<tr>
<td>18</td>
<td>Community Conversation on Race, 5 p.m.</td>
</tr>
<tr>
<td>18</td>
<td>Fab Friday Lecture, 11:30 a.m.</td>
</tr>
<tr>
<td>18</td>
<td>Death Café, 5 p.m.</td>
</tr>
<tr>
<td>25</td>
<td>Confident Caregiver Series, 2 p.m.</td>
</tr>
</tbody>
</table>

## OLLI Steering Council 2017-2018

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

### Committee Chairs

Civic Engagement: Sarah Reincke  
College for Seniors: Cindy Berryman-Fink, Erik Vedeler and Paula Withrow  
Communications: David Langdon  
Facilities: Terry Liles  
Finance: Terry Reincke  
Hospitality: Sandy Bowles  
Inclusion: contact Jane Callis  
Life Transitions: Dave Castel  
Nominating: Bobbie Rockwell  
Planning: Bobbie Rockwell  
Research: Patrick Chitwood

### 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.
Your gateway to OLLI at UNC Asheville (OLLI) programs and events is membership. The membership fee of $75 covers the membership period from August 1, 2017 to July 31, 2018. Member benefits include:

- UNC Asheville parking decal
- UNC Asheville photo ID (OneCard)
- UNC Asheville Ramsey Library borrowing privileges
- OLLI Observer weekly electronic newsletter
- Use of Reuter Center wireless internet

Please be aware that you will not be able to claim some member benefits until 48 hours after you submit online payment for membership.

Nametags: Write your name on the list on 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 tell the associate that you are an OLLI member, you will be given the faculty/staff rate, and your dining services funds 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.

Vehicle Registration and Parking: OLLI members may park in campus parking lots designated as “non-resident student,” provided they display a current OLLI parking decal on their rear window. To get your parking decal, go to olliasheville.com/forms and click on the link for the 2017-2018 Vehicle Registration Form. Fill out the form (you’ll need your driver’s license number and car license plate number). When you have submitted your information online, please bring your driver’s license and vehicle registration to the OLLI office to pick up your decal.

Your first parking decal is included with the membership fee. If you want an additional decal or lose or damage a decal, there is a $20 fee for a new/replacement decal. If you sell or trade your vehicle, please register your new vehicle using the online form. When you bring in your old decal or paperwork that reflects the vehicle has been traded, you will receive a replacement decal at no charge.

Please be aware that several construction projects are underway on the UNC Asheville campus that have a significant impact on the number of available parking spaces. There may be times when parking spaces are in short supply or when roadways in some parts of campus are blocked. Campus security will be checking parking decals and giving citations for parking violations.

Shuttle: Non-resident lots P01 and P02 are at the entrance to campus off Broadway on Campus Drive. The Purple Shuttle travels from these lots to the Reuter Center and arrives approximately every 15 minutes from 8:40 to 4 p.m. when UNC Asheville classes are in session. Please check the OLLI Observer newsletter for updates on the shuttle schedule or contact the OLLI office with questions.

Ramsey Library: OLLI members have borrowing privileges at UNC Asheville’s Ramsey Library. The OneCard is your library card. OLLI members have access to online resources at workstations in Ramsey Library and to online resources available through NC LIVE from off campus.

Wireless Internet Access: OLLI members may use the wireless network while they are in the Reuter Center. Information on the network name and password are available at the OLLI office.

OLLITalk: OLLITalk is an online forum for OLLI members to exchange information about programs and topics of interest and to ask for and send recommendations or referrals. The forum is monitored and should not be used to distribute political or religious information or to offer negative reviews of goods or services. To sign up to be a part of OLLITalk, send an email to olli@unca.edu.

Dining Options: The Reuter Café on the Center’s lower level is open Monday-Thursday from 8:30 to 3 p.m. and on Friday from 8:30 a.m. to 2 p.m. during College for Seniors spring term. There are soda and snack vending machines on the Center’s lower level. You may also dine on campus 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:
- OLLI Website: olliasheville.com
- Campus Map: maps.unca.edu
- UNC Asheville Events: events.unca.edu
- The OLLI Office—open weekdays, 8 a.m. to 5 p.m., 828.251.6140 | olli@unca.edu
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 Hospitality Committee and are member-organized. To find detailed information about SIGs and information about how to initiate a SIG, call 828.251.6140 or visit our website at olliasheville.com and look for SIGs under “OLLI Groups and Volunteers.” To join a SIG, please contact the person listed for that group.

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

**Art**  
Fridays, 1-4 p.m. Contact: Janet Dunphy, janetdunphy@mac.com

**Beer on Tap**  
Second Wednesdays, 4:30 p.m. Contact: Erik Vedeler, vedelenerik@gmail.com

**Bridge Buddies**  
Tuesdays, 2-5 p.m. Contact: Gary Soldow, garysanta@gmail.com

**Bridge for Fun**  
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, hansenn@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

**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: Beth Johnson, johnson1ea@earthlink.net

**Français Facile**  
First and third Fridays, 1-3 p.m. Contact: Renée Raffini, raffinir@gmail.com

**Gardening**  
Second Tuesdays, 4:15 p.m. Contact: Patricia Grace, 828.505.0046, pegrace@vt.edu

**Hiking**  
Contact: Marcia Markowitz, ollihikingsig@gmail.com

**History Book Lovers**  
Third Fridays, 3 p.m. Contact: Jane White, 828.274.9354, jwcantare1@charter.net

**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

**Texas Hold’Em Poker**  
Mondays, 4:15-6 p.m. Contact: Bruce Jones, 828.338.0265, bruce_e_jones@yahoo.com

**Thriving in Community**  
Varied Fridays, 3:30 p.m. Contact: Amy Davidson, adavison2ndtime@gmail.com

**Tile Clickers (Mah Jongg)**  
Wednesdays, 2-5 p.m. Contact: Rosemary Walton, 828.667.8979, rh68@bellsouth.net

**Travel**  
Varied Fridays, 2-4 p.m., Contact: Marilyn Geiselman, geisel403@gmail.com

**Wednesday Wine Tasting**  
First Wednesdays, 7 p.m. Contact: Hooker Wood, 713.515.9661, hooker.wood@gmail.com

**Whole Foods/Plant-Based Living**  
Varied Fridays. 3:15 p.m. Contact: Bonnie Wheeler, bonniewhee@gmail.com

**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.

**Reuter Center Singers**, OLLI’s community chorus, meets each Monday at 6:15 p.m. to sing under the direction of Chuck Taft, make new friends and have a good time. No auditions! Membership in OLLI, a $45 music fee and a love of singing are required. Concerts throughout the year incorporate a variety of musical styles and eras. For more information, call Bob Dutnell at 828.484.8327 or 828.231.7807.

**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.
Advance Care Planning Workshop

This workshop will feature a panel whose members are experienced in addressing end-of-life issues. Discussion will include communicating your treatment wishes to loved ones and to medical personnel, ethical and legal issues and the uses of advance directives. Ample time will be reserved for questions. Assistance will be provided for anyone wishing to complete a legally valid advance directive, including the notarization required in North Carolina, using the NC Advance Care Plan (ACP) “Short Form.” At this event you may have your completed ACP added electronically into the Mission Health medical record, which health care providers throughout North Carolina may consult.

- **Thursday, February 22, 4:30-6:30 p.m.**

Asheville SCORE: Volunteer Business Mentors Helping Local Entrepreneurs

Do you have a business background and an interest in learning more about Asheville’s entrepreneurial ecosphere? Are you interested in sharing your experience and expertise to guide local entrepreneurs as they develop their businesses? Are you creating a new business and curious about how Asheville SCORE can assist you? Come to the information session to learn how Asheville SCORE mentors make a difference in the lives and success stories of Asheville area entrepreneurs. Refreshments will be served! For more information about Asheville SCORE visit asheville.score.org.

- **Thursday, May 10, 4:30 p.m.**

Astronomy Club of Asheville

The Astronomy Club of Asheville meets the first Thursday of each month with an interesting line-up of speakers and topics. OLLI members are welcome to attend the club meetings and star gazes with club members on hand to advise and assist them in the basics of astronomy and the techniques of observing celestial phenomena. Find out more at www.AstroAsheville.org.

- **Thursday, March 1, 7 p.m., The Kessler Syndrome:** Don Kessler, NASA senior scientist for orbital debris (retired)
- **Thursday, April 5, 7 p.m.,** speaker and topic TBA
- **Thursday, May 3, 7 p.m.,** Seeing the Sky Through
  Words: Mark Littman, University of Tennessee Knoxville

The Autumn Players

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

- **Sunday, April 1, 2:30 p.m., The Dresser by Ronald Harwood,** directed by Marianne Lyon
- **Sunday, April 29, 2:30 p.m., Broken Glass by Arthur Miller,** directed by Anita Chapman

Behind the Scenes at NC Stage

Go behind the scenes of professional theatre with NC Stage Artistic Director and co-founder Charlie Flynn-McIver. Explore the themes of this season’s plays, talk with the actors, directors and designers about design concepts and the rehearsal process and experience a scene or two performed live. Join us for an insider’s view of how theatre happens!

- **Friday, March 30, 1:30 p.m., Other Desert Cities.** Brooke Wyeth returns home to Palm Springs after a six-year absence to celebrate Christmas with her parents, her brother and her aunt. Brooke announces that she is about to publish a memoir dredging up a pivotal and tragic event in the family’s history—a wound they don’t want crossed. In effect, she draws a line in the sand and dares them all to cross it.

- **Friday, April 27, 1:30 p.m., Burden.** Frequent NC Stage collaborators Ron Bashford (director) and Willie Repoley (actor) began work on a new play in 2014. After four years of creative improvisations, artistic explorations and grueling writing sessions, NC Stage and Immediate Theatre Project are proud to present the world premiere of Burden, an original play inspired by Robert Penn Warren’s classic American novel All the King’s Men.

Book Talk: Masons, Miners and Thieves:
The Real Lives of America’s Bees

Did a type of bee go extinct because of greenhouse tomatoes? Why is a bee nicknamed Cinderella? The U.S. and Canada have around 4000 species of bees that are nothing like a honey bee. Follow a gardener’s adventures into the field with bee scientists and farmers to explore the lives of America’s bees. Tucked into stories about where bees build hives and paint walls are lessons on how bees live—and how our gardens can help them. Plan to attend this fascinating presentation by author Paige Embry who has written the book Our Native Bees: North America’s Endangered Pollinators and the Fight to Save Them. Embry will sign copies of her book following the talk.

- **Friday, March 9, noon**

Carolinas’ Nature Photographers Association

The Carolinas’ Nature Photographers Association-Asheville Region’s goal is to develop a group that will more fully experience the beauty of Western North Carolina through photography. Activities in the Asheville region include monthly meetings, photo outings, seminars, workshops, exhibits, photo contests and image critiques. The monthly meetings begin with a meet and greet at 5:30 p.m. For more information visit cnpa-asheville.org.

- **Sundays, March 11, April 8, May 13, 5:30 p.m.**
special events—spring 2018

The Confident Caregiver Series
Offered through the Alzheimer’s Association of Western Carolina, the Confident Caregiver is a series of three presentations that provide answers to the questions that arise in the middle stages of Alzheimer’s disease. Hear from those directly affected and learn what you need to know, what you need to plan and what you can do at each point along the way to maintain quality of life for both the caregiver and the person with the disease.

• Friday, March 9, 2 p.m., Day Services, In-Home Care Services, Senior Living Options and Caregiver Needs

• Friday, March 23, 2 p.m., Is this Normal Aging? Know the 10 Signs. Come learn about the differences between normal and not normal aging, and why you may keep finding things in strange places! We’ll separate myth from reality and address commonly-held fears about Alzheimer’s in America

• Friday, April 6, 2 p.m., The Basics: Facts About Memory Loss, Dementia and Alzheimer’s. If you, or someone you know has dementia or Alzheimer’s disease, it’s time to learn the facts! Information on detection, causes and risk factors, stages of the disease, treatments and much more will be provided.

• Friday, May 25, 2 p.m., Finding Moments of Joy with Dementia. Come learn ways to connect with your loved one who has dementia or Alzheimer’s disease. We’ll talk about ways to decode body language, improve communication and make life with dementia more enjoyable for both you and your loved one.

Death Café
Come experience an engaging gathering with storytelling and conversation about a subject that too often alienates people in our death phobic culture. A new movement, a shift, is at play in recovering the rituals of death and dying through personal storytelling of fears and loss. A deepening ritual emerges, and we build a culture of dying wisely. Join us at our next Death Café, facilitated by Thirdmessenger’s Karen Sanders, Greg Lathrop and Said Osio. Learn more at deathcafe.com and thirdmessenger.com.

• Fridays, February 16, March 16, May 18, 5 p.m.

Elisha Mitchell Audubon Society
The mission of the Elisha Mitchell chapter of the National Audubon Society is to protect birds and their habitats and to promote an awareness and appreciation of nature. EMAS presents educational programs at the Reuter Center on the third Tuesdays of the month. Programs are free and open to the public. Find out more at emasnc.org.

• Tuesday, March 20, 7 p.m. Hemlock Restoration Initiative

• Tuesday, April 17, 7 p.m. Southern Appalachians Highlands Conservancy

• Tuesday, May 15, 7 p.m. Climate Change and Warblers

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

• Wednesdays, March 14, April 11, and May 9, 6:30 p.m.

March Madness Lecture
Bubble teams and brackets. Upsets and Cinderellas. Blocks, dunks, layups and buzzer beaters. Bitter defeats, thrilling wins and “one shining moment.” They’re all elements of the “big dance” we call March Madness, the NCAA Basketball Tournament. Learn more about this annual college sports ritual from a couple of UNC Asheville experts. Larry Griswold, popular instructor for sports history courses at College for Seniors, will offer an overview of the history of college basketball championship tournaments and the evolution and growth of the NCAA tournament. Janet Cone, UNC Asheville’s athletics director and the only woman currently serving on the NCAA Division I Men’s Basketball committee, will give us an insider’s view of the selection and seeding process. Feel free to wear your college colors, if you remember that here at UNC Asheville we are all Bulldogs!

• Tuesday, February 27, 3 p.m.
Manheimer Book Talk  
Novelists, playwrights and philosophers of the existential tradition continue to attract a worldwide audience, young and old alike. Their creative expressions and ideas have made a major impact on Americans from Dr. Martin Luther King, Jr. to Betty Friedan. In his new book, Growing Up Existentially: From Absurdity to Consciousness (Jorvik Press, 2018), Dr. Ron Manheimer explores what continues to make existentialism so intriguing, while he shares some of his own “existential moments.” Come hear about his new book and enjoy a cup of coffee and a cookie.

- Sunday, April 8, 3 p.m.

Medicare Choices Made Easy  
Are you new to Medicare? Are you confused by the many choices? Unbiased and accurate information is available from trained volunteers from the North Carolina Seniors’ Health Insurance Information Program (SHIP). Representatives from the Council on Aging of Buncombe County and OLLI 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 register online at www.coabc.org.

- Friday, March 30, 2 p.m.

Midday Music with Pan Harmonia  
Pan Harmonia, Asheville’s own chamber music company, enjoys bringing its signature mix of masterpieces and new works to as many listeners as possible with its adventurous and informal events. Peek behind-the-scenes into the experience of music-making. Meet the musicians and learn about their process, inspiration, favorite music and more! This session of Midday Music with Pan Harmonia will be an open rehearsal as professional players join flutist and director Kate Steinbeck to shape the music for an upcoming performance. Feel free to bring friends and your lunch.

- Saturday, April 28, noon-3 p.m.

More Than A Month  
OLLI’s inclusion Committee builds partnerships to offer culturally rich programs to address issues of race and inclusion locally and nationally. More Than A Month events are designed to provide meaningful ways to understand and respond to the issues of race that continue to divide us and to define our civic and political discourse. Please watch the OLLI newsletter for more details about individual programs, that include.

- Friday, February 16, 2-5 p.m. Bruce Mulkey, “I Am a Recovering Racist”
- Friday, March 16, 1-2:30 p.m. Michael Carter, “Beyond Privilege” workshop. Registration is required; call 828.251.6188.
- Friday, April 6, 4:30-6 p.m. A Screening of “Rosenwald” and a discussion of Rosenwald schools
- Friday, May 4, 2-5 p.m. “Beneath the Veneer,” a documentary film about opportunity, success and inequality in the U.S.

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 to learn about all that OLLI has to offer and about ways to get involved. Meet other members and find out how to make the most of your OLLI experience.

- Friday, March 23, 10 a.m.

OLLI Authors Reading  
OLLI Authors is a quarterly reading featuring two poets or prose authors and providing a forum for OLLI members and community writers to showcase their creative efforts. It’s also an opportunity for OLLI and community members to hear, appreciate and purchase readers’ published work. Readings are usually held in January, April, June and October. Watch the OLLI Observer for information about our readers.

- Thursday, April 5, 5 p.m.

OLLI Town Hall Meeting  
During our annual Town Hall meeting we’ll review the highlights of the past year, including member survey results and accomplishments from our OLLI programs and activities. The Nominating Committee will introduce the 2018-2019 slate of candidates. Our focus, however, will be on your questions for our staff and Steering Council members. Watch the OLLI Observer for your opportunity to submit questions.

- Tuesday, March 27, 4:30 p.m.
Reuter Center Singers Spring Concerts
The Reuter Center Singers, OLLI’s in-house choral group directed by Chuck Taft, study and perform favorite classical, popular and show tunes. The two performances of the Spring Concert fill quickly. While the concerts are free and open to everyone, donations at the door are welcome.
- Friday, March 16, 7 p.m.
- Sunday, March 18, 3 p.m.

Smart Driver Class
The four-hour AARP Smart Driver Class offers numerous tips for coping with inevitable changes in perception and reaction time, as well as increased hazards on the roads with faster cars and busier traffic. Participants can expect to review the rules of the road, learn tips to respond to aggressive drivers and gather general safety tips such as how to make left turns into heavy traffic. The course, offered nationwide, is designed to help participants avoid crashes and remain safely behind the wheel. The cost is the $20 or $15 for AARP members. Contact instructor Celeste Selwyn csel@mindspring.com to register.
- Tuesday, May 15, 1:45-5:45 p.m.

STEM Lectures
The STEM series of lectures is an interdisciplinary program that covers a wide range of science, technology, engineering and mathematics disciplines. Each session provides lecturers with the opportunity to share their work, present new ideas for feedback, learn new ideas that participants can use and introduce students to exciting areas to explore. This spring lectures will focus on “Women in STEM.”
- Tuesday, February 20, 4:30 p.m. Women in Nursing
- Thursday, March 8, 4:30 p.m. Women in Biology
- Wednesday, March 21, 4:30 p.m. Women in Forestry

Symphony Talk
Symphony Talks are an entertaining and educational way to hear about the music to be performed at upcoming Asheville Symphony Orchestra (ASO) Masterworks Concerts. The program begins with a presentation by Chip Kaufmann, who talks about the life and times of the featured composers. For the 2017-2018 season, each of the six candidates for the position of new ASO Music Director will present the Symphony Talk along with a featured soloist. Come early to get a seat; this popular series is very well attended. 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, March 16, 3 p.m. Candidate Nicholas Hersch, violinist Itamar Zorman. Composers Beethoven, Leshnoff, Rachmaninoff and Queen/Hersh.
- Friday, April 13, 3 p.m. Candidate Jayce Ogren, pianist Joyce Yang. Composers John Adams, Falla and Sibelius.

Western NC Historical Association Event: The Role of African Americans in the History of WNC
The Role of African-Americans in the History of WNC: Building the 1870s Swannanoa Train Tunnel and The South Asheville Cemetery Project. Join Warren Wilson College professors Jeff Keith and Kevin Kehrgan as they present public memories about slavery and the Jim Crow South through the story of the Swannanoa Tunnel and efforts to maintain the South Asheville Cemetery. While often associated with southern Appalachia, the “myth of racial innocence” is lost in the exclusive use of African American convict labor to build the Swannanoa Train Tunnel that connected the mountains of Western North Carolina to the NC Piedmont in the late 1870s. This tragic construction story is highlighted through the conversations as well as the music of the laborers. In addition, the program will include an overview of the current community work to cultivate and protect the oldest public African American cemetery in WNC, the South Asheville Cemetery, the final resting place for nearly two thousand people - many of them enslaved at the time of their death. This program is sponsored by the Western North Carolina Historical Association (WNCHA). Tickets will be sold at the door. General Public: $5 donation. WNCHA members: free.
- Saturday, April 14, 2-3:30 p.m.

World Affairs Council
World Affairs Council (WAC) lectures and discussions aim to advance international awareness and foster Western North Carolina’s global ties. Meetings offer a lively line up of topics and compelling presenters. The Great Decisions Series is scheduled for the winter and spring terms. All lectures are scheduled in the Reuter Center’s Manheimer Room, free to WAC members and students, all others $10 at the door. OLLI members receive a discount on WAC annual membership fee. For more details about programs, consult the WAC website: main.nc.us/wac/
- Tuesday, February 20, 7:30 p.m. Jonathan Tetzlaff on “Waning of Pax Americana”
- Tuesday, February 27, 7:30 p.m. Jake Greear on “Foreign Policy and the Media”
- Tuesday, March 6, 7:30 p.m. Major Rick Devereaux on “Defense Budget and Global Engagement Priorities”
- Tuesday, March 13, 7:30 p.m. Julie Snyder on “China’s Influence and Changing Role in Trade”
- Tuesday, April 3, 7:30 p.m. Jinhua Li on “China on Screen: Politics, Commerce and Identity”
- Tuesday, May 1, 7:30 p.m. Ilana Feldman on “The Challenges of Long-Term Humanitarianism: Lessons From the Palestinian Experience”
March 30, Pharmacy Update
Why are prescription drugs more expensive in the U.S. than in other countries? Can that be changed? How do other industrialized countries control prescription drug expenditure and prices? U.S. prescription drug expenditure has increased faster than the Consumer Price Index (CPI) and other sectors of the U.S. health care market. Alternative prescription pricing methods and related proposals to control prescription prices will be discussed. Speaker Michael Dickson holds a doctorate in pharmacy and is a professor emeritus from the University of South Carolina. He has taught and done research in pharmacy outcomes and pharmacoeconomics for more than 30 years. This lecture is part of the Health Education Series.

April 6, Leonardo’s Adoration of the Magi: When Vision Met Science
In 1481, Leonardo da Vinci was commissioned to create an altarpiece for the Augustinian monks of San Donato a Scopeto in Florence, Italy. In mid-1482, the artist left the piece unfinished when he traveled to Milan to accept an offer of steady income and joined the Sforza court. The Adoration’s journey became the material of legend. After lying unattended in a cellar for decades, it was heavily modified by an unknown, untalented artist who damaged the work, which was ultimately acquired by the Medici Grand Dukes in the late 16th century. During a recently completed five-and-a-half-year restoration led by renowned art experts Roberto Bellucci and Patrizia Rittano, numerous new details of Leonardo’s original sketches were discovered. Mark Gordon Smith will share how this painting reveals the ways the talent of a Renaissance prodigy was further solidified by the balanced application of both expertise and science. Smith has traveled across Italy for over 40 years and has a passion for Renaissance art. He has been an instructor at OLLI since 2012.

April 13, Type 2 Diabetes: What It Is, How It Harms, How You Can Take Control to Prevent, Reverse or Manage It
Type 2 diabetes is a significant threat to health and well being in an older population, often reducing length of life and quality of life. In this lecture you will learn about the causes, consequences and proven ways to prevent, reverse or manage Type 2 diabetes. You will learn about The YMCA of Western Carolina’s program that enables participants to control their Type 2 diabetes. Michael Hanlon, Diabetes Director of the YMCA of Western North Carolina, helped develop the YMCA diabetes control program and has conducted over 2000 hours of diabetes and lifestyle change education. This lecture is part of the Health Education Series.

April 27, In the Footsteps of Daniel Boone
Daniel Boone is America’s pioneer hero. He was a market hunter, frontier guide, wilderness scout, master woodsman, expert marksman, Indian fighter, militia leader, surveyor, land speculator, judge, sheriff, coroner, elected legislator, merchant, tavern keeper, prisoner of war, Spanish government agent, husband, father and more. Daniel Boone led one of the most eventful lives in American history, living 21 of his remarkable 86 years in North Carolina. His life is commemorated across a landscape which today spreads over 11 states including Pennsylvania and Missouri, Michigan and Florida (yes, Florida!) and everywhere in between. Come hear award-winning author and storyteller Randell Jones recount the episodes of Daniel Boone’s life which have endeared this American frontier icon to generations of Americans.
College for Seniors Hot Topics
As part of the College for Seniors theme term on race and ongoing initiatives to create relevant and timely programming, we present a series of lectures and events to supplement the courses offered this spring. The lectures are free and open to everyone, and are scheduled for the Manheimer Room. See p. 16 for more information about this spring’s theme term on race.

Housing and Race in Asheville
Wednesday, May 2
11:30 a.m. - 1:30 p.m.

Where we live has an impact on our quality of life, health, wealth and access to opportunity. Residential segregation creates and reinforces many of the racial disparities that continue to plague our community. Housing also serves as a tool to construct racial identity. We will explore these concepts using examples from Asheville’s past and present. Andy Barnett is the executive director for Asheville Area Habitat for Humanity. Over the last two decades, he has served rural and urban Habitat for Humanity affiliates motivated by the belief that a decent, affordable home in a vibrant neighborhood is the foundation for success.

The Past Is Not Past: The History and Legacy of Lynching in North Carolina, Part 1
Tuesday, May 8
9 - 11 a.m.

We will examine the history of lynching in North Carolina, with an eye toward the United States and the South more broadly. Dr. Kotch will examine the history of lynching in America, the South and North Carolina, including analysis of the photographs taken at such events and case study descriptions, anti-lynching activism from the 1880s through the 1940s, and the relevance of the study of this history to current challenges. Seth Kotch is assistant professor of digital humanities in the Department of American Studies at the University of North Carolina Chapel Hill. He and Professor Elijah Gaddis direct The Red Record project that, with undergraduate historians, creates a web-based record of lynching in the South.

A World Class Art Museum for Asheville
Monday, May 14
9 - 10 a.m.

The Asheville Art Museum, founded in 1948, is in the midst of an exciting expansion. The $24 million building project will provide new landmark architecture in downtown Asheville’s Pack Square and larger, state-of-the-art galleries to showcase traveling exhibitions and the museum’s collection. Kristi McMillan, Adult Programs Manager at the Asheville Art Museum and College for Seniors instructor, will be joined by members of the museum’s staff and trustees to discuss the mission and history of the Asheville Art Museum, celebrate highlights from the museum’s ever-growing collection of 20th- and 21st-century American art, offer a sneak-peek at the new museum and outline exhibitions and programs that the museum is offering in the community while construction is underway.

A Game Called Salisbury: The History and Legacy of Lynching in North Carolina, Part 2
Tuesday, May 15
11:30 a.m. – 1:30 p.m.

Susan Barringer Wells, in her book A Game Called Salisbury, weaves century-old news reports and oral history into a family saga of tragic proportion. Her teenaged ancestor Addie Lyerly discovered the gruesome scene of her family’s murder. For the crime, Jack Dillingham, Nease Gillespie and teenager John Gillespie were taken from a jail cell to an oak tree in Salisbury, North Carolina, where they were lynched and mutilated. The heinous act spawned a children’s game of ropes and make believe. What actually happened on the night of August 6, 1906, may have been the game’s first folly. We will also consider the lasting legacy of lynching with special guest speaker Dr. Dwight Mullen, professor of political science at UNC Asheville.

Two Hood Hugger Tours
Friday, April 6, 1-3 p.m.
Friday, April 20, 1-3 p.m.

The past, present and future of African Americans in Asheville is a story of resilience. Learn this powerful story on a Hood Huggers International tour of Asheville’s historically African American neighborhoods with artist and poet DeWayne Barton. A Hood Huggers tour is an intimate, interactive experience that will leave you looking at this mountain town with new eyes.

Arranged with the CFS Race in Black and White theme in mind, Hood Huggers Tours will be registered through the online registration system when registration opens, February 20, 10 a.m. Tours will be listed under Excursions; the fee is $30. Space in each tour is limited to the first 9 people to sign up.
Local Programming - Open to OLLI members only

Gift of Time
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. Experienced facilitators and expert speakers, combined with the support of a group of peers, make this program truly unique.

Registration opens in spring; open to OLLI members only
Dates & Time: May 22, 24, 31, June 7, 14, 2018, 10 a.m. - noon each day
Cost: $30/person

Exploring CCRCs
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.

Registration opens in spring; open to OLLI members only
Dates: August 2, 9, 16, 23, 30, September 6, 13 & 14, 2018
Cost: $150 per person
More Information: www.olliasheville.com/exploring-ccrcs

National Programming - Open to anyone

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

Dates: April 20-22, 2018
August 24-26, 2018
Cost: $850 per person

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

Dates: June 1-3, 2018
Cost: $575/person
More Information: www.AshevilleCREW.com

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 or MasterCard accepted. For questions contact olli@unca.edu
Leadership Asheville Seniors

Every fall, OLLI offers this learning and civic engagement program, planned and led by its graduates and community members. It provides participants with a multi-faceted view of Asheville and Buncombe County. Through discussions with community leaders in distinctive venues, newcomers and longtime residents alike can gain new perspectives and consider ways to contribute their diverse experiences and talents for the good of the community. Each day of the nine-week program offers an insider’s view of topics concerning our community, including history, environment, government, food insecurity, the arts, the economy, education, health and poverty.

**When:** Weekly sessions, September - November, 2018  
**Cost:** $400 (scholarships available up to 75%)  
**Payment:** Visa or MasterCard  
**Registration:** Registration will open in Spring 2018. Open to OLLI members only. Visit www.olliasheville.com/LAS for more information.  
**Questions?** Contact olli@unca.edu.

**Why take LAS? Ask the alumni...**

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

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

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

---

We want to thank the leaders, volunteers and instructors who provided engaging, hands-on learning experiences through our Workshops program. Changes in staffing and the direction of our long-range vision have led us to focus on other program areas and to discontinue the Workshops program. Community Excursions will continue to be offered in conjunction with College for Seniors courses. See page 11 for the Hood Huggers Tours to be offered in Spring 2018.
Online Registration Instructions – Spring 2018

Join OLLI at UNC Asheville and Register for College for Seniors – Spring 2018

Initial allocation registration period is Tuesday, February 20, 10 a.m. to Tuesday, February 27, noon

Use the online registration system to purchase OLLI membership, College for Seniors (CFS) courses and excursions. You may use a credit card to pay online, or you may pay in the OLLI office using a check or cash (exact change, please). Go to our website at www.olliasheville.com and click on the Online Registration link. That will take you to the Registration Home page.

Step 1: Sign in

- Click on the Sign In link at the top right of the page.
- If you have been a member any time since August 1, 2015, you have a username and password. Scroll down to “Sign In to Existing Account” and enter your username and password.
- If you are new to OLLI, 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 say “Welcome [Your Name]”
- Click on Registration Home to proceed to the next steps. Note: You do not need to create separate orders to purchase membership and CFS courses.

Are you an OLLI member for 2017-18?

- Click on My Account, then Membership to see if you are a member for 2017-18. If the expiration date is 7/31/18, you do not need to purchase another membership. Return to Registration Home.
- If you need to purchase a membership, return to Registration Home and scroll down to Membership and CFS Registration Fee, then click on OLLI Annual Membership. Click on Add to Cart to add the $75 fee.
- Click on Registration Home

Step 2: Purchase the College for Seniors Term Fee

- Click on Membership and CFS Registration Fee,
- Click on CFS Registration Fee. Click on Add to Cart to add the $115 fee. You must do this before adding any courses to your cart.
- Click on Registration Home or Search Courses to find the College for Seniors courses you want to take.

Step 3: Request your College for Seniors Courses

- Find the course you want and click on Request Course to add it to your cart. Repeat this step for additional choices.
- You may request up to six courses in the initial registration. You will be registered in up to three courses and dropped from any courses over three.

Step 4: Purchase the items in your cart

- When your cart is complete, click on Check Out. Follow the steps, clicking next after you have completed each request. If you are using a credit card to pay for your order, be sure Credit Card is the payment method and be sure your name and billing address exactly matches the information on file with your credit card provider. If you have a middle initial on your card, please include it on the billing information and check the charge information.
- If you are paying with check, cash, scholarship or voucher, contact the OLLI office to alert us to the non-credit card payment method and get instructions on how to complete the request.
- Note: if there is an error in processing your payment by credit card, the system may not allow further attempts to provide credit card information. If that occurs, you will need to mail or bring in a check or cash (exact change please) for your purchase. All payments must be received by February 26.

Step 5: 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 second priority, etc.
- Click on Save Priorities to save your selections.

Notification

- If you register during the initial allocation registration period, you will receive confirmation of your schedule by email on Friday, March 9, 4:30 p.m.
- Please note that some health and fitness courses carry an additional $30 fee. You will be responsible to pay this fee after you have received notification that you have been enrolled in that course. All health and fitness fees must be paid by March 21 or you will be dropped from the course.
Add-Drop opens Monday, March 12, 10 a.m.

- If you missed the initial registration period, you can register for courses with available openings during this time.
- 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, unless otherwise noted.
- To drop a course, send an email to olli@unca.edu; include your name and the name of the course(s) you wish to drop.
- To drop all courses and receive a full refund, please submit your request by Friday, March 23, 3 p.m.

Registering for Life Transitions

You may register for these programs or add yourself to a waitlist at the same time you register for College for Seniors. Membership is required for our local programs. Sign in. Add the membership fee to cart if you are not already a member. Select the program you want and click on Add to Cart. Proceed to payment as usual.

Worksheet for College for Seniors Course Selection

This is not a registration form. You may use this form to note the courses you want in priority order before selecting them in the online registration system.

<table>
<thead>
<tr>
<th>Priority</th>
<th>Course Name</th>
<th>Category</th>
<th>Day/Time Meets</th>
<th>Instructor/ Catalog pg.</th>
<th>Has Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

As courses are allocated, you will be enrolled in your highest priority courses where seats are available. If you are enrolled in three courses, you will be dropped from all other choices. If you are not enrolled in three courses, you will be waitlisted on your remaining choices unless there is a time conflict with a registered course. If seats are available, you may add a course to your schedule during Add-Drop.

Registration schedule

- Initial allocation registration opens Tuesday, February 20, 10 a.m.
- You may come to the Reuter Center for registration help on February 20, 21, 22, 23, 26, 10 a.m.-3:30 p.m. and on Tuesday, February 27, 8:30 a.m. - noon.
- Registration is closed during the allocation process, February 27, noon to March 12, 10 a.m. You may purchase an OLLI membership and register for some Life Transitions programs, but you will not be able to add College for Seniors fee or courses to your cart.
- Notification of College for Seniors enrollment (courses registered, waitlisted or dropped) will be sent by email on Friday, March 9, 4:30 p.m.
- Add-Drop opens March 12, 10 a.m. At this time you can register or add more College for Seniors courses or add your name to a waitlist if a course is full. Add-Drop closes after the second meeting of the course.
Race in Black and White
Theme for the Spring Term

More than a year ago Performing Arts Curriculum Committee chair Carol Taylor asked a question: What if we at OLLI hold a conversation on race? The College for Seniors Committee repeated that question across all 11 CFS curriculum committees: What if we invite instructors to offer courses to talk about Race in Black and White in each of our curriculum areas?

The result is 23 College for Seniors courses across various disciplines in which race is an intentional feature. When we focus on one topic presented from a variety of different perspectives, we encourage our current instructors to explore new territory and create a sense of community. By agreeing to focus together on challenging subjects like Race in Black and White we hope to overcome the temptation to ignore them.

The OLLI Inclusion Committee in its More Than a Month programs (see page 8) has pursued some of the same issues and has an interesting variety of programs planned. College for Seniors also offers a series of “Hot Topics” presentations and excursions to offer opportunities to learn and continue conversations that begin in our classrooms. See page 11 for more information about these presentations. Most are free and open to everyone.

Community Conversation on Race

At the end of the Spring term, on Friday, May 18 from 5 – 7 p.m. in the Manheimer Room, OLLI will hold a conversation about the experience of the Spring term, offering OLLI members an opportunity to share with one another the experience of courses and programs on the theme of race. The Community Conversation on Race will be held on the last day of the term with the hope that anyone who participates in any course or program might attend.

College for Seniors courses that align with the theme Race in Black and White are designated with a special catalog symbol: 

One of our values as an organization is innovation and continuous improvement. If you have ideas for future theme terms or programs, please contact College for Seniors program manager Herb Gunn (hgunn@unca.edu or 828-251-6873).

Overwhelmingly White
An invitation to OLLI members from Herb Gunn, College for Seniors Program Manager

So how can OLLI at UNC Asheville sponsor an honest look at Race in Black and White with a membership that is overwhelmingly white? My response to that fair question is with integrity!

I worked with the Episcopal Church for 25 years, and the frequency of Dismantling Racism workshops as a requirement in the workplace grew over those years. In my relatively small multi-cultural work communities and churches, what also grew was that the repetition of these annual training events led to resistance on the part of my African-American acquaintances. At first, I was puzzled or just deaf because my assumption was that my black friends would be grateful if I and other white colleagues and church members devoted 24 hours a year to listening to their stories, sharing our early memories of race and closing with a prayer.

I am the one who remains grateful when a decade ago, a Detroit colleague just said what she was thinking, and spoke so honestly and succinctly, I was unable to dodge its impact. “Y’all need to just go and talk about your problem.”

Until that moment, I was committed to resisting racism together. I was proud in my early teenage years to join marches and demonstrations, arm-in-arm for justice. At my mostly white southern college, I crossed the racial divide as the only white kid to affiliate with the Black Student Association. What a gift I must have been to others!

That “Y’all” moment was a significant point of awareness for me, and I continue to think differently about race in America.

This spring, OLLI members have a chance to think differently about race. We have an opportunity to start conversations that sometimes just never begin, and to commit our community to continue these conversations for More Than a Month. We can do so with integrity because, Y’all, it’s our conversation to have.
COLLEGE FOR SENIORS (CFS) 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 Appalachian music to oceanography, drawing to Pilates, existentialism to spring wildflowers and much more. We offer four terms throughout the year, each one different, with stimulating, entertaining and relevant courses. See pages 20 to 40 for course descriptions.

Spring: March 26 – May 19, 2018 (initial registration February 20-27)
Summer: June 18-August 1, 2018 (initial registration May 17-23)
Fall: September 19 – November 19, 2018 (initial registration August 9-16)
Winter 2019: January 14-February 25, 2019 (initial registration November 9-15)

Spring 2018
March 26 – May 19
NOTE: Check dates listed for each course.

CFS Registration Fee: $115 for the term
OLLI membership is required to enroll in CFS classes
Additional fees may apply; see course descriptions for details

$30

Fees for courses with a $30 health and fitness fee must be paid to OLLI by Wednesday, March 21, or we will drop your enrollment from that health and fitness course.

See page 14 for information on how to register.

Refunds:
Cancellation must be received by Friday, March 23, 3 p.m. for a full refund

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 in the “Forms” section. Scholarship applications must be submitted by February 26. For more information, call 828.251.6140.

Class Reps help new OLLI members become acclimated, assist instructors during a class and ensure that classes operate smoothly. When you register, check the box “Do You Want to be a Class Rep?” on the Check Out/More Info page. For more information, call 828.251.6140.

Teaching at College for Seniors:
At the heart of the College for Seniors program are dedicated volunteer instructors. For more information and the term proposal form visit: olliasheville.com/college-seniors-1 or contact CFS Program Manager Herb Gunn at hgunn@unca.edu or call 828.251.6873. The deadline for proposals for the fall term is May 1.

Need more information about College for Seniors courses? Go to the OLLI website olliasheville.com/courses to find more detailed course information and biographies of instructors for the spring courses.
<table>
<thead>
<tr>
<th></th>
<th><strong>mondays</strong></th>
<th><strong>tuesdays</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AM</strong></td>
<td>Hiking for Wildflowers (9-2)</td>
<td>AARP Foundation Finances 50+</td>
</tr>
<tr>
<td></td>
<td>Mindfulness-Based Stress Reduction (8:45-11:15)</td>
<td>A Change is Gonna Come: The Civil Rights Movement and American Culture</td>
</tr>
<tr>
<td></td>
<td>The ‘60s: A Decade of Upheaval</td>
<td>Drawing Wildlife</td>
</tr>
<tr>
<td></td>
<td>African American Autobiography</td>
<td>Global Climate Change: A Disaster with Solutions</td>
</tr>
<tr>
<td></td>
<td>*Four Asheville Architects</td>
<td>*The Hollywood Blacklist</td>
</tr>
<tr>
<td></td>
<td>U.S. Agricultural Policy: A Historical Perspective</td>
<td>Poetry in Black and White</td>
</tr>
<tr>
<td></td>
<td>**Who's Going to Jail? Fraud and Corruption in American Politics</td>
<td>Spring Wildflower Hikes in the Blue Ridge Mountains (9:30-12:30)</td>
</tr>
<tr>
<td></td>
<td>Writing Flash Fiction</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Meditative Yoga (10-11)</td>
<td></td>
</tr>
<tr>
<td><strong>Mid-day</strong></td>
<td>Appreciating Asheville’s Appalachian Music</td>
<td>Qigong: The Art of Breathing (11:30-1)</td>
</tr>
<tr>
<td></td>
<td>Docent’s Journey: Painting, Sculpture and</td>
<td>Yoga Therapy for Low Back and Hips (11:30-1)</td>
</tr>
<tr>
<td></td>
<td>Architecture of the Western World</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The Female Body Enslaved: <em>Beloved</em> and *The</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Handmaid’s Tale</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Integrative Yoga for Your Aging Body</td>
<td></td>
</tr>
<tr>
<td></td>
<td>**iPhone Photography</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Search for the Historical Jesus</td>
<td></td>
</tr>
<tr>
<td><strong>PM</strong></td>
<td>Tai Chi for Balance &amp; Agility (2-3:30)</td>
<td>Pilates Foundational Mat (2-3)</td>
</tr>
<tr>
<td></td>
<td>Yoga for Your Health (2-3:30)</td>
<td>African American Cinema, 1915-1946</td>
</tr>
<tr>
<td></td>
<td>Beginning French</td>
<td>The Benefits and Dangers of Income and Wealth Inequality</td>
</tr>
<tr>
<td></td>
<td>**The Challenges for Nuclear Power</td>
<td>Black Athletes: Successes and Struggles in a White Nation</td>
</tr>
<tr>
<td></td>
<td>How to Write Your Life Story: A Memoir Intensive</td>
<td>Communications and Social Emotional Intelligence</td>
</tr>
<tr>
<td></td>
<td>Jazz History: Black and White</td>
<td>Shakespeare’s Tragic Royalty: Hamlet and King Lear</td>
</tr>
<tr>
<td></td>
<td>*Taking Control of Your Retirement Planning</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Black Comedy in America (2-4:30)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>*Functional Meditation (2-5)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Layered Acrylic Abstracts (2-5)</td>
<td></td>
</tr>
</tbody>
</table>

* Course meets first 4 weeks
** Course meets second 4 weeks
<table>
<thead>
<tr>
<th>wednesdays</th>
<th>thursdays</th>
<th>fridays/saturdays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Awakening to Now and How</td>
<td>African American Protests in United States History</td>
<td>Artful Being and Dying</td>
</tr>
<tr>
<td>*Black Music Goes Mainstream: Cover Recordings as Catalysts</td>
<td>The Art of Solving Crosswords, Level 1</td>
<td>Critical Thinking, Confirmation Bias and Correlation: A Paucity and a Plague in the U.S.</td>
</tr>
<tr>
<td>**Great Women of Physics</td>
<td>Everyone, Level 1</td>
<td>HandyPerson—Take Care of Your Home</td>
</tr>
<tr>
<td>Human Anatomy and Physiology: How Our Bodies Work</td>
<td>**Health and Fitness Apps: Living Longer with Technology</td>
<td>Piano-Based Jazz Appreciation</td>
</tr>
<tr>
<td>John Muir as Secular Saint</td>
<td>Mapping the West: The Pacific Railroad Surveys</td>
<td>**Sounds of the Chakras Meditation</td>
</tr>
<tr>
<td>National Parks 1: Geology Behind the Scenery</td>
<td>*Moth Storytelling: Sharing Your Life in the Oral Tradition</td>
<td></td>
</tr>
<tr>
<td>**A Short History of African American Art</td>
<td>Play of the Hand: Bridge, Level 3</td>
<td></td>
</tr>
<tr>
<td>*To Be Younger Next Year: The Total Workout (session 1)</td>
<td>Political Development in the Arab World</td>
<td></td>
</tr>
<tr>
<td>Transition to Whole Foods/Plant Based Living</td>
<td></td>
<td></td>
</tr>
<tr>
<td>**Morning Hiking, Level 2 (9-1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>GROOVEing &amp; Moving (11:30-1)</td>
<td>Beginner Line Dance</td>
<td>**The Lost and Found of Dangerous Expeditions</td>
</tr>
<tr>
<td>Movement Sampler (11:30-1)</td>
<td>**Best Cell Phone Apps</td>
<td></td>
</tr>
<tr>
<td>August Wilson: Master Playwright</td>
<td>French, Level 3A</td>
<td></td>
</tr>
<tr>
<td>Beading on Fabric</td>
<td>Fun and Fundamentals of Bridge, Level 2</td>
<td></td>
</tr>
<tr>
<td>Improv: Living in the Moment</td>
<td>Hidden Biases of Good People</td>
<td></td>
</tr>
<tr>
<td>Meditation and the Path to Liberation in Classical Yoga Scripture</td>
<td>Introduction to Form in Classical Music</td>
<td></td>
</tr>
<tr>
<td>Science and Technology for Global Citizens</td>
<td>**The Lost and Found of Dangerous Expeditions</td>
<td></td>
</tr>
<tr>
<td>Understanding Mental Illness and PTSD</td>
<td>*Mysteries of History: Crimes, Cons, Quirks, Part 3</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strength Training for Healthy Aging, Level 1 (2-3)</td>
<td>Stress Release and Trauma Recovery Exercises (2-3:30)</td>
<td>*Beginning Hiking in Western North Carolina (2-5:30)</td>
</tr>
<tr>
<td>Awakening Into Your Deepest Self</td>
<td>Astronomy: Stars and Galaxies</td>
<td></td>
</tr>
<tr>
<td>*James Baldwin’s America: Essays and Documentaries</td>
<td>*Dialogue About Race: Black and White</td>
<td></td>
</tr>
<tr>
<td>Oceanography</td>
<td>French, Level 2A</td>
<td></td>
</tr>
<tr>
<td>Out of Africa: Contemporary Immigrant Literature</td>
<td>Happy Feet</td>
<td></td>
</tr>
<tr>
<td>Performing Stand-up Comedy 101</td>
<td>Is That Murder?</td>
<td></td>
</tr>
<tr>
<td>**Topics in American Medicine, Part 4</td>
<td>*Race in Stories of Old New Orleans</td>
<td></td>
</tr>
<tr>
<td>Craft in WNC: From Functional to Artistic (2-4:30)</td>
<td>**Know Thyself and Others (2-5)</td>
<td></td>
</tr>
<tr>
<td>Design and Make Pop-ups (2-5)</td>
<td>**American Opera: Breaking the Sound Barrier (2-5)</td>
<td></td>
</tr>
<tr>
<td>**Go Take a Hike, Level 1 (2-5:30)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strength Training for Healthy Aging, Level 2 (3:15-4:15)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Don’t forget to add</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fab Fridays lectures to your schedule</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Every Friday,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 30 – May 18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30 a.m. – 1:15 p.m. in the Manheimer Room</td>
<td></td>
<td></td>
</tr>
<tr>
<td>See page 10 for details</td>
<td></td>
<td></td>
</tr>
<tr>
<td>saturdays</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Beginning Hiking in Western North Carolina (2-5:30)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tap Dancing for Fun (9-11)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Spring 2018 Calendar**

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

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

**Hiking for Wildflowers**  
Math, Science, Technology  
Health and Fitness  
5 weeks: April 2, 9, 16, 23, 30  
Note late start date  
Mondays, 9 a.m.-2 p.m.

We will focus on discovering and identifying spring wildflowers as we hike through the Blue Ridge Mountains. We will spend the first session in the classroom previewing wildflowers we hope to see and reviewing the hikes we will take in the next four sessions. Hikes will be 4-6 miles on rocky, uneven and uphill terrain with many stops for wildflower discovery. Participants should have a strong interest in our local flora and be capable hikers.  
**Instructor: Marianne Mooney** (mooney.marianne@gmail.com)

**Monday Morning**

**Mindfulness-Based Stress Reduction**  
Personal Development  
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14  
Mondays, 8:45 a.m.-11:15 a.m.

Mindfulness-Based Stress Reduction (MBSR) is an empirically-supported course that has been successfully taught in medical centers, schools, sports training programs, and the workplace across the country and around the world. You will learn mindfulness meditation as a means for you to take better care of yourself and to live a healthier and more resilient life. MBSR offers participants the possibility of developing a different relationship to stress. Research outcomes demonstrate positive improvements in physical and psychological well-being. **Materials needed:** Yoga mat. **Prerequisites:** This is an in-depth course that includes a full-day retreat on Saturday, May 5. Participants should review the course requirements at olliasheville.com/courses.  
**Instructor: Tam O’Shaughnessy** (tam@sallyridescience.com)

**The ’60s: A Decade of Upheaval**  
History  
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14  
Mondays, 9-11 a.m.

The decade of the ’60s began with optimism when the country elected JFK; it ended with Americans more divided than any time since the Civil War. African-Americans, Hispanics, women and others demanded equal rights and an end to second-class citizenship. The Johnson administration gave us more social legislation than any period since the New Deal, but it also Americanized the Vietnam War and divided the country into hawks and doves. We will examine these and other issues that surfaced during this time of social and political upheaval.  
**Instructor: Jim Lenburg** (jlenburg@mhu.edu)

**African American Autobiography**  
Languages, Literature, Writing  
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14  
Mondays, 9-11 a.m.

Autobiography has an important place in the canon of African American literature, as authors present in their own words what time, circumstance and history have made of them and reveal to readers “life within the veil” in a country where we struggle to come to terms with “the color line.” From the earliest slave narratives to Barack Obama’s *Dreams of My Father* and beyond, African American authors have constructed a sense of self, expressed their politics and articulated their aesthetics in the form of life writing. The instructor will offer introductions to 14 autobiographies from various historical periods by African American men and women, some well-known and some who should be. While participants are not expected to read these works during the term, we will explore the range and rich variety of African American autobiography to inspire participants to have a context if they choose to read on their own.  
**Instructor: Catherine Frank** (cfrank@unca.edu)

**Four Asheville Architects**  
Visual Arts  
First 4 weeks: March 26, April 2, 9, 16  
Mondays, 9-11 a.m.

We will study the work and biographies of four of Asheville’s significant architects of the early 20th century: Raphael Guastavino, Erle Stillwell, Ronald Greene and Charles Parker. The instructor will share her personal acquaintance with each of them as experienced from working on their buildings.  
**Instructor: Connie Mitchell** (cmgm050@gmail.com)
U.S. Agricultural Policy:
A Historical Perspective
Business, Law, Finance
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14
Mondays, 9-11 a.m.
We will survey the development of U.S. agricultural policy in the context of historical attempts to meet the needs of the nation. Agriculture is an important component of local and national economies. Population, politics and innovation create prosperity, over-production, poverty and damage to natural resources. Public policy was important in forming and transforming the nation’s natural and human resources into a highly productive machine. The governing “Farm Bill” will be considered for renewal in early 2018, making this course very relevant.
Instructor: James Wade (james.c.wade@icloud.com)

Who’s Going to Jail? Fraud and Corruption in American Politics
Business, Law, Finance
Last 4 weeks: April 23, 30, May 7, 14
Mondays, 9-11 a.m.
We will explore how the lines of permissible ethical and legal conduct have been altered in the U.S. since the 2016 election and the Trump presidency. We will explore what constitutes fraud and corruption and examine how that might apply to the news of the day. No prior background in law or politics is required, and the effort will be made to provoke meaningful and respectful dialogue.
Instructor: Mark Lieberman (marklieberman@aol.com)

Writing Flash Fiction
Languages, Literature, Writing
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14
Mondays, 9-11 a.m.
Flash fiction (FF) is short, short fiction usually between 250-1,000 words. It engages the reader in a flash, and its compression often has more emotional impact than longer works. We’ll further define FF, study its history, form and techniques and try some writing exercises geared toward developing expertise in FF. Finally, we will “workshop” each other’s efforts at writing FF with the goal of publication, if so desired. Required text: The Rose Metal Press Field Guide to Writing Flash Fiction, Tara L Masih, ed. ISBN-13: 978-0978984861.
Instructor: John Himmelheber (jxhimmelheber@gmail.com)

Meditative Yoga
Health and Fitness
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14
Mondays, 10-11 a.m.
Meditative yoga incorporates yoga asana (movement poses), breathwork and meditation that is both stress-relieving and fun. We will focus on moving with relation to the breath and learning to stay present while listening to our bodies. Props will be available. Meditative Yoga is great for beginners or more seasoned yogis.
Instructor: Lindsay Coward (lindsaywootten@gmail.com)

Appreciating Asheville’s Appalachian Music
Performing Arts
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14
Mondays, 11:30 a.m.-1:30 p.m.
Can you tell the difference between bluegrass, old-time, Irish and Scottish music, and do you know how these types of music got to Appalachia? Through performances and film, we will learn to distinguish each type of music and how these unique genres came to this part of the country.
Instructor: Lewis Wills (lewiswills2011@gmail.com)

Docent’s Journey: Painting, Sculpture and Architecture of the Western World
Visual Arts
7 weeks: March 26, April 2, 9, 16, 23, 30, May 7
Mondays, 11:30 a.m.-1:30 p.m.
Art is more than paintings, architectural structures or figures chipped from stone. In this course we will study the ways that Western art mirrors cultural forces, historical events and social changes. Using lectures, slides and DVDs, our journey will start with ancient Western art and continue through Romanesque and Gothic architecture, early and high Renaissance masterpieces, Baroque and Rococo paintings, the Impressionist rebels and on to modern and contemporary European and American masterpieces.
Instructor: Ari Landau (arilandau629@hotmail.com)
Monday Midday continued

**The Female Body Enslaved:**

Beloved and The Handmaid’s Tale

Languages, Literature, Writing
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14
Mondays, 11:30 a.m.-1:30 p.m.

Toni Morrison and Margaret Atwood explore the emotional, psychological and physical consequences in societies in which women are not allowed to control their own bodies, in which women are not viewed as human beings but as uteruses for profit by privileged white men. The authors’ fictional women characters risk everything to regain family, life and voice but pay a heavy personal price in seeking that freedom and recovering from sanctioned and sanctified rape. We will read Morrison’s Beloved and Atwood’s The Handmaid’s Tale—two novels that are disturbing and graphic in terms of physical and sexual violence—and discuss the effects of laws and religious practices on the lives of women. **Required texts:** Beloved by Toni Morrison, ISBN-13: 978-1400033416, The Handmaid’s Tale by Margaret Atwood, ISBN-13: 978-0385490818. **Recommended text:** Trauma and Recovery: The Aftermath of Violence—From Domestic Abuse to Political Terror by Judith Lewis Herman, ISBN-13: 978-0465061716.

**Instructor:** Brenda Bryant (brendashameem@yahoo.com)

---

**Integrative Yoga for Your Aging Body**

Health and Fitness
7 weeks: March 26, April 2, 9, 23, 30, May 7, 14
No class April 16
Mondays, 11:30 a.m.-1:30 p.m.

We will practice gentle yoga postures, breathing and relaxation, on both chairs and mats. Learn how to relieve chronic pain and stress, balance and breathing issues. Each session includes lecture and demonstration and participation followed by yoga practice. **Materials list:** Yoga mat, blanket to use as a prop and two yoga blocks 4” x 6” x 9” (helpful but not required).

**Instructor:** Darleen Benson (darleenbenson@gmail.com)

---

**iPhone Photography**

Math, Science, Technology
Last 4 weeks: April 23, 30, May 7, 14
Mondays, 11:30 a.m.-1:30 p.m.

Learn how to use the camera on your iPhone. We will cover using all the settings, built-in tools, exposure compensation, zooming, focus and many other settings. In addition, we will learn how to shoot video, take black and white photos and to improve taking photos, sharing photos and storing and managing photos.

**Instructor:** Wiley Loughran (wiley@thoughtlink.com)

---

**Search for the Historical Jesus**

Religion and Philosophy
6 weeks: March 26, April 2, 9, 16, 23, 30
Mondays, 11:30 a.m.-1:30 p.m.

For many of us our notion of Jesus has not advanced much since we first learned about Jesus as children. But Jesus deserves a second more sophisticated adult view. We will focus on the Jesus of history, the itinerant rabbi from Galilee, as opposed to the Christ of the churches. We will use historical methodology in an attempt to locate the historical Jesus from the layers of theology, philosophy, politics and prejudice that have been heaped upon him. What unique messages does the historical Jesus present for us in the postmodern era?

**Instructor:** Bob Falanga (robertfalanga@gmail.com)

---

Monday Afternoon

**Tai Chi for Balance and Agility**

Health and Fitness
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14
Mondays, 2-3:30 p.m.
**Location:** Sherrill Center 306A

Participants are introduced to tai chi principles in the Yang style of Cheng, Man-Ching. By practicing a series of postures and a short choreography of continuous movements, we will follow the tai chi classics to become balanced, agile, coordinated and less tense but more alert. **Requirements:** Participants must be able to stand for 45 minutes without discomfort and should have free movement in the hip joint area.

**Instructor:** Terry Call (tfcall@gmail.com)
Yoga for Your Health
Health and Fitness
8 weeks: March 26, April 2, 16, 23, 30,
May 7, 14, 21
No class April 9
Mondays, 2-3:30 p.m.
Location: Sherrill Center 306B
A safe, gentle, therapeutic yoga is used to stretch, strengthen and increase mobility in muscles and joints and improve circulation, balance, mental clarity, breathing and digestive function. Seated and standing poses are done with the support of a chair, followed by gentle floor poses lying down on your belly and on your back. Each class finishes with a guided relaxation. Please bring a yoga mat and wear loose, comfortable clothing.
Instructor: Jenne Sluder (jenneuine@gmail.com)

Beginning French
Languages, Literature, Writing
8 weeks: March 26, April 2, 9, 16, 23, 30,
May 7, 14
Mondays, 2-4 p.m.
We will base our learning on interactive methods to develop skills in speaking, reading and writing French with the major emphasis on spoken French used to communicate. Some introduction to French culture will also be included. Classroom work will be in groups and with partners, and the instructor will incorporate audio-visual presentations. Progress of the participants will be based on the effort made both in and out of the class setting, and participants can expect an amount of homework that will be more than average for an OLLI course. Required text: French Now by Christopher Kendris Ph.D. and Theodore Kendris Ph.D., ISBN-13: 978-1438072791. Recommended: Use of the Duolingo French app.
Instructor: Michael Kegan (m.kegan@me.com)

The Challenges for Nuclear Power
Math, Science, Technology
Last 4 weeks: April 23, 30,
May 7, 14
Mondays, 2-4 p.m.
Nuclear power offers the potential for inexhaustible, carbon-free power to support modern, comfortable living for the entire world. We will discuss how safety, nuclear wastes and potential proliferation of nuclear weapons have been addressed in the United States and elsewhere and consider how these issues will be addressed in the future.
Instructor: William Hannum (wm.hannum@earthlink.net)

How to Write Your Life Story:
A Memoir Intensive
Languages, Literature, Writing
6 weeks: March 26, April 2, 9, 16, 23, 30
Mondays, 2-4 p.m.
The secret to a good story is not only the ingredients that go into it but also the way in which it’s told. In this six-week writing intensive, we will discuss how to take memories and events from life and turn them into an interesting story by doing the research, organizing the ideas and making writing clear and readable. We’ll explore the creative process with writing exercises, readings and group discussions. We’ll learn what steps to take to get a story published. At the end of the course, participants will design a writing plan complete with goals and a timeline and have the option to create a writing critique group. Each session will build on the previous session, therefore, the course will work best for participants who are able to make a commitment to attend all six sessions.
Instructor: Victoria Fann (victoriafann@gmail.com)

Jazz History:
Black and White
Performing Arts
8 weeks: March 26,
April 2, 9, 16, 23, 30, May 7, 14
Mondays, 2-4 p.m.
We will both trace jazz history from its origins through cool jazz and focus on important black and white musicians—their contributions and their challenges in what was mostly a segregated society. We will examine the traits of each jazz style and highlight important musicians from each style and their contributions to the evolution of jazz. In addition we will explore how to listen to jazz and what to listen for in each style. If you like jazz, or want to know something about it, then this is your chance. No experience is necessary, just a willingness to explore a significant American contribution to the world of music.
Instructor: Warren J. Gaughan (warren.gaughan@gmail.com)
**Monday Afternoon continued**

**Taking Control of Your Retirement Planning**
Business, Law, Finance
First 4 weeks: March 26, April 2, 9, 16, Mondays, 2-4 p.m.

Learn how to create a strong investment foundation to grow your assets or to generate income. We will focus on the basic building blocks often overlooked in retirement planning. We will also explore the impact taxes and fees have on your portfolio and strategies on how to minimize their effect.

**Instructor: John Coleman** (johnColeman@ColemanAdvisory.com)

**Black Comedy in America**
Performing Arts
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14, Mondays, 2-4:30 p.m.

Through lecture and audio and video media, we will trace the evolution of the African American experience in comedy from the era of slavery to the present day. We will explore the role of comedy that originated secretly in the fields and slave cabins in the South, through minstrel productions that were popular in the 19th century, and the appeal and subsequent demise of the Amos and Andy franchise on radio and television in the 20th century. We will also meet the modern-day icons of black comedy, among them Dick Gregory, Redd Foxx, Bill Cosby, Richard Pryor and Eddie Murphy, as well as a host of others into the present. Participants should be prepared for challenging, sometimes harsh topics and graphic language and lots of laughter as we view and hear the best work of these comic giants.

**Instructor: Randy Robins** (robnest09@yahoo.com)

**Functional Meditation**
Personal Development
First 4 weeks: March 26, April 2, 9, 16

**Location:** Sherrill Center 468
Mondays, 2-5 p.m.

Based upon the work of Jose Silva, Functional Meditation invites us to move into our own greenhouse of discovery while we move into and out of the meditative state at least three times during each meeting. The participant will learn to effectively and independently achieve the meditative state and at the very least become more relaxed. Elements to be considered during practice are pain control, improved sleep and another art to better communication. Clearly you will feel better and better. If you are inexperienced in meditation, the first session is mandatory.

**Instructor: Jacquie Wollins** (jwollins5@gmail.com)

**Layered Acrylic Abstracts**
Visual Arts
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14, Mondays, 2-5 p.m.

Inspired by abstract expressionist art, we will experiment with a variety of acrylic techniques. We will use several different materials to layer the paint in order to achieve different effects. This course is open to participants with all levels of experience or skill. Come have fun discovering how to layer. See olliasheville.com/courses for materials that are needed for this course.

**Instructors:** Walter A-Akert (aakert@charter.net) and Sharon Sandel (sharsand46@gmail.com)

**Tuesday Morning**

**AARP Foundation Finances 50+**
Life Transitions
Business, Law, Finance
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Tuesdays, 9-11 a.m.

Do your attitudes and behaviors toward money affect your life and relationships? How can you improve your relationship with money? How can you take action to change your finances? We will explore what it takes to develop and sustain good habits while deepening our understanding of critical strategies to improve our financial situations. We will pay special attention to the foundations of finances such as creating and monitoring a budget, managing credit, avoiding debt and protecting your money and identity from fraud, theft and our own bad spending habits.

**Instructor: Leslie Apple** (leslie.apple@edwardjones.com)
Tuesday Morning  continued

Global Climate Change: A Disaster with Solutions
Math, Science, Technology
8 weeks: March 27, April 3, 10, 17, 24, May 1, May 8
Tuesdays, 9-11 a.m.

Through lectures, guest speakers, videos and discussion we will explore the science of global climate change (GCC) and how we know a seemingly trivial rise in global temperature is significant. We will examine the present and predicted physical, economic, political and social impacts of GCC and the techniques and motivations of the deniers. We will conclude with a review of the many actions individuals, institutions and governments are taking to address this ominous threat.

Instructor: Roger Helm (rhelmoileffects@gmail.com)

Drawing Wildlife
Visual Arts
6 weeks: April 3, 10, 17, 24, May 1, 8
Note late start date
Tuesdays, 9-11 a.m.

This art course is for any participant who loves animals. Regardless of your skill level as an artist, you will start by drawing an animal from a photo using the grid system. Then you will use ink pens to add values using various cross hatching techniques. Color can then be added with water colors or color pencils. Materials required: Participants should bring an animal photo (no pets) and pencil, eraser, ruler, watercolor paper or drawing paper and color pencils or watercolors.

Instructor: Charles Speer (speer.charlie1@gmail.com)

The Hollywood Blacklist
Performing Arts
First 4 weeks: March 27, April 3, 10, 17
Tuesdays, 9-11 a.m.

After the “Red Scare” of the 1930s and ’40s, the House Un-American Activities Committee began investigating the movie industry resulting in a decades-long “blacklist” of writers, actors and directors. We will take a close look at the impact of the blacklist on the Hollywood creative community and the implications for today.

Instructor: Jim Lawrence (hapjamlaw@yahoo.com)

Poetry in Black and White
Languages, Literature, Writing
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Tuesdays, 9-11 a.m.

Poetry takes us to the deep and sometimes vulnerable places of our lives, and it is in such places that those who write and those who read often meet, finding compassion and support. Each week, we will look at the life of a black poet and read his or her poetry. In response, we will write a poem, sharpen specific skills of poetry and present our poems in the supportive environment of the next class. The exercise may invoke a better understanding of the lives of black Americans. It may also inform us of the place of racism, white supremacy and white privilege in our culture and our lives. Poets of all experience levels are welcome.

Instructor: Bill Petz (billpetz@bellsouth.net)

Spring Wildflower Hikes in the Blue Ridge Mountains
Math, Science, Technology
Health and Fitness
4 weeks: April 17, 24, May 1, 8
Tuesdays, 9:30 a.m.-12:30 p.m.

Spring is a magical time in the mountains. Many spring wildflowers can be seen growing along hiking trails. We will hike to wildflower “hot spots” that are known for the diversity of blooms. We will focus on identifying and learning about the wildflowers that grow in our area. Participants must have good walking ability and be able to walk three miles on trails. Participants will need to wear hiking boots and use a hiking stick. Field trips will end in the field and can be up to one hour from the Reuter Center. Recommended text: Wildflowers of Tennessee, the Ohio Valley and the Southern Appalachians by Dennis Horn and Tavia Cathcart, ISBN-13: 978-1551054285.

Instructors: Marilyn Kolton (ldwmkd@aol.com) and Lou Dwarshuis
Qigong: The Art of Breathing
Health and Fitness
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Tuesdays, 11:30 a.m.-1 p.m.
Location: Student Rec Center 213A

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

Instructor: Bill Muerdter (bobag@charter.net)

Yoga Therapy for Low Back and Hips
Health and Fitness
7 weeks: April 3, 10, 17, 24, May 1, 8, 15
Note late start date
Tuesdays, 11:30 a.m.-1 p.m.
Location: Training Partners 862 Merrimon, Asheville

We explore functional, safe yoga methods for preventing, reducing and often eliminating low-back and hip pain. We will explore embodied anatomy, or how your body feels and functions from the inside out. We will gain a better understanding of how the body works and how to support it with simple yet powerful techniques, including deep breathing to improve core stability, therapeutic exercises to address and prevent pain and maintenance of better posture in daily activities. Activities fee: $30 will be collected at Training Partners on the first day.

Instructor: Lydia Jane Michaels (lydiajaneyoga@gmail.com)

Best of the Blues
Performing Arts
First 4 weeks: March 27, April 3, 10, 17
Tuesdays, 11:30 a.m.-1:30 p.m.

We will listen to blues music and learn about the origin of blues music and its influence on other genres. Our exploration will include some of the most important blues musicians, both male and female, such as Robert Johnson, Muddy Waters, B.B. King, Bessie Smith, Alberta Hunter and Nina Simone.

Instructor: Jann Nance (nancejann@gmail.com)

Existentialism: A Personal Guide
Religion and Philosophy
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Tuesdays, 11:30 a.m.-1:30 p.m.

The lives and key ideas of major existential thinkers including Kierkegaard, Nietzsche, Heidegger, Merleau-Ponty, Camus, Sartre and de Beauvoir come alive as they have an impact on the lives of figures such as Martin Luther King, Jr., Students for a Democratic Society (SDS) founder Tom Hayden, civil rights leader Robert Moses, feminist Betty Friedan and others who came of age in the America of the turbulent 1960s and ’70s.

Weekly reading assignments will come from the instructor’s new book. Required text: Growing Up Existentially: From Absurdity to Consciousness (Jorvik Press, 2018), available from the publisher at a discounted price of $20 with free shipping, with discount code after registration.

Instructor: Ron Manheimer (ronaldmanheimer@gmail.com)

Morrison’s Home and Melville’s Problem
Languages, Literature, Writing
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Tuesdays, 11:30 a.m.-1:30 p.m.

We will pursue challenges of inter-racial empathy and the artistic means of gaining empathy, as we read two short narratives: Toni Morrison’s Home, in her attempt to re-create the experiences of a male Korean War veteran, and Herman Melville’s Benito Cereno, a pre-Civil-War fictionalization of an extreme event at the height of the intercontinental slave trade. The two subtle writers set before us unique challenges of language, attitude and empathy that the range of racial attitudes among Melville’s readers (1855-2017) can only suggest. Class time discussions may help us enrich our reading or re-reading experiences and also clarify the knowledge and angles and limits each of us brings. Recommended texts: Home by Toni Morrison, ISBN-13: 978-0307740915; Benito Cereno by Herman Melville, ISBN-13: 978-1536864175, a free online edition is available.

Instructor: Bill Moore (srwhmoore@comporium.net)
Navigating Windows 10
Math, Science, Technology
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Tuesdays, 11:30 a.m.-1:30 p.m.
Windows 10 continues to evolve with its new premise of upgrading its navigation and applications every six months. An overview of using Windows 10 on both touchscreen and mouse-driven computers and tablets will be provided using the latest version. We will explore features and techniques 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: Participants should have familiarity using Windows.
Instructor: Bob Davis (bdavisit@swbell.net)

The United Nations Family of Organizations
Social Sciences
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Tuesdays, 11:30 a.m.-1:30 p.m.
Want to know more about the United Nations? Who are these folks? What do they do? How much does it cost and who pays? How do they help women, children, refugees, the climate, international finance, international communications, human rights, international security, population planning and the planet in many other ways? After a brief history of the UN, we will study its programs, funding, related organizations and agencies and the UN Sustainable Development Goals. The UN is the biggest institution working to bring about a sustainable planet. It behooves all of us to learn more about this mighty effort and, if we are so inclined, to help with its mission.
Instructor: Dot Sulock (dsulock@unca.edu)

Zen and the Art of Balloon Twisting
Personal Development
Visual Arts
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Tuesdays, 11:30 a.m.-1:30 p.m.
The primary purpose of this course is to be present and to have fun while being creative. Our vehicle will be learning balloon twisting, starting with the absolute basics of one-balloon figures to the more complex multiple-balloon figures and, at each session, a one-sentence “Moment of Zen” philosophy will serve our intention for the day. Recommended text: Captain Visual’s Big Book of Balloon Art, ISBN-13: 978-0806516417. Materials fee: $14 for balloons and pump.
Instructor: Ira Sloan (2bjust2b@gmail.com)

Tuesday Afternoon

Pilates: Foundational Mat
Health and Fitness
6 weeks: March 27, April 3, 10, 17, 24, May 1
Tuesdays, 2-3 p.m.
Location: RISE Studio
60 Biltmore Ave, #2, Asheville
We will work through the exercises developed by Joseph Pilates, focusing on developing core strength, flexibility, coordination, alignment and posture. Pilates will be introduced 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. Recommendations: Participants should be able to get up and down to the floor comfortably. See olliasheville.com/courses for parking suggestions and additional information. Activities fee: $30 will be collected at the studio on the first day of classes.
Instructor: Elise Beckstett (ebeckstett@me.com)

African American Cinema, 1915-1946
Performing Arts
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Tuesdays, 2-4 p.m.
At the same time that Thomas Edison and D.W. Griffith were creating and expanding the movies in America, there was a thriving alternative cinema made for African Americans. These so called “race movies” not only entertained black audiences but dealt with the many social issues of the day concerning them. We will view several of these very rare films including the controversial movies of pioneer African American filmmaker Oscar Micheaux.
Instructor: Chip Kaufmann (jjk44@bellsouth.net)

The Benefits and Dangers of Income and Wealth Inequality
Social Sciences
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Tuesdays, 2-4 p.m.
We will look at inequality of income and wealth with emphasis on both the pro and con arguments and the consequences of each condition. Examples will be drawn from multiple sources, many from Capital in the 21st Century by Thomas Piketty and The Great Leveler: Violence and the History of Inequality from Stone Age to 21st Century by Walter Scheidel. Policy options will be addressed relative to objectives for long run stability and sustainability of the economic conditions society faces.
Instructor: Shirley Browning (scbrowning@bellsouth.net)
### Tuesday Afternoon continued

**Black Athletes: Successes and Struggles in a White Nation**  
*History*  
7 weeks: March 27, April 3, 10, 17, 24,  
May 1, 8  
Tuesdays, 2-4 p.m.  

Built around the films of Ross Greenburg, the master documentary maker, this course will include six documentaries shown over seven sessions. The first documentary highlights the successes of black athletes soon after the Civil War and the events that followed in which black athletes were excluded. The remaining documentaries tell the stories of individuals and sports, from the 1930s to the 1970s, struggling for equal rights in boxing, pro football, baseball, the Olympics and college football.  
**Instructor:** Larry Griswold (si54guy@gmail.com)

**Communications and Social Emotional Intelligence**  
*Social Sciences*  
8 weeks: March 27, April 3, 10, 17, 24,  
May 1, 8, 15  
Tuesdays, 2-4 p.m.  

Communication is at the heart of all of our relationships. We will focus on the most basic communication pitfalls in personal and business relationships. You will leave the class with specific, concrete communication skills as well as an understanding of the dynamics of your own experience and interpretation of events. This new understanding has the potential to enrich your communication and improve your relationships.  
**Instructor:** Kay Francis (kwfran32@gmail.com)

**Shakespeare’s Tragic Royalty: Hamlet and King Lear**  
*Languages, Literature, Writing Performing Arts*  
8 weeks: March 27, April 3, 10, 17, 24,  
May 1, 8, 15  
Tuesdays, 2-4 p.m.  

We will work with the texts and outstanding film versions of two of Shakespeare’s tragedies and explore how royalty is treated differently. The films are Kenneth Branagh’s *Hamlet* and Laurence Olivier’s unforgettable *King Lear*. Hamlet is aware of his claim to the throne but preoccupied with life and death. He is beset by his father-murderer, his love for Ophelia and the ghostly call to revenge. Lear is an aged king who foolishly gives away his power to his two evil daughters while casting off the one who truly loves him. We will combine scenes from the films with scenes from the printed texts as we explore these two plays that build to stunning climaxes.  
**Instructor:** Mario DiCesare (dicesare1@mindspring.com)

**Beginning Acrylic Painting**  
*Visual Arts*  
8 weeks: March 27, April 3, 10, 17, 24,  
May 1, 8, 15  
Tuesdays, 2-4:30 p.m.  

Have you always wanted to paint but never thought you could? Through lecture, discussion and hands-on practice, we will use acrylic paint to explore color theory and various painting techniques. We will then use these techniques to create paintings on paper. This is an acrylic painting course for beginners only.  
**Materials fee:** $45, payable to instructor at first class. Participants must provide large paper (18” x 24”) for mixed media. Instructor will provide acrylic paint, brushes and palettes. See olliasheville.com/ courses for details on paper and art supplies.  
**Instructor:** Angelika Wagar (akawagar7@gmail.com)

### Wednesday and Friday

**To Be Younger Next Year: The Total Workout**  
*Health and Fitness*  
Seven sessions in first 4 weeks: March 28, 30, April 4, 6, 11, 13, 18  
Wednesdays and Fridays, 9-11 a.m.  

Have you not been very physically active but want to be able to do the things that give your life meaning and joy? The research is clear: strength, flexibility and aerobic activities can slow the aging process and preserve your ability to continue or resume activities that are important to you. Twice-a-week over four weeks, we will develop a 30-minute routine in each of three areas—strength building, flexibility and aerobic exercise—that you can continue at your home or gym. The routine will be tailored to your current fitness level and put you one step closer to a practice that is sustainable and effective. We will also discuss key concepts from the book *Younger Next Year*.  
**Recommended text:** *Younger Next Year* by Chris Crowley and Henry S. Lodge, ISBN 13: 978-0761147732.  
**Prerequisite:** Participants need to be able to get down and up from the floor.  
**Instructors:** Chris Lorish (clorish@gmail.com), Elise Beckstett (ebeckstett@me.com) and Marcia Markowitz (marciaj.markowitz@gmail.com)
Wednesday Morning

Awakening to Now and How
Health and Fitness
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 9-11 a.m.

Find your way to greater ease and presence, regardless of ailments/asymmetries. Alexander Technique can help you replace habits of “getting in your own way” with a new way to think and respond. Learn how to update the “mental map” of your body to diminish pain, prevent injury and improve your ability to balance and move. We won’t be “exercising” but we WILL move around and lie on the floor; bring a willingness to explore, play and enjoy!

Instructor: Michèle Drivon (consciousalignment@gmail.com)

Black Music Goes Mainstream: Cover Recordings as Catalysts for Change
Performing Arts
First 4 weeks: March 28, April 4, 11, 18
Wednesdays, 9-11 a.m.

We will explore musical interchanges among black and white recording artists from 1940-1990. Participants will discover a multitude of motivations for cover recording including commercial competition, repertoire expansion, gender appropriateness, performing styles, artistic salutes, musical arrangements and career extension. Who was involved? The Beatles, Ray Charles, The Diamonds, Fats Domino, The Platters, Elvis Presley, Linda Ronstadt and many others. Listen to hits like Fever, Hound Dog, I’m Walking, The Lion Sleeps Tonight, Little Darlin’, Rock Island Line, I’m Movin’ On, Mercury Blues, and What’d I Say—and reflect on the changing nature of popular music.
Instructor: B. Lee Cooper (ashevillecats1@charter.net)

Great Women of Physics
Math, Science, Technology
Last 4 weeks: April 25, May 2, 9, 16
Wednesdays, 9-11 a.m.

Women scientists have experienced barriers to gender equality in ways different than in other professions. We will explore some of these unique historical impediments and how brilliant women of physics nevertheless prevailed. We will explore the fascinating lives of three women who overcame immense hurdles to become some of the greatest physics minds of all time as a way to understand the ways women have prevailed despite impediments.
Instructor: Erik Vedeler (vedelererik@gmail.com)

Human Anatomy and Physiology: How Our Bodies Work
Math, Science, Technology
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 9-11 a.m.

We will explore the structure and functioning of the human body by looking at the major systems using anatomical models, pictures and even microscopic images. We will give special emphasis to diseases and their treatment.
Instructor: Marty Stickle (mstickle@me.com)

John Muir as Secular Saint
Religion and Philosophy
6 weeks: March 28, April 4, 11, 18, 25, May 2
Wednesdays, 9-11 a.m.

Naturalist John Muir (1838-1914), father of National Parks and the Sierra Club, climbed above the fog of orthodoxy into higher elevations of freethought. John Burroughs called him “probably the truest lover of nature,” and Theodore Roosevelt preserved millions of acres of forest after camping with Muir. We will read the best of Muir’s writing to discuss his wild and wonderful celebration of Nature—maybe a new form of “natural religion.”
Instructor: Chris Highland (chris.highland@gmail.com)

National Parks 1: Geology Behind the Scenery
Math, Science, Technology
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 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. No prior science background is required. We will take an optional field trip on a Saturday morning. This course was originally taught in the Fall 2016 term.
Instructor: Richard Wiener (richwiener@gmail.com)
Wednesday Morning continued

A Short History of African American Art
Visual Arts
Last 4 weeks: April 25, May 2, 9, 16
Wednesdays, 9-11 a.m.

In this primarily lecture course, we will explore the history of African American art, focusing on the historic evolution reflected in the work of trained fine artists and artists who are assigned “outsider” status. Our goal is to gain an understanding of diasporic artistic practices, paying particular attention to the inextricability of Black Atlantic history, memory, race, place and postcolonial issues in the formation of African-American visual culture. Required readings (four chapters from the textbook) and optional articles juxtapose arguments by historians, anthropologists, theorists and art historians in an attempt to grasp the diversity of approaches surrounding arts of the African diaspora. Review details of the course and readings at olliasheville.com/courses. Required text: African-American Art (Oxford History of Art) by Sharon F. Patton, ISBN-13: 978-0192842138. Instructor: Eva Bares (ebares@unca.edu)

Transition to Whole Foods/Plant-Based Living
Health and Fitness
7 weeks: March 28, April 4, 11, 18, 25, May 2, 9
Wednesdays, 9-11 a.m.

Using video, lecture and discussion, we will investigate why a whole foods/plant based diet is healthful for the individual and sustainable for the planet. We will follow a 21-day “test-drive” eliminating animal products and most processed foods at home. Recipes and menus will be suggested. There will be a couple of cooking demos and a grocery shopping field trip. If you have any health issues or take any medications, it is imperative that you consult your healthcare provider prior to making dietary changes. Instructor: Bonnie Wheeler (bonniewhee@gmail.com)

Morning Hiking, Level 2
Health and Fitness
Last 4 weeks: April 25, May 2, 9, 16
Wednesdays, 9 a.m.-1 p.m.

We will take four hikes, each less than five miles in length and 1,000 feet elevation. Our drive will be within 45 minutes from our car pool location. Prerequisite: Participants must have previous hiking experience that includes some elevation. Instructors: Lori Postal (loripostal@gmail.com) and Lee Orowitz (leeorowitz@gmail.com)

Wednesday Midday

GROOVEing and Moving
Health and Fitness
7 weeks: March 28, April 11, 18, 25, May 2, 9, 16
No class April 4
Wednesdays, 11:30 a.m.-1 p.m.
Location: Sherrill Center 306A

GROOVE is simple, easy and fun! We take simple movements and set them to different styles and genres of music both old and new. Through a common movement we unify as a group and then explore our own creative, authentic way to express this movement in our unique way. We remember the wonder and joy of being fully alive and establish vibrant holistic health for the mind, body, heart and soul. It’s great exercise while having delicious fun! Instructor: JoAnna Fireman (jfirewoman@gmail.com)

Movement Sampler
Health and Fitness
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 11:30 a.m.-1 p.m.
Location: Sherrill Center 306B

We start each session with half an hour of moving our energy with qigong. We move on to half an hour of dance aerobics set to music of the 1940s through modern. Then we’ll finish with a delicious stretch as we do half an hour of chair yoga. Instructor: Liz Ridley (lizridley@hotmail.com)

August Wilson: Master Playwright
Languages, Literature, Writing
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 11:30 a.m.-1:30 p.m.

**Wednesday Midday continued**

**Beading on Fabric**
Visual Arts
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 11:30 a.m.-1:30 p.m.
Explore your creativity with bead embroidery. In this basic course, participants will learn various bead embroidery techniques for attaching seed beads to fabric by creating a sampler to use as a reference for future design projects. Participants will create a project of their choice using these techniques. **Materials fee:** $10 for materials for the sampler. Participants must provide their own materials for their project(s), including sharp scissors. No prior beading experience is necessary. **Prerequisites:** Some knowledge of hand sewing or embroidery is necessary as is good eyesight, as the beads are tiny.
**Instructor:** Ulana Mellor (UlanaCFS@charter.net)

**Improv: Living in the Moment**
Performing Arts
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 11:30 a.m.-1:30 p.m.
With the help of theater games and exercises and improvisational situations and ideas, we will explore, renew and stretch our intuitive, creative and playful nature. Please come with your name tag, comfortable clothing and an open attitude, ready to participate, have fun and surprise yourself. Some acting experience would be helpful.
**Instructors:** Kermit Brown (kermitbrown@bellsouth.net) and Nels Arnold (pikwik@bellsouth.net)

**Meditation and the Path to Liberation in Classical Yoga Scripture**
Personal Development
Religion and Philosophy
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 11:30 a.m.-1:30 p.m.
The classical teachings on the nature of consciousness and spiritual liberation in the yoga tradition are rooted in Patanjali’s *Yoga Sutras* (circa 400 BCE). In four succinct chapters, Patanjali presents a practice of meditation intended to awaken fully the mind’s potential wisdom, thereby exposing the illusions that keep us bound to experiences of suffering. Although not a course instructing the physical postures, participants will gain a correct understanding of yoga worldview that greatly deepens the effect of the physical practice. Sessions will include discourse on key ideas, questions and engaged critical discussion. **Required text:** *The Yoga Sutras of Patanjali* by Edwin F. Bryant, ISBN-13: 978-0865477360.
**Instructor:** John Muecke (jcmuecke@gmail.com)

**Rock Music’s Evolution, 1966-1970s**
Performing Arts
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 11:30 a.m.-1:30 p.m.
After the Byrds introduced folk-rock in 1965, musicians began to expand rock, folk-rock, soul and R&B music to include a variety of other elements, including country-oriented and psychedelic influences. Singer-songwriters, drugs and rock festivals also changed the evolving music scene. Folk music, enhanced by new production techniques, continued to flourish in spite of these changes. Using lectures, videos and recorded music, we will explore this metamorphosis from 1966 through the 1970s.
**Instructor:** Bob Mellor (BM.OLLI@Charter.net)

**Science and Technology for Global Citizens**
Math, Science, Technology
8 weeks: March 28, April 4, 11, 18, 25, May 9, 16, 23
No class May 2
Wednesdays, 11:30 a.m.-1:30 p.m.
Do you want to better understand and evaluate popular media coverage of scientific and technological issues? This course for non-scientists begins 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. Concepts such as energy and power, the nature of light and radioactivity will be introduced when necessary. No particular background in science and technology is expected or needed, just an inquiring mind.
**Instructor:** Larry Wilson (larrywilsonzu@outlook.com)

**Understanding Mental Illness and PTSD**
Social Sciences
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Wednesdays, 11:30 a.m.-1:30 p.m.
Many of us have family members, friends or significant others adversely impacted by some type of mental illness and have seen how it can compromise their interpersonal, social and occupational functioning. In this course, we will seek to understand mental disorders generally and Post-Traumatic Stress Disorder (PTSD) specifically. We will also explore the accepted categories and symptoms of mental illness as outlined in *The Diagnostic and Statistical Manual of Mental Disorders*, Fifth Edition (DSM-5) of the American Psychiatric Association.
**Instructor:** Charles Gaffney (cwgnnc@gmail.com)
**Wednesday Afternoon**

**Strength Training for Healthy Aging, Level 1**  
Health and Fitness  
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16  
Wednesdays, 2-3 p.m.  
**Location:** Woodfin YMCA  
40 Merrimon Ave, Asheville, NC

*Strength Training for Healthy Aging - Level 1* will help participants find ease in the activities of daily living, improve range of motion and increase confidence and self-efficacy in movement. This introduction to strength training will include detailed instruction on proper form and body alignment. We will learn movements to work muscles in a safe and effective way and work with a variety of weights to maintain muscle mass, increase motor neuron recruitment and build functional strength. The knowledge gained in this course will empower participants to continue a strength-based fitness routine beyond the end of the term. Please wear clothing that you can move in comfortably and closed-toed shoes. Participants may be shifted to the other time slot, based on experience and readiness for Level 2 (see below).  
**Course fee:** $30 to be paid to the YMCA on the first day of classes ($20 for YMCA members).  
**Instructor:** Stacie Smith (trainwithstacie@gmail.com)

**Strength Training for Healthy Aging, Level 2**  
Health and Fitness  
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16  
Wednesdays, 3:15 – 4:15 p.m.  
**Location:** Woodfin YMCA  
40 Merrimon Ave, Asheville, NC

*Strength Training for Healthy Aging - Level 2* is for participants who have previously completed a strength training course with the YMCA and who have an understanding of proper body alignment for basic weight lifting exercises. We will build on the skills learned in the functional strength classes. Please wear clothing that you can move in comfortably and closed-toed shoes.  
**Prerequisite:** Completion of Level 1 (see above). Participants may be shifted to the other time slot, based on experience and readiness for Level 2.  
**Course fee:** $30 to be paid to the YMCA on the first day of classes ($20 for YMCA members).  
**Instructor:** Stacie Smith (trainwithstacie@gmail.com)

**Awakening into Your Deepest Self: A Meditation on the Purpose of Being Human**  
Personal Development  
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16  
Wednesdays, 2-4 p.m.

We will explore the true purpose of meditation as a vehicle of human evolution into full realization of conscious living through meditation instruction, practice and topic discussion. The course is based on original writings by the instructor from his long-standing consciousness column in Asheville’s *Rapid River Magazine*.  
**Instructor:** Bill Walz (healing@billwalz.com)

**James Baldwin’s America: Essays and Documentaries**  
Languages, Literature, Writing  
First 4 weeks: March 28, April 4, 11, 18  
Wednesdays, 2-4 p.m.

We will read and discuss essays on black and white race relations by James Baldwin (1924-1987). The writer and activist’s reflections are as pertinent in our own era of movements such as Black Lives Matter and Alt Right white supremacists as they were when originally written more than 50 years ago. We will watch two documentaries on Baldwin’s life, work and activism and read *The Fire Next Time* and selected essays from *Notes of a Native Son*.  
**Prerequisite:** Commitment to read the required essays.  
**Required texts:**  
**Instructor:** Rachel Stein (nrachelstein@gmail.com)

**Oceanography**  
Math, Science, Technology  
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16  
Wednesdays, 2-4 p.m.

The ocean has an impact on all the atmospheric changes that happen to the earth. In this course we will examine early ocean exploration and the ocean basins. We will then investigate the properties of sea water, ocean circulation, waves, tsunamis, climate change and El Nino. We will also study the geology of the ocean including sea-floor spreading and continental drift. Finally, marine biology will be examined with detailed discussion of extinct marine animals.  
**Recommended text:**  
**Instructor:** Richard Reynolds (richard.william.reynolds@gmail.com)
Wednesday Afternoon  continued

**Out of Africa: Contemporary Immigrant Literature**
Languages, Literature, Writing  
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16  
Wednesdays, 2-4 p.m.

While we may be familiar with the harrowing experiences of individuals brought from Africa to America against their will, many of us are unacquainted with what recent African immigrants to America have encountered. After a brief review of the lives of Africans in America before the 20th century, we’ll explore how contemporary African immigrants have recorded their experiences in fiction and nonfiction. Participants can choose from among several books by writers from Nigeria, Ethiopia, Cameroon, and Zimbabwe. See olliasheville.com/courses for list of books.  
**Instructor:** Jay Jacoby (bjacoby@uncc.edu)

**Performing Stand-Up Comedy 101**
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16  
Wednesdays, 2-4 p.m.

So your friends think you’re funny! They say, “You should be on stage!” Here’s your chance to be in the spotlight, perhaps live out a long-held dream. In a relaxed classroom atmosphere, develop your own personal routine by honing your performance skills and writing original material that’s right for your unique stage character. The culmination will be a real stage performance before an audience of your family and friends in May. Course content may include adult material and language. **Participant fee:** $12, payable to the instructor at the first class for a DVD of the performance in May.  
**Instructor:** Randy Robins (robnest09@yahoo.com)

**Topics in American Medicine, Part 4**
Health and Fitness  
Last 4 weeks: April 25, May 2, 9, 16  
Wednesdays, 2-4 p.m.

We will explore four contemporary topics in American medicine. Each week we will focus on one of the following areas: dietary supplements, military medicine, medical marijuana, the dangers of medical screening and an in-depth exploration of the advantages and disadvantages of the medicine practiced in each topic area. It is not necessary to have taken the previous courses in the American Medicine series.  
**Instructors:** Bradley Fuller (brad2rei@gmail.com) and Paul Weiss (paulweiss@charter.net)

**Craft in Western North Carolina: From Functional to Artistic**
Visual Arts  
6 weeks: March 28, April 4, 11, 18, 25, May 2  
Wednesdays, 2-4:30 p.m.

Deepen your knowledge and appreciation of the long tradition of craft in WNC. We will first have an overview and introduction to the tradition and impact of the Cherokees, Scots/Irish and Biltmore on craft. For the next five weeks, we’ll visit artisans from a particular medium with different perspectives: one traditional and one expressive. Class participants must be able to travel to different studios, walk and stand for the majority of class time. Parking fees may be required at some locations. See olliasheville.com/courses for a full list of studios and artists.  
**Instructors:** Karen Depew (depewkaren@yahoo.com) and Sherry Masters (sherry@artconnectionsnc.com)

**Design and Make Pop-ups**
Visual Arts  
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16  
Wednesdays, 2-5 p.m.

Make greeting cards, personalized books and fascinating art with pop-ups you design and create. We will play with single sheets of paper while making simple, elegant pop-ups with scissors and folds of paper. After learning these techniques, we will explore pop-up techniques that use multiple pieces of cardstock and adhesives. During each session, you will make a personal pop-up design using techniques presented that week. **Materials fee:** $15 for paper, cardstock, protractor and adhesives will be paid to the instructor at the first class. Other necessary materials are listed on the course outline at olliasheville.com/courses.  
**Prerequisites:** Participants must have the ability to cut (with scissors and/ or craft knife), to fold paper accurately and a willingness to think creatively.  
**Instructor:** Angelyn Whitmeyer (angelpolarity@mindspring.com)
Wednesday Afternoon  continued

Go Take a Hike, Level 1
Health and Fitness
Last 4 weeks: April 25, May 2, 9, 16
Wednesdays, 2-5:30 p.m.

Hikes will be geared for those with little or no hiking experience. Hikes will gradually increase in difficulty from almost level to about 500’ elevation gain, and each will be about three miles. Participants will hike at Warren Wilson College, the NC Arboretum and two hikes along the Mountains-to-Sea Trail. Hiking tips will be provided. Spring wildflowers will be a focus. Prerequisite: Participants must be able to walk three miles on uneven terrain before classes begin.

Instructors: Bobbi Powers (bobbipowers23@gmail.com) and Dennis Bass (DBass3607@gmail.com)

Thursday Morning

African American Protests in United States History
History
6 weeks: March 29, April 5, 12, 19, 26, May 3
Thursdays, 9-11 a.m.

We will examine African American protests from the attempt to preserve African heritage to the Civil Rights movement and Black Nationalism initiatives. Among the topics covered will be resistance to enslavement, the Civil War and attempts to secure citizenship rights. Among individuals who will be highlighted are Nat Turner, Harriet Tubman, Ida Wells, Carter Woodson, W. E. B. DuBois, Marcus Garvey, Dr. Martin Luther King, Jr. and Muhammad Ali.

Instructor: Gordon McKinney (gordon_mckinney@berea.edu)

The Art of Solving Crosswords, Level 1
Personal Development
8 weeks: March 29, April 5, 12, 19, 26, May 3, 10, 17
Thursdays, 9-11 a.m.

Through lectures and working on puzzles in class, we will learn crossword terminology, where to find high-quality puzzles and strategies for solving them. In this no-pressure course we will emphasize the joy of doing crosswords for newcomers, occasional solvers and those who want to up their game. We will focus on easier puzzles.

Instructor: Lewis Rothlein (ashtangaguy@aol.com)

Everyone Can Draw
Visual Arts
6 weeks: March 29, April 5, 12, 19, 26, May 3
Thursdays, 9-11 a.m.

Learning to draw is based on four activities: understanding basics, improved observation, guided practice and inspiration. Participants who take part in the course activities will absolutely learn to draw. Subjects will include still life, landscapes and roomscapes and portraits of critters and people. The six classes will include lectures, demonstrations, personal coaching and a bit of humor. We will use simple tools: pencil and a paper sketchbook, erasers optional.

Instructor: Bill LaRocque (boomrbill@gmail.com)

Health and Fitness Apps: Living Longer with Technology
Math, Science, Technology
Last 4 weeks: April 26, May 3, 10, 17
Thursdays, 9-11 a.m.

A myriad of websites and apps are out there for maintaining and improving good health—but it can be confusing to know which are the best. We will take a deep dive into all types of apps for weight loss, fitness, sleep, brain fitness and overall health and well-being. Find out how your laptop, tablet and phone can help you be healthier.

Instructor: Julia Loughran (loughran@thoughtlink.com)

Mapping the West: The Pacific Railroad Surveys
History
8 weeks: March 29, April 5, 12, 19, 26, May 3, 10, 17
Thursdays, 9-11 a.m.

We will explore the forgotten story of the largest continental expeditionary force the United States had undertaken by mid-19th century—the Pacific Railroad surveys of 1853-1854. Exploration, discovery, murder, betrayal, destructive ambition and heroic dedication, all set against intense fighting over the prize of a generation—a rail link to the Pacific. We’ll explore the vast western landscape, America’s hopes and what explorers and Native Americans imagined for the future, before it all was about to change forever.

Instructor: Brad Allen (bdallen2007@gmail.com)
Moth Storytelling: Sharing Your Life Story in the Oral Tradition
Performing Arts
First 4 weeks: March 29, April 5, 12, 19
Thursdays, 9-11 a.m.

Everyone has stories to share. The richer your life experiences, the more stories are waiting to be told. In four weeks we’ll learn the basics of storytelling, from story formation to tell. Experienced storytellers will share their Moth stories. Each class member will tell at least one personal story during class sessions. The instructor will offer ideas to improve your story. Class size is limited to 10.
Instructor: Chuck Fink (charlesfink1@gmail.com)

Play of the Hand: Bridge, Level 3
Personal Development
8 weeks: March 29, April 5, 12, 19, 26, May 3, 10, 17
Thursdays, 9-11 a.m.

Have you taken Intermediate Bridge and do you want to further improve your skills? We will address playing the hand by declarer, defending against the opposition, when and where to better use “bridge maxims” and other relevant topics such as hold-up plays and attitude signals. Lectures will be followed by plays of the hand illustrating the weekly topic.
Instructors: Bob and Marilyn Evans (Mickeybob2@aol.com)

Political Development in the Arab World
History
8 weeks: March 29, April 5, 12, 19, 26, May 3, 10, 17
Thursdays, 9-11 a.m.

We will explore a framework for understanding 20th century and recent developments in the 17 Arab countries. We will approach the topic through political science and history and include the role of ideologies like nationalism, Nasserism and Islamic expressions and geopolitical factors like petroleum, the Cold War and outside intervention. Special emphasis will be placed on types of regimes, response to developments like Arab Spring, experiments with democracy and understanding current happenings.
Instructor: Tom Sanders (tsanders.avl@gmail.com)

Beginner Line Dance
Health and Fitness
8 weeks: March 29, April 5, 12, 19, 26, May 3, 10, 17
Thursdays, 11:30 a.m.-1:30 p.m.
Location: Sherrill Center 306B

This course is for anyone who wants to learn to dance independently. No partner required! There are fundamental dance steps to learn that are associated with line dancing. We will learn and review those fundamentals along with several of the most popular dances. It is great for the mind, body and soul.
Instructor: Denna Yockey (denna.yockey@gmail.com)

Best Cell Phone Apps
Math, Science, Technology
Last 4 weeks: April 26, May 3, 10, 17
Thursdays, 11:30 a.m.-1:30 p.m.

Want to learn some of the best cell phone software? We will learn selected apps such as medical, nutrition and exercise tracking and monitoring; ways to operate your laptop, tablet and cell phone anywhere in the house or around the world; low cost travel; tutorials, university web courses, classic texts, piano lessons and science; entertainment from national and international radio stations and 25 years of PBS radio and TV archives. Participants must bring an Android or Apple phone with which they are familiar.
Instructors: John Birken (k2fs73@gmail.com) and Julia Loughran (loughran@thoughtlink.com)

French, Level 3A
Languages, Literature, Writing
8 weeks: March 29, April 5, 12, 19, 26, May 3, 10, 17
Thursdays, 11:30 a.m.-1:30 p.m.

This course is intended for those who have completed the French 2 (intermediate) course at College for Seniors or those with the equivalent level of fluency in French. We will use a level 3 high school textbook from which the instructor will choose cultural readings, grammar explanations and exercises, but will place greater emphasis on speaking and listening comprehension. Homework will include readings from the textbook and vocabulary and grammatical exercises in our workbook. You may email the instructor for further details or for advice on placement. A few textbooks are available for loan. Workbooks will be provided to all participants. Required text: En Voyage by Schmitt & Lutz, ISBN-13: 978-0026363785; En Voyage Workbook, Schmitt & Lutz, ISBN-10: 002636381X.
Instructor: Betty Carver (bcarver1@charter.net)
Fun and Fundamentals of Bridge, Level 2
Personal Development
8 weeks: March 29, April 5, 12, 19, 26, May 3, 10, 17
Thursdays, 11:30 a.m.-1:30 p.m.

We continue down the merry road to playing the most popular card game in the world with more concepts to help your bidding and playing. Recommended text: *Bridge Basics 1: An Introduction* by Audrey Grant, ISBN-13: 978-0939460908.
Instructors: Peter Schoen (zydeco956@aol.com) and Myra Schoen.

Hidden Biases of Good People
Personal Development
8 weeks: March 29, April 5, 12, 19, 26, May 3, 10, 17
Thursdays, 11:30 a.m.-1:30 p.m.

Jodi Picoult’s novel *Small Great Things* was inspired by a true story about an African American nurse, a white supremacist and the trial that resulted from ensuing discrimination charges. Using Picoult’s fictional characters as well as historical facts and statistical data, we will discuss the challenging and provocative topics of privilege, race, prejudice, compassion and justice. We will also examine how many of us, without awareness or conscious control, perpetuate discriminatory practices that are the result of hidden biases. And we may surprise ourselves to discover these biases are often embedded in our good intentions.
Instructors: Susan Trammell (susanttrammell@gmail.com) and Raja Crumby (rajaiam@yahoo.com)

Introduction to Form in Classical Music
Performing Arts
8 weeks: March 29, April 5, 12, 19, 26, May 3, 10, 17
Thursdays, 11:30 a.m.-1:30 p.m.

Many people who are fond of classical music have little or no knowledge of how the music is constructed. In this course, we will learn some basic forms and how the master composers used and sometimes broke the “rules.” Examples from the baroque and classical periods, popular and Broadway music will be analyzed as well as some 21st century pieces.
Instructor: Ted McIrvine (McIrvine@aol.com)

Looking Ahead: The State of American Democracy
History
8 weeks: March 29, April 5, 12, 19, 26, May 3, 10, 17
Thursdays, 11:30 a.m.-1:30 p.m.

Many Americans today ponder the future of our democracy. Is it in decline? Are democratic norms eroding? Do our institutions have the resilience to survive? In a discussion seminar with limited enrollment, we will analyze several articles and two books that examine the question, and we will discuss our own ideas about America’s 200-plus-year grand experiment with democracy. Prerequisites: At the first class session, each participant will give a three-minute oral assessment of the strength of our American democracy today. Participants must attend classes regularly, read three assigned books and other reading assignments and actively participate in the class discussions. Required texts: *The Retreat of Western Liberalism* by Edward Luce, ISBN-13: 978-0802127396; *The Once and Future Liberal* by Mark Lilla, ISBN-13: 978-0062697431; *On Tyranny: Twenty Lessons from the Twentieth Century* by Timothy Snyder, ISBN-13: 978-0804190114.
Instructor: Mary Lasher (mlelasher.avl@gmail.com)

The Lost and Found of Dangerous Expeditions
History
Last 4 weeks: April 26, May 3, 10, 17
Thursdays, 11:30 a.m.-1:30 p.m.

We will explore some of the 19th and 20th century expeditions to Africa, Antarctica and the Arctic, South and Central America and Everest. How was success or failure determined, and what were the factors behind the success or failure of an expedition?
Instructor: Paula Withrow (pvwithrow@aol.com)

Mysteries of History: Crimes, Cons, Quirks, Part 3
History
First 4 weeks: March 29, April 5, 12, 19
Thursdays, 11:30 a.m.-1:30 p.m.

We will feature all new entertaining, historically accurate stories ranging from clever cons to crimes of the century, scandalous sex to unscrupulous science, quick-witted women to wild weapons, dreadful disasters to mind-numbing mysteries and much more—all lavishly illustrated with drawings, photos and videos. Sample stories include: *Silverware and Sex, The Greatest Fake, Strange Funeral Customs, Gangster Women, Embarrassing Political Scandals and Dangerous Medical Remedies*.
Instructor: Ron Schon (schonad@gmail.com)
**Thursday Afternoon**

**Stress Release and Trauma Recovery Exercises**  
Health and Fitness  
6 weeks: March 29, April 5, 12, 19, 26, May 3  
Thursdays, 2-3:30 p.m.  

Our bodies are hardwired to anticipate, endure and release stress. Most of us have learned to suppress the natural release of tension, which is to shake it off. We will learn how our bodies automatically respond to stressful situations, how we unconsciously accumulate muscular tension and how releasing that tension improves our health and well-being. We will also practice the Tension and Trauma Release Exercise (TRE) sequence so that our bodies are able to self-regulate the release process for maximum safety and benefit. **Prerequisite:** TRE may be contraindicated for certain conditions. Read more on the course outline at olliasheville.com/courses and contact the instructor with any questions. **Recommended text:** *The Revolutionary Trauma Release Process: Transcend Your Toughest Times* by Dr. David Berceli, ISBN-13: 978-1897238400.  
**Instructor:** Stephanie Biziewski (avlinbody@gmail.com)

**Astronomy: Stars and Galaxies**  
Math, Science, Technology  
8 weeks: March 29, April 5, 12, 19, 26, May 3, 10, 17  
Thursdays, 2-4 p.m.  

What are red giants and white dwarfs? How is a pulsar different from a quasar? What was the Big Bang, and when did it happen? Does the Universe have a center, and if so where is it? Are dark matter and dark energy related? Some of the oldest—and literally, biggest—questions of all time are now known to astronomers, but whenever we answer one we open the door to a dozen more. We will explore those questions and the very latest in answers.  
**Instructor:** Mark Whipple (mark.whipple77@gmail.com)

**Dialogue about Race: Black and White**  
Social Sciences  
First 4 weeks: March 29, April 5, 12, 19  
Thursdays, 2-4 p.m.  

We will examine and discuss issues of race from both personal and societal perspectives through the use of videos and readings. Topics will include: prejudice, white privilege and disparities in health, wealth, education, housing and justice. We will examine cultural competency skills and personal contributions to racial healing.  
**Instructors:** Cynthia Berryman-Fink (berrymanfink@gmail.com) and Michael J. Carter (michaeljscarter@gmail.com)

**French, Level 2A**  
Languages, Literature, Writing  
7 weeks: April 5, 12, 19, 26, May 3, 10, 17  
Note late start date  
Thursdays, 2-4:30 p.m.  

This course is open to all who have successfully completed at least one year of college level French or two years of high school French or level 1 French at College for Seniors. We will continue with the same textbook that we started in French 1: *Points de Depart* by Pons, et al. Using a variety of written and spoken activities, we’ll continue to gain confidence with the past and present tenses, introduce the imperfect past tense and use object pronouns to discuss a variety of everyday situations. **Required text:** *Points de Depart* by Cathy Pons, et al, 2009, ISBN-13: 9780135141120. **Recommended text:** *Student Activities Manual* by Cathy Pons, et al, ISBN-13: 978-0135136324  
**Instructor:** Renée Raffini (raffinir@gmail.com)

**Happy Feet**  
Health and Fitness  
6 weeks: March 29, April 5, 12, 19, 26, May 3  
Thursdays, 2-4 p.m.  

We will introduce you to your own feet in an intimate way. Each session will begin with a Feldenkrais Awareness Through Movement lesson to promote greater flexibility throughout your body and to ease reaching your own feet. After a short lecture about your anatomy and care of your feet, we will work with your feet to mobilize each joint and the soft tissues, which will increase flexibility, improve local blood flow and increase comfort. At the end of each session, we will experience another Feldenkrais lesson in standing in order to improve balance on your newly released feet. **Prerequisite:** Participants must be able to get down and up from the floor without assistance.  
**Instructor:** Jacquie Wollins (jwollins5@gmail.com)

**Is That Murder?**  
Business, Law, Finance  
8 weeks: March 29, April 5, 12, 19, 26, May 3, 10, 17  
Thursdays, 2-4 p.m.  

Mental exercise can be fun. Using the Socratic method, we will critically discuss and analyze policy choices inherent in deciding whether to hold someone criminally responsible for homicide in a variety of complex situations. Beware: This is not a who-done-it primer. Each scenario will be clearly defined. The question will be: “Given the facts, is this murder?” Come ready to join the discussion!  
**Instructor:** Stan Ingber (singber@earthlink.net)
**Race in Stories of Old New Orleans**
Languages, Literature, Writing
First 4 weeks: March 29, April 5, 12, 19
Thursdays, 2-4 p.m.

At the end of the 19th century the Crescent City—with its Vieux Carré, volatile social history and racial complexity—was the setting, source and subject of some of America’s best writing. We’ll read and discuss a selection of short stories about the lives of New Orleans black and white residents in this historic era. The stories of the period are by Kate Chopin, George Washington Cable, Grace King and Alice Dunbar-Nelson. **Required text:** *Creole Life in Old New Orleans* edited by Doug Cooper. Order E-book or paperback: www.lulu.com (the short stories for the course are included in the text). Stories are also available on the web via the course outline at olliasheville.com/courses.

**Instructor:** Doug Cooper (cdoug38@gmail.com)

**Know Thyself and Others**
Personal Development
Last 4 weeks: April 26, May 3, 10, 17
Thursdays, 2-5 p.m.

Using the Myers-Briggs Type Indicator (MBTI), we will enhance self-understanding by looking at our motivations, natural strengths and potential areas for growth. The MBTI identifies valuable differences among normal people, some of which can be the source of significant misunderstanding. We will discuss how to understand, appreciate and work better with people who differ from and sometimes frustrate us. This course is highly experiential; come prepared to learn by doing. **Prerequisite:** Attendance at the first session is required, and attendance is expected in all four sessions unless you have an emergency. **Materials fee:** $21 for the MBTI booklet *Introduction to Type*, published by Consulting Psychologists Press, to be paid at the first session.

**Instructor:** Esther Pittman (esteken@aol.com)

**American Opera: Breaking the Sound Barrier**
Performing Arts
Last 4 weeks: April 26, May 3, 10, 17
Thursdays, 2-5 p.m.

We will focus on four individuals who confronted racial segregation and prejudice in the world of American music. In the first two sessions, we will listen to operas by two African American composers: *Treemonisha* by Scott Joplin and *Troubled Island* by William Grant Still. Both composers suffered deliberate indifference, prejudice and enormous difficulty in seeing their works performed but were ultimately successful. In session three and four, our attention shifts to two performers who are icons in both music and American culture. Paul Robeson—athlete, singer, actor, lawyer and political activist—raised his deep and powerful bass voice for social change as few others in the 20th century. When Marian Anderson, perhaps the most important African American singer of the 20th century, lifted her contralto voice at the Lincoln Memorial on Easter 1939 and later became the first African American to perform with the New York Metropolitan Opera in 1955, she opened the way for all black artists who followed.

**Instructors:** Patricia Heuermann (patruschka@charter.net) and Bill Heuermann (whitwill@charter.net)

**Friday Morning**

**Artful Being and Dying**
Life Transitions
7 weeks: March 30, April 6, 13, 27, May 4, 11, 18
No class April 20
Fridays, 9-11 a.m.

The process of dying has been described as wrestling with the unexplainable. A journey into artful dying can demystify the dying process. By re-framing former assumptions and finding new tools such as active imagination, creativity and contemplative practices, we can counter existing medical designations in palliative and hospice care and begin to re-make end-of-life scenarios for ourselves and our loved ones. Artful dying invites mindfulness and an open-hearted vision of end states and its companions of loss, grief and sorrow. Each session includes poetry, visuals and personal sharing as we explore the art of being and the art of dying.

**Instructor:** Sаіd Osіо (saidosio@gmail.com)
Critical thinking is an essential ingredient to societal continuation. Major lapses of such have resulted in world wars, expensive pointless international conflicts, like Vietnam, Iraq and Afghanistan, as well as movements such as “birthers,” the denial of the Holocaust and 9/11 and Kennedy assassination conspiracy theories. The use of innuendo and correlation to “prove” a theory or idea violates the most basic premise of critical thinking, i.e., trying to find fault with what you believe to be true. We will examine some of the basic tenets of critical thought, major instances of departure from this logic, the impact of correlational data and the strong draw of confirmation bias.

Instructor: Pat Chitwood (pat4956@gmail.com)

HandyPerson—Take Care of Your Home!
Personal Development
6 weeks: March 30, April 6, 13, 27, May 4, 11
No class April 20
Fridays, 9-11 a.m.

We will explore many issues that confront the typical homeowner ranging from the basics (plumbing, hardware, electrical) to the more challenging (pest control, Wi-Fi, environmental). This course is designed for non-technical participants and will include practical examples and hands-on opportunities. Come learn how to take care of your own home.

Instructor: Neil Rosenberg (neil@vector.com)

Piano-Based Jazz Appreciation
Performing Arts
7 weeks: March 30, April 6, 13, 27, May 4, 11, 18
No class April 20
Fridays, 9-11 a.m.

Enjoy the origins of jazz piano from its black roots to its universal appeal. Your instructor will perform original arrangements, improvisations and his own music to demonstrate the richness and originality of jazz. The course will focus on the contributions of Art Tatum, Oscar Peterson, Erroll Garner, Thelonious Monk, Dave Brubeck and Bill Evans, with live performances of their works. In order to enhance the experience of all participants, no tablets, cellular phones, beepers or other electronic devices will be permitted in class.

Instructor: Michael Ruiz (ruiz@unca.edu)

Sounds of the Chakras Meditation
Personal Development
Last 4 weeks: April 27, May 4, 11, 18
Fridays, 9-11 a.m.

Sounds of the Chakras is a yoga meditation technique using specific vocalized tones that affect the chakras. The voice is an instrument everyone possesses. Learn a fun and effective meditation technique that restores the body, mind and spirit as we explore inner peace, emotional grounding and spiritual awakening. The group “sounding circle” allows us to explore possible emotional, cognitive and physical transformations—all in an enveloping context of immersive music of the human voice. Sounds of the Chakras CD can be purchased from the instructor by request.

Instructor: Linda Go (lindagomusic@gmail.com)

Contemporary African-American Art and Artists
Visual Arts
4 weeks: March 30, April 6, 13, 27
No class April 20
Fridays, 9 a.m.-noon

Through slides, videos, instructor overviews and assigned readings, we will discover African-American artists working today and explore themes treated in their work. In this discussion-based course, participants will actively participate in frank, sensitive and sometimes uncomfortable dialogues that will lead to deeper understanding of the artists’ experiences and those of their own. As American artist Alex Grey said: “When artists give form to revelation, their art can advance, deepen and potentially transform the consciousness of their community.”

Instructor: Kristi McMillan (kmcmillan@ashevilleart.org)
**Beginning Hiking in Western North Carolina, Level 1**  
Health and Fitness  
First 4 weeks: April 6, 13, 20, 27  
Fridays, 2-5:30 p.m.  

We will start this hiking course for beginners with an easy trek over three miles and gradually increase the length and elevation over the four weeks. Hikes will commence within a 30- or 40-minute drive from the Reuter Center. The trails planned are Warren Wilson River Trail West (3.4 miles, flat); Bent Creek loop (3.3 miles, little elevation gain); Craven Gap on the Mountain to Sea Trail (4 miles, 400 foot ascent); and Rattlesnake Lodge (4.4 miles, 830 foot ascent). **Prerequisite:** Participants must be able to walk three miles on uneven terrain before classes begin.  
**Instructor:** Rebecca Banner (beccabanner@gmail.com)

---

**Tap Dancing for Fun**  
Health and Fitness  
7 weeks: March 31, April 7, 14, 28, May 5, 12, 19  
No class April 21  
Saturdays, 9-11 a.m.  

In this course for people who have always wanted to tap, we will go over steps and learn a routine. The main goal of the class is to have fun and get some exercise. Both beginners and those with some knowledge of tap are welcome. **Materials needed:** Tap shoes; contact the instructor for advice.  
**Instructor:** Mary Walker (20mlwalker14@gmail.com)

---

### 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:

<table>
<thead>
<tr>
<th>Term</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall 2018</td>
<td>May 1, 2018</td>
</tr>
<tr>
<td>Winter 2019</td>
<td>August 1, 2018</td>
</tr>
<tr>
<td>Spring 2019</td>
<td>November 1, 2018</td>
</tr>
<tr>
<td>Summer 2018</td>
<td>February 1, 2019</td>
</tr>
</tbody>
</table>

---

### Adverse Weather

OLLI classes, events, meetings and other activities at the Reuter Center will be canceled or delayed when UNC Asheville classes are canceled or delayed for adverse weather. We occasionally will cancel or delay classes when the university does not if conditions in the area or on campus may pose a danger to our members. By 8 a.m. on bad weather days, the OLLI staff will post specific program information on our outgoing message at 828.251.6140 and on our website at olliasheville.com if we will not follow our planned schedule. 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.
### Spring 2018 College for Seniors Index by Subject

#### Business, Law, Finance
- AARP Foundation Finances 50+ ........................................ 24
- Is That Murder? ............................................................. 37
- Taking Control of Your Retirement Planning ................. 24
- U.S. Agricultural Policy: A Historical Perspective .......... 21
- Who’s Going to Jail? Fraud and Corruption in American Politics .. 21

#### Health and Fitness
- Awakening to Now and How ....................................... 29
- Beginner Line Dance ....................................................... 35
- Beginning Hiking in Western North Carolina, Level 1 .... 40
- Go Take a Hike, Level 1 .................................................. 34
- GROOVing and Moving ................................................... 30
- Happy Feet ................................................................. 37
- Hiking for Wildflowers .................................................... 20
- Integrative Yoga for Your Aging Body ......................... 22
- Meditative Yoga .......................................................... 21
- Morning Hiking Level 2 .................................................... 30
- Movement Sampler ...................................................... 30
- Pilates Foundational Mat ............................................... 27
- Qigong: The Art of Breathing .......................................................... 26
- Spring Wildflower Hikes in the Blue Ridge Mountains .. 25
- Strength Training for Healthy Aging, Level 1 ............. 32
- Strength Training for Healthy Aging, Level 2 ............. 32
- Stress Release and Trauma .................................................. 37
- Recovery Exercises ..................................................... 37
- Tai Chi for Balance and Agility ......................................... 22
- Tap Dancing for Fun .................................................... 40
- To Be Younger Next Year: The Total Workout ........... 28
- Topics in American Medicine, Part 4 ......................... 33
- Transition to Whole Foods/Plant-Based Living ........... 30
- Yoga for Your Heart ...................................................... 23
- Yoga Therapy for Low Back and Hips ..................... 26

#### History
- The '60s: A Decade of Upheaval ......................................... 20
- African American Protests in United States History .... 34
- Black Athletes: Successes and Struggles in a White Nation .. 28
- A Change Is Gonna Come: The Civil Rights Movement and American Culture ... 25
- Looking Ahead: The State of American Democracy ....... 36
- The Lost and Found of Dangerous Expeditions .......... 36
- Mapping the West: The Pacific Railroad Surveys ........ 34
- Mysteries of History: Crimes, Cons, Quirks, Part 3 .... 36
- Political Development in the Arab World ................. 35

#### Languages/Literature/Writing
- African American Autobiography ................................. 20
- August Wilson: Master Playwright ................................. 30
- Beginning French .......................................................... 23
- The Female Body Enslaved: Beloved and The Handmaid’s Tale .. 22
- French, Level 2A ............................................................ 37
- French, Level 3A ............................................................ 35
- How to Write Your Life Story: A Memoir Intensive .... 23
- James Baldwin’s America: Essays and Documentaries .... 32
- Morrison’s Home and Melville’s Problem .................. 26
- Race in Stories of Old New Orleans ......................... 38
- Out of Africa: Contemporary Immigrant Literature .... 33
- Poetry in Black and White .............................................. 25
- Shakespeare’s Tragic Royalty: Hamlet and King Lear ... 28
- Writing Flash Fiction ....................................................... 21

#### Life Transitions
- AARP Foundation Finances 50+ ........................................ 24
- Artful Being and Dying ..................................................... 38

#### Math/Science/Technology
- Astronomy: Stars and Galaxies ...................................... 37
- Best Cell Phone Apps ....................................................... 35
- The Challenges for Nuclear Power .................................. 23
- Global Climate Change: A Disaster with Solutions ...... 25
- Great Women of Physics .................................................... 29
- Health and Fitness Apps: Living Longer with Technology .. 34
- Hiking for Wildflowers .................................................... 20
- Human Anatomy and Physiology: How Our Bodies work .. 29
- iPhone Photography ......................................................... 22
- National Parks 1: Geology .............................................. 22
- Behind the Scenery ....................................................... 29
- Navigating Window 10 ...................................................... 27
- Oceanography .............................................................. 32
- Science and Technology for Global Citizens ............. 31
- Spring Wildflower Hikes in the Blue Ridge Mountains .. 25

#### Performing Arts
- African American Cinema, 1915-1946 ............................. 27
- American Opera: Breaking the Sound Barrier .......... 38
- Appreciating Asheville’s Appalachian Music ............. 21
- Best of the Blues ............................................................ 26
- Black Comedy in America .................................................. 24
- Black Music Goes Mainstream: Cover Recordings as Catalysts .. 29
- The Hollywood Blacklist .................................................... 25
- Improv: Living in the Moment ........................................... 31
- Introduction to Form in Classical Music ..................... 36
- Jazz History: Black and White ........................................... 23

#### Personal Development
- The Art of Solving Crosswords, Level 1 ...................... 34
- Awakening Into Your Deepest Self: A Meditation .......... 32
- Artful Being and Dying ..................................................... 38
- Fun and Fundamentals of Bridge, Level 2 .................. 36
- Functional Meditation ...................................................... 24
- HandyPerson—Take Care of Your Home ................... 39
- Hidden Biases of Good People ........................................ 36
- Know Thyself and Others ................................................ 38
- Meditation and the Path to Liberation in Classical Yoga Scripture ... 31
- Mindfulness-Based Stress Reduction ......................... 20
- Play of the Hand: Bridge, Level 3 ............................... 35
- Sounds of the Chakras Meditation ............................. 39
- Zen and the Art of Balloon Twisting ......................... 27

#### Religion/Philosophy
- Existentialism: A Personal Guide ................................. 26
- John Muir as Secular Saint ............................................. 29
- Meditation and the Path to Liberation in Classical Yoga Scripture ... 31
- Search for the Historical Jesus ......................................... 22

#### Social Sciences
- The Benefits and Dangers of Income and Wealth Inequality .. 27
- Communications and Social Emotional Intelligence .... 28
- Critical Thinking, Confirmation Bias and Correlation: A Paucity and Plague in the U.S. ......................... 39
- Dialogue about Race: Black and White ................... 37
- The United Nations Family of Organizations ............... 27
- Understanding Mental Illness and PTSD .................... 31

#### Visual Arts
- Beading on Fabric .......................................................... 31
- Beginning Acrylic Painting ............................................. 28
- Contemporary African-American Art and Artists .......... 39
- Craft in Western North Carolina: From Functional to Artistic .... 33
- Docent’s Journey: Painting, Sculpture and Architecture of the Western World ... 21
- Design and Make Pop-ups ............................................. 33
- Drawing Wildlife ........................................................... 25
- Everyone Can Draw ....................................................... 34
- Four Asheville Architects .............................................. 20
- Layered Acrylic Abstracts ............................................. 24
- A Short History of African American Art .................. 30
- Zen and the Art of Balloon Twisting ......................... 27

---

WWW.OLLIASHEVILLE.COM | 41
Actions That Make a Difference!

Tutor Students/
Assist Teachers

Feed the hungry

House the Homeless

VOLUNTEER

Contact Sarah Reincke at SARAHREINCKE@GMAIL.COM for more information.
Our Core Values

OLLI at UNC Asheville launched a strategic plan in 2017 that outlines our goals and directions to be pursued between now and 2022. As an organization that relies heavily on volunteers, we state and track strategies and initiatives in order to make sure we are all rowing in the same direction. Our strategic plan outlines three broad directions for the organization over the next five years:

- Create a more diverse and inclusive community.
- Cultivate and increase resources.
- Create a more adaptive organization.

Each of our standing committees creates annual plans with these broad directions in mind and various committees work together to keep our organization moving forward.

While we see the value of creating strategies and setting goals, we also recognize that all of our decisions are based on a foundation of our core values: those fundamental beliefs that guide our work and our decisions, those practices that can sometimes be challenging to articulate but that form our culture. We believe that the strength and consistency of our core values give meaning to our plans and strategies and that it is good to remind ourselves of this foundation. They are:

- **Sense of Community:** We are a community of adults who share fellowship in an atmosphere that is respectful, stimulating, creative, fulfilling and fun.
- **Lifelong Learning:** We are an enthusiastic group of learners and teachers.
- **Innovation:** We strive to be at the leading edge and model best practices nationally in learning, life transitions and civic engagement programs for older adults.
- **Collaboration:** We collaborate both within and outside OLLI to offer programs that benefit our members and the community.
- **Continuous Improvement:** We seek continuous improvement in our communications, organization, inclusion, operations, programming and facilities.
- **Service:** We encourage our members to grow through service to OLLI, UNC Asheville and the community.

When we have conflicts or are uncertain about whether to move forward with a plan, a reminder of our core values always helps us build consensus and get back on track. We see each of these values come to life every day at the Reuter Center, and we invite you to consider what each one means for you. We also invite you to volunteer on a committee or propose a course or program. We will be able to achieve more when we are rowing in the same direction and when we have many hands to make light work.