

Grow through life

OSHER LIFELONG LEARNING INSTITUTE

OLLI at UNC ASHEVILLE

WINTER 2017 COURSES & EVENTS

from the director

One of my favorite stories as a child was Stone Soup. Although the story is a folk tale known in various European cultures, the version I remember is Marcia Brown's 1947 picture book. In the story as Brown tells it, three soldiers are returning from war, tired and hungry. When they approach a town, the villagers see them coming. They hide their food and tell the soldiers they cannot spare a crumb or a place to sleep. Not to be deterred, the soldiers intrigue the villagers when they say they will make stone soup. The soldiers ask for a pot, water, fire and three stones. Then they begin to suggest some simple things that might improve the flavor of the soup: carrots, salt and pepper, cabbage, beef and potatoes. While the villagers had before said they had nothing, one-by-one they produce the ingredients to "enhance" the stone soup. The soldiers pronounce the results fit for a "rich man's table" and then begin to suggest more ingredients that would make a soup like the one they ate with the king.

When the regal soup is ready, the soldiers suggest that it be properly served. The villagers manage to produce tables and delicacies to create a banquet. The tasting turns into a party with dancing and singing. At the end of the evening, the soldiers, who were turned away as strangers at first, are given the best beds in the village and honored as "three wise and splendid gentlemen." The villagers send the soldiers away with gratitude: "We shall never go hungry, now that we know how to make soup from stones." The soldiers answer cryptically, "Oh, it's all in knowing how."

My nostalgic memory of Stone Soup has perhaps been prompted by the long-awaited arrival of cool "soup and sweater weather." I also recognize that running OLLI is a little like making stone soup. We begin with a need and love of learning and community, and, as we come together, we create a banquet that we all enjoy. Our program has been simmering for almost thirty years; it is richer every day because we all contribute to its success and flavor. At the founding of the NC Center for Creative Retirement, UNC Asheville's Chancellor Dave Brown and Lin Brown, a gerontologist by training, articulated a big idea: that a center for older learners would distinguish our university and enhance our region's reputation as a retirement destination. The university provided space (a pot), and Dave and Lin invited faculty, community leaders, and administrators to develop the concept, to add their talents and ideas to create an organization that continues to evolve and be enhanced by the people who provide and enjoy the substance to make an idea into reality.

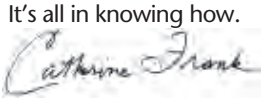
Ron Manheimer and Denise Snodgrass as founding director and assistant director were the chefs who persuaded new people to contribute their time, talent and treasure to make something fit



for royalty. When we outgrew our original quarters, our members worked with university advancement staff to provide an appropriate "vessel" for our programs. The Reuter Center allows us to invite community groups who bring unique flavors and make our experience richer. When we joined the Osher network, we received endowments that gave us a new freedom to purchase ingredients that our community didn't have and gave us the ability to borrow ideas and ingredients from other programs and share our "secret sauce" to enrich the national conversation about programming for older adults.

In the end, our "soup" is so good because we come together to make it. We contribute gifts we might otherwise keep to ourselves to create something larger and better than we would have as individuals. As the world continues to change, we are challenged to add new ingredients. I was satisfied with Campbell's Cream of Tomato back in the '60s when I was reading this story for the first time, but I now seek and appreciate more complex flavors. We must continue to invite new people to contribute to our feast and introduce us to new ways of thinking and seeing. In creating our programs, we don't follow a prescriptive recipe, but we plan carefully and are thoughtful about what we add to the "pot" so that our flavors retain their integrity but blend into a whole that continues to delight and surprise.

Consider this catalog an invitation to a celebration we create together and that nourishes and enriches all of us. And don't forget it will be a better soup if you contribute your unique ingredients. Volunteer to teach or serve on a committee. Contribute to a class discussion, help us connect to a great speaker, or tell a friend about our programs. We give thanks for everyone who has made OLLI into a feast of learning. It's all in knowing how.



Catherine Frank
Executive Director, OLLI at UNC Asheville

about our programs

COLLEGE FOR SENIORS is your opportunity to learn something just for the fun of it. Courses in this program are taught by members who have passion and professional expertise as well by UNC Asheville faculty and independent scholars in our area. Courses range from Facebook to Scott and Zelda Fitzgerald, the history of clothing to meditation, classical concertos to landscapes in watercolors. We offer four terms throughout the year, each one with different stimulating, entertaining and relevant courses.

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

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

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

winter 2017 events calendar

NOVEMBER

3 Astronomy Club of Asheville, 7 p.m.
4 Fab Friday Lecture, 11:30 a.m.
4 NC Stage Behind the Scenes, 1:30 p.m.
4 Chamber Music Chat, 3 p.m.
7 Winter 2017 online allocation registration begins, 10 a.m.
11 Art Bazaar, 11 a.m.-4 p.m.
12 Art Bazaar, 11 a.m.-3 p.m.
13 Carolinas' Nature Photographers Association, 5:30 p.m.
15 STEM Lecture, 4:30 p.m.
15 Elisha Mitchell Audubon Society, 7 p.m.
16 Winter 2017 online allocation registration ends, noon
18 Inside the Music with Melodie Galloway, 1:30 p.m.
18 Symphony Talk with Daniel Meyer, 3 p.m.
18 Death Café, 5 p.m.
23-25 OLLI Office and the Reuter Center closed for Thanksgiving

DECEMBER

1 Astronomy Club of Asheville, 7 p.m.
5 Reuter Center Singers Holiday Concert, 7 p.m.
6 World Affairs Council, 7:30 p.m.
6 Winter 2017 CFS schedules sent
7 Online open registration for Winter 2017 term begins, 10 a.m.
7 Death Café, 5 p.m.
9 Opera Talk, 3 p.m.
11 Carolinas' Nature Photographers Association, 5:30 p.m.
19-Jan 2 OLLI Office and the Reuter Center closed for winter break

JANUARY

6 New Member Welcome, 10 a.m.
8 Carolinas' Nature Photographers Association, 5:30 p.m.
9 College for Seniors Winter 2017 courses begin
13 Fab Friday Lecture, 11:30 a.m.
13 Symphony Talk with Daniel Meyer, 3 p.m.
16 OLLI Office and the Reuter Center closed for Martin Luther King, Jr Day
20 Fab Friday Lecture, 11:30 a.m.
20 NC Stage Behind the Scenes, 1:30 p.m.
20 Death Café, 5 p.m.
23 Triad Crime Prevention Series: Investment Fraud, 2 p.m.
23 Triad Crime Prevention Series: History of Scams & Fraud, 3 p.m.
27 Fab Friday Lecture, 11:30 a.m.
27 Medicare Choices Made Easy, 2 p.m. (registration required)
27 Opera Talk, 3 p.m.
30 Triad Crime Prevention Series: How NOT to Become a Fraud Victim, 2 p.m.

FEBRUARY

1 STEM Lecture, 4:30 p.m.
2 Astronomy Club of Asheville, 7 p.m.
3 Fab Friday Lecture, 11:30 a.m.
7 World Affairs Council, 7:30 p.m.
8 STEM Lecture, 4:30 p.m.
9 Advance Care Planning Workshop, 4:30 p.m.
10 Spring 2017 Catalog available
10 Fab Friday Lecture, 11:30 a.m.
10 Symphony Talk with Daniel Meyer, 3 p.m.
12 Carolinas' Nature Photographers Association, 5:30 p.m.
13 Spring 2017 online allocation registration opens, 10 a.m.
14 World Affairs Council, 7:30 p.m.
17 Fab Friday Lecture, 11:30 a.m.
17 Death Café, 5 p.m.
20 College for Seniors Winter 2017 courses end
21 Spring 2017 online allocation registration ends, noon
21 World Affairs Council, 7:30 p.m.
24 Chamber Music Chat, 1:30 p.m.
24 Opera Talk, 3 p.m.
26 Autumn Players Readers Theater, 2:30 p.m.
28 World Affairs Council, 7:30 p.m.

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Steering Council 2016-2017

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

Committee Chairs

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

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

olli membership

Your gateway to OLLI at UNC Asheville (OLLI) programs and events is membership. The membership fee of $70 covers the membership period from August 1, 2016 to July 31, 2017. Member benefits include:

- ***UNC Asheville parking decal***
- ***UNC Asheville Photo ID (OneCard)***
- ***UNC Asheville Library borrowing privileges***
- ***Quarterly course catalogs***
- ***OLLI at UNC Asheville weekly electronic newsletter***
- ***Rental use of the Reuter Center for personal events after one year of membership***
- ***Use of UNC Asheville wireless internet***
- ***Access to:***
  - ***Special Interest Groups (SIGS) (p. 5)***
  - ***Activities, Programs, and Special Events (p. 5-9)***
  - ***College for Seniors (p. 13-41)***
  - ***UNC Asheville Health & Fitness Center (p. 5)***

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. Please be aware of the parking lot on Campus View Drive, a short walk from the Reuter Center. Your first parking decal is included with membership. 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 bring in your old decal or paperwork that reflects the vehicle has been traded and we will provide a replacement decal at no charge.

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

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

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

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

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

NEED MORE INFORMATION? Check out these resources:

OLLI Website: www.olliasheville.com
Campus Map: www.unca.edu/campusmap
UNC Asheville Events: https://events.unca.edu
The Reuter Center Office—Open weekdays, 8 a.m. to 5 p.m.
828.251.6140 or olli@unca.edu

registration—winter 2017 term

You must register online for OLLI membership, Workshops, Life Transitions programs, Leadership Asheville Seniors and College for Seniors courses. You may use a credit card to pay online or you may pay in the OLLI office using a check. See p. 24 or 26 for instructions.

Initiate your OLLI membership for 2016-17 if you have not already joined.

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

Register for courses – Initial allocation registration period is Monday, November 7, 10 a.m. to Wednesday, November 16, noon

- Add the CFS Registration Fee ($90) to cart
- Request up to six courses in the initial registration and prioritize your choices. You will be enrolled in up to three courses and waitlisted if you do not receive three courses. You will be dropped from any courses over three, but you can add more courses during the open registration period
- To apply for a scholarship for College for Seniors program fees, submit a scholarship form by November 15, 5 p.m. See p. 13 for details
- Receive registration confirmation Tuesday, December 6, 4:30 p.m. If you do not receive a schedule, check your account online to find your schedule

Register and Add/Drop – Begins Wednesday, December 7, 10 a.m.

- If you missed the initial registration period, you can register for courses with available openings
- If you have already registered for courses, you may add any courses in which seats are available or add your name to a waitlist through the online registration process. Add/Drop ends after the second meeting of a course
- To drop a course, contact the OLLI office at 828.251.6140 or olli@unca.edu
- To drop all courses and receive a refund, please submit your request by Friday, January 6, 3 p.m.

Involving yourself with the OLLI at UNC Asheville community is stimulating, challenging and fun. In addition to classes we offer through the College for Seniors and Workshops, there are many occasions to learn and socialize.

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

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

Health and Fitness Center Membership
Fee: $350 annually

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

special interest groups—SIGs

Once you're an OLLI member, you may join Special Interest Groups (SIGs) as another way to learn and develop friendships based on shared interests. All SIGs are approved and evaluated by the 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 www.olliasheville.com and look for SIGs under "OLLI Groups and Volunteers." To join a Special Interest Group, please contact the person listed for that group.

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 Janet Dunphy, 828-772-9660
Fridays, 1-4 p.m. Contact: Diane Chambers, 828.271.4645, [illegible]

Beer on Tap janetdunphy@mac.com
Second Wednesdays, 4:30 p.m. Contact: Erik Vedeler, erik.vedeler@hotmail.com

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

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

Bridge Grads
Thursdays, 2-5 p.m. Contact: Nina Hansen, 828.299.7711, 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 or Nicole Kelly, nicole.gadon@gmail.com

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

The Forum: **Dialogue to Challenge Our Thinking**
Fridays, 1 p.m. Contact: Eugene Jaroslaw, 828.255.9925, ejwestwood@gmail.com

Français Facile
Second and fourth Tuesdays, 2-3:30 p.m. Contact: Renée Raffini, 828.684.6371, raffinir@gmail.com

History Book Lovers
Third Fridays, 3 p.m. Contact: Jane White, 828.274.9534, 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

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

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

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

Whole Foods/Plant-Based Living
Meets monthly. Contact: Bonnie Wheeler, bonniewhee@gmail.com

Women's Groups
Consult OLLI website for information about meeting times and places and for contact information for individual groups.

special events—winter 2017

These events are open to the public and held at the Reuter Center. Unless otherwise noted, events are free to the public. Please note that these events are subject to changes in schedule or to cancellation. Call 828.251.6140 or consult the OLLI online newsletter or calendar for additional details.

Advance Care Planning Workshop
On **Thursday**, **February 9, 2017, 4:30-6:30 p.m.**, the workshop will feature a panel whose members are experienced in addressing end-of-life issues. Discussion will include communicating your treatment wishes to loved ones and to medical personnel, ethical and legal issues and the uses of advance directives. Ample time will be reserved for questions, and assistance will be provided for anyone wishing to complete a legally valid advance directive, including the notarization required in North Carolina, using the NC Advance Care Planning "Short Form."

Art Bazaar
Mark your calendar for **Friday, November 11, 11 a.m.-4 p.m. and Saturday, November 12, 2016, 11 a.m.-3 p.m**. for the Fourth Annual OLLI Art Bazaar, where you will discover a showcase of members' talents in painting, photography, jewelry, textiles and much more. Member exhibitors will have a wide variety of handcrafted items on display and for sale. This is a perfect event to find one of a kind items and to begin holiday shopping!

Asheville Living Treasures Program
The Asheville Living Treasures' (ALT) mission is to honor elders of Asheville and Buncombe County who have contributed to making our community a better place to live. Seniors from all walks of life, age 70 or older, residing in Asheville/Buncombe County are eligible for nomination. Living Treasures will be selected and publicly honored at a Recognition Ceremony in the spring. Each honoree's oral history is recorded for posterity and archived at UNC Asheville's Ramsey Library Special Collections. The nomination period is from **January 15 - March 15, 2017**. Send nomination letters via USPS to: Asheville Living Treasures, 34 Turnberry Dr., Arden, NC 28704, Attn: Carmen Ramos-Kennedy; email at: ashevillelivingtreasures@gmail.com or online: ashevillelivingtreasures.com Questions? Do you enjoy history and wonderful stories of people's lives? ALT has an opportunity for you to be a part of its committee recognizing the treasures among us. Contact ALT Chair, Carmen Ramos-Kennedy 828.423.6476.

Astronomy Club of Asheville
The Astronomy Club of Asheville meets the **first Thursday** of the month (except January and July) from **7-9 p.m.** with an interesting lineup of speakers and topics. OLLI members may attend the club meetings and star gazes, with club members on hand to advise and assist them in the basics of astronomy and the techniques of observing celestial phenomena. For more information on the Astronomy Club of Asheville, visit their website at www.astroasheville.org. Meetings are scheduled as follows:

- **November 3, 2016** "The Day without Yesterday: Cosmology and the Big Bang" by Stephen Danford, UNC Greensboro
- **December 1, 2016** Annual Club Holiday Social and Auction
- **February 2, 2017** Speaker and program to be announced

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

- **Sunday, February 26, 2017, 2:30 p.m**. *Bus Stop* by William Inge, directed by RoseLynn Katz
- **Sunday, March 26, 2017, 2:30 p.m.** *Outlander* by Gary Carden, directed by Marianne Lyons

The Carolinas' Nature Photographers Association
The Carolinas' Nature Photographers Association (CNPA) was founded in 1992 to promote nature photography in the Carolinas, to help conserve and preserve the diverse natural ecosystems in the Carolinas and to educate others interested in nature and wildlife photography. The association is divided into regions for more close-at-hand activities. The CNPA-Asheville Region's goal is to develop a group that will more fully experience the beauty of Western North Carolina through photography. Activities in the Asheville Region include monthly meetings, photo outings, seminars, workshops, exhibits, photo contests, and image critiques. Meetings are held at the Reuter Center the second Sunday of the month, **5:30 p.m. meet and greet, meeting begins at 6 p.m.** Meetings will be held on **Sunday, November 13, and December 11, 2016 and January 8 and February 12, 2017.** For more information visit www.cnpa-asheville.org.

special events—winter 2017 *continued*

Chamber Music Chat
This series is offered by Pan Harmonia, an independent repertory company based in Asheville, NC, and directed by flutist Kate Steinbeck. Pan Harmonia has been nationally recognized for its unique work and superb artistry. Meet the musicians of Pan Harmonia in these informal sessions. Learn about their process, inspiration, the music they love and more! For more information visit www.panharmonia.org. Presentations are scheduled for

- **Friday, November 4, 2016, 3 p.m.** Kate Steinbeck and composer Michael Hosford
- **Friday, February 24, 2017, 1:30 pm.** Musicians Talking About Music

Death Café
Death Café is 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 experiences, **Fridays, November 18 and December 7, 2016, January 20, February 17, March 17, 2017, 5-6:30 p.m.** facilitated by Thirdmessenger's Karen Sanders, Greg Lathrop and Sa'id Osio. You can learn more about Death Café at deathcafe.com, thirdmessenger.com and facebook.com/deathcafeasheville.

Elisha Mitchell Audubon Society
The Elisha Mitchell chapter of the National Audubon Society was formed in Asheville in 1986. Its mission includes promoting birding and an appreciation of all nature, and helping to preserve wildlife and natural ecosystems. The chapter spearheaded an effort to save a lakefront property and now owns and manages it as the Beaver Lake Bird Sanctuary. EMAS offers free educational programs starting in spring on the **third Tuesday of the month at 7 p.m.** in the Reuter Center, and leads free bird walks at the Sanctuary on the first Saturday of every month. Find out more at www.emasncorg, and plan to join the members at one of the walks or talks. The Society meets **November 15, 2016**. There are no meetings in December, January or February, so mark your calendar to attend **March 21, 2017,** for a program to be announced.

Inside the Music with Melodie Galloway
Inside the Music is a conversation with the conductor of the Asheville Choral Society (ACS) and also a performance by soloists from upcoming ACS events. ACS artistic director and conductor Melodie Galloway, UNC Asheville music department chair and director of choral activities, will be sharing insights about the music and gifted singers and instrumentalists who will be performing. On **Friday, November 18, 1:30 p.m.**, the Yuletide Candelight Concert will be previewed. Festive music will include Christmas, Hanukkah and Solstice songs performed by ACS, with children's voices and hand bells. The ACS Yuletide Candelight Concert will be held on December 2 and 3 at Trinity Episcopal Church. For more information about performances and to purchase tickets, visit ashevillechoralsociety.org.

Medicare Choices Made Easy
Are you confused by the many choices of Medicare plans? Unbiased and accurate information is available from trained volunteers from the North Carolina Seniors' Health Insurance Information Program (SHIIP). The Council on Aging of Buncombe County, in partnership with OLLI, offers a free class on **Friday, January 27, 2017, 2 p.m.** This session will be an overview (plans, parts and policies) of Medicare. Spaces are limited and registration is required. Reserve your space by calling the Council on Aging of Buncombe County, 828.277.8288. In addition, **Friday, January 27, 2017,** beginning at **noon**, representatives from the Social Security Administration will be available to answer questions about Social Security benefits and Medicare enrollment. They will also provide detailed instructions for accessing the Agency's online services at socialsecurity.gov.

NC Stage *Behind the Scenes*
Join NC Stage Artistic Director and co-founder, Charlie Flynn-McIver as he takes you behind the scenes of the professional productions of NC Stage. We'll look into the themes of the plays, the rehearsal process, the design process, talk to actors, directors and designers and even view a scene or two from the upcoming show. Get an insider's view of the workings of a professional theatre. For more information about NC Stage, visit ncstage.org.

- **Friday, November 4, 2016, 1:30 p.m.** *Curvy Widow*, book by Bobby Goldman, music and lyrics by Drew Brody
- **Friday, January 20, 2017, 1:30 p.m.** *Jeeves Intervenes* by Margaret Raether, adapted from the stories by P.G. Wodehouse Jeeves in Bloom

New Member Welcome
Are you new to OLLI at UNC Asheville and the Reuter Center? Are you returning after being gone awhile? Come to the New Member Welcome on **Friday, January 6, 2017, 10 a.m.**, to learn about all that OLLI has to offer and about ways to get involved. Meet other members and learn what it means to "grow through life."

Opera Talk
Asheville Lyric Opera (ALO) brings great stories and music to life on Asheville's premiere theatrical stage, the Diana Wortham Theatre. Come enjoy a behind-the-scenes journey as ALO General Director David Craig Starkey and a cast of industry professionals guide you through their operatic world. Mark your calendar to attend these lively and informative musical presentations. For more information, visit the ALO website: ashevillelyric.org/

- **Friday, December 9, 3 p.m.** "2017 Season Preview"
- **Friday, January 27, 3 p.m.** "How to Work an Opera"
- **Friday, February 24, 3 p.m.** "Gala Preview"
- **Friday, March 10, 3 p.m.** "Chamber Opera Preview"

How to Work an Opera

special events—winter 2017 *continued*

Reuter Center Singers Holiday Concert
The Reuter Center Singers, OLLI's in-house choral group directed by Chuck Taft, study and perform classical, popular and show tunes. Come to the Holiday Concert on **Monday, December 5, 2016, 7 p.m**. to enjoy music of the season and sing along with traditional carols. Light refreshments will be served. This concert is free and open to the public; donations are welcome.

STEM Series Lecture
The STEM Lecture Series is interdisciplinary with a focus on science, technology, engineering and mathematics. Join us for the final program of the 2016 series: **Tuesday, November 15, 2016, 4:30 p.m.** "A Changing Paradigm: Cancer Metastasis as the Target" by Jon Wiener, AB Tech faculty.

The upcoming lectures for winter term are designed around the theme of "Climate Science in Asheville" and include presentations by members of the three major climate science organizations in Asheville: The Collider, National Centers for Environmental Information (NCEI) and National Environmental Modeling and Analysis Center (NEMAC). The first two programs are scheduled as follows:

- **Wednesday, February 1, 2017, 4:30 p.m.** David Easterling from NCEI
- **Wednesday, February 8, 2017, 4:30 p.m.** James Fox from NEMAC

Symphony Talk with Daniel Meyer
The best way to enjoy the Asheville Symphony Orchestra's Masterworks concerts is to come to the Symphony Talk for the inside scoop on the music, composers and soloists. Asheville Symphony Orchestra's music director and conductor Daniel Meyer will speak about the performance for the next evening's concert and local music aficionado Chip Kaufmann will speak about the composers. 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 ASO performances at the Thomas Wolfe Auditorium, visit www.ashevillesymphony.org.

- **Friday, November 18, 2016, 3 p.m.** Gershwin's *Rhapsody in Blue* with Conrad Tao, pianist
- **Friday, January 13, 2017, 3 p.m.** *Eine Kleine Rhine Musik*: Brahms, Haydn, Schumann with Cicely Parnas, cellist
- **Friday, February 10, 2017, 3 p.m.** Music from *Fantasia* with Inon Barnatan, pianist

Triad Crime Prevention Series
These informative presentations are designed to prevent crimes against the mature population. This Triad program is a partnership involving law enforcement, social services, elder law attorneys and representatives of the financial community.

- **Monday, January 23, 2017, 2 p.m**. **"**Investment Fraud: Guarding Your Assets in a Scary World." Presented by John Maron, Director of the Investor Protection and Education Services Division of the North Carolina Department of the Secretary of State.
- **Monday, January 23, 2017, 3 p.m.** "The History of Scams and Fraud." Presented by Larry Pierson from the Buncombe County Sheriff's Office
- **Monday, January 30, 2017, 2 p.m.** "How NOT to Become a Fraud Victim." Presented by Caroline Farmer, Deputy Director, Victims and Citizens Section, North Carolina Department of Justice. Farmer also serves as the co-chair of the NC Senior Fraud Taskforce, as commissioner for NC Crimes Victims Compensation and as board member of NC Wheels for Hope.

WNC Historical Association Lecture—*After Coal: The Future of Appalachia and Wales*
On **Saturday, March 4, 2017, 2 p.m.,** join Professor Emeritus Pat Beaver and Mr. Tom Hansell from the Center for Appalachian Studies at Appalachian State University as they present *After Coal: The Future of Appalachia and Wales.* The program sponsored by the WNC Historical Association will open with the showing of Tom Hansell's noted documentary film *After Coal* which tells the story of individuals attempting to build a new future in the coalfields of eastern Kentucky and South Wales. With these coal mining regions each losing over 20,000 jobs during recent years, residents are exploring strategies for remembering the past while looking to the future. Following the film, Dr. Beaver will discuss the similarities and differences between the Appalachian and Welsh coalfields. The regions share a history of resource-based exploitation, migration patterns, a dwindling agricultural base and attempts to reinvent their economies. The ultimate question: How will these communities and cultures survive? Tickets sold at the door. General public: $5 donation. WNCHA members: free.

World Affairs Council
The World Affairs Council (WAC) presents fascinating lectures and discussions to advance international awareness and foster Western North Carolina's global ties. OLLI members receive a discount on WAC annual membership fee. These lectures are free to WAC members and students and $10 at the door for all other participants. On **Tuesday, December 6, 2016, 7:30 p.m.**, Ingrid Wuerth, the Helen Strong Curry Chair in International Law and Director of the International Legal Studies Program at Vanderbilt Law School, will offer a lecture titled "International Human Rights: At What Cost to the Rest of International Law?" The *Great Decisions Lecture* series is scheduled for the winter and spring terms on **Tuesdays, February 7, 14, 21, 28, March 7, 14, 2017, 7:30 p.m.** For more details about programs, consult the WAC website, www.main.nc.us/wac

fab fridays

On **Fridays, 11:30 a.m. - 1:15 p.m.**, in the Reuter Center's Manheimer Room, members and guests are invited to socialize and then enjoy stimulating presentations and dynamic question and answer sessions. Purchase lunch in our Reuter Café or bring your own brown bag. These programs are free and open to the public.

January 13: Southern Folk Art: Collecting, Curating and Connecting with Artists
Southern folk art is variously described as self-taught, visionary, remembered or intuitive. The artists are often isolated by circumstance or choice, creating their art out of an internal necessity to create. Ann Oliver and her late husband Ted collected over 1,000 folk art pieces from the South. Their private collection became so well known that strangers would knock on their door and ask to admire the works. Ann, with a master's in art history, was curator of education at the Miami Art Museum and head of educational programs and publications for students, teachers and families at the High Museum of Art in Atlanta before moving to North Carolina. The couple opened a gallery in Hendersonville dedicated to the celebration and preservation of folk and outsider art throughout Appalachia. Though the gallery has closed, Ann continues to curate folk art exhibitions for other venues. Ann will talk about her experiences of traveling, meeting the artists, collecting and sharing her passion for preserving the folk art tradition.

January 20: Addiction Issues
Drug abuse is a major public health problem that has an impact on society on multiple levels. Drug abuse contributes to the development of cancer, heart disease and HIV/AIDS. Drugged driving, violence, stress and child abuse are some of the social problems caused by drug abuse. Dr. Dale Nash will discuss the biopsychosocial model that one substance abuse clinic utilizes to address the complex needs of those who are addicted. Affiliated with Carolina Treatment Centers, Dr. Nash is also a board certified internist who has been practicing internal medicine for over 30 years. This lecture is part of the *Health Education Series.*

January 27: Personal Safety 101
Officer Keith McCulloch, Asheville Police Department, will provide information to help you protect yourself from today's criminals. The Crime Prevention and Personal Safety Seminar, a program of the Asheville Police Department, teaches easy-to- understand methods you can use to increase awareness and prevent criminal confrontation. You will get the tools you need to develop your own personal safety strategy, including information on: The Crime Prevention Matrix; the psychology of criminal predators; home security; automobile and travel security; personal protection devices; personal safety apps; and more!

February 3: Medication Dangers
Illness and death from medications greatly exceeds that from substance abuse. Which common OTC medicine can destroy your liver? What prescription drug can give you chronic intractable diarrhea? Which eats holes in your stomach and puts you at risk of myocardial infarction (MI)? Why are skin patches much more potent than pills? How can the liver enhance one drug and destroy another? Which drugs are addicting? Which should seniors avoid? Get answers in this wide-ranging talk. David Mouw holds a doctorate in human physiology, an M.D. in family practice with added qualification in geriatrics, has given 12 previous Health Education Series lectures and regularly uses the audience response system to get audience feedback. This lecture is part of the *Health Education Series*.

February 10: Spring is Coming - Time to Garden
Join three of the area's talented and experienced gardeners in planning for your upcoming spring gardening! We'll learn about planning vegetable gardens from Master Gardener and retired microbiologist Sheila Dunn and creating creative container gardens from Master Gardener Joyce Weinberg. We'll get suggestions on appropriate spring shrub planting from Master Gardener Linda Alford. Get a jump start on your spring gardening with advice from some of the best!

February 17: Diagnosing Alzheimer's Disease
For many people, longer life means dealing with cognitive impairments that make functioning independently no longer possible and requires them to rely more on their loved ones for support. Dr. David Johnson will speak about symptoms, diagnostic tests and treatment plans for those with a cognitive impairment. Dr. Johnson is a staff physician at MemoryCare, a non-profit medical clinic that interacts with older adults with memory loss and their caregivers in a unique way. Integrating care for the patient along with counseling and training to the caregiver, MemoryCare provides focused attention that leads to better care for an individual with memory loss. Dr. Johnson, joined MemoryCare in 2016 and is board certified in geriatric medicine and hospice/palliative care. He has also provided hospice and geriatric outpatient consultation. This lecture is part of the *Health Education Series.*

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, 2017

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

Payment: Visa or MasterCard

Registration: Registration will open in Spring 2017. Open to OLLI members only. Visit www.olliasheville.com/LAS for more information.

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

Why take LAS? Ask the alumni...

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

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

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

OSHER LIFELONG LEARNING INSTITUTE

OLLI at UNC ASHEVILLE

Workshops

Workshops will be on hiatus during Winter Term but will return with an exciting lineup of new workshops in Spring 2017.

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

www.olliasheville.com/workshops

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



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 2017; open to OLLI members only
Dates: Spring 2017
Cost: $30/person
More Information: www.olliasheville.com/gift-of-time

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 2017; open to OLLI members only
Dates: Summer 2017
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 21-23, 2017
August 18-20, 2017
Cost: $850 per person
More Information: www.PathstoCreativeRetirement.com

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 2-4, 2017
Cost: $450/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 Laurel Jernigan, 828.250.3871/ljerniga@unca.edu

3 Ways to ...

VOLUNTEER



So Many Ways to Make a Difference

Join Us. Become an OLLI Volunteer.

Contact Sarah Reincke at sarahreincke@gmail.com for more details.

OLLI at UNC ASHEVILLE
Civic Engagement

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

Winter: January 9 – February 20, 2017 (initial registration November 7-16)
Spring: March 20 – May 19, 2017 (initial registration February 13-21)
Summer: June 12 – July 25, 2017 (initial registration May 10-17)
Fall: September 18 – November 10, 2017 (initial registration August 15-23)

Winter 2017

January 9 – February 20

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

Fee: $90 for the term

The registration fee allows you to register for up to three courses, listed on pp. 18-41 during the initial phase of registration.
(Some courses require extra fees, which are listed in the catalog.)

Registration Schedule

- Initial Online Allocation Registration opens November 7, 2016, 10 a.m. and closes November 16, noon
- Course Confirmation will be emailed December 6, 4:30 p.m.
- Open Registration and Add/Drop begins December 7, 10 a.m. and closes on the second session of each course

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

OLLI membership is required to enroll in CFS classes

Refunds: Cancellation must be received by Friday, January 6, 3 p.m. for a full refund. This applies to ALL fees for CFS classes.

Course Information
In addition to the course descriptions in this catalog, descriptions and information for College for Seniors courses can be found on the online registration portal under Search Catalog (by curriculum category or instructor).

Course materials are also listed on course web pages on the OLLI website. To reach the listing of courses with web pages, go to: olliasheville.com/courses. On this page, type in an instructor's name and find information such as course outlines, reading lists, materials lists and instructors' background.

Class Reps
If you are interested in helping newer OLLI members become acclimated, assisting instructors during a class and ensuring that classes operate smoothly, consider being a Class Rep! Check the box to become a Class Rep in the online registration process. For more information, call 828.250.3973.

Scholarships
Scholarships are available to partially cover the expense of the term fees (the annual OLLI membership fee is the member's responsibility). Scholarship applications are available in Room 208 of the Reuter Center and on the OLLI website. Scholarship applications must be submitted by November 15. For more information, call 828.251.6873.

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

Course Proposal Form and Instructor Guide
A term-specific course proposal form is found on the Forms page of the OLLI website. An instructor guidebook is available to orient the first-time instructor and to enhance the skills of experienced teachers. To view resources for College for Seniors instructors, visit: http://olliasheville.com/college-seniors-1

Course Proposal Due Dates:

Summer term 2017	**January 16, 2017**
Fall term 2017	**April 15, 2017**
Winter term 2018	**July 15, 2017**
Spring term 2018	**October 15, 2017**

Questions about College for Seniors?
Contact CFS Program Manager Herb Gunn at hgunn@unca.edu or call 828.251.6873.

STAY ACTIVE
STAY HEALTHY



College for Seniors and the YMCA of Western North Carolina team up once again for the CFS Winter 2017 term. The program consists of two great fitness classes at the Woodfin YMCA offered exclusively for OLLI members. These two fitness courses are part of the regular Winter CFS curriculum and can be part of your first three choices.

College for Seniors health and wellness classes at the Woodfin YMCA

- **Group Fitness Sampler –** Take your fitness to the next level by adding variety to your routine. Changing your routine can improve your fitness and make it more fun. This course introduces a variety of classes including fitness, yoga, core conditioning, Pilates and cardio/strength combinations. The CFS course will be held on Wednesdays during the winter term, 2-3 p.m.

- **Fitness 101 –** An introductory course teaches the beginner exercise foundation movements to build upon and learn how to safely and effectively improve balance and flexibility and add daily movement to your life. The CFS course will be held on Wednesdays during the winter term, 3:15-4:15 p.m.

See pages 34 and 36 for details and contact College for Seniors with questions about these two courses.

Moving For Better Balance
12-Week Program sponsored by the YMCA

Older adults or adults with chronic health conditions often feel they must accept impaired balance and limited mobility. This is not true. You can build strength, improve balance and gain confidence in your mobility through Moving For Better Balance. This 12-week Center for Disease Control evidence-based, instructor-led group program is designed to help you improve your strength, balance, flexibility and mobility through slow, therapeutic movements based on tai chi.

Cost: OLLI/Y members — $150 for 24 sessions
OLLI/Non-Y members — $225 (scholarships available)
Program begins January 9: Mondays/Thursdays 2-3 p.m.
REGISTRATION REQUIRED
Contact Diane Saccone at dsaccone@ymcawnc.org or 828 575 2904

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* 4-week course
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MID-DAY 11:30 a.m.-1:30 p.m. *Unless Otherwise Noted*	Tai Chi for Arthritis (11:30 a.m.-1 p.m.) *Easy Steps to Creating Perspective in Art *Genealogy Using FamilySearch Hebrew Prophets Hitting High Spots of Writing Fiction Science & Technology for Global Citizens	Asheville on the Cheap ***Beginning Mah Jongg-Session 1 Eudora Welty's *The Golden Apples* Pair Wine & Lunch *Science & Technology In-depth Lectures *United Nations Sustainable Development Goals
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* 4-week course; see course description for dates
** 5-week course; see course description for dates
*** Course meets twice a week; see course description for dates

wednesdays	thursdays	fridays
Google Drive Hiking the Camino de Santiago In-Light-and Elec-Trickery Selected Shorts of the Silent Film Era Tai Chi Chih: Joy Through Movement Wet Felting Techniques Writing Flash Fiction Meditative Yoga (10-11 a.m.)	Alternate History *Face to Face with Facebook History of Lighthouses Learn to Knit *Persistent Themes in Popular Music The Science of Science Fiction	*Self-Care Strategies for Seniors (9-10:30 a.m.) *Airplanes without Engines Cancelled Therapeutic Yoga Understanding the Lumbar Spine Cancelled **Creating a Junk Journal (9 a.m. – noon)
MELT for Well-Being & Better Health (11:30 a.m.-1 p.m.) ***Beginning Mah Jongg - Session 2 Build Your Own Theology Intriguing Topics in Mathematics Population Bomb: 21st Century Outlook Reconstruction & the Formation of the New South Turning Your Passion Into a Business	Asheville's Doomed Duo: Scott & Zelda Fitzgerald **Being Mortal:* A Discussion Clothing-A Mirror of History Learning to Meditate *Performance & Interpretation of Classical Concertos The Plant Pure Nation	**Don't forget to add** **Fab Friday lectures** **to your schedule** **Every Friday,** **January 13-February 17** **11:30 a.m. – 1:15 p.m. in the Manheimer Room** *See page 9 for details*
*Community Folk Singing (2-3:30 p.m.) Group Fitness Sampler (2-3 p.m.) Fitness 101 (3:15-4:15 p.m.) Awakening Into Your Deepest Self Beginning Ballroom: East Coast Swing Biological Implications of Controversial Issues James Joyce: Death & Life Sustainable Medicine for the 21st Century Landscapes in Watercolors (2-5 p.m.)	Acting the Bard *Bargello Designs for Small Projects Beginner Line Dance National Parks: What to See & When to Go Older, Wiser, Sexually Smarter Ingmar Bergman's Early Films (2-4:30 p.m.) Basic Oil Painting, Especially for Guys (2-5 p.m.)	**New Member Welcome** **Friday, January 6, 10 a.m.** Learn about programs & activities Find ways to participate in our community of learners Meet new friends

Winter 2017 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, 9-11 a.m.

Art and History of Renaissance Italy
Visual Arts
Current Events and Regional Cultures
History
6 weeks: January 9, 23, 30,
February 6, 13, 20
(no class on January 16)
Mondays, 9-11 a.m.

We will focus on 13th–18th century art, primarily in Florence, Siena, Venice and Rome and explore the architecture, art, politics and cultural developments in these cities. The course is designed for those who love Italian art, history and culture. Although the instructor presents material in an informal style, he has extensive experience with the arts in Italy that adds a unique perspective to this enjoyable and informative course.

Mark Gordon Smith (mgordonsmith@hotmail.com) has traveled across Italy and studied Italian art for more than 40 years. He spent his early childhood in Tuscany. Mark is a graduate of the U.S. Military Academy at West Point and has presented numerous classes at College for Seniors.

Good Science, Bad Science and Fun Science
Math, Science and Technology
6 weeks: January 9, 23, 30,
February 6, 13, 20
(no class on January 16)
Mondays, 9-11 a.m.

We will examine the basis and evolution of science, using historical examples. With this grasp, we will look at examples of science gone wrong. We will stress the biological and medical sciences and also use global climate change as a case study, examining where science communication helped and failed us. We will then survey fun science, based on experiences of the instructor, students and others. We will have scientists with high levels of international research experience share their knowledge and expertise in their fields of climate science, ecological research and medical research.

Hermann Gucinski (hermg66@gmail.com) has studied physical oceanography, estuarine science, surface science including that of porpoise skin, effects of ozone depletion and effects of climate change. He holds a doctorate in biophysics from the Roswell Cancer Institute, SUNY-Buffalo.

History of Antique and Vintage Jewelry
Visual Arts
6 weeks: January 9, 23, 30,
February 6, 13, 20
(no class on January 16)
Mondays, 9-11 a.m.

We will learn the history of costume jewelry from the Victorian era to Woodstock and why certain items are collectible and fashionable. During the course your personal jewelry will be assessed for value as well as transformation possibilities. We will also feature several workshop sessions to transform our own vintage costume jewelry items into wearable design. **Materials fee:** $30 for jewelry materials such as chains, beads, clasps, findings and materials to fix students' jewelry such as missing rhinestones.

CANCELED

Shelley Johnston (smj1@me.com) is an Asheville-based jewelry designer specializing in transforming antique and vintage costume jewelry. She travels extensively to find her jewelry materials from antique and vintage shops. Shelley sells her "one of a kind" re-creations at local arts and fine craft festivals including the Art in the Park in Blowing Rock and the Cashiers Leaf Festival.

Understanding Your Pet's Health
Personal Development
6 weeks: January 9, 23, 30,
February 6, 13, 20
(no class on January 16)
Mondays, 9-11 a.m.

In this course designed to educate participants about disease processes that affect our pets, we will explore many of the common health issues for small animals, from infectious diseases to cancers, in order to gain a better understanding of the body systems as they apply to small animal pets. As we tackle each subject, we will discuss prevention, various diagnostic tests available and methods of treatment. We will also compare and contrast the advantages and disadvantages of each.

Alice Gora (docgora77@gmail.com) earned a doctorate in veterinary medicine from Ohio State University College of Veterinary Medicine. She practiced small animal medicine for more than 35 years in Illinois, Pennsylvania and recently, North Carolina.

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

Why Was Lincoln Murdered?
History
4 weeks: January 9, 23, 30, February 6
(no class on January 16)
Mondays, 9-11 a.m.

President Abraham Lincoln was assassinated by John Wilkes Booth at Ford's Theater on 14 April 1865. Did Booth act alone or was he a pawn of higher ups? Was this a U.S. government grand conspiracy led by Lincoln's Secretary of War? Or was it a Confederate grand conspiracy in retaliation for the Dahlgren Raid? Was it a papal or Masonic plot? Was Dr. Mudd wrongly accused? Was Mary Surratt wrongly convicted? Did Booth escape to freedom and die an old man 40 years later? We will investigate these possibilities and others as we examine the many conflicting assassination theories.

Bert Lockwood (kelockwood@mindspring.com) served 30 years in the United States Army where he worked with Dr. Wernher von Braun in the Army's missile and space program and with the Secretary of the Army at the Pentagon. He was associate professor of engineering at the United States Military Academy and commander of Picatinny Arsenal. Bert attended West Point, the University of Michigan and Columbia University and has taught numerous history courses at College for Seniors.

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

Tai Chi for Arthritis Part 1 and Intro to Part 2
$30
Health and Fitness
6 weeks: January 9, 23, 30, February 6, 13, 20
(no class on January 16)
Mondays, 11:30 a.m.-1 p.m.

Tai Chi for Arthritis was developed by Dr. Paul lam of the Tai Chi for Health Institute. You don't have to have arthritis to practice this Sun style tai chi form that is well suited for everyone. All tai chi is good for arthritis sufferers. This form is done by thousands of people all over the world. Liz will teach Part One of the *Tai Chi for Arthritis* form and introduce the more complex movements of Part Two.

Liz Ridley (lizridley@Hotmail.com) has been studying and teaching tai chi for more than 20 years. She has received multiple trainings in tai chi from the Tai Chi for Health organization, Master Wen Ching Wu and Sifu Mark Small. Liz is certified to teach several tai chi forms.

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

Easy Steps to Creating Perspective in Art
Visual Arts
4 weeks: January 9, 23, 30, February 6
(no class on January 16)
Mondays, 11:30 a.m.-1:30 p.m.

While learning perspective theory and perspective drawing, we will cover the basics of one-, two- and three-point perspective. We will develop quick freehand skills and photo-perspective and photography to incorporate perspective into images and designs. We will emphasize working from the imaginative world while we demystify and simplify perspective and make art and designs technically accurate and pleasing to the eye.
Materials fee: Less than $10 for a sketch book, pencils, eraser and tracing paper.

Jim Stilwell (jamesstilwell@bellsouth.net) has worked as an architectural illustrator and artist since 1978 with a successful association with architects, designers, ad agencies and corporations. Currently semi-retired and engaged in architectural projects as well as fine arts, Jim enjoys teaching workshops and mentoring through his educational website.

Genealogy Using FamilySearch
Personal Development
4 weeks: January 9, 23, 30, February 6
(no class on January 16)
Mondays, 11:30 a.m.-1:30 p.m.

The genealogy organization FamilySearch has been improved, expanded and recently made available to everyone. It now ranks as one of the premier internet genealogy resources. Best of all, use of their billions of genealogical records is free. We will explore FamilySearch and describe and demonstrate the many features used to find your ancestors. Record searches, the family tree for humankind, the wiki, and third-party apps will be explained and demonstrated. Participants should be comfortable with internet searches and websites and have basic knowledge of genealogical research.

Mark Speer (mspeer8@yahoo.com) has been researching his family since 1994. Along the way he has participated in genealogy webinars and conferences, researched his family on the internet, interviewed relatives and visited genealogy libraries and many cemeteries. He has taught genealogy courses at College for Seniors since 2012.

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

The Hebrew Prophets
Religion and Philosophy
History
6 weeks: January 9, 23, 30, February 6, 13, 20
(no class on January 16)
Mondays, 11:30 a.m.-1:30 p.m.

We will study of one of the great traditions in Western religious thought: the Hebrew prophets. We will look at their work as a distinctive mode or genre of religious thought and its development within Israel's history, principally from the time of the Divided Kingdom (Israel in the north and Judah in the south) through the Exile in Babylon. The prophets covered will include Nathan, Micaiah, Elijah, Elisha, Amos, Hosea, Isaiah of Jerusalem, Micah, Jeremiah, Ezekiel and Isaiah of the Exile.

Farley Snell (snellfarleyw@netscape.net) has been teaching courses in the history of religious ideas at College for Seniors and OLLI at UNC Asheville since Winter 2009. His doctorate is from Union Theological Seminary in New York City.

Hitting the High Spots of Writing Fiction
Languages, Literature and Writing
6 weeks: January 9, 23, 30, February 6, 13, 20
(no class on January 16)
Mondays, 11:30 a.m.-1:30 p.m.

Short stories and novels share many things in common—plot, dramatic arc, momentum, dialogue, beginnings and endings—although each form is unique. We will explore how to approach both short- and long-form fiction for writing success. The first half of each class will focus on analyzing these fiction elements, with the second half of each session devoted to peer critique of student writings.

Cynthia Drew's (seedee@charter.net) award-winning bestsellers are available in libraries and bookstores worldwide. Her short story collection and the first of a seven book mystery series will debut in October 2017. Cynthia has taught a number of College for Seniors courses in the past.

Science and Technology for Global Citizens
Math, Science and Technology
6 weeks: January 9, 23, 30, February 6, 13, 20
(no class on January 16)
Mondays, 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. **Prerequisite**: An inquiring mind! No particular background in science and technology is needed.

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

Mondays, 2-3:30 p.m.

Yoga for Your Health $30
Health and Fitness
6 weeks: January 9, 23, 30, February 6, 13, 20
(no class on January 16)
Mondays, 2-3:30 p.m.
Sherrill Center, Room 306

We will use safe, gentle, therapeutic yoga 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.

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

Mondays, 2-4 p.m.

Dancers of the Golden Age of Hollywood
Performing Arts
6 weeks: January 9, 23, 30, February 6, 13, 20
(no class on January 16)
Mondays, 2-4 p.m.

Enjoy a spellbinding six-weeks of the greatest dancers and choreographers that Hollywood ever produced and the like of which we'll never see again. Share in the Golden Age of movies from the 1930s to the 1950s. Let your heart dance with exquisite memories of the masters of dance: Fred, Ginger, Eleanor and Gene. Movie clips and piano riffs will spice up the show.

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

Handmade Fabric Flowers
Visual Arts
6 weeks: January 9, 23, 30, February 6, 13, 20
(no class on January 16)
Mondays, 2-4 p.m.

We will make a variety of flowers and leaves, a practice that takes very little sewing skill. We will make roses, pansies, four- and five-petal flowers and what Elizabeth calls "fantasy flowers," just to name a few. **Materials fee:** Bring your own materials from instructor's supply list, or she can provide a kit containing everything needed for $12 or less.

Elizabeth Searle (sewswhat@mindspring.com) is a self-taught fabric artist and creative sewing instructor. She has taught for fabric stores and sewing and quilting guilds as well as doing group and private classes in her studio. Elizabeth's work has been published in 11 books, and she authored the book *Fun to Wear Fabric Flowers*.

Southeastern Europe: From the Fall of Constantinople to the Greek Debt Crisis
History
Current Events and Regional Cultures
6 weeks: January 9, 23, 30, February 6, 13, 20
(no class on January 16)
Mondays, 2-4 p.m.

Could we consider southeastern Europe as an integral part of the European world? Is the southeastern European cultural and political heritage intrinsically linked with authoritarianism, ethno-religious conflicts and economic instability? Are "Western" views on southeastern Europe generally accurate or constantly distorted by prejudices, stereotypes and sensational depictions of the "other"? Principally through lectures and a review of primary sources and audiovisual material, we will explore the answers to these questions through reflection and dialogue among class participants and a thorough examination of the region's local history and culture. **Recommended text**: *The Balkans Since 1453* by Leften Stavros Stavrianos and Traian Stoianovich (New York: New York University Press, 2000), ISBN-13: 978-0814797662.

Andronikos Falangas (afalanga@unca.edu) is a specialist in the history of southeastern Europe. He received his doctorate from Université Paris 1 Panthéon-Sorbonne and has held various faculty positions at many higher-ed institutions in France, Romania, Cyprus, Greece, Israel and the United States.

Mondays, 2-5 p.m.

Introduction to LGBTQ Literature and Film
Languages, Literature and Writing
Performing Arts
6 weeks: January 9, 23, 30, February 6, 13, 20
(no class on January 16)
Mondays, 2-5 p.m.

This reading-intensive and discussion-based class is for people interested in exploring current LGBTQ topics presented in contemporary literature and film. We will read lesbian cartoonist Alison Bechdel's award-winning graphic-memoir *Fun Home* (currently a Broadway musical), Michael Nava's gay detective-novel *Rag and Bone* and transgender activist Leslie Feinberg's novel *Drag King Dreams*. On alternate weeks, we will view feature films that further illuminate LGBTQ issues. **Required text:** *Fun Home: A Family Tragicomic* by Alison Bechdel, ISBN-13: 978-0618871711; *Rag and Bone* by Michael Nava, ISBN-13: 978-0425184707; and *Drag King Dreams* by Leslie Feinberg, ISBN-13: 978-0786717637.

Rachel Stein (nrachelstein@gmail.com) is a professor of literature and women's studies who specializes in courses on issues of diversity such as gender, race and sexuality. She has many years of experience teaching at the high school, college and community level.

Tuesdays, 9-10 a.m.

Classical Pilates $30
Health and Fitness
6 weeks: January 10, 17, 24, 31, February 7, 14
Tuesdays, 9-10 a.m.

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

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

Tuesdays, 9-11 a.m.

Coping in the Information Age
Math, Science and Technology
4 weeks: January 10, 17, 24, 31
Tuesdays, 9-11 a.m.

Technology!#@*&%? Is your smart phone smarter than you? Does your tablet talk back and answer your phone? Do you have oodles of passwords to manage? Join the instructor to share your challenges in coping with our electronic environment. We can find and share tips and techniques to make our digital activities more manageable.

Larry Fincher (larryfincher@mac.com) has lived a half-century along with the evolution of the information age. He lives in the virtual world of the internet and the World Wide Web. He has taught many courses at College for Seniors about computing and Google.

Intermediate Bridge
Personal Development
6 weeks: January 10, 17, 24, 31, February 7, 14
Tuesdays, 9-11 a.m.

If you loved *Beginning Bridge* so much that you would like to continue playing or if bridge has been your game for a while, here's the perfect opportunity to upgrade your skills. We'll use the Point Count Method with upgrades, known as Standard American, used by current bridge professionals. Each session will feature a lecture and discussion of the assigned topic followed by play of the appropriate hands. **Required text:** *Intermediate Bridge Five Card Major, Revised* by Shirley Silverman, ISBN 978-0939460670. **Course fee:** $8 to be paid at the first session for the text, bidding guide and party supplies.

Bob Evans (Mickeybob2@aol.com) earned his doctorate from Case Western Reserve University and has taught bridge classes at OLLI at UNC Asheville and in Ohio for more than 30 years. **Marilyn Evans** earned a Master of Education from Kent State University. They've played bridge together for more than 50 years.

Into the Mountains with Bartram and Michaux
History
4 weeks: January 10, 17, 24, 31
Tuesdays, 9-11 a.m.

In the late 18th century, two naturalists—William Bartram and André Michaux—traveled high into Cherokee Country in search of new plants for European gardens. We will trace their eventful journeys, unexpected human encounters and scientific discoveries during a time of dangerous and fluctuating relations between Cherokee, British and Americans. Finally, we will discuss where fragments of this world can still be visited—all within an hour or two of Asheville. Primary source material from Bartram's *Travels* and Michaux's journals (translated into English) will be provided via the course webpage and/or email.

Jenny S. Wilker (jswilker@charter.net) has worked at the Metropolitan Museum of Art, art museums at Middlebury and Oberlin and the Philadelphia Museum of Art. She has a doctorate from New York University's Institute of Fine Arts. Since moving to Asheville in 2008, Jenny has pursued her interest in natural history and is a Blue Ridge Naturalist candidate at the North Carolina Arboretum.

Worksheet for College for Seniors and Workshops Course Selection
This is not a registration form. Use this page to note the courses you want in priority order before selecting them in the online registration system

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

You may request up to six courses in the initial allocation registration. You will be enrolled in up to three courses and waitlisted if you do not receive three courses. You will be dropped from any courses over three during this initial registration, but you can add more courses during the Add/Drop period, starting on December 7, 2016, 10 a.m.

The CFS Registration Fee for Winter 2017 is $90.
2016-17 Membership ($70 for the period running from August 1, 2016 – July 31, 2017) is required to enroll in College for Seniors courses. Please note that some courses (particularly health and wellness courses) carry an additional $30 fee. You will be responsible to pay this fee once you have received notification (on December 6, 2016) that you have been registered. **All extra fees must be paid by Thursday, December 15, 2016, or you will be dropped from the course.**

As you register, be sure to record your username and password in a place where you can find it.

The initial allocation registration opens Monday, November 7, 10 a.m. and closes Wednesday, November 16, noon. Remember that you may come to the Reuter Center for registration help:

- Monday, November 7, 10 a.m. – 3:30 p.m.
- Tuesday, November 8 – Friday, November 11, 9 a.m. – 3:30 p.m. each day
- Monday, November 14 - Tuesday, November 15, 9 a.m. – 3:30 p.m. each day
- Wednesday, November 16, 8:30 a.m. - noon

online registration instructions–Winter 2017

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

Step 1 - Sign in.

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

Step 2 – Have you purchased your OLLI Annual Membership? If you took courses in fall, you have; skip to Step 3. If you are new to OLLI in 2016-17, purchase an OLLI Annual Membership.

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

Step 3 – Put the CFS Registration Fee in your cart. You must do this before you may add any courses.

- Click on **Memberships and CFS Fees,** then click on **CFS Registration Fee.**
- Add that fee ($90 for the Winter 2017 term) to cart.

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

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

Step 5 - **Purchase the items in your cart.**

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

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

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

Worksheet for College for Seniors and Workshops Course Selection
This is not a registration form. Use this page to note the courses you want in priority order before selecting them in the online registration system

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

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

Step 3 – Put the CFS Registration Fee in your cart. You must do this before you may add any courses.

- Click on **Memberships and CFS Fees,** then click on **CFS Registration Fee.**
- Add that fee ($90 for the Winter 2017 term) to cart.

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

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

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- If there is an error in processing your payment, the system may not allow further attempts at payment. If that occurs, you will need to mail or bring in a check (or cash, exact change, please) for your purchases.

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

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

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

Topics in American Medicine 3: The War on Vaccines
Current Events and Regional Cultures
Health and Fitness
Math, Science and Technology
6 weeks: January 10, 17, 24, 31, February 7, 14
Tuesdays, 9-11 a.m.

We will cover topics in the area of infectious disease management, including public health principles and the politics of public health research and policy. Each class will feature a video on a different area followed by significant time devoted to questions and answers relating to the video. The areas of focus will be: polio epidemics of the 1940s and 1950s (Salk and Sabin), yellow fever, tuberculosis, Ebola, social and political resistance to vaccines and irrational concepts of mortality.

Bradley Fuller (brad2rei@gmail.com) served for 25 years as an adjunct professor in health administration at St. Joseph's University and taught both undergraduates and graduate students. He has a Bachelor of Arts degree in history and Master of Arts degrees in public administration and psychology. Brad's expertise is in health policy, managed care, aging services, organizational design, management theory and psychology.

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

Asheville on the Cheap
Personal Development
6 weeks: January 10, 17, 24, 31, February 7, 14
Tuesdays, 11:30 a.m.-1:30 p.m.

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

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

Beginning Mah Jongg
Personal Development
Twice a week for 6 weeks:
January 10, 17, 24, 31, February 7, 14
Tuesdays, 11:30 a.m.-1:30 p.m.
January 11, 18, 25, February 1, 8, 15
Wednesdays, 11:30 a.m.-1:30 p.m.

Mah Jongg is a classic game of skill and chance that has become part of mainstream America. This course is the perfect place to learn the setup of the game with emphasis on learning to choose a hand and the confidence to carry out the execution of the hand. Come learn the rules, etiquette and rituals of a game that has been around for thousands of years. **Required text**: Wright Patterson Rules—1 green book, 1 blue book— $6 each. This beginning course will meet twice a week.

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

Eudora Welty's *The Golden Apples*
Languages, Literature and Writing
6 weeks: January 10, 17, 24, 31, February 7, 14
Tuesdays, 11:30 a.m.-1:30 p.m.

Through seven connected short stories, this course takes us to Morgana, Welty's fictional, unforgettable Mississippi town. Here's what *The New Yorker* critic wrote about *The Golden Apples:* "I doubt that a better book about the South—one that more completely gets the feel of the particular texture of Southern life and its special tone and pattern—has ever been written." **Required text:** *The Golden Apples* by Eudora Welty, ISBN-13: 978-0156360906.

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

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

Pair Wine and Lunch from Asheville's Favorite Restaurants
Personal Development
6 weeks: January 10, 17, 24, 31, February 7, 14
Tuesdays, 11:30-1:30 p.m.
Location: Metro Wines
169 Charlotte St, Asheville, NC

Each week we will offer lunch from a local restaurant. The lunches will cover many styles of cuisine including Italian, Mexican, Asian and Middle Eastern. With every lunch, we'll pair several different types and styles of wines, put pairing theories to the test and experience why certain wines pair well with different cuisines and ingredients. We will even serve a few of the classic pairings that made some wines famous. We'll also pour a couple of pairing disasters to show why certain wines pair well and some don't. Lectures provide the basic and advanced guidelines to food and wine pairing so that you are ready for any restaurant or dinner party. **Participant fee:** Estimated fee will be $27 per class ($15 meal and $12 for several samples of wine). The total estimate is $216. This may change a little (up or down).

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

Science and Technology: In-Depth Lectures
Math, Science and Technology
Last 4 weeks: January 24, 31, February 7, 14
Tuesdays, 11:30 a.m.-1:30 p.m.

In this 15th annual *Science and Technology In-Depth Lecture* series, we will cover "Blood Pressure," "What's Up with the Sun?... and Other Burning Questions," "Global Climate Change and Local Impacts," "From Mach Waves to Shock Waves and Beyond." See the instructor and course web pages on the OLLI website for a description of each lecture. Presenters will include: Steve Rinsler, physician; James McMahon, climatologist; Bill Hatt, physicist; and Howard Jaslow, engineer.

Howard Jaslow (innovalg@aol.com) is a retired engineer who has conducted various lectures for this course for the last 14 winter terms.

The United Nations and its Sustainable Development Goals
Math, Science and Technology
Current Events and Regional Cultures
4 weeks: January 10, 17, 24, 31
Tuesdays, 11:30 a.m.-1:30 p.m.

We will learn about the United Nations (U.N.) and how it functions. We will explore the 17 Sustainable Development Goals of the U.N., what is being done to work toward these goals and opportunties for citizen participation. For information on the U.N. Sustainable Development Goals, see http://www.un.org/sustainabledevelopment/sustainable-development-goals.

Dot Sulock (dsulock@unca.edu), retired math instructor at UNC Asheville, frequently teaches courses at College for Seniors about renewable energy and nuclear weapons nonproliferation, in other words—about getting to a sustainable world.

Tuesdays, 2-3:30 p.m.

Ageless Grace: Functional Fitness for Body and Brain $30
Health and Fitness
6 weeks: January 10, 17, 24, 31, February 7, 14
Tuesdays, 2-3:30 p.m.

Engage your body and brain with this playful exercise program, based on the science of neuroplasticity. Learn how 21 simple movements address aging skills such as balance, breathing, joint mobility, muscle tone, cardiac function and more. This is a seated class. By practicing in a chair, we will focus on core strength to stimulate cognitive and physical function simultaneously. Participants with varying degrees of abilities can benefit from this therapeutic program, including those with diabetes, joint restrictions and physical limitations. Participants must be comfortable sitting for 90 minutes with a short break. **Recommended text:** *The Ageless Grace Playbook: 21 Tools for Lifelong Comfort and Ease* by Denise Medved, ISBN-13: 978-1883230524, available through the instructor.

Carol V. Gerson (agelessgracecarol@gmail.com), certified Ageless Grace educator and trainer and certified dementia validation worker, is passionate about wellness. She enthusiastically teaches people of all abilities the benefits of staying functionally and mentally active and healthy for life. Carol has a Bachelor of Science in business from the University of Maryland.

Tuesdays, 2-3:30 p.m. *continued*

Mindful Yoga and Meditation $30
Health and Fitness
6 weeks: January 10, 17, 24, 31, February 7, 14
Tuesdays, 2-3:30 p.m.
Sherrill Center, Room 468

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

Stacey MacDonagh (lovingkindness419@gmail.com) is a RYT500 (Registered Yoga Teacher with 500 hours of training) and graduate of Subtle Yoga Therapeutic Teacher Training. Stacey believes that the transformation that mindful movement, breathing and meditation bring to our lives is profound, and she loves to share these practices with others.

Tuesdays, 2-4 p.m.

Navigating Windows 10
Math, Science and Technology
6 weeks: January 10, 17, 24, 31, February 7, 14
Tuesdays, 2-4 p.m.

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

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

Sports History Stories from a Master Documentary Maker — Round 6
History
Personal Development
6 weeks: January 10, 17, 24, 31, February 7, 14
Tuesdays, 2-4 p.m.

Ross Greenburg is known as the producer of consistently superb sports documentaries, and each week we will watch and discuss one film that was **not shown in previous sessions of this course**. Originally aired between 1999 and 2015, the subjects of the documentaries for this term include college basketball, sports broadcasters, women's sports and baseball.

As an advertising sales manager for *Sports Illustrated*, **Larry Griswold** (si54guy@gmail.com) worked closely with HBO, the most frequent winner of Sports Emmy Awards, and with Ross Greenburg, who is described as "one of television's most successful guiding hands for documentaries."

What's Your Type and Why It Matters
Personal Development
Social Sciences
4 weeks: January 10, 17, 24, 31
Tuesdays, 2-4 p.m.

The Myers-Briggs Type Indicator (MBTI) is a tool intended to measure psychological preferences as to where you get your energy, make decisions and know and orient yourself in the world. These preferences have an impact on how you communicate with others and experience stress. After completing the MBTI instrument, we will go through a series of interactive exercises in order to learn tips for helping us manage our own stress and understand and adapt to other people's style preferences. **Materials fee:** $22 to purchase the MBTI instrument to be paid to the instructor at the first session.

Karen Depew (depewkaren@yahoo.com) is a certified Myers-Briggs instructor. For 15 years she was an executive coach and leadership development consultant in the Washington, D.C. area. She also developed and facilitated personal and professional workshops using Myers-Briggs. **Gracemarie Warren** (grc022412@gmail.com) has had teaching and discussion group experience with adults in many different areas. She has used this experience to guide people in understanding their Myers-Briggs personality type and directing their use of the MBTI to improve their interactions with others.

Tuesdays, 2-4:30 p.m.

Drawing Made Fun and Easy
Visual Arts
6 weeks: January 10, 17, 24, 31, February 7, 14
Tuesdays, 2-4:30 p.m.
Second section added: 6 weeks Tuesdays, 9-11 a.m., Jan. 10, 17, 24, 31, February 7, 14

In this course for **beginning artists**, we will develop confidence in drawing and sketching while we master basic drawing techniques. Easy exercises using lines, shapes and textures will lead to more detailed compositions as we learn how to use perspective and shading.

Debbie Reynolds (deborahareynolds@gmail.com) has always loved art and earned a Bachelor of Fine Arts at the University of Hawaii and her teaching certificate in art at Oregon State University. After teaching youngsters for nearly 20 years, she is eager to share art with seniors.

Tuesdays, 2-5 p.m.

The Met at the Movies
Performing Arts
6 weeks: January 10, 17, 24, 31, February 7, 14
Tuesdays, 2-5 p.m.

We will explore the operas to be shown this winter at the Hi-Def Live from the Met series. The productions are Tchaikovsky's *Eugen Onegin*, Mozart's *Idomeneo*, Verdi's *Nabucco* and Rossini's *William Tell.*

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

Wednesdays, 9-11 a.m.

Google Drive: Gmail, Documents, Spreadsheets and More
Math, Science and Technology
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 9-11 a.m.

Cloud is an accepted tool for individuals and businesses to author and share documents, spreadsheets, presentations and more. Google Drive is a free and easy-to-use tool to author and store your files. In this hands-on overview, we will look at Gmail, Google Docs, spreadsheets and presentations. **Course recommendation:** Google account and knowledge of password.

Marc Czarnecki (MarcCzarnecki@WebTechCzar.com) is a people person with technology skill set experiences from small to large organizations.

Hiking the Camino de Santiago in Spain and France
Personal Development
Current Events and Regional Cultures
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 9-11 a.m.

The Camino de Santiago or the Way of St. James, a pilgrimage trail for more than 1,000 years, is traveled by young and old. What makes it feasible for seniors? What makes it fun and worthwhile? We consider the joys of hostel-to-hostel hiking and examine techniques of lightweight hiking. We use guest lecturers, discussion, slides and videos, look at gear and the non-material side of such an undertaking.

Hermann Gucinski (hermann66@earthlink.net) is a retired scientist who loves long-distance hiking. He and his wife have hiked 150 miles of the Camino de Santiago and have section-hiked the entire Appalachian Trail and Pacific Crest Trail using lightweight backpacking techniques. **Tom Sanders** (tsanders.avl@gmail.com) became a Camino pilgrim in the early 2000s and has guided WNC hikers on several pilgrimages. **Don Walton** (donwalton7074@me.com) is a WNC hiker and trail maintainer and has completed seven pilgrimages in Spain, France, Switzerland, Portugal and Italy. Don is co-manager of WNC chapter of American Pilgrims on Camino. **Chris Slater** (crslater@bellsouth.net) has walked seven different Camino trails in Spain and France and has served as a *hospitalero* in the hiker hostels.

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

In-Light-and Elec-trickery
Math, Science and Technology
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 9-11 a.m.

In-Light-and Elec-trickery (Enlightened Electricity) is an exploration of the way 19th century evidence led to the conviction that what we call classical physics was not the whole story. Through classroom demonstrations and descriptions of the 19th century observations, we will rediscover the conclusions of so called "modern physics." Even today the two pillars of modern physics—relativity and quantum mechanics—seem bizarre to both scientists and the public.

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

Selected Shorts from the Silent Film Era
Performing Arts
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 9-11 a.m.

We will examine a wide variety of short films from the Silent Era (1897-1927). Selections will include comedies, dramas and documentaries from Europe and America featuring well-known artists such as Charlie Chaplin, Douglas Fairbanks and D.W. Griffith.

Chip Kaufmann (jjk44@bellsouth.net) is a longtime classical music announcer at WCQS and commentator on composers for the Asheville Symphony Guild. He is also a member of the Southeastern Film Critics Association and has been an instructor at College for Seniors since 2008.

Tai Chi Chih—Joy Through Movement $30
Health and Fitness
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 9-11 a.m.

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

Steve Stevens (stevens9757@bellsouth.net) is a retired public school teacher and accredited tai chi chih instructor. He took his first tai chi chih class at College for Seniors in 2009 and has been practicing and teaching *Joy Through Movement* ever since.

Wet Felting Techniques
Visual Arts
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 9-11 a.m.

We will learn how to make various pieces of felt using fibers and inclusions, including how to blend fibers to make new colors, how to add *other* fibers such as locks, silk/soysilk roving, bamboo and specialty yarns to felted pieces. We will employ these techniques to *paint* watercolor-like landscapes with fibers and end with a simple fiber painting of your own choosing, incorporating the above techniques with 2-D needle felting techniques. **Materials fees:** Participants are encouraged to provide their own materials, or an appropriate fee can be negotiated based on use.

Rose Szabo (artzy2@icloud.com) has enjoyed the many aspects of felting for 13 years, starting with simple wet felted beads and within the past two years, learning how to make complex nuno felted garments. She is constantly taking classes and experimenting with new techniques, has a passion for felting and enjoys sharing that passion with others.

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

Writing Flash Fiction
Languages, Literature and Writing
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 9-11 a.m.

Flash fiction (FF) is short short fiction usually between 250 to 1,000 words. It engages the reader in a flash, and its compression often has a 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* by Tara L. Masih (ed.), ISBN-13: 978-0978984861. **Recommended text:** *A Pocket Guide to Flash Fiction* by Randall Brown, ISBN-13: 978-0983792857.

John Himmelheber (jxhimmelheber@gmail.com) is a practicing writer who has taught creative writing for more than 30 years. He holds a Master of Arts in English with a concentration in poetry writing. John currently facilitates the OLLI Special Interest Group "A Writers' Gathering" and edits the *Smoky Blue Literary and Arts Magazine* (sblaam.com).

Wednesdays, 10-11 a.m.

Meditative Yoga $30
Health and Fitness
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 10-11 a.m.
Sherrill Center, Room 468

Meditative yoga incorporates yoga asana (movement poses), breath work and meditation that is both stress-relieving and fun. We will focus on moving with relation to our 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.

Lindsay Coward (lindsaywootten@gmail.com) is a certified yoga instructor who specializes in teaching hatha yoga, yin yoga and meditation. She teaches with compassion for her students and believes we must take care of our physical, mental and spiritual selves to be truly healthy and balanced. Lindsay has a Bachelor of Arts in psychology and a certificate in community health.

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

MELT for Well-Being and Better Health
Health and Fitness
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 11:30 a.m.-1 p.m.

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

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

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

Build Your Own Theology
Religion and Philosophy
Personal Development
6 weeks: January ~~11~~ 18, 25, February 1, 8, 15, 22
Wednesdays, 11:30 a.m.-1:30 p.m.

Are you dissatisfied with the religion with which you grew up? Has traditional theology failed you? Do you search for a framework that assists you in considering major life questions, difficulties and aspirations? Why not build your own theology? We will examine the structure of traditional theology with an eye towards what works. And what is missing. We will perform exercises to assist individuals in prioritizing their theological goals. With this analysis completed, individuals will develop and share a personal theological statement that meets both their individual and social needs.

Bob Falanga (robertjfalanga@gmail.com) has taught theology courses to seniors both at College for Seniors at UNC Asheville and in Paramus, New Jersey. He holds a master's degree from the New School and completed all but his dissertation in a joint doctoral program at Union Theological Seminary and Columbia University in New York City. Bob is a lifelong student of theology.

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

Intriguing Topics in Mathematics
Math, Science and Technology
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 11:30 a.m.-1:30 p.m.

Through discussions, presentations and activities we will investigate several somewhat unresolved topics in mathematics: What is mathematical intuition? What's going on with paradoxes? How are science and math related? **Prerequisites:** Mathematical curiosity and mental playfulness. Patience, attention and participation are essential.

Cyril Fefer (feferc@bellsouth.net) has taught logic, mathematics and programming since 1947. He received two degrees from the University of Illinois, Bachelor of Arts and Master of Arts equivalent (DSSWV) in mathematics in 1947 and a Master of Arts from Cornell University in philosophy in 1950. From 1950-1951 he was a statistician for the City of Chicago. In 1977, Cyril took a position at Asheville School for 19 years in mathematics and programming.

The Population Bomb: The 21st Century Outlook
Social Sciences
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 11:30 a.m.-1:30 p.m.

We will review population trends and the implications for our planet and its species. From a global perspective, our presence has an impact on almost everything: climate, air, fresh water, oceans, soil, forests, many ecosystems and habitats of other species (including homo sapiens). So why is it that over-population gets little or no attention from the media, world leaders and people in general? Perhaps with awareness raised, both locally and beyond, the world can be apprised of this (literally) growing issue. **Recommended texts:** *Countdown: Our Last, Best Hope for a Future on Earth?* by Alan Weisman, ISBN-13: 978-031609774; *The Population Bomb* by Paul Ehrlich, ISBN-13: 978-0345021717; *Inferno* by Dan Brown, ISBN-13: 978-1400079155.

A. Clark Peters (clarkandleslie@earthlink.net) has a Bachelor of Arts from Harvard University and a Master of Business Administration from Boston University. He was a lieutenant junior grade in the United States Naval Reserve and is a veteran of the Vietnam War. Clark had a successful business career including CEO positions in major divisions and two successful leverged buyouts that led to early retirement and his pursuit of several passions including science, human health, philosophy and most recently, over-population.

Reconstruction and the Formation of the New South
History
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 11:30 a.m.-1:30 p.m.

Reconstruction, from 1865 to 1876, was once the most controversial period in American history, but now historians agree on its interpretation. We will discuss the several policies for reconstructing the Union and incorporating the freed slaves and their impact on Southern society and politics. In addition we will look at how, after reconstruction, Southern Whites molded the economy, political system and racial segregation that would define the region for most of the next century.

Tom Sanders (tsanders.avl@gmail.com) holds a Bachelor of Arts in history from Duke and a doctorate in history of religions from Columbia. A retired professor of religion and of international studies, Tom has taught an array of courses in American history at College for Seniors.

Turning Your Passion into a Business with Purpose and Soul
Business, Law and Finance
Personal Development
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 11:30 a.m.-1:30 p.m.

Do you dream about turning your passion or hobby into a business with purpose and soul? Whether you have already launched your own business or are taking your first steps along the path to entrepreneurship, this course will help you to develop and refine your creative vision, purpose and plans. With expert advice and inspiration from a series of guest speakers, you will learn the basics of building a lean business model, designing an online presence, developing a brand, using social media effectively and understanding legal and financial considerations. We'll also explore the many excellent local resources available to entrepreneurs.

Julie Snyder (msjuliesnyder@gmail.com) is a retired U.S. diplomat who spent more than 30 years in the field of international trade helping U.S. businesses enter and expand in global markets. She continues to pursue her passion for business development as a volunteer SCORE business counselor. To fulfill her dream of creating a purposeful business, she will soon launch her own online business. Julie is excited about sharing with others what she has learned along the way.

Wednesdays, 2-3 p.m.

Group Fitness Sampler
Health and Fitness
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 2-3 p.m.
Location: Woodfin YMCA
40 Merrimon Ave, Asheville, NC

Take your fitness to the next level by adding variety to your routine. Changing your routine can improve your fitness and make it more fun. This course introduces a variety of classes including fitness, yoga, core conditioning, Pilates and cardio/ strength combinations. Please wear comfortable clothing, closed-toe shoes and bring a water bottle. **Course fee:** $30 fee to be paid to the YMCA on the first day of classes ($20 for YMCA members).

Stacie Smith (trainwithstacie@gmail.com) is a Healthy Living Instructor specializing in yoga, cycling and functional strength training at the YMCA of Western North Carolina. She is a certified personal trainer through the American Council on Exercise (ACE), a certified yoga teacher, a certified group fitness instructor and a cycling instructor. Stacie has taught College for Seniors courses at the Woodfin Y since Spring 2016.

Wednesdays, 2-3:30 p.m.

Community Folk Singing
Personal Development
Performing Arts
4 weeks: January 18, 25, February 1, 15
(no class January 11 or February 8)
Wednesdays, 2-3:30 p.m.

Singing in a group can be energizing, joyful and fun—no matter how much experience you've had. Bring yourself, your voice, your enthusiasm and perhaps a song to share with the group. This course is about being a participant in a community folk singing group, and if you're so inspired, creating one of your own in your community. You'll get pointers on how to lead singing groups as well as a good folk-singing workout! **Recommended text:** *Rise Up Singing: The Group Singing Songbook,* editors Peter Blood and Annie Patterson, ISBN-13: 978-0962670473. **Prerequisite:** Just a willingness to participate!

Fran Ross (franiji61@gmail.com) is a music lover and amateur musician who has been inspired by the community singing work of Matt Watroba and Beth and Jim Magill. Fran has taught several courses at College for Seniors; this is a new one!

Wednesdays, 2-4 p.m.

Awakening Into Your Deepest Self: A Meditation on the Purpose of Being Human
Personal Development
Religion and Philosophy
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 2-4 p.m.

Through original writings by the instructor from his long-standing consciousness column in Asheville's *Rapid River Magazine* and videos of remarkable consciousness teachers of worldwide stature, we will explore the true purpose of meditation as a vehicle of human evolution. The course will explore meditation as full realization of conscious living through meditation instruction, practice and topic discussion.

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

Beginning Ballroom Dance: East Coast Swing
Health and Fitness
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 2-4 p.m.
Sherrill Center, Room 306

East Coast Swing is fun and has the added benefits of aerobic exercise and improved balance. No partner is required. We will focus on timing, footwork and patterns so you'll feel comfortable getting on the dance floor. Participants must be able to stand and move for up to two hours, maintain balance while moving and keep up at least a moderate pace as appropriate for the dance. Sherry loves creating an environment where it's fun for everyone, so be prepared to have a good time while learning. **Materials required:** Proper dance footwear ($10-60).

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

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

Biological Implications of Selected Controversial Issues
Math, Science and Technology
Current Events/Regional Cultures
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 2-4 p.m.

We will discuss the basic biology of current controversial issues including cloning, the collection and use of stem cells in medical practice and research, the determination of when life begins, evolution and genetically modified organisms (GMOs) for food. It is not the purpose of the course to debate each issue but simply to provide a framework of biological science that allows individuals to reach their own conclusions. At the end of the course, we will use the scientific background we've acquired to "role play" some of these controversies.

Marty Stickle (mstickle@me.com) taught biology in the high school and college setting for more than 50 years. He has taught at College for Seniors and AB Tech.

James Joyce: Death and Life, *Portrait* and *The Dead*
Languages, Literature and Writing
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 2-4 p.m.

James Joyce's remarkable short story *The Dead* and his remarkable early novel *A Portrait of the Artist as a Young Man* are masterpieces in their own right. Each explores life with uncanny insight, love and hope, within the ironies of life and death. Stylistically, both are experimental and highly accomplished, anticipating *Ulysses* though composed in a much more accessible style, and each stands out remarkably in its own sphere. *Portrait* embodies through its style the ironic development of a would-be heroic youth set amid Irish society of the early 20th century. **Required texts:** *The Dead* by James Joyce in *Dubliners*, ISBN-13: 978-0670000418 and *A Portrait of the Artist as a Young Man* by James Joyce, ISBN-13: 978-1503221437.

Mario DiCesare (dicesare1@mindspring.com) has taught courses at College for Seniors virtually every term since summer 1998. He has a doctorate from Columbia University with main interests in Shakespeare, Joyce, Faulkner, poetry, Homer and Virgil. Mario spent nearly 40 years teaching at SUNY-Binghamton and has always loved teaching.

Sustainable Medicine for the 21st Century
Health and Fitness
Math/Science/Technology
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 2-4 p.m.

If you have ever felt frustrated by the limitations of western medicine, this course will expand your perspective about health and healing. We will talk about homeopathy, acupuncture and yoga, as well as diet, lifestyle and other natural therapies. These sustainable medical and healing practices can balance, harmonize and build your life force (prana or chi). We will each design an individualized sustainable wellness program integrating this information. **Recommended text:** *Homeopathy: Beyond Flat Earth Medicine* by Dr. Timothy R. Dooley. ISBN-13: 978-1886893016. (This book is accessible at: beyondflatearth.com.)

Sally Ekaireb (skekaireb@gmail.com) became interested in health and healing in the 1990s. A graduate of Colgate University and The School of Homeopathy NY, and ordained as healer and counselor, Sally started private practice in 2004. She currently leads the OLLI Meditation SIG.

Wednesdays, 2-5 p.m.

Landscapes in Watercolors
Visual Arts
6 weeks: January 18, 25, February 1, 8, 15, 22
Wednesdays, 2-5 p.m.
Note late start and end date.

Turn your favorite landscape photos into watercolor paintings. We will review watercolor painting techniques and then build individual images into beautiful landscapes. We will share initial group instruction and review, then painters will have individual guidance as they complete their own masterpieces. **Prerequisite:** Students should have past experience with watercolor paper, brushes and paints.

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

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

Fitness 101
Health and Fitness
6 weeks: January 11, 18, 25, February 1, 8, 15
Wednesdays, 3:15-4:15 p.m.
Location: Woodfin YMCA
40 Merrimon Ave, Asheville, NC

This introductory course teaches the beginning exerciser the foundational movements to build upon and learn how to safely and effectively improve balance and flexibility and add daily movement to your life. Please wear comfortable clothing, closed-toe shoes and bring a water bottle. **Course fee:** $30 fee to be paid to the YMCA on the first day of classes ($20 for YMCA members).

Stacie Smith (trainwithstacie@gmail.com) is a Healthy Living Instructor specializing in yoga, cycling and functional strength training at the YMCA of Western North Carolina. She is a certified personal trainer through the American Council on Exercise (ACE), a certified yoga teacher, a certified group fitness instructor and a cycling instructor. Stacie has taught College for Seniors courses at the Woodfin Y since Spring 2016.

Thursdays, 9-11 a.m.

Alternate History: If It Had Happened Otherwise
Languages, Literature and Writing
History
6 weeks: January 12, 19, 26, February 2, 9, 16
Thursdays, 9-11 a.m.

Alternate history is a form of fiction wherein historical events occur differently from what occurred in reality. What if the Confederacy won the Civil War? If the Axis powers prevailed in WW II? If Charles Lindbergh ran against and defeated FDR for the U.S. presidency? We will explore alternate history by considering some examples and looking more closely at Philip Roth's *The Plot Against America*. **Required text:** *The Plot Against America* by Philip Roth, ISBN-13: 978-1400079490.

Jay Jacoby (jbjacoby@uncc.edu) taught literature and writing in the Philadelphia public schools, the University of Pittsburgh, UNC Charlotte and UNC Asheville. He has offered a dozen different courses at College for Seniors.

Face to Face with Facebook: An Introduction
Math, Science and Technology
4 weeks: January 12, 19, 26, February 2
Thursdays, 9-11 a.m.

New to Facebook? This class introduces the screens and terminology of this communication tool to help you socialize yourself, your family, and/or your cause. This is a hands-on laptop experience with OLLI Mac Books or your own device. **Course requirement:** A Facebook account with a username and password.

Marc Czarnecki (MarcCzarnecki@WebTechCzar.com) is a people person with skill sets of supporting individuals, small-businesses, and causes with technology from mobile to desktop computers and their applications.

The History of Lighthouses: From Bonfires to Satellites
History
6 weeks: January 12, 19, February 2, 9, 16, 23
Thursdays, 9-11 p.m.
(No class January 26; make-up date on February 23)

In this overview of lighthouses of the world and history of United States' lighthouses, we will look at the life of a lighthouse keeper, the architecture and technical aspects of lighthouses, such as lenses and fog signals, and lighthouse administration. We will examine the creative re-use of light stations, lightships and minor aids to navigation, all with humor, music and visuals. We will also spend time on the seven lighthouses that dot the coast of North Carolina. Although not as grand as the "coastal ladies," we'll also tiptoe among the "little guys" (or gals) on the inland waters.

Wayne Wheeler (wswheeler3@yahoo.com) is a retired Coast Guard officer and president and founder of the United States Lighthouse Society.

Learn to Knit
Visual Arts
6 weeks: January 12, 19, 26, February 2, 9, 16
Thursdays, 9-11 a.m.

We will learn basic knitting skills and work on a simple project. These skills include knit, purl, cast on, bind off, increase, decrease and learn to follow basic pattern instructions. Students with previous knitting experience are requested not to register for this class. We will be learning the Continental Method.

Barbara Lohf's (bslohf@gmail.com) grandmother taught her to knit when she was a pre-teen, and she knits items now to give as gifts. Barbara has been helping middle schoolers learn to knit and looks forward to helping adults learn a new and useful skill.

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

Persistent Themes in Popular Music
Performing Arts
4 weeks: January 12, 19, 26,
February 2
Thursdays, 9-11 a.m.

We shall survey selected topics that appear repeatedly in the lyrics of 20th century recorded music, including such themes as breaking up, cars, crying, fools, letters, trains and weddings. Students will listen to a variety of recordings, identify and analyze specific topics, experience different performing styles and musical genres, reflect on their own personal musical experiences and hone listening skills by spotting key words or phrases embedded in lyrical contexts. Music and fun shall prevail!

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

The Science of Science Fiction
Math, Science and Technology
6 weeks: January 12, 19, ~~26~~,
February 2, 9, 16, 23 (no class on Jan 26)
Thursdays, 9-11 a.m.

Is time travel possible? Will anyone ever be able to "beam us up?" How does Superman change direction in mid-air? Does it bother you in the movies when an explosion occurs in space and it makes a noise? This course is for anyone who enjoys a good story about the future but sometimes has nagging doubts about how realistic it is, and it's taught by someone who doesn't want to spoil the fun.

Mark Whipple (mark.whipple77@gmail.com) has been teaching at College for Seniors since 2013 because he keeps learning new things with each course. He is a Dartmouth College graduate and a lifelong science teacher.

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

Asheville's Doomed Duo: Scott and Zelda Fitzgerald
Languages, Literature and Writing
6 weeks: January ~~12~~, 19, 26,
February 2, 9, 16, 23
Thursdays, 11:30 a.m.-1:30 p.m.
(note late start date)

Icons of the Jazz Age Scott and Zelda Fitzgerald spent time in Asheville dealing with emotional and mental traumas. As writers, both used themselves—and each other—in stories that trace their struggles to break free of the demons that ultimately conquered them. Focusing on their Asheville years, we will explore their turbulent relationship, the creativity that it spawned and the connections between their lives and their fiction. **Required texts:** *Tender is the Night* by F. Scott Fitzgerald, ISBN-13: 978-0684801544. *The Crack-Up* by F. Scott Fitzgerald, ISBN-13: 978-0811218207. *Collected Writings of Zelda Fitzgerald* by Zelda Fitzgerald and Matthew J. Bruccoli, ISBN-13: 978-0817308841.

Tom Hearron (thearron@charter.net) holds a doctorate in American literature. He has taught college-level English for more than 40 years at universities in the United States, Africa and China.

***Being Mortal*: A Discussion on Living and Dying**
Personal Development
Languages, Literature and Writing
4 weeks: January 12, 19, 26,
February 2
Thursdays, 11:30 a.m.-1:30 p.m.

We will use patient stories from Atul Gawande's *Being Mortal,* other publications and the instructor's experiences to illustrate societal roadblocks to our preferences for how we age and die. We will also explore the conflicting goals of elders, families and doctors in the process of living and dying. Each week the instructor will pose discussion questions for assigned chapters of *Being Mortal*. After the course, participants will have learned from Gawande and class members how they can better deal with being mortal. **Required text:** *Being Mortal: Medicine and What Matters in the End* by Atul Gawande, ISBN-13: 978-0805095159.

David Mouw (davidmouw@charter.net) worked 10 years in each of three jobs: teacher and researcher in human physiology at the University of Michigan medical school; rural family medical doctor in Robbinsville, North Carolina.; and faculty member at MAHEC Family Practice Residency in Asheville. David is a certified geriatrician and co-director of OLLI's Advance Care Planning workshops.

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

Clothing—A Mirror of History
History
6 weeks: January 12, 19, 26, February 2, 9, 16
Thursdays, 11:30 a.m.-1:30 p.m.

History as told through clothing is the story of why people wore what they wore. Religion, politics, location and self-expression all have an impact on what people wear. Artistic images of clothing lock an era or a place in our minds. We will explore the evolution of fashion— from the head to the toe, on the surface and underneath. Even the terminology evolved—from costume to fashion to couture to ready-to-wear.

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

Learning to Meditate
Health and Fitness
Personal Development
6 weeks: January 12, 19, 26, February 2, 9, 16
Thursdays, 11:30 a.m.-1:30 p.m.

We will learn to meditate through breathing techniques, chakra awareness, focusing our mind and directing our energy. During this course, we will discuss our energy centers, often called chakras or energy wheels, and learn their impact on our physical body and mind. We will also discuss physical techniques such as balancing, grounding and energy pump which are used to redirect energy. Each class will include the practice of meditation and discussion. Beginners and experienced meditators are welcome. **Prerequisite**: A willingness to learn about meditation.

Peggy Moore (pegnolia@gmail.com) has been a student of meditation for more than 30 years and is associated with the Institute for the Study of Universal Life Energy. Her meditation techniques incorporate chakra awareness, breathing techniques and energy work.

Performance and Interpretation of Classical Concertos
Performing Arts
4 weeks: January 12, 19, 26, February 2
Thursdays, 11:30 a.m.-1:30 p.m.

In a continuation of *Performance and Interpretation of Classical Music* (Winter 2016), we will listen to one or two performances of classical violin, piano and cello concertos and share our reflections on the varied performances. One does not have to have attended previous courses, and no musical background is required, only a love of classical music.

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

The Plant Pure Nation
Health and Fitness
Personal Development
6 weeks: January 12, 19, 26, February 2, 9, 16
Thursdays, 11:30 a.m.-1:30 p.m.

Nelson Campbell and associates hosted the first Plant Pure Summit on the convergence of plant-based nutrition, lifestyle and healthcare in the fall of 2016. This online summit featured interviews and presentations by leading medical doctors and other leaders in the whole foods/plant-based living world. We will watch video recordings from the summit by Caldwell Esselstyn, Colin Campbell, Dean Ornish, Michael Greger, Amy Joy Lanou of UNC Asheville, Brenda Davis and others and discuss what their work means for us.

Bonnie Wheeler (bonniewhee@gmail.com) made the transition to a whole foods/plant-based diet six years ago, and encourages consumption of more plants for anyone who is interested in optimizing the health and environmental benefits of the food we choose to eat.

Thursdays, 2-4 p.m.

Acting the Bard: The Shrew and the Corpulent One
Performing Arts
6 weeks: January 12, 19, 26, February 2, 9, 16
Thursdays, 2-4 p.m.

We will study and act out the roles of Katherine in *The Taming of the Shrew* and Falstaff in *Henry IV* as well as the characters with whom they most often interact in their respective plays. Analysis of the plays and class discussion will focus on appreciating contrasting understandings of the main characters. **Required text:** Any editions of the plays that have good notes.

Jim Reid (jfreid0530@yahoo.com) spent his career in higher education as a faculty member and administrator. His degree is in political science, but he is self-educated in dramatic literature and the thespian arts. Jim currently serves as the chair of The Autumn Players Readers Theatre.

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

Bargello Designs for Small Projects
Visual Arts
4 weeks: January 12, 19, 26, February 2
Thursdays, 2-4 p.m.

Bargello is once again being used as a popular decorative item. Students will have a choice of making two or more different designs. Choose from a heart, an egg, a star or a Christmas design, suitable for framing, to use as a paperweight, a coaster or ornament. We will use mainly Bargello patterns. We may use a few diagonal stitches for an ornament. **Course recommendation:** This course is designed for people who have done needlepoint in the past and would like to try new stitches. The instructor will provide some threads from her stash, and students will supply their own materials from a materials list that will be on the course web page.

Sheila Murphy (murphy.sheila.a@gmail.com) has been doing needlepoint for more than 40 years and is looking forward to teaching a course on different needlepoint stitches.

Beginner Line Dance $30
Health and Fitness
6 weeks: January 12, 19, 26, February 2, 9, 16
Thursdays, 2-4 p.m.
Sherrill Center, Room 306

This class 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.

Denna Yockey (denna.yockey@gmail.com) has taught line dancing for 20 years and owned her own club for eight years. She currently teaches for several retirement centers, Asheville recreation centers and at AB Tech.

National Parks: What to See and When to Go
History
Personal Development
6 weeks: January 12, 19, 26, February 2, 9, 16
Thursdays, 2-4 p.m.

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

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

Older, Wiser, Sexually Smarter – Part 1
Personal Development
Health and Fitness
6 weeks: January 12, 19, 26, February 2, 9, 16
Thursdays, 2-4 p.m.

We will explore human sexuality and examine a lifetime of learning about sexual attitudes, values and beliefs. We will address changes and concerns that older adults face and consider how to create new and positive ways of being sexual as we age. Topics to be covered include intimacy and communication, self-pleasuring, body image, cyber-sex and the internet and much more. Please be familiar with the course outline, posted on the course web page on the OLLI website, for more information on the content of the course. *Older, Wiser, Sexually Smarter–Part 2* will be offered in the Summer 2017 term.

Kelley Johnson (kelleyjohnsonphd@gmail.com) has taught human sexuality and women's health at UNC Asheville from 1995 to 2010 and since at College for Seniors. Her current practice in Asheville, Mountain Sexology, promotes personal growth through education and advocacy.

Thursdays, 2-4:30 p.m.

Ingmar Bergman's Best Early Films
Performing Arts
6 weeks: January 12, 19, 26,
February 2, 9, 16
Thursdays, 2-4:30 p.m.

Even before *The Seventh Seal* launched his international fame, Ingmar Bergman was creating a number of impressive films, several not well-known today. Works in stunning black and white, they included romantic and gothic comedy, youthful idealism and heartbreak and psychological drama—all genres he was to explore in future films. We'll consider his career and watch and discuss some of the best of his earlier works.

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

Thursdays, 2-5 p.m.

Basic Oil Painting, Especially for Guys!
Visual Arts
6 weeks: January 12, 19, 26,
February 2, 9, 16
Thursdays, 2-5 p.m.

In this course, we will learn to translate what we "see" into an oil painting on canvas. Although not limited to male participants, emphasis will be on how men and women work with different priorities in terms of creating art. The instructor will explain color value, composition, lighting and accurate limited palette color. She will also cover different painting materials such as brushes, oil paints and media and demonstrate preparation of painting surfaces. We will work from photographs and introduce the concept of *plein air* painting. This course is open to true beginning painters only. **Materials fee**: $40 payable to the instructor at the first class. In addition materials to be purchased by the participants will be approximately $100. Nancy will provide a complete materials list for purchase at area craft stores or online.

Nancy Nehls Nelson (n3carolina@gmail.com) is a Weaverville artist who has painted using a limited palette for more than 20 years. She has taught at College for Seniors since 2014.

Fridays, 9-10:30 a.m.

Self-Care Strategies for Seniors
Personal Development
Health and Fitness
4 weeks: January 13, 20, 27,
February 3
Fridays, 9-10:30 a.m.

We will explore the causes and different ways of managing stress in our lives and introduce principles of the HeartMath Institute, which include how to gain a better understanding about what stress does to our bodies. We will learn strategies for advocating for self-care as a patient by understanding our medical needs and also question, and confront when needed, our healthcare providers when we feel we are not getting the right answers. We will look at a three-month Best Months of Life Plan, which is an exercise tool that gives the dynamics of dying well and living well.

Karen C. Sanders (kcsanderella@gmail.com) has 40 years of nursing experience with 30 years in healthcare and nursing leadership and education positions. Currently, she is a nursing faculty and clinical coordinator at a local college, teaches an ethical/legal decision-making course for the North Carolina Board of Nursing and is in private practice as an RN patient advocate and holistic transitions coach. **Greg Lathrop** is a registered nurse with more than 35 years of nursing experience. He works as a HeartMath coach trainer. **Said Osio** is an end of life death doula and collaborates with CarePartners and MAHEC. He is founder, curator-editor, image-maker and publisher of http://thirdmessenger.com.

Fridays, 9-11 a.m.

Airplanes without Engines: Cancelled
Up, Up and Away
Math, Science and Technology
4 weeks: January 13, 20, 27, February 3
Fridays, 9-11 a.m.

Airplanes without engines are gliders or sailplanes that soar high into the sky and go long distances. What makes sailplanes stay in the air, and how do they soar? We will explore the mechanisms that keep sailplanes aloft and what makes soaring fun and worthwhile. Using lectures, discussion, slides and videos, we will examine techniques and safety requirements and whether seniors can learn to fly sailplanes. Assisting in the course will be experienced sailplane pilots and instructors. We will learn how to gain flight experience in our area.

Hermann Gucinski (hermg66@gmail.com) is a retired scientist who recently became a glider pilot and loves soaring. He soars with the Carolina Soaring Association (CSA) out of Spartanburg, South Carolina, the nearest glider club, and wants to become a very good cross-country glider pilot.

Therapeutic Yoga $30
Health and Fitness
Personal Development
6 weeks: January 13, 20, 27, February 3, 10, 17
Fridays, 9-11 a.m.

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

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

Understanding the Lumbar Spine
Health and Fitness Cancelled
6 weeks: January 13, 20, 27, February 3, 10, 17
Fridays, 9-11 a.m.

We will develop a deeper understanding of lumbar spine health and explore basic anatomy, the most common conditions that cause pain and various treatment options. We will delve into preventative aspects of spine health that will help you keep your back the best that it can be and help return you to your highest function.

Phil Rolfe (philrolfedpt@gmail.com) has a doctorate in physical therapy, is certified as a spinal manipulative therapist and a trigger point dry needling practitioner and has attended extensive continuing education courses with a focus on manual therapy. Phil is enthusiastic about the wealth of health and strives to educate and return patients to the highest level of function that can be attained.

Fridays, 9 a.m.-noon

Creating a Junk Journal
Visual Arts
5 weeks: January 13, 20, 27, February 3, 10
Fridays, 9 a.m.-noon

We will create a junk journal using book board, decorative papers and paper ephemera from our personal stashes. These journals can be themed or simply a place to record ideas, shopping lists or plans. We will decorate pages and add pockets, tags, tuck spots and edge decorations to create a one-of-a-kind journal. **Materials fee:** $20 for adhesives, papers, book boards and embellishments, to be paid at the first class.

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

VOLUNTEER AT OLLI!

New volunteers can lighten the load for everyone, while bringing fresh ideas to the table. Whether you have just a little time to spare or wish to take on a larger commitment, OLLI has many dynamic opportunities and a variety of ways to become involved. Listed below are the OLLI committees with a short description of each one. If you are interested in volunteering, please contact the **committee chair.**

CIVIC ENGAGEMENT

Engage OLLI members in the broader community of local non profit organizations. working in education, food insecurity and homelessness.
Chair **Sarah Reincke**
(sarahreincke@gmail.com)

COLLEGE FOR SENIORS

Assist CFS Manager to develop and evaluate curriculum, support faculty and organize and host events.
Chair **Paula Withrow**
(pvwithrow@aol.com)

FACILITIES

Consult and advise with OLLI staff on facility operations, equipment needs, building maintenance and safety.
Chair **Terry Liles**
(terryliles@gmail.com)

FINANCE

Assist with the preparation and review of budgets, financial statements and overall financial performance and coordinate fundraising efforts.
Chair **Terry Reincke**
(terryreincke@gmail.com)

HOSPITALITY

Greet and welcome members at New Member Welcome events and Member Socials, and advise on Special Interest Groups.
Co-chairs **Sandy Bowles**
(sandybowles151@gmail.com) &
Stephanie Ward
(wards517@gmail.com)

INCLUSION

Develop OLLI as an inclusive educational community, one that is welcoming to a diversity of people from different backgrounds.
Contact **Larry Haas**
(lhhaas@charter.net)

LIFE TRANSITIONS

Coordinate existing programs and engage in new efforts that address the transitions adults face in later life.
Chair **Dave Castel**
(dcastel@earthlink.net)

MARKETING

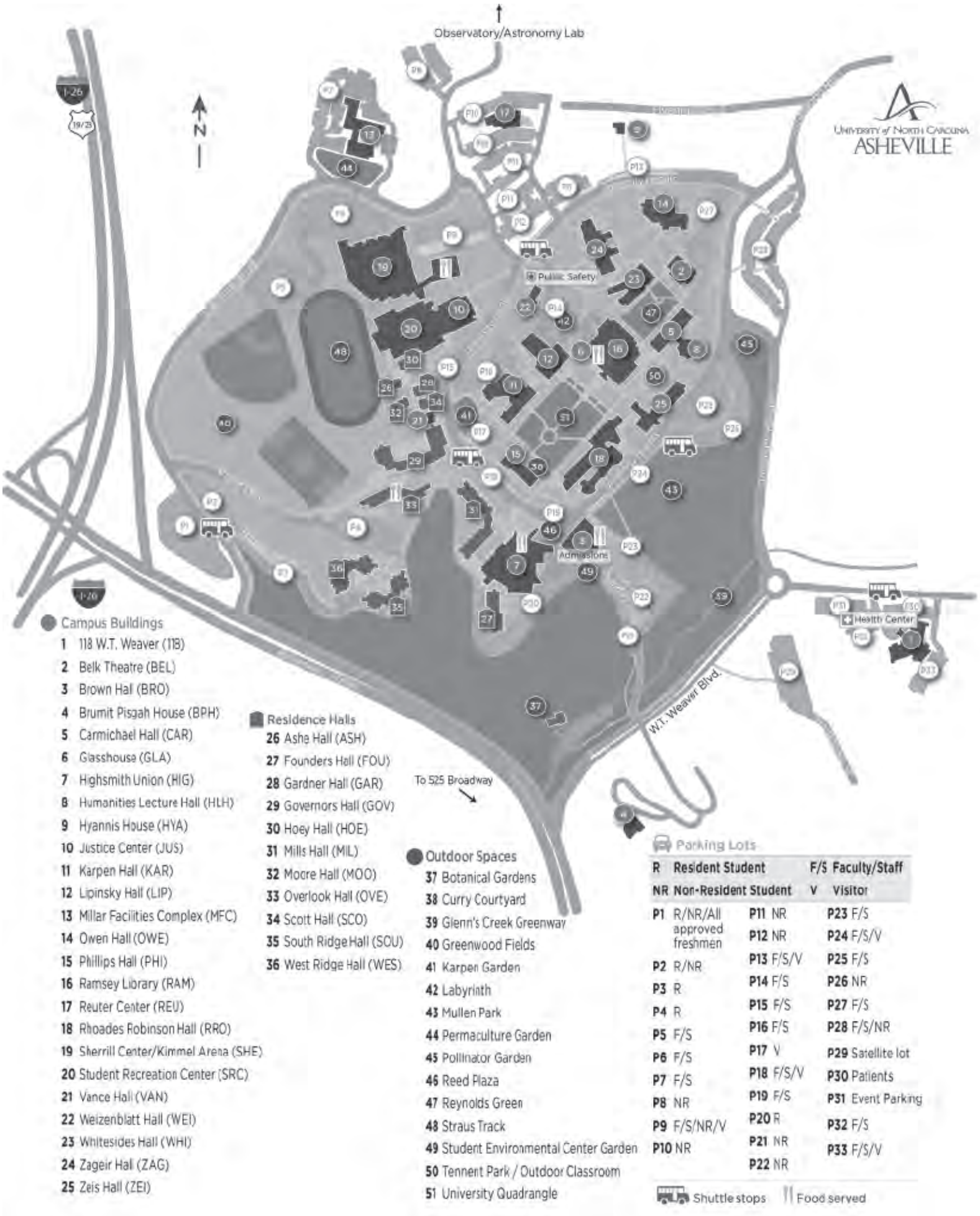
Publicize OLLI programming and events through brochures, social media, radio, newsletters and press releases.
Chair **David Langdon**
(davidlangdon70@gmail.com)

PLANNING

Monitor trends, needs and challenges in lifelong learning as they relate to OLLI. Develop strategic plans, annual goals and objectives and a vision for OLLI.
Chair **Barbara von Hauzen**
(vonhauzen@gmail.com)

Adverse Weather Policy

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


Observatory/Astronomy Lab
I-26
19/23
N
University of North Carolina
ASHEVILLE
Public Safety
Admissions
Health Center
W.T. Weaver Blvd.
To 525 Broadway
Campus Buildings
1 118 W.T. Weaver (118)
2 Belk Theatre (BEL)
3 Brown Hall (BRO)
4 Brumit Pisgah House (BPH)
5 Carmichael Hall (CAR)
6 Glasshouse (GLA)
7 Highsmith Union (HIG)
8 Humanities Lecture Hall (HLH)
9 Hyannis House (HYA)
10 Justice Center (JUS)
11 Karpen Hall (KAR)
12 Lipinsky Hall (LIP)
13 Millar Facilities Complex (MFC)
14 Owen Hall (OWE)
15 Phillips Hall (PHI)
16 Ramsey Library (RAM)
17 Reuter Center (REU)
18 Rhoades Robinson Hall (RRO)
19 Sherrill Center/Kimmel Arena (SHE)
20 Student Recreation Center (SRC)
21 Vance Hall (VAN)
22 Weizenblatt Hall (WEI)
23 Whitesides Hall (WHI)
24 Zageir Hall (ZAG)
25 Zeis Hall (ZEI)
Residence Halls
26 Ashe Hall (ASH)
27 Founders Hall (FOU)
28 Gardner Hall (GAR)
29 Governors Hall (GOV)
30 Hoey Hall (HOE)
31 Mills Hall (MIL)
32 Moore Hall (MOO)
33 Overlook Hall (OVE)
34 Scott Hall (SCO)
35 South Ridge Hall (SOU)
36 West Ridge Hall (WES)
Outdoor Spaces
37 Botanical Gardens
38 Curry Courtyard
39 Glenn's Creek Greenway
40 Greenwood Fields
41 Karpen Garden
42 Labyrinth
43 Mullen Park
44 Permaculture Garden
45 Pollinator Garden
46 Reed Plaza
47 Reynolds Green
48 Straus Track
49 Student Environmental Center Garden
50 Tennent Park / Outdoor Classroom
51 University Quadrangle
Parking Lots
R Resident Student
NR Non-Resident Student
F/S Faculty/Staff
V Visitor
P1 R/NR/All approved freshmen
P2 R/NR
P3 R
P4 R
P5 F/S
P6 F/S
P7 F/S
P8 NR
P9 F/S/NR/V
P10 NR
P11 NR
P12 NR
P13 F/S/V
P14 F/S
P15 F/S
P16 F/S
P17 V
P18 F/S/V
P19 F/S
P20 R
P21 NR
P22 NR
P23 F/S
P24 F/S/V
P25 F/S
P26 NR
P27 F/S
P28 F/S/NR
P29 Satellite lot
P30 Patients
P31 Event Parking
P32 F/S
P33 F/S/V
Shuttle stops
Food served

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