



*Grow through life*



**OLLI** at UNC  
ASHEVILLE

**FALL 2017 CLASSES & EVENTS**

# from the director - fall 2017

OLLI at UNC Asheville is just beginning to implement a five-year strategic plan, with three broad strategic directions and 15 strategic initiatives so that we will achieve a mission of providing opportunities to thrive in life's second half through programs in learning, leadership, service and research. We aim to carve out a distinctive role as world-class learning and service community, accessible to and meeting the needs of a diverse and growing population of older adults. As we achieve these goals we hope to exemplify our core values of a sense of community, a commitment to lifelong learning, a spirit of collaboration within and outside OLLI, continuous improvement in all things and service to OLLI, UNC Asheville and the broader community. Each of our committees will create annual plans that address our strategic directions and initiatives and also respond to needs and opportunities that arise as our organization evolves and responds to the changing conditions in our community. Through strategic and annual planning we envision the future and make a commitment to achieve our goals through concrete, measurable actions.

Behavioral economists are giving us new insight into the reasons that individuals and institutions have such a hard time transforming their goals into reality and in some instances are helping us overcome our tendencies to philosophize or procrastinate instead of acting. In 2012 the investment firm Merrill Lynch launched a campaign which allowed users to create an image of themselves as they might appear in their retirement. Clients took pictures of themselves and revealed their age and gender. The company's software created an image of a "future self" and provided information about projected costs of living at specific future dates and options for current savings and investments. As one of the leaders of the company said, "People brave enough to look into the crystal ball are much more likely to take control of their retirement planning. It's a vivid reminder that everything you do today impacts your future."

The creators of the site futureme.org encourage users to write an email to themselves to be delivered at a future date, to "send your future self some words of inspiration. Or maybe a swift kick in the pants. Or just share some thoughts on where you'll be or what you'll be up to in a year, three years . . . more?" You may have attended a conference where the organizers asked you to write a note to yourself about something you learned at the meeting, to make a commitment to enact an idea or program that inspired you. You receive the note three or six months later to remind you of that commitment, to elevate your thinking above daily tasks to remember the bigger picture and the greater goal.

A company called stickK, created by Yale economists Dean Karlan and Ian Ayres, aims to eliminate the gap between "having a goal and achieving a goal" with a Commitment Contract. The site's users set a goal and put down a sum of money. They get the investment back only if they accomplish their goal by an agreed-upon date. Karlan and Ayres write that the Commitment Contract "helps users define their goal (whatever it may be), acknowledge what it'll take to accomplish it, and leverage the power of putting money on the line to turn that goal into a reality." When people lose their bets with their future selves, the money goes to charity (or an "anti-charity," which provides an added incentive for success in the hopes that one's money does not get into the wrong hands).

All of these sites and practices are based on research into the ways we see a "future self" and an awareness that, given the right goals



and incentives, we can overcome some of our tendencies to give into weakness for immediate gratification at the expense of long term plans. Professor Hal E. Hershfield, whose research inspired the Merrill Lynch "Face Retirement" site, noted early in his research (as a 31-year-old assistant professor at New York University) that "If we feel more connected to ourselves in the future . . . we're more likely to put more money away for retirement." In one of his influential experiments, undergraduates went into a "virtual reality room" and saw their "current image or an aged image." When they emerged and were asked what they would do if they were given \$1000 right then, the students who had seen an aged image of themselves gave twice as much to a retirement account as those who had seen only their current selves. Hershfield's work proves that when people confront and feel an emotional connection to a "future self" they make more considered financial and ethical decisions. People who are least connected to a "future self" save less and indulge in behavior without thought of longer range consequences. In other words, people who think about the needs of a future self protect their future interests.

Kelly McGonigal, author of the 2011 volume *The Willpower Instinct*, examines some of the same issues, particularly as they relate to willpower and procrastination. She notes that when we put things off, we unwittingly indulge in a vision of a "mythical future self" who is "somehow going to be more patient, more organized, more restrained—more everything we're not now." Researchers have asked students how much time they would be able to donate to tutor struggling classmates in a current semester and in a future semester and how much tutoring time other students should donate. They committed to tutor the least amount of time in the current semester, significantly more in a future term and speculated a still higher amount of time as appropriate for other students to donate. Of course, the truth is that our future self is rarely willing or able to do anything more or different from our current self when it comes time to deliver.

Here at OLLI at UNC Asheville we take pride in acting as a community of teachers and learners, planners and doers. As we embark on a new strategic plan, it is important to hold ourselves accountable and to offer one another the incentives and inspiration that will lead to our continuing and enhanced success. There is a proverb that says "A society grows great when old people plant trees whose shade they know they shall never sit in." We invite you to help us plant and nurture our initiatives, vision and mission so that our programming and outreach is available to all of our future selves and to new populations and the next generations of people who pursue learning and purpose for the love of it.

Catherine Frank  
Executive Director, OLLI at UNC Asheville

# fall 2017 events calendar

## AUGUST

1 2017-18 OLLI Membership Year begins  
3 Astronomy Club of Asheville, 7 p.m.  
4 Fall 2017 catalog available online  
9 f/32 Photography, 6:30 p.m.  
10 OLLI Fall 2017 allocation registration begins, 10 a.m.  
11 Death Café, 5 p.m.  
13 Carolinas' Nature Photographers Association, 5:30 p.m.  
17 Fall 2017 allocation registration ends, noon  
18-20 Paths to Creative Retirement Workshop (no other activities scheduled)  
20 The Autumn Players, 2:30 p.m.

## SEPTEMBER

4 OLLI Office and the Reuter Center closed for Labor Day  
7 Astronomy Club of Asheville, 7 p.m.  
9 Midday Music with Pan Harmonia, Noon  
10 Carolinas' Nature Photographers Association, 5:30 p.m.  
13 STEM Lecture, 4:30 p.m.  
13 f/32 Photography, 6:30 p.m.  
15 New Member Welcome, 10 a.m.  
15 Behind the Scenes with NC Stage, 1 p.m.  
15 Death Café, 5 p.m.  
16 WNC Historical Association Lecture, 2 p.m.  
18 College for Seniors Fall 2017 courses begin, 9 a.m.  
18 STEM Lecture, 4:30 p.m.  
19 Elisha Mitchell Audubon Society, 7 p.m.  
19 World Affairs Council, 7:30 p.m.  
21 OLLI Authors, 5:30 p.m.  
22 Fab Friday Lecture, 11:30 a.m.  
22 Story and Song with Tom Godleski, 3 p.m.  
29 Fab Friday Lecture, 11:30 a.m.

## OCTOBER

1 The Autumn Players, 2:30 p.m.  
3 World Affairs Council, 7:30 p.m.  
5 STEM Lecture, 4:30 p.m.  
5 Astronomy Club of Asheville, 7 p.m.  
6 Fab Friday Lecture, 11:30 a.m.  
6 Midday Music with Pan Harmonia, 1:30 p.m.  
8 Carolinas' Nature Photographers Association, 5:30 p.m.  
11 Fall Membership Social, 4 p.m.  
11 f/32 Photography, 6:30 p.m.  
13 Fab Friday Lecture, 11:30 a.m.  
13 Forget Me Not Series, 1:30 p.m.  
14 WNC Historical Association Lecture, 2 p.m.  
17 Elisha Mitchell Audubon Society, 7 p.m.  
18 STEM Lecture, 4:30 p.m.  
19 Advance Care Planning Workshop, 7 p.m.  
20 Fab Friday Lecture, 11:30 a.m.

## OCTOBER continued

20 Forget Me Not Series, 1:30 p.m.  
20 New to Medicare Class, 2 p.m. (registration required)  
20 Symphony Talk, 3 p.m.  
20 Death Café, 5 p.m.  
26 Behind the Scenes with NC Stage, 1 p.m.  
27 Fab Friday Lecture, 11:30 a.m.  
27 Safe Driving Program, Noon  
27 Forget Me Not Series, 1:30 p.m.  
29 The Autumn Players 2:30 p.m.

## NOVEMBER

1 Blue Ridge Public Radio Lecture, 9 a.m.  
1 STEM Lecture, 4:30 p.m.  
2 Astronomy Club of Asheville, 7 p.m.  
3 Winter 2018 catalog available and online  
3 Fab Friday Lecture, 11:30 a.m.  
3 Midday Music with Pan Harmonia, 1:30 p.m.  
7 World Affairs Council, 7:30 p.m.  
8 Winter 2018 allocation registration begins, 10 a.m.  
8 f/32 Photography, 6:30 p.m.  
10 College for Seniors Fall 2017 courses end  
10-11 Art Bazaar, 11 a.m.  
13 Carolinas' Nature Photographers Association, 5:30 p.m.  
15 Winter 2018 allocation registration ends, noon  
17 Symphony Talk, 3 p.m.  
17 Death Café, 5 p.m.  
21 Elisha Mitchell Audubon Society, 7 p.m.  
22-24 OLLI and the Reuter Center closed for Thanksgiving

## DECEMBER

1 Behind the Scenes with NC Stage, 1 p.m.  
2 WNC Historical Association Lecture, 2 p.m.  
5 World Affairs Council, 7:30 p.m.  
7 Astronomy Club of Asheville, 7 p.m.  
8 Death Café, 5 p.m.  
11 Reuter Center Singers Holiday Concert, 7 p.m.  
13 f/32 Photography, 6:30 p.m.  
15 Winter break begins, 5 p.m. (reopen Tuesday, January 2, 2018)

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## OLLI Steering Council 2017-2018

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

## Committee Chairs

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

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

# olli membership

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

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

- **Access to :**  
**Special Interest Groups (SIGS) (p. 5)**  
**Activities, Programs, and Special Events (p. 6-10)**  
**College for Seniors courses (p. 18-43)**  
**UNC Asheville Health and Fitness Center (p. 4)**  
**Leadership Asheville Seniors (p. 12)**  
**Life Transitions Programs (p. 11)**

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

**NAMETAGS:** Write your name on the list 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 tell the associate that you are an OLLI member, you will be given the faculty/staff rate, and your dining services funds will not expire. You can add funds when your balance gets close to zero. Those funds can be used at any of the dining facilities on campus.

**VEHICLE REGISTRATION & PARKING:** OLLI members may park in campus parking lots designated as "non-resident student," provided they display a current OLLI parking decal on their rear window. To get your parking decal, go to [olliasheville.com/forms](http://olliasheville.com/forms) and click on the link for Vehicle Registration Form. Fill out the form (you'll need your driver's license number and car license plate number). When you have submitted your information online, you can pick up a decal in the OLLI office.

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 register your new vehicle using the online form. When you bring in your old decal or paperwork that reflects the vehicle has been traded, you will receive a replacement decal at no charge.

Please be aware that several construction projects are underway on the UNC Asheville campus during the fall months. While they may not directly affect parking near our building, there may be times when parking spaces are in short supply or when roadways in some parts of campus are blocked. Campus security will be checking parking decals and giving tickets for parking violations.

**RAMSEY LIBRARY:** OLLI members have borrowing privileges at UNC Asheville's Ramsey Library. The OneCard is your library card. OLLI members have access only to online resources available through NC LIVE.

**WIRELESS INTERNET ACCESS:** OLLI members 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. The process of registering devices can take some time and for some devices can be complicated. Please come to register devices when you have time and when the OLLI office is not busy.

**OLLI Talk:** OLLI members may be added to this optional email distribution list by sending an email to [olli@unca.edu](mailto:olli@unca.edu). You can use OLLI Talk to exchange general information about programs and topics of interest. You can also ask for and make recommendations or referrals. The forum is monitored and should not be used to distribute political or religious information or to offer negative reviews of goods or services.

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

**NEED MORE INFORMATION? Check out these resources:**

OLLI Website: [olliasheville.com](http://olliasheville.com)  
Campus Map: [maps.unca.edu](http://maps.unca.edu)  
UNC Asheville Events: [events.unca.edu](http://events.unca.edu)  
The OLLI Office—open weekdays, 8 a.m. to 5 p.m.  
828.251.6140 | [olli@unca.edu](mailto:olli@unca.edu)

## 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, Justice Center and the Student Rec Center on campus. You will be asked to fill out an additional form outlining the terms of membership, including information on 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](mailto: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 [olliasheville.com](http://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](mailto:pvwithrow@aol.com) or Bob Mellor,  
828.253.5031, [bob.mellor@charter.net](mailto:bob.mellor@charter.net)

## **Art**

Fridays, 1-4 p.m. Contact: Janet Dunphy,  
[janetdunphy@mac.com](mailto:janetdunphy@mac.com)

## **Beer on Tap**

Second Wednesdays, 4:30 p.m. Contact:  
Erik Vedeler, [vedelererik@gmail.com](mailto:vedelererik@gmail.com)

## **Bridge Buddies**

Tuesdays, 2-5 p.m. Contact:  
Gary Soldow, [garysanta@gmail.com](mailto:garysanta@gmail.com)

## **Bridge for Fun**

Wednesdays, 2-5 p.m. Contact: Patricia  
Grace 828.505.0046, [pegrace@vt.edu](mailto: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](mailto:hansenn@charter.net) or Kay Harrold,  
828.257.4027, [karonharrold@gmail.com](mailto:karonharrold@gmail.com)

## **Conversing in Spanish**

First and third Wednesdays, 4 p.m.  
Contact: Harv Wechsler,  
[wechsler7@hotmail.com](mailto:wechsler7@hotmail.com)

## **Financial Strategies in Retirement**

First Fridays, 1:30 p.m. Contact:  
Kate Beatty, 828.231.7710,  
[kkbmom@yahoo.com](mailto:kkbmom@yahoo.com)

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

Fridays, 1 p.m. Contact:  
Eugene Jaroslaw, 828.255.9925,  
[ejwestwood@gmail.com](mailto:ejwestwood@gmail.com)

## **Français Facile**

Second and fourth Mondays, 2-3:30 p.m.  
Contact: Renée Raffini, 828.684.6371,  
[raffinir@gmail.com](mailto:raffinir@gmail.com)

## **Gardening**

Second Tuesdays, 4:15 p.m. Contact:  
Patricia Grace, 828.505.0046,  
[pegrace@vt.edu](mailto:pegrace@vt.edu)

## **History Book Lovers**

Third Fridays, 3 p.m. Contact:  
Jane White, 828.274.9354,  
[jwcantare1@charter.net](mailto:jwcantare1@charter.net)

## **Intermediate Bridge**

Fridays, 1-4 p.m. Contact: Ruth Hall,  
541.490.6460, [ruth2458@gmail.com](mailto:ruth2458@gmail.com)

## **Meditation**

Second and fourth Mondays,  
4:15 p.m. Contact: Sally Ekaireb,  
[beriake@yahoo.com](mailto:beriake@yahoo.com)

## **Men's Wisdom Works**

Email for meeting times. Contact:  
Bob Tomasulo, [robmtom@aol.com](mailto:robmtom@aol.com)

## **Poetry Lovers**

Fourth Fridays, 1:30-3:30 p.m. Contact:  
Karen Depew, [depewkaren@yahoo.com](mailto:depewkaren@yahoo.com)

## **Texas Hold'Em Poker**

Mondays, 4:15-6 p.m. Contact:  
Bruce Jones, 828.338.0265,  
[bruce\\_e\\_jones@yahoo.com](mailto:bruce_e_jones@yahoo.com)

## **Thriving in Community**

Varied Fridays, 3:30 p.m. Contact:  
Meridith Miller,  
[mlmiller1020@gmail.com](mailto:mlmiller1020@gmail.com) or  
Linda Orowitz, [ashevilledeals@gmail.com](mailto:ashevilledeals@gmail.com)

## **Tile Clickers (Mah Jongg)**

Wednesdays, 2-5 p.m. Contact:  
Rosemary Walton, 828.667.8979,  
[rh68@bellsouth.net](mailto:rh68@bellsouth.net)

## **Wednesday Wine Tasting**

Second Wednesdays, 7 p.m. at a  
member's home. Contact: Hooker Wood,  
713.515.9661, [hooker.wood@gmail.com](mailto:hooker.wood@gmail.com)

## **Whole Foods/Plant-Based Living**

Varied Fridays. 3 p.m. Contact:  
Bonnie Wheeler, [bonniewhee@gmail.com](mailto:bonniewhee@gmail.com)

## **Wine Tasting II**

Third Sundays, 7 p.m. Contact:  
Kathleen Mainardi, 828.633.2119,  
[kkmainardi@gmail.com](mailto:kkmainardi@gmail.com)

## **Women's Groups**

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



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

## **Seniors' Health Insurance Information Program**

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

# activities & programs

## special events—fall 2017

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

### Advance Care Planning Workshop

This Advance Care Planning (ACP) workshop will feature a panel whose members are experienced in addressing end-of-life issues. Information will be provided on communicating your treatment wishes to loved ones and to medical personnel, ethical and legal issues and the uses of advance directives. Ample time will be reserved for questions. Assistance will be provided for anyone wishing to complete a legally valid advance directive, including the notarization required in North Carolina, using the NC ACP "Short Form."

- **Thursday, October 19, 7-9 p.m.**

### Art Bazaar

The 5th Annual OLLI Art Bazaar provides a showcase of members' talents in painting, photography, jewelry, textiles and much more. Member exhibitors will offer a variety of handcrafted items on display and for sale, making this a perfect opportunity to find a one-of-a-kind item and to begin holiday shopping! Relax with a cup of coffee and a gourmet cookie from OLLI member bakers after you finish your shopping.

- **Friday, November 10, 11 a.m.-4 p.m.**
- **Saturday, November 11, 11 a.m.-3 p.m.**

### Astronomy Club of Asheville

The Astronomy Club of Asheville meets the first Thursday of each month except July 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 about the Astronomy Club of Asheville (including detailed descriptions of monthly lecture topics), visit their website at [astroasheville.org](http://astroasheville.org)

- **Thursdays, August 3, September 7, October 5, November 2, and December 7, 7-9 p.m.**

### The Autumn Players

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, August 20, 2:30 p.m.** *The Hollow* by Agatha Christie, directed by Marianne Lyons
- **Sunday, October 1, 2:30 p.m.** *Living Together* by Alan Ayckbourn, directed by Roselynn Katz
- **Sunday, October 29, 2:30 p.m.** *Pack of Lies* by Hugh Whitemore, directed by Pat Hart

### Behind the Scenes with NC Stage

Join NC Stage Artistic Director and co-founder Charlie Flynn-McIver as he takes you behind the scenes of the professional productions of NC Stage. We'll look into the themes of the plays, the rehearsal process, the design process, talk to actors, directors and designers and even have a scene or two from the upcoming show. Get an insider's view of the workings of a professional theatre. For more information about NC Stage's productions, including information about how to purchase tickets for performances, visit [ncstage.org](http://ncstage.org)

- **Friday, September 15, 1-2:30 p.m.** *Stones in His Pockets*
- **Thursday, October 26, 1-2:30 p.m.** *Rapture, Blister, Burn*
- **Friday, December 1, 1-2:30 p.m.** *12 Dates of Christmas/ All is Calm*

### Blue Ridge Public Radio

Thanks to ongoing support from its listeners, Blue Ridge Public Radio (BPR), the NPR station for Western North Carolina, expanded its news coverage and listening options last March. BPR News was launched as a sister station to WCQS, with its classical music and news format. BPR's General Manager and CEO David Feingold will explain why BPR is now the #1 radio station in the Asheville Metro Market and will introduce you to an on-air staff member or two. Refreshments will be served and there will be plenty of time for questions. For more information about BPR, visit [bpr.org](http://bpr.org)

- **Wednesday, November 1, 9-11 a.m.**

### 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. For more information visit [cnpa-asheville.org](http://cnpa-asheville.org)

- **Sundays, August 13, September 10, October 8, and November 12, 5:30-8 p.m.**

## special events—fall 2017 *continued*

### **Death Café**

“Death Café” is an engaging gathering with storytelling and conversation about a topic that too often alienates people in our death phobic culture. A new movement, a shift, is at play in recovering the ritual of being with death through personal storytelling of fears and loss. A deepening ritual emerges, and we build a culture of dying wisely. Join us at Death Café, the new common ground, to explore the wonders of being with death, facilitated by Karen Sanders, Greg Lathrop and Sa’id Osio. Learn more at [deathcafe.com](http://deathcafe.com).

- **Fridays, August 11, September 15, October 20, November 17, and December 8, 5-6:30 p.m.**

### **Elisha Mitchell Audubon Society**

The mission of the Elisha Mitchell chapter of the National Audubon Society is to protect birds and their habitats and to promote an awareness and appreciation of nature. Find out more about the Reuter Center talks and free bird walks at [emasnc.org](http://emasnc.org).

- **Tuesdays, September 19, October 17, and November 21, 7 p.m.**

### **f/32 Photography**

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

- **Wednesdays, August 9, September 13, October 11, November 8, and December 13, 6:30 p.m.**

### **Fall Membership Social**

Join your OLLI friends for our first ever Fall Membership Social. Take this opportunity to socialize, enjoy great food and celebrate the autumn season.

- **Wednesday, October 11, 4 p.m.**

### **Forget Me Not Series**

Denise Young, regional manager of the Alzheimer’s Association of Western Carolina chapter, will present these workshops, along with area experts. To learn more visit [www.alz.org/northcarolina](http://www.alz.org/northcarolina)

- **Friday, October 13, 1:30 p.m.** The Basics: Memory Loss, Dementia and Alzheimer’s Disease: Information on different types of dementia including Alzheimer’s disease, what is happening in the brain, symptoms and progression, treatments and how to prepare for visits to the physician
- **Friday, October 20, 1:30 p.m.** Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning: How to have those conversations about challenging and often uncomfortable topics
- **Friday, October 27, 1:30 p.m.** Legal and Financial Planning for Alzheimer’s Disease: Help for persons in early stage dementia, their care partners and family members in understanding the legal and financial issues that may have an impact on them, making legal and financial decisions and putting plans in place

### **Midday Music with Pan Harmonia**

Now in its 18th season, Pan Harmonia, Asheville’s own chamber music company, enjoys bringing its signature mix of masterpieces and new works to as many listeners as possible with its adventurous and informal events. Peek behind the scenes into the experience of music-making. Meet the musicians, learn about their process, inspiration, the music they love and more! Professional players join flutist and Pan Harmonia Director Kate Steinbeck to discuss and shape the music from early sounds to polished beauty. Feel free to bring friends and your lunch. To learn more about Pan Harmonia, visit [panharmonia.org](http://panharmonia.org)

- **Saturday, September 9, noon** with guitarists Amy Brucksch and Andy Jurik
- **Friday, October 6, 1:30 p.m.** with violist Kara Poorbaugh
- **Friday, November 3, 1:30 p.m.** with clarinetist Fred Lemmons and pianist Hwa-Jin Kim

### **New Member Welcome**

Are you new to OLLI at UNC Asheville and the Reuter Center? Are you returning after being gone awhile? Come to the New Member Welcome to learn about all that OLLI has to offer and about ways to get involved. Meet other members and discover your OLLI opportunities.

- **Friday, September 15, 10 a.m.**

### **New to Medicare Class**

Are you new to Medicare? Are you confused by the many choices? Unbiased and accurate information is available from trained volunteers from the North Carolina Seniors’ Health Insurance Information Program. In this free class facilitators will provide important information to assist you in understanding how Medicare works and what you need to do to obtain benefits and save money. Spaces are limited, so reserve your space by registering online at the Council on Aging of Buncombe County website at [coabc.org](http://coabc.org).

- **Friday, October 20, 2-4 p.m.**
- **Friday, October 20, noon-4 p.m.** 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](http://socialsecurity.gov).

### **OLLI Authors**

OLLI Authors is a book talk series designed to recognize the many very talented poetry and prose writers among OLLI members. *OLLI Authors* events begin with readings featuring two published authors. Come hear Theo Sable, poet, and Steve Wechselblatt, our first prose reader (*Diamonds and Moths*), reading from their works.

- **Thursday, September 21, 5:30 p.m.**

# activities & programs

## special events—fall 2017 *continued*

### **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 professionals guide you through their operatic world. The fall schedule of Opera Talks dates and topics are to be determined. Check the OLLI Observer and the daily schedule at the Reuter Center for more information.

### **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. Mark your calendar to attend the very special Holiday Concert to enjoy choral music and sing along with traditional carols. Light refreshments will be served. Donations are appreciated.

- **Monday, December 11, 7 p.m.**



*Chuck Taft,  
Director, The Reuter Center Singers*

### **Safe Driving Program**

AARP will offer a refresher course designed to help mature drivers remain safely on today's faster highways with a myriad of challenges. The four-hour AARP Safe Driving course teaches valuable defensive driving techniques, highlights hazards particular to seniors and provides a refresher about the rules of the road and tips for avoiding crashes. The course is offered as a nationwide effort to keep drivers behind the wheel safely. The cost of the course is \$15 for AARP members and \$20 for non-members. To register, contact instructor Celeste Selwyn, 828.708.7404 or email [csel@mindspring.com](mailto:csel@mindspring.com).

- **Friday, October 27, noon-4 p.m.**

### **STEM Lecture Series**

The theme for the STEM lectures for this year is "Women in STEM." This theme is very important for at least two reasons: 1) Women seeking careers in the STEM fields need to be aware of the obstacles and biases to which women are subject and, of course, how to overcome them; 2) with the increasing global competition, it is critical not to lose sight of the talent that women have, which is important for our nation. Learn of those many women who have made significant contributions in these areas and the issues surrounding women leaving the STEM fields. Women still face many challenges which are discouraging to them and a great loss to America.

- **Wednesday, September 13, 4:30 p.m.** Women in STEM (Molly Darr, Pamela Silvers, Joan Kaplan)
- **Monday, September 18, 4:30 p.m.** Women in Chemistry (Oksana Love, Sally Wasileski)
- **Thursday, October 5, 4:30 p.m.** Women in Astronomy (Britt Lundgren)
- **Wednesday, October 18, 4:30 p.m.** Women in Computer Science (Marietta Cameron)
- **Wednesday, November 1, 4:30 p.m.** Women in Medicine (Amanda Rolling Maxwell, Laura Jones)

### **Story and Song with Tom Godleski**

OLLI is delighted to offer a festive event with an Appalachian flair. Tom Godeleski, playwright and member of the blue grass band Buncombe Turnpike, joins us for an afternoon of storytelling and song. Tom kicks off the event with storytelling that will include talented students from Claxton Elementary School. Some of the students will play the fiddle and some will sing. In the second set, the bluegrass band Buncombe Turnpike will perform many of their original tunes along with some well known standards and songs from their latest CD *They Passed It Down*.

- **Friday, September 22, 3 p.m.**

### **Symphony Talk with Asheville Symphony Orchestra**

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. As the Asheville Symphony Orchestra conducts its search for a new director and conductor, each Symphony Talk will offer fascinating insights into that process. Local music aficionado Chip Kaufmann will speak about the composers for the upcoming performances. For more information about the Asheville Symphony Orchestra, or to find out how to purchase tickets for performances at the Thomas Wolfe Auditorium, visit [ashevillesymphony.org](http://ashevillesymphony.org)

- **Friday, October 20, 3 p.m.**, Rei Hotoda, conductor, Sandeep Das, tabla; featuring works by Dvořák, Wijerantne and Tchaikovsky
- **Friday, November 17, 3 p.m.**, Darko Butorac, conductor, Lisa Smirnova, piano; works by Theofanidis, Mozart and Prokofiev

## special events—fall 2017 *continued*

### **WNC Historical Association Lectures**

These lectures are open to the general public with a \$5-10 donation requested. Western North Carolina Historical Association (WNCHA) members attend free. These lectures are sponsored by the WNCHA and OLLI.

- **Saturday, September 16, 2-3:30 p.m., Southern Appalachian Dance** with Phil Jamison. Join nationally known dance caller, musician and flatfoot dancer Phil Jamison as he explores the development of Appalachian dance traditions that evolved from colonial times to the present. From his recent book, *Hoedowns, Reels and Frolics: Roots and Branches of Southern Appalachian Dance*, Phil will illustrate how the traditional square and step dances of Appalachia are a blend of the European, African and Native American dance traditions reflecting the cultural diversity of the WNC region. In addition, the presentation will include a demonstration of Appalachian flatfoot dancing. This event is supported in part by a grant from the Blue Ridge Heritage Area Partnership.
- **Saturday, October 14, 2-3:30 p.m. *The Legacy of Southern Appalachian Dance: From Whose Perspective?*** Join Appalachian historian Gordon McKinney, PhD, Professor Emeritus, Berea College, as he explores the background for the regional, national and international celebration of traditional Appalachian music and dance. Presentations from settlement schools, regional colleges, and folk festivals received a positive reaction from the public and scholars, and they were in part responsible preserving the culture. Some programs, however, have been featured at the expense of others, and the result is that the diversity of materials and movements is missed and contributions from racial and ethnic groups are undervalued. McKinney will examine the impact of the hillbilly stereotype on the collection and presentation of mountain dance as an example of regional culture.
- **Saturday, December 2, 2-3:30 p.m. *A Great American Tapestry, The Many Strands of Mountain Music.*** A seventy-minute film documentary, *A Great American Tapestry* tells the story of the birth and evolution of the music of the Southern Appalachians through the strands of the Scots-Irish legacy as well as the oft-overlooked African-American influence and traditions. The film features the leading luminaries of the ballad tradition including Sheila Kay Adams, Joe Penland and Bobby McMillon. In addition, the Grammy-winning founders of the world renowned black string band, the Carolina Chocolate Drops, along with members of the Eastern Band of Cherokee and David Holt will tell the story of the great melting pot that became Appalachian music. \$10 donation requested. Program co-sponsored by the Center for Cultural Preservation and the Western North Carolina Historical Association.

### **World Affairs Council**

The World Affairs Council (WAC) meetings offer a lively line-up of topics and compelling presenters that aim to advance international awareness and foster Western North Carolina's global ties. OLLI members receive a discount on the World Affairs Council annual membership fee. All lectures are free to WAC members and students; all others \$10 at the door. For more details about programs, consult the WAC website.

- **Tuesday, September 19, 7:30 p.m.** Dr. Elizabeth (Liz) Colton, a prize winning journalist, war correspondent, state department official and academic will open the series with a presentation titled "Foreign Policy and the Press"
- **Tuesday, October 3, 7:30 p.m.** Russell Crandall, a Davidson College professor and Latin American specialist, will offer "A Latin America Focus: Venezuela"
- **Tuesday, November 7, 7:30 p.m.** Helga Welsh, a German native and Wake Forest University faculty member will present "Germany and Europe after the German Election"
- **Tuesday, December 5, 7:30 p.m.** "Turkey and the Middle East with Erdogan's New Expansion of Power" by Ali Demirdas, a Turkish citizen who now teaches international politics at the College of Charleston

### **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](http://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.

# activities & programs

## fall 2017 fab fridays lunch and learn lectures

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

### **September 22, Appalachia Through Memoir and Song**

Jeremy Jones explores the culture and history of the Blue Ridge Mountains through song and reading. Performing old-time banjo tunes and reading excerpts from his book *Bearwallow: A Personal History of a Mountain Homeland*, he presents the sounds and stories of his native Appalachian mountains in a blending of personal narrative and folklore. *Bearwallow: A Personal History of a Mountain Homeland* won the 2014 Appalachian Book of the Year in nonfiction and a gold medal for memoir in the 2015 Independent Publishers Book Awards. His essays have twice been named "Notable" in *Best American Essays* and have appeared in *Oxford American*, *Our State* magazine, *Brevity* and elsewhere. An associate professor of English at Western Carolina University, Jeremy teaches creative writing and co-edits the book series *In Place* from West Virginia University Press.

### **September 29, Investigating Tinnitus**

Tinnitus is the perception of noise or sound when no actual external noise is present. It is commonly referred to as "ringing in the ear" but can sound like clicking, buzzing, whooshing, hissing or whistling. The U.S. Centers for Disease Control estimate that nearly 15% of the general public—over 50 million Americans—experience some form of tinnitus. Roughly 20 million people struggle with burdensome chronic tinnitus, while 2 million have extreme and debilitating cases. We will explore etiology, mechanisms and treatment of tinnitus. Lauren Hadden, Doctor of Audiology at The Hearing Center in Asheville, specializes in hearing loss and tinnitus diagnosis, treatment and effective patient care. This lecture is a part of the *Health Education Series*.

### **October 6, More Nutrition with Soups**

Fall and soup...a great combination. Lenore Baum, a local cooking teacher, will explain how vegetarian soups can become a quick, nutritious staple in your menu plan. Discover the best ingredients, kitchen tools and cooks' tips for making nourishing and satisfying food. Lenore has over 40 years of training and operating a natural foods deli and vegetarian cooking schools in Arizona, Michigan and North Carolina. She and her husband Joe embrace sustainability and garden organically year-round. Lenore is the author of *Lenore's Natural Cuisine* and *Sublime Soups*.

### **October 13, Home Care for the Elderly**

Dr. Amy Cohen will be discussing the PACE (Program of All-inclusive Care for the Elderly) model of care. CarePartners PACE is a program for people 55 or older who need support to remain safely at home for the rest of their lives. It provides community-based care and services for people who might otherwise need nursing home level care. A PACE program works to promote and sustain the independence of seniors and help those who want to live at home, stay at home. This lecture is a part of the *Health Education Series*.

### **October 20, Off the Beaten Path: Travels in North Korea**

North Korea is one of the most secretive and remote locations on earth, visited by few Americans. In Jonathan Tetzlaff's travels, he visited not only the capital, Pyongyang, but also remote locations in central and northern Korea along the border with China. Jonathan is also one of the few Americans to view the famous Korean DMZ from the northern side. Other destinations included Chongjin, for decades a city closed to all visitors. Opened only a short time before his trip, the city—renowned as a key development site for North Korean missiles—remains highly militarized. Jonathan will discuss travel (much by small airplane), food, beer and accommodations. Hotels varied from imposing structures with ornate marble lobbies to very basic accommodations in small rural hotels which had electricity only one hour per day and a "scoop" to move filthy water from a pre-filled bathtub into the toilet. With humor and a relaxed manner, Jonathan will illustrate his travel with photographs and real-world examples of laws and customs in North Korea.

### **October 27, Improving Your Odds of Thriving After a Heart Attack**

Heart attacks or Myocardial Infarction (MI) kill over half a million Americans annually; heart disease is our leading cause of death. We try to eat well, exercise and manage blood pressure/cholesterol, but still we get MIs. We will focus on the critical period between the first warning signs of an MI and arrival in the ER and ways you can greatly improve your odds of a good outcome. The lecture will include case scenarios with audience questions. David Mouw, MD, PhD and a retired geriatrician, has given 13 Health Education Series lectures over the past decade. This lecture is a part of the *Health Education Series*.

### **November 3, Great Smokies Poster Art**

Dr. Daniel S. Pierce, UNC Asheville history professor, will present a program on "Poster Art and the Great Smoky Mountains National Park." Poster art has a long and (literally) colorful connection to America's national parks. In the early years of the 20th century the railroads produced beautiful posters encouraging elites to "See America First" and visit Yellowstone, Yosemite, Glacier and the Grand Canyon. In the 1930s anonymous artists with the WPA also produced posters advertising the wonders of the national parks, including the Great Smokies. In recent years the genre has been revived, most notably in connection with the 100th anniversary of the National Park Service. Dr. Pierce's talk will focus on this history and on his recent work with acclaimed Nashville, TN poster artist Joel Anderson to produce *An Illustrated Guide to Great Smoky Mountains National Park* which features 40 original posters produced by the Anderson Design Group. During October and November 2017, art produced for the book will be on display at the Mel Blowers Gallery in UNC Asheville's Ramsey Library.

## Local Programming - Open to OLLI members only

### The 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 open to OLLI members only**

**Dates & Time:** Spring, 2018

**Cost:** \$30/person

**More Information:** [www.olliasheville.com/gift-of-time](http://www.olliasheville.com/gift-of-time)

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### 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 classroom presentations and site visits to local CCRCs.

#### **Registration open to OLLI members only**

**Dates:** August 3, 10, 17, 24, 31, September 7, 14, 15, 2017

**Cost:** \$150 per person

**More Information:** [www.olliasheville.com/exploring-ccrcs](http://www.olliasheville.com/exploring-ccrcs)

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## 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:** August 18-20, 2017

April 20-22, 2018

**Cost:** \$850 per person

**More Information:** [www.PathstoCreativeRetirement.com](http://www.PathstoCreativeRetirement.com)

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### Creative Retirement Exploration Weekend

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

**Dates:** June 1-3, 2018

**Cost:** \$575/person

**More Information:** [www.AshevilleCREW.com](http://www.AshevilleCREW.com)

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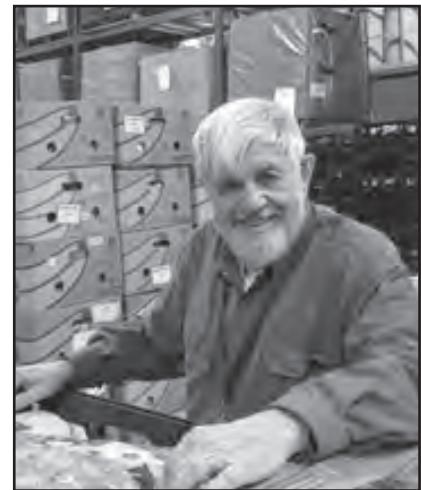
Members and staff of OLLI at UNC Asheville collaborate to offer unique and innovative programs to help participants navigate major life transitions. Register online. Visa or MasterCard accepted. For questions contact Laurel Jernigan, 828.250.3871/ljerniga@unca.edu

# leadership asheville seniors

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

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

## *Leadership Asheville Seniors 31* *Fall 2017*



### **REGISTRATION NOW FULL FOR LEADERSHIP ASHEVILLE SENIORS 31**

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

LAS 31 is FULL. Check the website early in 2018 for details on LAS 32, and join the tradition of more than 800 individuals who have graduated from the program since 1987.

**Dates:** Tuesdays, 9 a.m. - 4 p.m.  
September 12 - November 7, 2017  
Orientation September 11, 2017

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

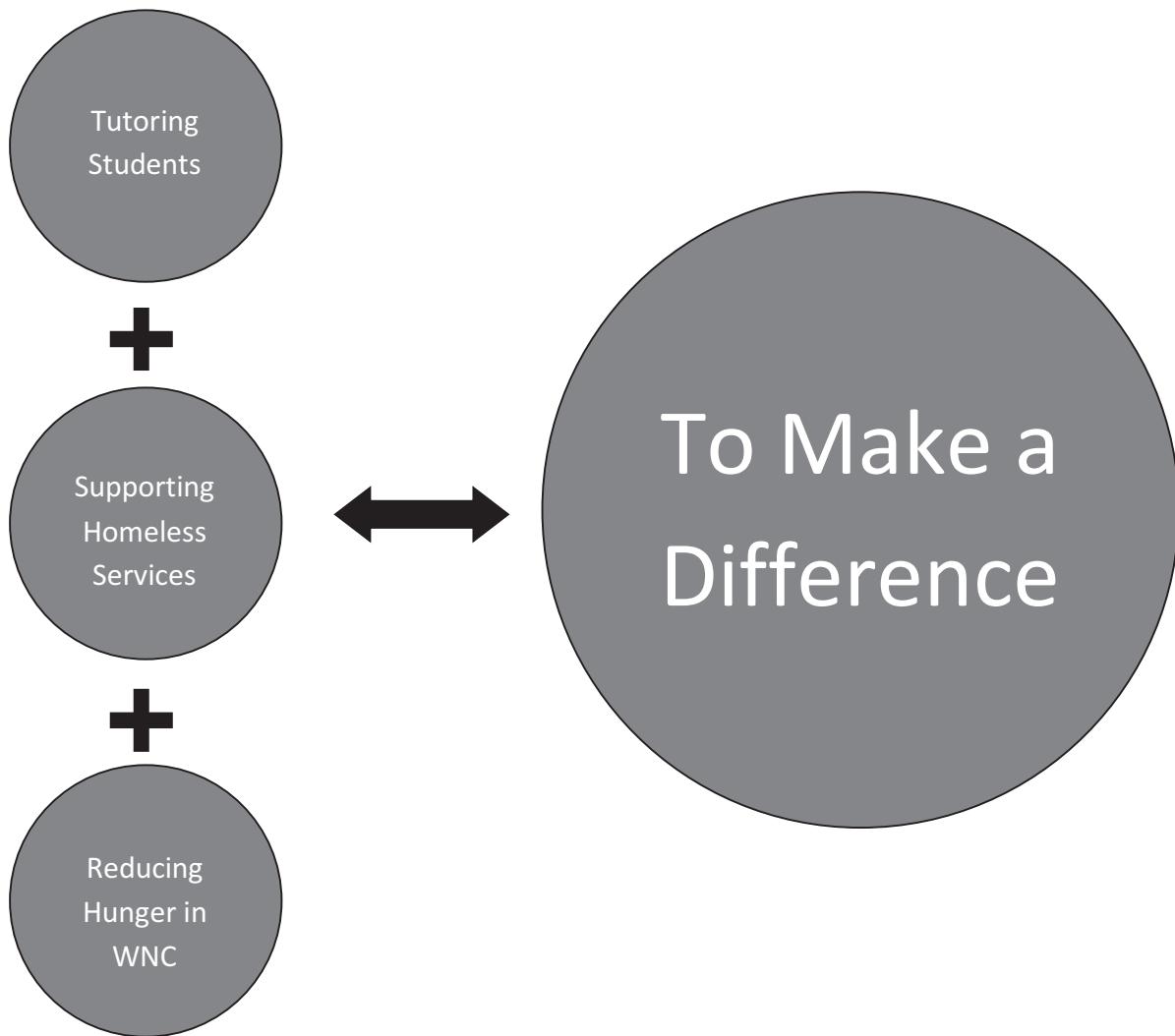
**Payment:** Cash, check, Visa or MasterCard

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

**Questions:** Contact Laurel Jernigan at [ljerniga@unca.edu](mailto:ljerniga@unca.edu) or 828.250.3871.



# So Many Ways...



*New volunteer opportunities to choose from.*

Get Involved. Become an OLLI Volunteer.

Contact Sarah Reincke at [sarahreincke@gmail.com](mailto:sarahreincke@gmail.com) for more information.

# workshops fall 2017

Workshops are open to the public, and OLLI membership is not required to register. Register through the online registration system at [olliasheville.com](http://olliasheville.com) using Visa or MasterCard. For additional information call 828.251.6140. Refunds are available up to 14 days prior to the workshop date, except for \$10/person administrative fee. After that, no refunds are available.

## **Blog Your Way to a Book**

Saturday, September 23, 9 a.m. - 4 p.m.

**Fee:** \$95

Writing a book is a daunting task, but you can do it in a year by blogging every week. Learn the mechanics of blogging, and get valuable tips for writing in this one-day workshop. You will leave with an understanding of how to set up a (free) blog and how to discipline yourself to write every week. At the end of a year, you'll have enough material for your book, and you'll know how to organize it into the book you've always wanted to write!

**Linda Ray** ([info@rayaccess.com](mailto:info@rayaccess.com)) and her partner **Mark Bloom** operate a small business writing website copy and blogs for businesses around the country. They both also teach writing and computer skills. This team of a former journalist and a technical editor provides clear, consistent content to help businesses get their messages out. [www.rayaccess.com](http://www.rayaccess.com)

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## **Draw with Scissors: Learn Japan's Black & White Notan Style**

Saturday, October 7, 9 a.m. – 4 p.m.

Sunday, October 8, 9 a.m. – 4 p.m.

**Fee:** \$190

In this workshop, we will explore the power and magic of the Japanese design principles of Notan. We will study the interaction between positive and negative space, between a shape and its background, and the complementary principles of yin and yang. We will learn basic 2-D design principles. Using black and white paper, we will play with negative and positive, creating exciting and dynamic designs in paper. In the manner of Matisse we will draw with scissors. Innovative materials will provide an unexpected dimension to our pieces. **Materials Fee:** \$15 for supplies, payable to the instructor.

**Heather Allen Hietala** ([heatherhietala@gmail.com](mailto:heatherhietala@gmail.com)) is a mixed media artist, writer and permaculture gardener. She has a BFA and an MFA. She teaches and exhibits nationally and internationally, and her work is exhibited locally at Blue Spiral 1 and the Penland Gallery. [www.heatherallenhietala.com](http://www.heatherallenhietala.com)

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## **Get Big With Paint**

Saturday, October 21, noon – 4 p.m.

Sunday, October 22, noon – 4 p.m.

**Fee:** \$115

Create large-scale oil or acrylic paintings within a supportive environment, and unleash your expressive painting skills. Through a series of engaging exercises, instructor Ursula Gullow will encourage students to paint more freely and create large works of art effortlessly. **Materials cost:** The instructor will provide a detailed materials list prior to start of the workshop. If a participant is buying all new brushes and paint, materials could cost \$80-\$175.

**Ursula Gullow** ([ursulagullow@gmail.com](mailto:ursulagullow@gmail.com)) teaches painting and design classes at A-B Tech and was named "Outstanding Continuing Education Instructor" in 2014. Gullow has had numerous exhibitions and is a recipient of the North Carolina Regional Artists Project Grant (2009). [www.ursulagullow.com](http://www.ursulagullow.com)

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## **Introduction to Working with Clay**

Friday October 27, 2:30 – 5 p.m.

Saturday, October 28,

9:30 a.m. – 4:30 p.m.

Sunday, October 29,

9:30 a.m. – 4:30 p.m.

**Fee:** \$220

Artist Ray Phinney will introduce you to working with clay by hand to create functional and decorative ceramics. Demonstrations include creating elegant and unique shapes using the "slab-built" method. Other techniques covered are pinch pottery and coil building. Topics including decorating, glazing and firing will also be discussed. No prior experience working with clay is required. **Materials fee:** \$35 payable to the instructor for clay, tools and bisque firing.

**Ray Phinney** ([rphinney36@gmail.com](mailto:rphinney36@gmail.com)) focuses his work primarily on throwing functional ware and developing elegant forms yet is intrigued by all the facets of clay work. He is always focused on creating new techniques in both forming and glazing. [www.beaverdampottery.com](http://www.beaverdampottery.com)

## **Google Chrome and the Chromebook: Exploring Alternative Laptop Options**

Saturday, November 4, 10 a.m. – 3 p.m.

**Fee:** \$70

Replacing a Windows or Mac computer? Google Chrome and Chromebook provide an ideal solution for email and online surfing. Don't own a Chromebook, but are considering the purchase of a low-cost, no-maintenance computer? Come learn about the Chromebook and Chrome and how it may be a great fit. Participants should have Gmail and may bring their own Chromebook or borrow an OLLI laptop to learn Google Chrome email and web browsing.

**Marc Czarnecki** (marcczarnecki@webtechczar.com) has many years of experience in corporate, small business and individual tech training, including Fortune 50 Companies and area community colleges. [www.webtechczar.com](http://www.webtechczar.com)

## **Handmade Journal Workshop**

Saturday, November 4, 10 a.m. – 3 p.m.

Sunday, November 5, 10 a.m. – 3 p.m.

**Fee:** \$145

Have you ever wanted to create your own personal journal? In this workshop we will learn about basic bookmaking tools and materials. The first day will be dedicated to making simple folded books such as pamphlet, accordion and Japanese stab bindings. The second day we will sew together a leather bound long stitched journal. What we learn in class can be easily expanded upon at home. **Materials Fee:** \$20 for supplies, payable to the instructor.

**Darryl Maleike** (darrylthebookie@hotmail.com) has been creating one of a kind journals for more than 15 years. He was a Core Fellow at Penland School of Crafts and on Artist-in-Residence at Arrowmont School of Arts and Crafts. He has taught numerous workshops and is currently a studio artist in Asheville.

## **Explore Vegan Cooking: Pizza!**

Saturday, November 11,

10 a.m. – 1 p.m.

**Fee:** \$35

**Location:** Sherrill Center Kitchen 346

Pizza with no meat and no cheese? This workshop will be a hands-on extension of Bonnie Wheeler's College for Seniors courses on whole foods/plant based living. Participants will make whole wheat pizza crust, healthy hearty sauce and a variety of toppings for a pizza lunch.

**Materials Fee:** \$10 for ingredients, payable to the instructor.

**Bonnie Wheeler** (bonniewhee@gmail.com) follows a whole foods/plant based diet and loves the new culinary adventures this way of eating offers.

## **OLLI Excursions**

**New this term, the OLLI Workshops committee is offering experiential learning opportunities in the community. Excursions provide opportunities to explore and learn about the interesting people, places and things in WNC. Look for more excursions coming in 2018!**

### **The Many Faces of Asheville Tour**

Monday, October 16,

10 - 11 a.m.

**Fee:** \$15

This one-hour downtown walking tour will include highlights of the many human communities that have existed in this region for over 10,000 years, including the Cherokee, explorers, willing and unwilling immigrants and the more recent arrivals to the region. The walk goes from the corner of Patton and Lexington to Pack Square, the YMI and back up Biltmore to Pack Square.

**Deborah Miles** (dmiles@unca.edu) is the founder and Executive Director of the UNC Asheville Center for Diversity Education (CDE). CDE's work focuses on the issues of equity and inclusion in K-12 schools, at UNC Asheville and in the wider community.

# registration information

## Join OLLI at UNC Asheville and Register for College for Seniors – Fall 2017

### Initial allocation registration period is August 10, 10 a.m. to August 17, noon

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

#### **Step 1: Sign in**

- Click on the **Sign In** link at the top right of the page.
- If you were a member in 2015-16 or joined since August 1, 2016, you have a username and password. Scroll down to "Sign In to Existing Account" and enter your username and password.
- If you are not a 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 to the next steps. **Note:** You do not need to create separate orders to purchase membership, CFS courses and workshops.

#### **Step 2: Purchase an OLLI Annual Membership**

- Click on **Membership and CFS Registration Fee**, then click on **OLLI Annual Membership**. Click on **Add to Cart** to add the \$75 fee.
- Click on **Registration Home**

#### **Step 3: Purchase the College for Seniors Tuition**

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

#### **Step 4: Request your College for Seniors Courses**

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

#### **Step 5: Purchase the items in your cart**

- **Note:** If you want to purchase a workshop, you can add that to the cart before checking out.
- When your cart is complete, click on **Check Out**. Follow the steps, clicking **next** after you have completed each request. If you are using a credit card to pay for your order, be sure your name and billing address exactly matches the information on file with your credit card provider. If you have a middle initial on your card, please include it on the billing information and check the charge information.
- If you are paying with check, cash, scholarship or voucher, contact the OLLI office to alert us to the non-credit card payment method and get instructions on how to complete the request.
- Note: if there is an error in processing your payment by credit card, the system may not allow further attempts to provide credit card information. If that occurs, you will need to mail or bring in a check or cash (exact change please) for your purchase. All payments must be received by August 17, noon.

#### **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.

#### **Notification**

- If you register during the initial allocation registration period, you will receive confirmation of your schedule by email on Thursday, August 31, 4:30 p.m.
- **Please note** that some health and fitness courses carry an additional \$30 fee. You will be responsible to pay this fee after you have received notification that you have been enrolled in that course. **All health and fitness fees must be paid within 10 days of notification (September 14) or you will be dropped from the course.**

# registration information

## Add-Drop opens Friday, September 1, 10 a.m.

- If you missed the initial registration period, you can register for courses with available openings during this time.
- If you have already registered for courses, you may add any courses in which seats are available or add your name to a waitlist through the online registration process. Add-Drop ends after the second meeting of a course.
- To drop a course, send an email to [olli@unca.edu](mailto:olli@unca.edu); include your name and the name of the course(s) you wish to drop.
- To drop all courses and receive a full refund, you must submit your request by Friday, September 15, 3 p.m.

## Registering for Workshops, Life Transitions, Leadership Asheville Seniors

- You may register for these other programs at the same time as you register for College for Seniors.
- You do not need to be an OLLI member to purchase a Workshop.
- Sign In, go to **Registration Home**; select the Workshop or other program you want and click on **Add to Cart**.
- Proceed to payment as usual.

## Worksheet for College for Seniors Course Selection

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

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				

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

## Registration schedule

- Initial allocation registration opens Thursday, August 10, 10 a.m.
- You may come to the Reuter Center for registration help on August 10, 11, 14, 15, 16, 10 a.m.-3:30 p.m. and on Thursday, August 17, 8:30 a.m. – noon.
- Registration is closed during the allocation process, August 17, noon through August 31. You may purchase an OLLI membership, Workshops, Life Transitions and Leadership Asheville Seniors, but you will not be able to add College for Seniors fee or courses to your cart.
- Notification of College for Seniors enrollment (courses registered, waitlisted or dropped) will be sent by email on August 31, 4:30 p.m.
- Add-Drop opens September 1, 10 a.m. At this time you can register or add more College for Seniors courses or add your name to a waitlist if a course is full. Add-Drop closes after the second meeting of the course. Please notify the OLLI office if you wish to drop a course.

# college for seniors

**COLLEGE FOR SENIORS (CFS)** is your opportunity to learn something just for the fun of it. Courses in this program are taught by members who have passion and professional expertise as well by UNC Asheville faculty and independent scholars in our area. Courses range from yoga to photography, Appalachia to Androids, global climate change to Homer's *Odyssey*. We offer four terms throughout the year, each one different with stimulating, entertaining and relevant courses. See pages 22 to 42 for course descriptions.

**Fall:** September 18 – November 10, 2017 (initial registration August 10-17)

**Winter:** January 8 – February 19, 2018 (initial registration November 8-15)

**Spring:** March 26 – May 18, 2018 (initial registration February 20-27)

**Summer:** June 18-August 3, 2018 (initial registration May 17-23)

**Scholarships** are available to partially cover the expense of the term fees (the annual OLLI membership fee is the member's responsibility). Scholarship applications are available in Room 208 of the Reuter Center and on the OLLI website in the "Forms" section. Scholarship applications must be submitted by August 16. For more information, call 828.251.6140.

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

**Get Connected:** OLLI offers two opportunities to get personal assistance to set up your electronic communication devices for the campus wireless network. Come to the atrium on the first floor during the New Member Welcome **Friday, September 15, 10 a.m.-noon** or **Monday, September 18 (the first day of College for Seniors classes)** **from 2-4 p.m.** Individual assistance with WiFi set up will not be offered during the first week of classes except at these times.

**Guest Passes:** A Guest Pass may be issued to non-OLLI members to visit a College for Seniors class session:

- For someone visiting in order to get to know more about OLLI at UNC Asheville and College for Seniors
- For out-of-town guests or family members of OLLI members visiting OLLI for the day

Guest passes should be filled out and submitted 48 hours in advance of the visit. To obtain a pass, go to [olliasheville.com/forms](http://olliasheville.com/forms). Guest Passes are not issued to OLLI members who want to attend a College for Seniors course in which they are not registered.

## **Need more information about College for Seniors courses?**

Go to the OLLI website [olliasheville.com/courses](http://olliasheville.com/courses) to find more detailed course information and biographies of instructors for the fall courses.



## 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:

<b>Spring 2018</b>	<b>November 1, 2017</b>
<b>Summer 2018</b>	<b>February 1, 2018</b>
<b>Fall 2018</b>	<b>May 1, 2018</b>
<b>Winter 2019</b>	<b>August 1, 2018</b>



## Questions about College for Seniors?

Contact CFS Program Manager Herb Gunn at [hgunn@unca.edu](mailto:hgunn@unca.edu) or call 828.251.6873.

## Go Take a Hike!

We are delighted to once again be able to offer a variety of hiking courses. This term, the volunteer hiking leaders have organized their courses into three levels:

Level 1: Hikers must be able to walk three miles on uneven terrain before the course begins.

Level 2: Participants must have prior hiking experience and know they can walk at least 3-4 miles.

Level 3: Participants must be able to hike at least four miles with an elevation gain of up to 1,000 feet before the course begins.

Hiking courses are four weeks long, and several are planned to take advantage of the fall colors in the Blue Ridge Mountains. For those hikes that are scheduled in the second four weeks, an orientation will be held on **Thursday, September 28, 4:30-6:30 p.m.** See the course resource guide at [olliasheville.com/courses](http://olliasheville.com/courses).

**Please note:** Because of the high demand for hiking courses, during the initial registration you may request more than one hiking course, but initially you will be enrolled in no more than one. If openings in other sections remain during Add-Drop, you may add another at that time.

Thanks to our volunteer leaders for planning and scheduling a variety of great hikes for our OLLI members!

	mondays	tuesdays	wednesdays
<b>AM</b> 9-11 Unless Otherwise Noted	Meditative Yoga (9-10) Building a Safer World Face to Face with Facebook George Washington & the Continental Army **An Initial Understanding of LGBTQIA: Sexual Preference & Gender Identity Peanuts & Cracker Jack: Events that Shaped Baseball History *Show & Tell: The Story of Your Life <b>Cancelled</b> Transition to Whole Foods / Plant Based Living *Grilling with Mars & Venus (9-noon) *Breaking 100 (10-noon)	Pilates Foundational Mat (9-10:15) Architectural History of Asheville The Art of Solving Crosswords Beginning Bridge Beginning Spanish The Diaspora of the Arts from the Weimar Republic Scandalous Art	**Beginning Hiking for Nature Lovers (9-2) Awakening to Now & How *Changing Times, Changing Music Escape & Renewal in Plays by Shakespeare Healthy Bites: A Sampler John Burroughs: Freethinking Naturalist *Trains & the Transformation of WNC Watercolor: The Joyful Art
<b>Mid-day</b> 11:30 a.m.- 1:30 p.m. Unless Otherwise Noted	Mindful Yoga & Meditation (11:30-1) Tai Chi for Balance & Agility (11:30-1) Abstract Landscape Photography Aristotle Then and Now Demagogues & Demagoguery in U.S. History Introduction to Japan Love Well: An Art & a Science <i>No Man is an Island</i> : An Introduction to Poetry of John Donne <b>iPhone Photography, Section 2, 4wks, 9/25,</b>	Integrative Yoga for Your Aging Body (11:30-1) **Alice Munro: Short Stories **Crimes, Conflicts, Quirks & Other Mysteries of History Global Climate Change H. Richard Niebuhr's <i>The Responsible Self</i> *Having Fun Drawing How We Look Intermediate Spanish *Pirates of the Caribbean and Beyond The Principal Teachings of Buddhism <b>10/2, 10/9, 10/16; 11:30am-1:30pm</b>	GROOVEing & Moving (11:30-1) Docent's Journey: American Artists' Masterpieces *How the Brain Works and What Happens When It Doesn't Is There a Case for God? Navigating Windows 10 Photo Editing Beyond Picasa Wonders of Chess Writing for Stand-Up Comedy 101 Yoga for Life (12:45-1:45)
<b>PM</b> 2-4 Unless Otherwise Noted	Yoga for Your Health (2-3:30) Beginning Genealogy **Developing Your Interpersonal Effectiveness *Dreaming, Waking & Transformative Dream Practices Early Women Filmmakers 1902-1943 *The Enigmatic Emily Dickinson A Salute to the Comedy of Gene Wilder (2-5) *Go Take a Hike for Beginners Section 1 (2-5:30) **Go Take a Hike for Beginners Section 2 (2-5:30) <b>Beginning Spanish, Sec 2 2-4 p.m.</b>	**Beyond Hello: Five Vital Signs of Communication The Fight to Vote Homer's <i>Odyssey</i> *iPhone Photography The Mad Hatter: Knitting Hats for Advanced Beginners Nightclub Two Step for Beginners *Travel Apps: Getting the Most Out of Your Next Trip **Understanding the Lumbar Spine Wines You Never Knew You Loved The Met at the Movies (2-5) Philip Roth at the Movies (2-5) **Beginning Hiking WNC (2-5:30)	Strength Training for Healthy Aging (2-3) Continuing Beginning French 1E **Embracing Seasonal Changes Happy Feet *Heart Awakening Meditation Stillness Speaks *Talk is Cheap: Communication Challenges in Long-Term Relationships The World Series in Three Parts Zentangle Basics & Beyond (2-4:30) Master of Suspense: Hitchcock in Black & White (2-5) **Afternoon Hiking Along the Blue Ridge Parkway (2-5:30) Play Your Way to Better Health (3:15-4:15) *Go Take A Hike for Beginners Section 3 (2-5:30)

\*First 4 weeks

\*\*Second 4 weeks

thursdays	fridays	saturdays/workshops
<ul style="list-style-type: none"> <li>**Intermediate Hiking in WNC (9-3)</li> <li>*All About Android: Smartphones and Tablets <b>Sections 1 &amp; 2</b></li> <li>*Amazing World of Sand: Art, Nature and Technology</li> <li>**Measuring Up: Science of Metrology</li> <li>Practicing Wholehearted Living</li> <li>The Quest for Political Identity in the Early American Republic</li> <li>Science of Mind: Part 2</li> <li>Telling it Slant: A Poetry Writing Course</li> <li>*Breaking 100 (10-noon)</li> </ul>	<ul style="list-style-type: none"> <li>Yoga for Your Brain (9-10:30)</li> <li>Big History and the Meaning of Life</li> <li>**Drôme: The Other Provence</li> <li>*Ecology of Southern Appalachia</li> <li>Managing Your Health, Your Loved Ones, Your Home</li> <li>*Mind Fitness: Road Maps to Increased Self-Awareness <b>Cancelled</b></li> <li>*Sounds of the Chakras Meditation</li> <li>Advanced Photography (9-11:30)</li> <li>Magazine Mosaics: Variations on a Theme (9-11:30)</li> <li>**Functional Meditation (9-noon)</li> </ul>	<ul style="list-style-type: none"> <li>Tap Dancing for Fun (9-11)</li> </ul>
<ul style="list-style-type: none"> <li>1984: George Orwell's Dystopian Masterpiece</li> <li>Appalachian Sampler</li> <li>Black Holes &amp; Gravitational Waves</li> <li>How a Market System Works</li> <li>Intermediate French 2E</li> <li>*The Prescription Drug Market in the United States</li> </ul>	<p><b>You Won't Want to Miss Fab Fridays 11:30 a.m. – 1:15 p.m. In the Manheimer Room</b></p>	<ul style="list-style-type: none"> <li><b>Blog Your Way to a Book</b> Saturday, September 23, 9 a.m.-4 p.m.</li> <li><b>Draw with Scissors: Learn Japan's Black &amp; White Notan Style</b> Saturday, October 7, 9 a.m. – 4 p.m. Sunday, October 8, 9 a.m. – 4 p.m.</li> <li><b>Get Big With Paint</b> Saturday, October 21, noon – 4 p.m. Sunday, October 22, noon – 4 p.m.</li> <li><b>Introduction to Working with Clay</b> Friday October 27, 2:30 – 5 p.m. Saturday, October 28, 9:30 a.m. – 4:30 p.m. Sunday, October 29, 9:30 a.m. – 4:30 p.m.</li> <li><b>Google Chrome and the Chromebook: Exploring Alternative Laptop Options</b> Saturday, November 4, 10 a.m. – 3 p.m.</li> <li><b>Handmade Journal Workshop</b> Saturday, November 4, 10 a.m. – 3 p.m. Sunday, November 5, 10 a.m. – 3 p.m.</li> <li><b>Explore Vegan Cooking: Pizza!</b> Saturday, November 11, 10 a.m. – 1 p.m. <b>Location:</b> Sherrill Center Kitchen</li> </ul>
<ul style="list-style-type: none"> <li>Advanced French Grammar &amp; Conversation C</li> <li>Beginner Line Dance</li> <li>Breaking Up, Down &amp; Through</li> <li>**Developing Your Interpersonal Effectiveness</li> <li>Looking Back: A Fading Consensus on Being American</li> <li>*The Marshall Islands &amp; American Policy in Pacific Oceania</li> <li>The Beauty of Landscapes: Trees Through Time (2-4:30)</li> <li>*Let's Get Stone Faced: The Life &amp; Career of Buster Keaton (2-5)</li> </ul>	<ul style="list-style-type: none"> <li>Classical Pilates (2-3)</li> </ul>	<ul style="list-style-type: none"> <li><b>Excursion</b></li> <li><b>The Many Faces of Asheville Walking Tour</b> Monday, October 16, 10 - 11 a.m. <b>Location:</b> Downtown Asheville</li> </ul>

# Fall 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](http://www.olliasheville.com)*

# college for seniors

## Monday and Thursday

### Breaking 100

Health and Fitness  
Personal Development  
First 4 weeks: September 18, 21, 25, 28,  
October 2, 5, 9, 12  
Mondays and Thursdays, 10 a.m.-noon  
**Location:** Broadmoor Golf Course,  
101 French Broad Lane, Fletcher, NC

This course is geared toward established golfers (those who play 12 or more times a year) who have trouble shooting under 100. We will focus on course strategy, putting and chipping, and recovery from hazards and difficult lies, as well as basic full swing technique. All meetings will be at Broadmoor Golf Course in Fletcher. Each participant will fill out a pre-course self-assessment to help the instructors address individual needs.

**Recommended texts:** *Golf My Way* by Jack Nicklaus, ISBN-13: 978-0743267120. *Ben Hogan's Five Lessons: The Modern Fundamentals of Golf* by Ben Hogan, ISBN-13: 978-0671612979; *Harvey Penick's Little Red Book: Lessons And Teachings From A Lifetime In Golf* by Harvey Penick, ISBN-13: 978-1451683219; *Golf Is Not a Game of Perfect* by Bob Rotella, ISBN-13: 978-0684803647. **Prerequisite:** Participants should not be rank beginners but rather regular players who wish to improve their score.

**Instructors:** **John Himmelheber** (jxhimmelheber@gmail.com) and **Bruce Spang** (bspang4@gmail.com)

### Developing Your Interpersonal Effectiveness

Personal Development  
Second 4 weeks: October 16, 19, 23,  
26, 30, November 2, 6, 9  
Mondays and Thursdays, 2-4:30 p.m.

We all know the importance of good two-way open communication, yet in daily life, we often vacillate about whether to have that open but difficult conversation with another person. In this course, you will learn powerful ways to handle difficult conversations. With enrollment in this course, you are committing yourself to active learning, experimenting with new behaviors with which you may be unaccustomed and participating in a community of sharing. **Course fee:** \$21 for the Thomas-Kilman Conflict Mode questionnaire that assesses your preferred mode for dealing with conflict, payable to the instructor. **Recommended text:** *Difficult Conversations: How to Discuss What Matters Most* by Bruce Patton, Douglas Stone and Sheila Heen, ISBN-13: 978-0670883394. **Prerequisite:** Attendance at the first session is mandatory.

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

## Monday Morning

### Meditative Yoga

Health and Fitness  
8 weeks: September 18, 25,  
October 2, 9, 16, 23, 30,  
November 6  
Mondays, 9-10 a.m.

\$30

The practice of meditative yoga incorporates yoga asana (movement poses), breathwork and meditation that is both stress-relieving and fun. We will focus on moving with relation to the breath and learning to stay present while listening to our bodies. Props will be available. Bring your own yoga mat. *Meditative Yoga* is great for beginners or more seasoned yogis. **Course fee:** \$30. After receiving notice of registration, you must pay the fee within 10 days.

**Instructor:** **Lindsay Coward** (lindsaywootten@gmail.com)

### Building a Safer World

Math, Science, Technology  
Social Sciences  
8 weeks: September 18, 25,  
October 2, 9, 16, 23, 30,  
November 6  
Mondays, 9-11 a.m.

We will study the nuclear threats to a sustainable planet and how to diminish them using the tutorials from the Nuclear Threat Initiative (NTI) on weapons, missiles, securing fissile materials, nuclear terrorism, treaties and institutions. We will discuss the current situations in Iran and North Korea in particular.

**Instructor:** **Dot Sulock** (dsulock@unca.edu)

### Face to Face with Facebook

Math, Science, Technology  
8 weeks: September 18, 25,  
October 2, 9, 16, 23, 30,  
November 6  
Mondays, 9-11 a.m.

New to Facebook? In the first four weeks, meet Facebook—the screens and terminology of this communication tool that will help you socialize yourself, your family and/or your specific cause. In the second four weeks, we will focus on Facebook photography—still images, video and YouTube. This is a hands-on laptop experience with your own computer (or use one of the OLLI PC laptops). **Course requirement:** A Facebook account with a username and password.

**Instructor:** **Marc Czarnecki** (Marc@WebTechCzar.com)

## Monday Morning *continued*

### George Washington and the Continental Army

History  
8 weeks: September 18, 25, October 2, 9, 16, 23, 30, November 6  
Mondays, 9-11 a.m.

It is impossible to contemplate the successful completion of the American Revolution without ascribing it in large measure to the leadership of General George Washington. Yet a number of recent books and articles have severely criticized his conduct as commander of the Continental Army. We will discuss the events, battles, people and myths associated with the revolution and examine Washington's conduct of the war and his leadership of the Continental Army.

**Instructor:** **Bert Lockwood** (kelockwood@mindspring.com)

### An Initial Understanding of LGBTQIA: Sexual Orientation and Gender Identity

Social Sciences  
Second 4 weeks: October 16, 23, 30, November 6  
Mondays, 9-11 a.m.

Among the issues dividing the culture today is how some members of the affectional orientation/gender identity dominant culture (heterosexual/cis) perceive LGBTQIA individuals and judgments that are made about the LGBTQIA community. Through lecture and small group discussion, we will explore some basic information about LGBTQIA identity. Panel members who identify as LGBTQIA will share their stories ... stories that might lead to a broader understanding, more compassion and personal connection.

**Instructor:** **Patricia Robertson** (robertpe0530@gmail.com)

### Peanuts and Cracker Jack: Events that Shaped Baseball History

History  
8 weeks: September 18, 25, October 2, 9, 16, 23, 30, November 6  
Mondays, 9-11 a.m.

We will study one year in each decade beginning in 1900 and explore how events of that year affected the course of major league baseball. Years and topics will include 1919 and gambling, 1927 and the Yankee dynasty, 1947 and integration, 1973 and the designated hitter. **Recommended text:** *The New Bill James Historical Baseball Abstract* by Bill James, ISBN 10: 0-684-80697-5

**Instructor:** **Mark Whipple** (mark.whipple77@gmail.com)

### Show and Tell: The Story of Your Life **Cancelled**

Visual Arts  
First 4 weeks: September 18, 25, October 2, 9  
Mondays, 9-11 a.m.

We will go through the process of creating an image from our imaginations that will depict a meaningful event or events from our lives; the resulting image may be literal, metaphorical or abstract. We will start with putting ideas into a series of thumbnail rough sketches then in arranging the rough sketches into a complete composition. We will proceed to the next level of transferring the black and white comprehensive sketch to canvas or other media. The resulting product could make a dynamic cover for your biography or memoir or a special gift for family and friends. Some experience in drawing is recommended but not required. **Materials needed:** Drawing tools and paper; approximate cost \$10.

**Instructor:** **James Stilwell** (jamesstilwell@bellsouth.net)

### Transition to Whole Foods/Plant Based Living

Health and Fitness  
7 weeks: September 18, 25, October 2, 9, 16, 23, 30  
Mondays, 9-11 a.m.

Using video, lecture and discussion, we will investigate why a whole foods/plant based diet is healthful for the individual and sustainable for the planet. We will follow a 21-day "test-drive" eliminating animal products and most processed foods at home following recipes and menus provided. Cookbooks will be available for purchase. There will be a couple of cooking demos and a grocery shopping field trip. If you have any health issues or take any medications, it is imperative that you consult your healthcare provider prior to making dietary changes.

**Instructor:** **Bonnie Wheeler** (bonniewhee@gmail.com)

### Grilling with Mars and Venus

Personal Development  
First 4 weeks: September 18, 25, October 2, 9, Mondays, 9 a.m.-noon  
**Location:** Instructors' home

Participants will learn how to use basic barbecue grilling techniques in preparing meals. We will explore pros and cons of charcoal versus gas grills and tools needed for successful grilling. Menus are designed to complement the grilling techniques. Participants will grill meat, fish, poultry, vegetables and fruits and then sit down to feast on their efforts. The course will be held at the instructors' home, about a 10-minute drive from the Reuter Center. **Food fee:** \$80, payable to instructors at the first class. **Prerequisite:** Participants must commit to attend all four classes, must be able to stand for 2 1/2 hours at a time and move about in tight quarters.

**Instructors:** **Sheila Murphy** (murphy.sheila.a@gmail.com) and **Dennis Murphy** (murphdennisw@gmail.com)

# college for seniors

## Monday Mid-day

### Mindful Yoga and Meditation

Health and Fitness

8 weeks: September 18, 25,

October 2, 9, 16, 23, 30,

November 6

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

**Location:** Sherrill Center 306B

**\$30**

We will explore the practices of yoga-asana (poses)—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. **Course fee:** \$30. After receiving notice of registration, you must pay the fee within 10 days.

**Instructor:** **Stacey MacDonagh** (lovingkindness419@gmail.com)

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### Tai Chi for Balance and Agility

Health and Fitness

8 weeks: September 18, 25,

October 2, 9, 16, 23, 30,

November 6

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

**Location:** Sherrill Center 306A

**\$30**

We will be introduced to tai chi principles in the Yang style of Cheng, Man-Ching. By practicing a series of postures and a short choreography of continuous movements, we will follow the tai chi classics to become balanced, agile, coordinated and less tense but more alert. **Requirements:** Participants must be able to stand for 45 minutes without discomfort and should have free movement in the hip joint area. **Course fee:** \$30. After receiving notice of registration, you must pay the fee within 10 days.

**Instructor:** **Terry Call** (tfcall@icloud.com)

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### Abstract Landscape Photography Techniques

Visual Arts

6 weeks: September 18, 25,

October 2, 9, 16, 23

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

We'll look at a sampling of in-camera and post-processing techniques that may be used to create abstract photographic images. In-camera techniques will include intentional camera movement, macro/close-up and infrared capture. Post-processing methods will include using software apps such as Photoshop, NIK, Topaz, MacPhun and On1 plug-ins to create different abstract effects. Many effects are painterly, others bold interpretations. **Prerequisite:** Participants must be advanced beginners with DSLR cameras (no point and shoots or iPhone); have knowledge of camera settings, especially aperture preferred and manual settings; have a computer and willingness to experiment with recommended software (most available as 30-day trials).

**Instructor:** **Susanna Euston** (images@susannaeustonphotography.com)

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### Aristotle: Then and Now

Religion and Philosophy

8 weeks: September 18, 25,

October 2, 9, 16, 23, 30,

November 6

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

Aristotle's writings on ethics have played a profound role throughout the history of western civilization and have helped to shape the tenets of Judaism, Christianity and Islam as well as the modern fields of education and child development. Come explore Aristotle's views on happiness, character, friendship, habits, wisdom and the ideals that should make a society truly great. No prior background is required. The text for this course is available online without charge.

**Instructor:** **Ron Manheimer** (ronaldmanheimer@gmail.com)

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### Demagogues and Demagoguery in U.S. History

History

8 weeks: September 18, 25,

October 2, 9, 16, 23, 30,

November 6

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

We will attempt to define the terms "demagogue" and "demagoguery" and to provide an overview of the factors contributing to the rise and development of both in United States history. To illustrate the role demagogues and demagoguery has played in U.S. history, we will use the narratives of six historical figures: Ben Tillman, Huey Long, Father Charles Coughlin, Joseph McCarthy, George Wallace and Donald Trump. In addition we will use the ascension of Donald Trump to the presidency in 2016 to discuss how authoritarian government might develop in a post-fact environment.

**Instructor:** **Kenneth Zamkoff** (kenhondo@gmail.com)

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### Introduction to Japan

Social Sciences

8 weeks: September 18, 25,

October 2, 9, 16, 23, 30,

November 6

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

We will experience a broad introduction to the Land of the Rising Sun, exploring a variety of topics including Japanese arts, culture, religion, sports and recreation, among others. For those planning on visiting Japan (or perhaps a Japanese restaurant or event), we will also learn common everyday phrases, notable places to visit and popular food and drink items.

**Instructor:** **Matthew Allen** (matthew@elderlawcarolina.com)

## Monday Mid-day *continued*

### **Love Well: An Art and a Science**

Social Sciences

8 weeks: September 18, 25,

October 2, 9, 16, 23, 30

November 6

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

Love changes the structure of our brains. Our brains have a great deal to do with those whom we will love after childhood, and new loves will further change our brains. There are very strong deterministic reasons why people keep finding similarities (often unsatisfactory) in their relationships. Understanding this dynamic will help us move to freer and more satisfying relationships. **Recommended texts:** *The Art of Loving* by Erich Fromm, ISBN-13: 978-0061129735; *A General Theory of Love* by Thomas Lewis, Fari Amini and Richard Lannon, ISBN-13: 978-0375709227.

**Instructor:** Paul Hirschman (hirschman@gmail.com)

### **No Man is an Island: An Introduction to the Poetry of John Donne**

Languages, Literature, Writing

Last 6 weeks: October 2, 9, 16, 23, 30

November 6

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

Sometime playboy, sometime devoted lover and husband, sometime charismatic preacher, John Donne is best known for his metaphysical poetry, full of striking images and daring arguments. We will be introduced to the poetry and history of this passionate man of the early 17th century, a younger contemporary of Shakespeare and inspiration to a whole school of poets. **Recommended text:** *John Donne: Collected Poetry* (Penguin Classics) ed. Christopher Ricks, ISBN-13: 978-0141191577.

**Instructor:** David Barratt (dandjbarratt@netscape.net)

## Monday Afternoon

### **Yoga for Your Health**

**\$30**

Health and Fitness

8 weeks: September 18, 25,

October 2, 9, 16, 23, 30,

November 6

Mondays, 2-3:30 p.m.

We will practice gentle, therapeutic yoga movements to stretch, strengthen and increase mobility in muscles and joints and to improve circulation, balance, mental clarity, breathing and digestive function. Seated and standing poses are done with the support of a chair, followed by gentle floor poses lying down on your belly and on your back. Each class finishes with a guided relaxation. Please bring a yoga mat and wear loose, comfortable clothing. **Course fee:** \$30. After receiving notice of registration, you must pay the fee within 10 days.

**Instructor:** Jenne Sluder (jenneuine@gmail.com)

### **Beginning Genealogy**

Personal Development

8 weeks: September 18, 25,

October 2, 9, 16, 23, 30,

November 6

Mondays, 2-4 p.m.

We will learn basic principles and techniques used to research ancestors. The focus will be on United States census, birth, marriage, cemetery and other records. Three of the largest internet genealogy databases (one is free!) and computer programs used for researching and organizing the results will be demonstrated. There will be time in at least one class to try some of the websites using a tablet or laptop. During a later class, we will visit the Old Buncombe County Genealogical Society. **Prerequisite:** Participants should be comfortable with internet search engines and navigating websites. Bring your own devices to class.

**Instructor:** Mark Speer (mspeer8@yahoo.com)

### **Dreaming, Waking and Transformative Dream Practices**

Personal Development

First 4 weeks: September 18, 25,

October 2, 9

Mondays, 2-4 p.m.

In the ancient world, dreams were understood as a primal activity of the soul. Dreaming was highly valued as both a method for exploring the great mysteries and as a primary avenue through which wisdom, guidance and healing could be received. We will explore the importance of a dreaming life and the dream-waking state of consciousness—that space between inner and outer worlds. We will then learn how to recall dreams and how to apply ancient, modern and somatic approaches and methods to working with our dreams. **Required text:** *Inner Work: Using Dreams and Active Imagination for Personal Growth* by Robert A. Johnson, ISBN-13: 978-0062504319.

**Instructor:** Helena Daly (helenacdaly@gmail.com)

Beginning Spanish, Sec 2 See page 27 for course description.

8 weeks: September 18, October 2, 9, 16, 23, 30, November 6. No class Sept 25

Mondays, 2-4 p.m.

iPhone Photography, Sec 2 See page 30 for course description

4 weeks: September 25, Oct 2, 9, 16. Mondays, 11:30am-1:30pm [WWW.OLLIASHEVILLE.COM](http://WWW.OLLIASHEVILLE.COM) | 25

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## Monday Afternoon *continued*

### **Early Women Filmmakers**

**1902-1943**

Performing Arts

8 weeks: September 18, 25, October 2, 9, 16, 23, 30, November 6

Mondays, 2-4 p.m.

We will explore the beginning, the development and the eventual decline of women filmmakers in the United States and Europe. We will view short films and full length feature films—predominantly silent films—and discuss the significant contributions of women directors, writers and producers. Filmmakers to be showcased include Alice Guy-Blaché, Lois Weber, Mabel Normand and Leni Riefenstahl.

**Instructor: Chip Kaufmann** (jik44@bellsouth.net)

### **The Enigmatic Emily Dickinson**

Languages, Literature, Writing

First 4 weeks: September 18, 25, October 2, 9

Mondays, 2-4 p.m.

Her poetry has never quite squared with her reputation as an heroic virgin in a white dress, cloistered in her father's house. Was she a childlike genius, oddball spinster, anxiety-ridden neurotic, sarcastic comedian or the sibyl of Amherst writing in runes of violence and riddles of pain? Who was Emily Dickinson, really? We'll consider her life, read several online essays, explicate a few poems and watch the biographical film *A Quiet Passion*. Note: On October 9, class will extend to 4:30 p.m. for the film viewing. **Recommended text:** *Selected Poems of Emily Dickinson*, ISBN-13: 978-1853264191.

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

### **Heart Awakening Meditation Practices**

Personal Development

First 4 weeks: September 20, 27, October 4, 11

Wednesdays, 2-4 p.m.

**Location:** Asheville Insight

Meditation Center

175 Weaverville Road, Suite H  
Woodfin, NC 28804

We will learn meditation and contemplative practices to awaken and liberate the heart and remove the shackles or constrictions to our heart and mind's freedom. Included in our practice will be Metta (loving kindness), Karuna (compassion), Mudita (joy/happiness) and Uppekha (equanimity). Our goal will be to experience a more natural ease, peace and an abiding joy during daily life.

**Instructor: Ronya Banks** (ronyared8@gmail.com)

### **Note Schedule Change: Meets on Wednesdays**

### **A Salute to the Comedy of Gene Wilder**

Performing Arts

Last 6 weeks: October 2, 9, 16, 23, 30

November 6

Mondays, 2-5 p.m.

Gene Wilder was a beloved star in three of Mel Brooks' masterpieces: *The Producers*, *Blazing Saddles* and *Young Frankenstein*. His comic persona permeates other classics, *Willie Wonka and the Chocolate Factory*, *Stir Crazy* and *Silver Streak* among them. As a salute to this master of comedy, the course will feature these six films, with biographical notes from the instructor, as well as video clips to highlight Gene Wilder's life and career.

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

### **Go Take a Hike For Beginners (Level 1)**

**Section 1**

Health and Fitness

First 4 weeks: September 18, 25, October 2, 9

Mondays, 2-5:30 p.m.

In this hiking course for beginners, we will start out with an easy trek over three miles and gradually increase the length and elevation over the four weeks. Hikes will commence within a 30- or 40-minute drive from OLLI. The trails planned are Laurel River, Catawba Falls, Bent Creek and Rattlesnake Lodge. **Prerequisite:** You must be able to walk three miles on uneven terrain before the course begins. See the course resource guide at olliashevile.com/courses. **Please note:** During the initial registration you may request more than one hiking course, but initially you will be enrolled in no more than one. If openings in other sections remain during Add-Drop, you may add another at that time.

**Instructors: Lee Orowitz** (leeorowitz@gmail.com) and

**Marcia Markowitz** (marcij.markowitz@gmail.com)

## Monday Afternoon *continued*

### Go Take a Hike For Beginners

#### (Level 1)

#### Section 2

Health and Fitness

Second 4 weeks: October 16, 23, 30, November 6 Mondays, 2-5:30 p.m.

In this hiking course for beginners, we will start out with an easy trek over three miles and gradually increase the length and elevation over the four weeks. Hikes will commence within a 30- or 40-minute drive from OLLI. The trails planned are Laurel River, Catawba Falls, Bent Creek and Rattlesnake Lodge. **Prerequisite:** You must be able to walk three miles on uneven terrain before the course begins. A hiking course orientation will be held on Thursday, September 28, 4:30-6:30 p.m. for all hiking in the second four weeks. See the course resource guide at [olliasheville.com/courses](http://olliasheville.com/courses). **Please note:** During the initial registration you may request more than one hiking course, but initially you will be enrolled in no more than one. If openings in other sections remain during Add-Drop, you may add another at that time.

**Instructors:** **Lori Postal** ([loripostal@gmail.com](mailto:loripostal@gmail.com)) and **Lee Orowitz** ([leeorowitz@gmail.com](mailto:leeorowitz@gmail.com))

## Tuesday Morning

### Pilates: Foundational Mat

Health and Fitness

8 weeks: September 19, 26, October 3, 10, 17, 24, 31, November 7 Tuesdays, 9-10:15 a.m.

We will work through the exercises developed by Joseph Pilates, focusing on developing core strength, flexibility, coordination, alignment and posture. Pilates will be introduced as an exercise regimen and also as a support for other activities such as hiking, running, yoga, gardening and everyday pursuits. Pilates is an exceptional workout regardless of current fitness level because all exercises are easily adapted or modified to meet individual physical needs. **Recommendations:** Participants should be able to get up and down to the floor comfortably.

**Instructor:** **Elise Beckstett** ([ebeckstett@me.com](mailto:ebeckstett@me.com))

### Architectural History of Asheville

Visual Arts

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

Long known for architectural splendor, Asheville has been fortunate in attracting many eminent architects including Douglas Ellington, Richard Sharp Smith, James Vester Miller and Tony Lord. We will review the historical designs and varied styles that have made this busy city a wealth of architectural delights like the Jackson Building, the Grove Park Inn, the City Building of Asheville and Biltmore House. In addition to covering the many historic buildings of Asheville, other American and European architects and their buildings will be presented to provide historic and stylistic context. **Recommended text:** *Asheville's Historic Architecture* by Richard Hansley, ISBN-13: 978-1609491079.

**Instructor:** **Richard Hansley** ([hansleym@aol.com](mailto:hansleym@aol.com))

### The Art of Solving Crosswords,

#### Level 1

Personal Development

8 weeks: September 19, 26, October 10, 17, 24, 31, November 7, 14 No class October 3 Tuesdays, 9-11 a.m.

Through lectures and working on puzzles in class, we will learn crossword terminology, where to find high-quality puzzles and strategies for solving. This no-pressure course, focused on the joy of doing crosswords, is for newcomers, occasional solvers and those who want to up their game. It will center around easier puzzles. If there is a good response, Level 2 (medium) and Level 3 courses (challenging) will follow.

**Instructor:** **Lewis Rothlein** ([ashtangaguy@aol.com](mailto:ashtangaguy@aol.com))

### Beginning Bridge

Personal Development

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

Participants will learn the point count method with upgrades known as Standard American. Each lesson begins with a lecture and discussion of the assigned topic, followed by play of appropriate hands. This course is NOT for experienced players. **Materials fee:** \$8 for student text and tri-fold bidding guide, payable to the instructor at the first session.

**Instructors:** **Bob and Marilyn Evans** ([Mickeybob2@aol.com](mailto:Mickeybob2@aol.com))

### Beginning Spanish

Languages, Literature, Writing

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

We will take a fun and interactive approach to introducing the Spanish language. We will emphasize practical and useful vocabulary and expressions that can be used in everyday situations here and abroad. Pronunciation and basic grammar will be introduced while promoting speaking skills from the very beginning.

**Instructor:** **Jan Meriwether** ([janmeriwether@gmail.com](mailto:janmeriwether@gmail.com))

# college for seniors

## Tuesday Morning *continued*

### **The Diaspora of the Arts from the Weimar Republic (1918-1939)**

Performing Arts

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

This course is an introduction and appreciation of the arts—literature, visual arts, music, theater and motion pictures—in the German-speaking lands during the Weimar Republic and their influences on the American Arts. Prior to World War I, the arts flourished, but in 1932 the advent of the National Socialists signaled an ominous trend. By 1937, a ruthless purge followed of all deemed “degenerate,” Jewish or politically suspect. Examples of the works of the exiles and émigrés will be provided in two stages: before the departures and after their arrivals in London, New York, Chicago and Los Angeles. See the course outline at [olliasheville.com/courses](http://olliasheville.com/courses) for details.

**Instructor:** **Evan Baker** (opus492@yahoo.com)

### **Scandalous Art**

Visual Arts

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

Loosely based on the book *The Museum of Scandals: Art that Shocked the World* by Elea Baucheron and Daine Routex, we will discuss visual art from the year 1427 until today. We will focus on four different ways that art can be controversial: sacrilege, political incorrectness, sexual scandals and transgressions. There should be something to offend almost anyone.

**Instructor:** **Walter A-Akert** (aakert@charter.net)

## Tuesday Mid-Day

### **Integrative Yoga for Your Aging Body**

**\$30**

Health and Fitness

7 weeks: September 19, 26, October 3, 10, 17, 31, November 7 No class October 24 Tuesdays, 11:30 a.m.-1 p.m.

We will focus on increasing flexibility, balance and strength. Using chairs and mats, we will practice the basic tools of yoga, such as relaxation, breathing and gentle postures that offer a means to enhance quality of life and to ease suffering caused by ailments common to seniors. Our work will be helpful for people with fall risks and problems of arthritis, back pain, osteoporosis, posture and chronic stress and anxiety. **Course fee:** \$30. After receiving notice of registration, you must pay the fee within 10 days.

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

### **Alice Munro: Short Stories**

Languages, Literature, Writing

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

Alice Munro won the 2013 Nobel Prize for Literature. We will discuss her life, writing techniques and why the Swedish Academy referred to her as a “master of the contemporary short story.” This is a repeat of a 2013 College for Seniors course.

**Required text:** *Too Much Happiness* by Alice Munro, ISBN 13: 978-0307390349.

**Instructor:** **Sylvie Horvath** (horvathwms@gmail.com)

### **Crimes, Conflicts, Quirks and Other Mysteries of History, Part 2**

History

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

We will investigate a new collection of entertaining, historically accurate stories depicting everything from clever cons to crimes of the century, scandalous sex to unscrupulous science, quick-witted women to wild weapons, dreadful disasters to mind-numbing mysteries and much more, all lavishly illustrated with drawings, photos and videos. Sample stories: *The Year Without Summer*, *Mistresses and Death*, *Houdini's Ghost Buster*, *When the U.S. Government Poisoned 10,000 Americans* and *The Great Molasses Disaster*.

**Instructor:** **Ron Schon** (schonad@gmail.com)

### **Global Climate Change: A Disaster with Solutions**

Math, Science, Technology

First 5 weeks: September 19, 26, October 3, 10, 17 Tuesdays, 11:30 a.m.-1:30 p.m.

Through lectures, guest speakers, videos and discussion, we will explore: 1) the science of global climate change (GCC) and how we know a seemingly trivial rise in global temperatures is meaningful; 2) the ongoing and predicted physical, economic, political and social impacts of GCC; 3) the techniques and motivations of the deniers; and 4) ethics and solutions: Who is doing what and how you can participate.

**Instructor:** **Roger Helm** (rhelmoileffects@gmail.com)

## Tuesday Mid-Day *continued*

### H. Richard Niebuhr's

#### *The Responsible Self*

Religion and Philosophy

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

We will read and discuss *The Responsible Self* by H. Richard Niebuhr, who taught ethics at the Yale Divinity School for 31 years in the middle of the last century. He presents the ethical self as a responding agent (as distinguished from a creative or purposeful agent or a law-observing agent), interacting with other agents and within a variety of contexts, social, historical and human. While the book is sub-titled *An Essay in Christian Moral Philosophy*, Niebuhr intended his work to be part of a broader discussion of and discourse on the nature of human morality. **Required text:** *The Responsible Self* by H. Richard Niebuhr, ISBN-13: 978-0664221522

**Instructor:** Farley Snell (snellfarleyw@netscape.net)

### Having Fun Drawing How We Look

Visual Arts

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

We will explore together a style of simplified portraiture that is used to entertain, amuse, educate and sometimes irk your subjects. We will understand caricature fundamentals and learn how to draw simple portraits with exaggerated features for greater impact. See a course outline and more details at [olliasheville.com/courses](http://olliasheville.com/courses).

**Instructor:** Bill LaRocque (boomrbill@gmail.com)

### Intermediate Spanish

Languages, Literature, Writing

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

In this interactive *Intermediate Spanish* course, we will focus on improving conversational Spanish through the use of vocabulary themes, games, songs and group discussions. Homework will be more than average for a College for Seniors course. **Prerequisite:** The ability to speak some Spanish is recommended for this course. **Required text:** *Buen viaje! Level 2*, 3rd Edition, Glencoe Spanish 2, Woodford and Schmitt; ISBN-13: 978-0078619700.

**Instructor:** Bill Tucker (w\_tucker@msn.com)

### Pirates of the Caribbean and Beyond

History

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

We shall cover the historical background of pirates and piracy, the tools of pirate trade and many of the well-known (and little-known) male and female privateers, buccaneers, corsairs and freebooters. We will focus on the pirate activity relative to the War of 1812, the Barbary Coast and Asia along with the Caribbean variety.

**Instructors:** Paula Withrow (pvwithrow@aol.com) and

Alan Cohlmeier (nucnavy602blue@gmail.com)

### The Principal Teachings of Buddhism

Religion and Philosophy

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

Lama Tsongkapa (14th c.) is widely considered the greatest Buddhist master and author of ancient Middle Asia. Among his prolific writings is a 14-verse poem, *The Three Principal Paths*, which conveys the essence of the steps on the path to enlightenment (Lam Rim). This scripture, together with a 19th century commentary, provide an excellent introduction to Buddhist thought. **Required text:** *The Principal Teachings of Buddhism* by Tsongkapa, ISBN-13 978-8120817128. **Prerequisite:** Prior to registration, participants should review the enrollment guidelines and course details, including expected participation in homework assignments, at [olliasheville.com/courses](http://olliasheville.com/courses).

**Instructor:** John Muecke (jcmuecke@gmail.com)

## Tuesday Afternoon

### Beyond Hello: The Five Vital Signs of Conversation

Social Sciences

Second 4 weeks: October 17, 24, 31, November 7 Tuesdays, 2-4 p.m.

Five vital signs of conversation are the most significant behaviors that communicate hierarchy and solidarity in human interaction: how we address people; what we self-disclose; where we sit; how we make eye contact; and where and when we touch. We will explore communication traits and specific field studies about conversation that will provide participants with real life experience in identifying these vital signs. Once we become conscious of how we broadcast our attitudes and emotions about friendship and social status, we can choose a conversation style that is low in hierarchy and high in solidarity.

**Recommended text:** *Beyond Hello* by Norman Markel and Trisha Renaud, ISBN-13: 978-0615964744. See additional information at <http://www.psychologyofconversation.com>.

**Instructor:** Norman Markel (normmarkel@gmail.com)

# college for seniors

## Tuesday Afternoon *continued*

### **The Fight to Vote**

Business, Law, Finance

8 weeks: September 19, 26,

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

Tuesdays, 2-4 p.m.

The struggle to define the right to vote has always been at the center of American politics. We will discuss some of the expansions and limitations of the right to vote from the Constitutional Convention to the present, addressing the challenges of race, class, age, gender, political gerrymandering, poll taxes, literacy tests, campaign finance and other issues. Readings will be drawn largely from edited U.S. Supreme Court decisions and political commentary. Based on guided questions and hypothetical cases, class discussions will focus on careful analysis of the readings. Although the issues to be discussed are certainly controversial, the course will not be a forum for political or partisan argument.

**Prerequisite:** A commitment to read a significant amount of complex material (30-40 pages per week) and to be prepared to discuss those materials.

**Instructor:** Ben Gilbert (bgilbert217@gmail.com)

### **Homer's *Odyssey***

Languages, Literature, Writing

8 weeks: September 19, 26,

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

Tuesdays, 2-4 p.m.

*The Odyssey* has been central to Western culture ever since its first oral recitation in approximately the 8th century BCE and has had an enormous influence on all world literature and culture. But mainly, it's a wonderful story wonderfully told. Homer's *Odyssey* is an epic poem, featuring the "man of many turns" and his adventures returning home after the Trojan War and reclaiming home and family. The probing analysis of Odysseus' and his wife Penelope's characters stands out in the world of literature. **Recommended text:** *The Odyssey* by Homer, translated by Robert Fitzgerald. ISBN-13: 978-0679728139.

**Instructor:** Mario A. DiCesare (dicesare1@mindspring.com)

### **iPhone Photography**

Math, Science, Technology

Visual Arts

First 4 weeks: September 19, 26,

October 3, 10

Tuesdays 2-4 p.m.

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

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

### **The Mad Hatter: Knitting Hats for the Advanced Beginner**

Visual Arts

8 weeks: September 19, 26,

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

Tuesdays, 2-4 p.m.

In this course for advanced beginners who are ready to tackle knitting simple hats, two projects will be accomplished. We will work on a moss stitch beret in chunky yarn using straight needles and a simple watch cap using the brioche stitch and knit in the round. It's a good introduction to knitting in the round. More challenging hat patterns will be offered as needed to meet the interest and experience of participants. **Prerequisite:** Participants should be comfortable with basic knitting stitches—knit and purl. They should know how to read a pattern.

**Instructor:** Gail Solomon (gailwriter@msn.com)

### **Nightclub Two Step for Beginners**

Health and Fitness

Last 6 weeks: October 3, 10, 17, 24, 31,

November 7

Tuesdays, 2-4 p.m.

**Location:** Sherrill Center 306

Nightclub two step is a partner dance often danced at country western venues. Similar to ballroom rumba, it is smooth and graceful, typically danced to slower, sometimes romantic music. This fairly uncomplicated dance is a dream to learn and dance. As a country dance, it's informal, very social and a lot of fun! A partner is recommended but not required. In College for Seniors dance courses, appropriate dance footwear is required. Participants must be able to maintain a moving balance and keep up a moderate pace as appropriate for the dance for up to two hours.

**Instructor:** Debbie Belles (dabinavl@charter.net)

### **Travel Apps: Getting the Most Out of Your Next Trip**

Math, Science, Technology

First 4 weeks: September 19, 26,

October 3, 10

Tuesdays 2-4 p.m.

There are many online websites and applications to help plan a trip, whether it be selecting a destination, shopping for competitive airfare, reading reviews or finding lodging. We'll discuss tools for keeping all your travel plans at your fingertips and make your next trip the best one ever.

**Instructor:** Julia Loughran (loughran@thoughtlink.com)

## Tuesday Afternoon *continued*

### **Understanding the Lumbar Spine**

Health and Fitness

Second 4 weeks: October 17, 24, 31,

November 7

Tuesdays, 2-4 p.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 return you to your highest function and keep your back the best that it can be.

**Instructor:** **Phil Rolfe** (philrolfedpt@gmail.com)

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### **Wines You Never Knew You Loved**

Personal Development

8 weeks: September 19, 26,

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

Tuesdays, 2-4 p.m.

**Location:** Metro Wines

169 Charlotte St, Asheville

Most people know and enjoy about six different grape varietals much of their lives, but there are thousands of grape varietals throughout the world. We will explore many relatively unknown wines and discover why they are loved in their home regions. We'll try old favorites like Chardonnay and Cabernet Sauvignon, but in different, lesser known styles found around the world. We'll discover grapes that are grown only in one small region of the world, as well as grapes that almost became extinct during the Chardonnay and Cabernet craze but now have a worldwide following. Broaden your wine horizon and find new favorites. **Materials fee:** \$96 to cover the wine tastings and food served at each session, payable to the instructor at the first class.

**Instructors:** **Andy Hale** (andy@metrowinesasheville.com) and

**John Kerr** (john@metrowinesasheville.com)

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### **The Met at the Movies**

Performing Arts

8 weeks: September 19, 26,

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

Tuesdays, 2-5 p.m.

We will explore the operas to be shown this fall at the Hi-Def *Live from the Met* series. The productions are Bellini's *Norma*, Mozart's *Magic Flute*, Puccini's *Tosca* and *The Exterminating Angel* by Thomas Ades. We will also hear Donizetti's *Lucia*, Humperdinck's *Hansel and Gretel* and Giordano's *Andrea Chenier*.

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

**Bill Heuermann** (whitwill@charter.net)

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### **Philip Roth at the Movies**

Language, Literature, Writing

Performing Arts

8 weeks: September 19, 26

October 3, 10, 17, 24, 31

November 7

Tuesdays 2-5 p.m.

Philip Roth is one of the most awarded American writers of his generation. Some have declared him America's greatest living author. Eight of Roth's novels have been adapted into films with varying degrees of success. We will view and discuss six of these films released between 1969 and 2016. We will focus on the complexities inherent in translating from page to screen and what is gained and lost when a work of art is translated from one medium to another. See the course webpage at [olliasheville.com/courses](http://olliasheville.com/courses) for film names and additional information.

**Instructor:** **Jay Jacoby** (bjjacoby@uncc.edu)

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### **Beginning Hiking in Western North Carolina (Level 1)**

Health and Fitness

Second 4 weeks: October 17, 24, 31,

November 7

Tuesdays 2-5:30 p.m.

We will start this hiking course for beginners with an easy trek over three miles and gradually increase the length and elevation over the four weeks. Hikes will commence within a 30- or 40-minute drive from OLLI. The trails planned are Warren Wilson River Trail West (3.4 miles, flat); Bent Creek loop (3.3 miles, little elevation gain); Craven Gap on the Mountain to Sea Trail (4 miles, 400 foot ascent); and Rattlesnake Lodge (4.4 miles, 830 foot ascent). **Prerequisite:** You must be able to walk three miles on uneven terrain before the course begins. A hiking course orientation will be held on Thursday, September 28, 4:30-6:30 p.m. for all courses in the second four weeks. See the course resource guide at [olliasheville.com/courses](http://olliasheville.com/courses). **Please note:** During the initial registration you may request more than one hiking course, but initially you will be enrolled in no more than one. If openings in other sections remain during Add-Drop, you may add another at that time.

**Instructors:** **Rebecca Banner** (beccabanner@gmail.com) and

**Liz Domingue** (Liz@justgetoutdoors.com)

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## Wednesday

### Beginning Hiking for Nature Lovers (Level 1)

Health and Fitness  
Second 4 weeks: October 18, 25,  
November 1, 8  
Wednesdays, 9 a.m.-2 p.m.

Hikes will cover approximately 3 miles, and we will appreciate sights and sounds along the way when fall color is at its peak. You'll have time to admire a mushroom, observe a bird or snap a quick pic while continuing to make progress toward your fitness goals. On most days, we will return to our cars by 2 p.m. **Prerequisite:** Participants must know they can walk at least 2-3 miles easily and have good walking shoes. A hiking course orientation will be held on Thursday, September 28, 4:30-6:30 p.m. for all courses in the second four weeks. See the course resource guide at [olliasheville.com/courses](http://olliasheville.com/courses). **Please note:** During the initial registration you may request more than one hiking course, but initially you will be enrolled in no more than one. If openings in other sections remain during Add-Drop, you may add another at that time.

**Instructors:** **Meridith Miller** (mlmiller1020@gmail.com) and  
**Gail Wiley** (cuscowillagail@gmail.com)

## Wednesday Morning

### Awakening to Now and How

Health and Fitness  
8 weeks: September 20, 27,  
October 4, 11, 18, 25  
November 1, 8  
Wednesdays, 9-11 a.m.

\$30

How do we get in our own way by stopping short or trying too hard? Alexander Technique teaches you how to distinguish habits of effort and inflexible thinking that impede the mental, emotional and physical resilience that is your birthright. Update your "mental map" of the body to prevent pain and alleviate injury; learn to cultivate directed thinking for more expansion and ease in every situation. Gain an understanding of functional anatomy and attitude that improves daily activities: standing, sitting, walking, and reaching. **Course fee:** \$30. After receiving notice of registration, you must pay the fee within 10 days.

**Instructor:** **Michèle Drivon** (consciousalignment@gmail.com)

### Changing Times, Changing Music: Recordings as History, 1945-1975

Performing Arts  
First 4 weeks: September 20, 27,  
October 4, 11  
Wednesdays, 9-11 a.m.

In a survey of popular recordings that address three tumultuous decades in American history, we will cover specific topics via lyrical analysis, including atomic energy, baseball, civil rights, radio/TV, railroading, space exploration, the Vietnam War and more. Songs, artists and social history will intersect throughout this course.

**Instructor:** **B. Lee Cooper** (ashevillecats1@charter.net)

### Escape and Renewal in Plays by Shakespeare

Languages, Literature, Writing  
8 weeks: September 20, 27,  
October 4, 11, 18, 25  
November 1, 8  
Wednesdays, 9-11 a.m.

We will take a close look at characters and artful wordplay in some of Shakespeare's best works. In *King Lear*, *As You Like It* and *The Winter's Tale*, such study can find in each play a thematic pattern of escape and renewal. Reading of all three plays is desirable but not required. **Recommended texts:** Paperback editions published in the Folger Shakespeare Library by Simon & Schuster. *As You Like It*, ISBN-13: 978-0743484862; *King Lear*, ISBN-13: 978-0743484954; *The Winter's Tale*, ISBN-13: 978-0743484893.

**Instructor:** **Bill Moore** (srwhmoore@comporium.net)

### Healthy Bites: A Sampler

Health and Fitness  
8 weeks: September 20, 27,  
October 4, 11, 18, 25  
November 1, 8  
Wednesdays, 9-11 a.m.

Let's be honest, aging can take its toll on activities that are important to us. The good news is that current health science indicates we can improve, maintain or recover these joys of living by making changes to our habits of diet, exercise and stress management. If you are not sure what changes to make, taking this course may help. In each session, taught by an OLLI member with experience in the field, we will focus on one exercise, nutrition or stress management topic, explore proven benefits, discuss barriers and practice key elements. See the course outline at [olliasheville.com/courses](http://olliasheville.com/courses).

**Recommended text:** *Younger Next Year* by Chris Crowley and Henry Lodge, MD, ISBN 13: 978-0761147732

**Instructor:** **Chris Lorish** (clorish@gmail.com)

## Wednesday Morning *continued*

### **John Burroughs: Freethinking Naturalist**

Religion and Philosophy

8 weeks: September 20, 27,

October 4, 11, 18, 25

November 1, 8

Wednesdays, 9-11 a.m.

### **Trains and the Transformation of Western North Carolina**

History

First 4 weeks: September 20, 27,

October 4, 11

Wednesday, 9-11 a.m.

### **Watercolor: The Joyful Art**

Visual Arts

7 weeks: September 20, 27,

October 4, 11, 18, 25, November 1

Wednesdays, 9-11 a.m.

## Wednesday Mid-Day

### **GROOVEing and Moving**

Health and Fitness

8 weeks: September 20, 27

October 4, 11, 18, 25

November 1, 8

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

**Location:** Sherrill Center 306

**\$30**

### **Docent's Journey: American Artists' Masterpieces**

Visual Arts

6 weeks: September 20, 27,

October 4, 11, 18, 25

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

### **How the Brain Works and What Happens When It Doesn't**

Math, Science, Technology

First 4 weeks: September 20, 27

October 4, 11

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

GROOVE is simple, easy and fun! We take simple movements and set them to different styles and genres of music both old and new. Through a common movement we unify as a group and then explore our own creative, authentic way to express this movement in our unique way. We remember the wonder and joy of being fully alive and establish vibrant holistic health for the mind, body, heart and soul. It's great exercise and delicious fun! **Course fee:** \$30. After receiving notice of registration, you must pay the fee within 10 days.

**Instructor:** JoAnna Fireman (jfirewoman@gmail.com)

We will focus on great American artists' masterpieces in painting, sculpture, architecture and photography from 1800 to the present, with our focus of study on works from America's most popular museums and private collections. Participants will develop a working knowledge and appreciation of the different art movements, styles, techniques and how they were influenced by changing historical and cultural events. The masterpieces will be examined from the view of the artists and the patrons.

**Instructor:** Ari Landau (arilandau629@hotmail.com)

We will explore Alexander Luria's research findings to gain an understanding of how the human brain functions in systematic, organized units and explore the hows and whys of most brain disorders and dysfunctions. This will include, but not be limited to strokes, concussions, the dementias, attention deficit/hyperactivity disorder (ADHD), traumatic brain injuries, epilepsy, depression, addictions and mental illnesses. No prior background in psychology or medicine is needed.

**Instructor:** Mark Watman (wat812@aol.com)

# college for seniors

## Wednesday Mid-Day *continued*

### **Is There a Case for God?**

Religion and Philosophy  
6 weeks: September 20, 27,  
October 4, 11, 18, 25  
Wednesdays, 11:30 a.m.-1:30 p.m.

Is there a reasonable argument—a case—for God? No one knows for sure, but opinions abound. If you have an opinion and enjoy debating the issue, this class is for you. We will explore historical, philosophical and scientific approaches to the God question. This is a small group discussion class. Together we will attempt to unravel the God debate.

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

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### **Navigating Windows 10**

Math, Science, Technology  
8 weeks: September 20, 27  
October 4, 11, 18, 25  
November 1, 8  
Wednesdays, 11:30 a.m.-1:30 p.m.

Windows 10 is the latest and ever-evolving release of the Microsoft Windows family and has another new premise for navigation and applications. Most users have to re-learn how to effectively use Windows. An overview of using Windows 10 on both touchscreen and mouse-driven computers/tablets will be provided. We will explore features and techniques based on student questions. Instruction in this course is not hands-on, but feel free to bring your device to class to follow along.

**Instructor:** **Bob Davis** (bdavvisit@swbell.net)

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### **Photo Editing Beyond Picasa**

Visual Arts  
Math, Science, Technology  
6 weeks: September 20, 27,  
October 4, 11, 18, 25  
Wednesdays, 11:30 a.m.-1:30 p.m.

In this beginning level course, we will learn how to improve and enhance photographs using Google's Picasa plus other basic photo editing software such as Smart Photo Editor, LUCid and Photoshop Elements. The emphasis will be on using basic "one-button" photo editing tools to improve photos. This course is not hands-on, but students will have take-home assignments. This course is not for iPhone users. **Prerequisites:** Participants must know how to use basic photo editing software (e.g., Google's Picasa), bring a flash drive, be able to access the Internet and have experience with Internet browsers.

**Instructor:** **Dennis Murphy** (murphdennisw@gmail.com)

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### **Wonders of Chess**

Personal Development  
6 weeks: September 20, 27,  
October 4, 11, 18, 25  
Wednesdays, 11:30 a.m.-1:30 p.m.

We will cover the basic principles and the thought process, logic, human interaction and paradoxes of chess. We will see chess as a nonlinear system and better understand chess players and their genius. Participants will experience the beauty of chess and learn to use the methodology in real life. Each session will follow a pattern of part-lecture and part-analysis around the table. **Prerequisite:** Participants must be knowledgeable of the basic chess moves with some experience of play. Participants are encouraged to bring a chess board.

**Instructor:** **Mark Labinov** (labinovmark11@gmail.com)

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### **Writing for Stand-Up Comedy 101**

Languages, Literature, Writing  
Last 6 weeks: October 4, 11, 18, 25  
November 1, 8  
Wednesdays, 11:30 a.m.-1:30 p.m.

We will focus on comedy writing for stand-up without the expectation of performing. We will discuss the objective rules unique to stand-up comedy, analyze what makes effective comedy and begin to formulate material that speaks to your individual voice and comic persona. From there, participants will decide if they wish to enroll in the follow-up class, *Performing Original Stand-Up Comedy*, which culminates in a stage performance before an audience of family and friends.

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

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### **Yoga for Life**

Health and Fitness  
8 weeks: September 20, 27,  
October 4, 11, 18, 25  
November 1, 8  
Wednesdays, 12:45-1:45 p.m.  
**Location:** Woodfin YMCA  
40 Merrimon Ave, Asheville, NC

For beginners as well as experienced yogis, this introductory course will include the foundations of proper alignment for increased mobility, improved balance and stability. Learn how yoga can reduce fall risks, lower blood pressure, increase respiration and decrease anxiety. Participants should be able to get down to the floor and back up without help. Comfortable clothing that allows movement is encouraged. Yoga mats will be available for use, but bring your own if desired. **Course fee:** \$30 fee to be paid to the YMCA on the first day of classes (\$20 for YMCA members).

**Instructor:** **Stacie Smith** (trainwithstacie@gmail.com)

## Wednesday Afternoon

### Strength Training for Healthy Aging **Section 1**

Health and Fitness

8 weeks: September 20, 27,

October 4, 11, 18, 25

November 1, 8

Wednesdays, 2-3 p.m.

**Location:** Woodfin YMCA

40 Merrimon Ave, Asheville, NC

**Section 2 added-same dates/location, new time: 3:15-4:15pm**

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### Continuing Beginning French 1E

Languages, Literature, Arts

8 weeks: September 20, 27,

October 4, 11, 18, 25

November 1, 8

Wednesdays, 2-4 p.m.

*Strength Training for Healthy Aging* will help participants find ease in the activities of daily living, improve range of motion and increase confidence and self-efficacy in movement. We will learn movements to work muscles in a safe and effective way and work with a variety of weights to maintain muscle mass, increase motor neuron recruitment and build functional strength. The knowledge gained in this course will empower participants to continue a strength-based fitness routine beyond the end of the term. Please wear clothing that you can move in comfortably and closed-toed shoes. **Course fee:** \$30 fee to be paid to the YMCA on the first day of classes (\$20 for YMCA members).

**Instructor:** **Stacie Smith** (trainwithstacie@gmail.com)

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### Embracing Seasonal Changes

Health and Fitness

Second 4 weeks: October 18, 25

November 1, 8

Wednesdays, 2-4 p.m.

This is NOT a very beginning French course. Enrollment is open to anyone with at least a second year high school or second semester college background in French and who is open and willing to try to read and speak *la belle langue* at the most basic level. We will be starting the fifth (out of 10) chapter of a college-level beginning textbook. As such, we will have just begun to use the past perfect (*passé composé*) tense. There are no tests or grades. Some homework is assigned, and answers are given at the next class. **Required text:** *Points de départ* by Cathy Pons et al, 2009 (first) Ed., ISBN-13: 978-0135136300.

**Instructor:** **Renée Raffini** (raffinir@gmail.com)

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### Happy Feet

Health and Fitness

Last 6 weeks: October 4, 11, 18, 25

November 1, 8

Wednesdays, 2-4 p.m.

Would you like to be able to flow with greater ease through the erratic weather changes? According to the Chinese medical system, the earth element represented by organ systems of the stomach and spleen can do that. In this multi-faceted participatory course, we will learn the stomach and spleen meridians and the acupressure points to strengthen the earth element. We will also explore food, herbs and qigong exercises that can boost the systems.

**Instructor:** **Su shen Huang** (myneedle47@hotmail.com)

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### Stillness Speaks

Religion and Philosophy

8 weeks: September 20, 27,

October 4, 11, 18, 25

November 1, 8

Wednesdays, 2-4 p.m.

We will introduce you to your own feet in an intimate way. Each session will begin with a *Feldenkrais Awareness Through Movement* lesson to promote greater flexibility throughout your body and to ease reaching your own feet. After a short lecture about anatomy and care of the feet, we will work with your feet to mobilize each joint and the soft tissues, which will increase flexibility, improve local blood flow and increase comfort. At the end of each session, we will experience another Feldenkrais lesson in standing in order to improve balance on your newly released feet.

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

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### Talk is Cheap: Communication Challenges in Long-Term Relationships

Personal Development

First 4 weeks: September 20, 27,

October 4, 11

Wednesdays, 2-4 p.m.

Drawing from the book *Stillness Speaks*, a book of quotations by consciousness teacher Eckhart Tolle, we will explore how living from the realm of ego creates individual and collective human suffering, while the journey into "being" liberates and awakens wisdom, happiness and well-being. The course will include lecture, discussion and meditation.

**Required text:** *Stillness Speaks* by Eckhart Tolle ISBN-13: 978-1577314004.

**Instructor:** **Bill Walz** (healing@billwalz.com)

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

**Instructor:** **Cynthia Berryman-Fink** (berrymanfink@gmail.com)

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## Wednesday Afternoon *continued*

### **The World Series in Three Parts**

History

Last 7 weeks: September 27,

October 4, 11, 18, 25

November 1, 8

Wednesdays, 2-4 p.m.

We will start with a brief review of every World Series in the championship's first 100 years with extra time about some of the top teams, players and managers. Later on we'll track the 2017 World Series and welcome to one session a player from two World Series winning teams. This is similar to the 1919 *Black Sox*, 1969 *Miracle Mets* course offered in 2013 and 2015.

**Instructor:** **Larry Griswold** (si54guy@gmail.com)

### **Zentangle Basics and Beyond**

Visual Arts

8 weeks: September 20, 27,

October 4, 11, 18, 25

November 1, 8

Wednesdays, 2-4:30 p.m.

Imagine having fun, being at peace, improving fine motor skills, focus, creativity and self-esteem. Discovery and relaxation happen as you let go and enjoy the journey with this easy-to-learn and relaxing method of drawing beautiful designs using structured patterns called Zentangle. This process is great for non-artists and artists. There are no mistakes, just opportunities. We will learn various techniques such as shading, auras, monotangles, border tangles, grid tangles, zendalas and more. **Materials fee:** \$25 for Zentangle basics kit which contains a Micron Pen, pencil, tortillon (cylindrical drawing tool) and five tiles. In each session, participants will be provided with two tiles and other supplies needed for a specific class.

**Instructor:** **Michelle Marshall** (triplemgro@msn.com)

### **Master of Suspense: Hitchcock in Black and White**

Performing Arts

8 weeks: September 20, 27,

October 4, 11, 18, 25

November 1, 8

Wednesdays, 2-5 p.m.

Alfred Hitchcock pioneered the suspense and psychological thriller genres, and his films often featured ordinary, innocent citizens caught up in a situation beyond their control. With more than 70 directing credits on which to focus, we will concentrate on Hitchcock's black and white masterpieces. We will examine how Hitchcock's life experiences influenced his films and explore how his directorial style, use of the camera and innovative film editing heightens the suspense and fear for the viewer.

**Instructor:** **Barbara Jaslow** (barbjas@aol.com)

### **Afternoon Hiking Along the Blue Ridge Parkway (Level 2)**

Health and Fitness

Second 4 weeks: October 18, 25,

November 1, 8

Wednesdays, 2-5:30 p.m.

We will embark upon four weekly hikes up and down the Blue Ridge Parkway, including Craggy Gardens to the north and the Mount Pisgah area to the south, with an optional supper at the Pisgah Inn following the hike taken during the last week of October. Hikes will commence within a 30- or 40-minute drive from the Reuter Center, and we will carpool from an off-campus location. **Prerequisites:** Participants must have previous hiking experience, know they can walk at least 3-4 miles and have good walking shoes. A hiking course orientation will be held on Thursday, September 28, 4:30-6:30 p.m. for all courses in the second four weeks. See the course resource guide at olliashevile.com/courses. **Please note:** During the initial registration you may request more than one hiking course, but initially you will be enrolled in no more than one. If openings in other sections remain during Add-Drop, you may add another at that time.

**Instructors:** **Bobbie Rockwell** (bobbierockwell@gmail.com) and **Nancy Gordon** (nordicnancy@gmail.com)

### **Go Take A Hike for Beginners (Level 1) Section 3**

First 4 weeks, 2-5:30 p.m.

See olliashevile.com/courses for information

**Instructors:** **Bobbi Powers** (bobbipowers23@gmail.com) and **Dennis Bass** (dbass3607@gmail.com)

### **Play Your Way to Better Health**

Health and Fitness **Cancelled**

8 weeks: September 20, 27,

October 4, 11, 18, 25

November 1, 8

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

**Location:** Woodfin YMCA

40 Merrimon Ave, Asheville, NC

Do you want to add movement to your daily life and get stronger but dread traditional exercises? Who says exercise has to be boring? In this course we will use games and play to move more, increase coordination and improve balance. All fitness levels are welcome whether you are just getting started or looking for variety in your weekly fitness routine. Wear clothing that allows movement and closed-toe shoes. **Course fee:** \$30 fee to be paid to the YMCA on the first day of classes (\$20 for YMCA members).

**Instructor:** **Stacie Smith** (trainwithstacie@gmail.com)

## Thursday

### Intermediate Hiking in Western North Carolina (Level 3)

Health and Fitness

Second 4 weeks: October 19, 26,

November 2, 9

Thursdays, 9 a.m.-3 p.m.

During a four-week course for those who have intermediate hiking experience, we will be hiking on uneven footpaths with varying levels of elevation gain. Location and difficulty will vary each week, but all hikes should be within 30-40 minutes of Asheville and all should be enjoyable! Participants do not have to be regular hikers but should have hiking experience. Meeting place will vary depending on the direction of the hike. **Prerequisite:** You must be able to hike at least four miles with an elevation gain of up to 1,000 feet before the course begins. A hiking course orientation will be held on Thursday, September 28, 4:30-6:30 p.m. for all courses in the second four weeks. See the course resource guide at [olliasheville.com/courses](http://olliasheville.com/courses). **Please note:** During the initial registration you may request more than one hiking course, but initially you will be enrolled in no more than one. If openings in other sections remain during Add-Drop, you may add another at that time.

**Instructors:** **Randy Fluharty** (rfluharty54@gmail.com) and **Nancy Gordon** (nordicnancy@gmail.com)

## Thursday Morning

### All About Android: Smartphone and Tablets Section 1

Math, Science, Technology

First 4 weeks: September 21, 28, October 5, 12

Thursdays, 9-11 a.m. **Section 2 added. second 4 weeks, Oct 19, 26, Nov 2, 9; 9-11am.**

The Android Operating System (OS) is the most popular OS in the world! We'll learn what Android is, how to work with its interface, how to install and work with popular applications (apps) and use its many built-in features. Bring your phone or tablet and get ready to learn and have fun.

**Instructor:** **Julia Loughran** (loughran@thoughtlink.com)

### Amazing World of Sand: Art, Nature and Technology

Math, Science, Technology

First 4 weeks: September 21, 28, October 5, 12,

Thursdays, 9-11 a.m.

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

**Instructor:** **Peter J. Blau** (contactpjblau@gmail.com)

### Measuring Up: The Science of Metrology

Math, Science, Technology

Second 4 weeks: October 19, 26, November 2, 9

Thursdays, 9-11 a.m.

Metrology, the science of measuring, is an essential tool in science, technology and daily life. We will explore the rich history of basic measurements like length, weight, mass and time, spanning from ancient Egyptian cubits to the speed of light. We'll measure the space between atoms, the height of mountains and the distance to the moon. We'll wonder at unusual units of measure and learn how standards-based institutions like the National Institute of Standards and Technology and the American Society for Testing and Materials (ASTM International) have evolved.

**Instructor:** **Peter J. Blau** (contactpjblau@gmail.com)

### Practicing Wholehearted Living

Personal Development

8 weeks: September 21, 28, October 5, 12, 19, 26,

November 2, 9

Thursdays, 9-11 a.m.

Many people have those "not good enough" thoughts as they strive for perfection in everything they do. Benefiting from a learning circle format, we will learn how to reframe those thoughts by learning about and practicing wholehearted living. We will gain insight into how to have the courage to let go of what others think, compassion enough to love ourselves and self-acceptance so we can make real connections with others. We will utilize Brené Brown's *The Gifts of Imperfection* as our learning guide and will share our experiences as we take this wholehearted living journey. **Required text:** *Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are* by Brené Brown; ISBN-13: 978-1592858491.

**Instructors:** **Paula Massey** (massey.paula@gmail.com) and **Delyoce W. Porrata** (delyoce27@gmail.com)

# college for seniors

## Thursday Morning *continued*

### **The Quest for Political Identity in the Early American Republic**

History

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

The United States became independent as 13 former colonies with new state constitutions but without a clear plan for a federal government. Although the new republic underwent major institutional and legal developments, what the people thought was equally important. Radical concepts like equality and corruption unleashed by the revolution undermined the prevalent monarchical-hierarchical view of society and the elitist republic envisioned by our founding fathers leading to an egalitarian, materialistic and conflictive democracy by 1820. **Recommended text:** *The Radicalism of the American Revolution* by Gordon S. Wood, ISBN-13: 978-0679736882

**Instructor:** Tom Sanders (tsanders.avl@gmail.com)

### **Science of Mind: Part 2**

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

As a sequel to *Science of Mind* taught in Fall 2016, we will cover new material in subjects such as learning and memory, Alzheimer's disease and brain repair and some new topics such as neural disorders (the autism spectrum, mood disorders and schizophrenia), conscious vs. unconscious thinking and creativity. It is not necessary to have taken the prior course.

**Instructor:** Don Martin (dhmart@att.net)

### **Telling It Slant: A Poetry Writing Course**

Languages, Literature, Writing  
8 weeks: September 21, 28,  
October 5, 12, 19, 26,  
November 2, 9  
Thursdays, 9-11 a.m.

"Tell the truth, but tell it slant" was Emily Dickinson's advice to aspiring poets. Poetry makes maximum use of indirection and inference. Poetry suggests more than it says. It circumnavigates its subject matter. In this poetry writing course, we will explore strategies to make poems more lyrical and less explicit, expressing large truths through the accretion of small details. People who have never written a poem may not realize they can write quite a good poem on a first or second try. Beginning and experienced writers are welcome to join us to read and discuss one another's poetry.

**Instructor:** Mike Ross (ubifil@charter.net)

## Thursday Mid-Day

### **1984: George Orwell's Dystopian Masterpiece**

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

Since its publication in 1949, George Orwell's darkly prophetic dystopian novel 1984 has never left the public consciousness. His nightmare vision of a brutal totalitarian future is so compellingly crafted that Orwell's name has entered the lexicon of his beloved English language. We will read and discuss (and learn to love) this most "Orwellian" of books.

**Required text:** 1984 by George Orwell, ISBN-13: 978-0451524935.

**Instructor:** Dan Damerville (dandamerville@gmail.com)

### **Appalachian Sampler**

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

Explore the southern Appalachian highlands through its unique history, culture, music and folkways. The theme for this year's *Appalachian Sampler* is "Preservation." Guest speakers will help us understand what we preserve and value and ways the past enriches and informs our lives today. We will imagine preserves put up in a mountain kitchen; we will see what is in the jars, consider why it is there and who selected it and what was left out. We will also explore the inevitable tensions between past and present in this, the eighth rendition of *Appalachian Sampler*. See details at olliashevile.com/courses.

**Instructors:** Meridith Miller (mlmiller1020@gmail.com) and

Tom Plaut (tplaut3@gmail.com)

### **Black Holes and Gravitational Waves**

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

To understand the first detection of gravitational waves in 2016, one needs to understand a little about gravity and relativity theory. The instructor will describe classical Newtonian gravitation and then give a layman's introduction to Einstein's "General Theory of Relativity" and its concept of warped space-time. That theory predicts black holes, and it is the coalescence of two black holes that leads to the gravitational waves that were detected recently. No science background is necessary. **Recommended text:** *Gravity* by George Gamow, ISBN-13: 978-0486425634 and *Black Holes and Time Warps: Einstein's Outrageous Legacy* by Kip S. Thorne, ISBN-13: 978-0393312768.

**Instructor:** Ted McIrvine (McIrvine@aol.com)

## Thursday Mid-Day *continued*

### How a Market System Works

Social Sciences

8 weeks: September 21, 28,

October 5, 12, 19, 26,

November 2, 9

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

Markets are discussed every day. We will examine what markets are: how they work and how to evaluate their performance. We will consider policy efforts to influence markets as well as alternative means of distribution of economic goods and services. We will discuss the question of moral limits to markets and alternative means of distribution. Class participation is encouraged.

**Instructor:** Shirley Browning (scbrowning@bellsouth.net)

### Intermediate French 2E

Languages, Literature, Writing

8 weeks: September 21, 28,

October 5, 12, 19, 26,

November 2, 9

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

We will continue to develop the four language skills of listening, speaking, reading and writing. We will finish the *Discovering French Blanc* textbook and also do listening and reading activities in class. The instructor can loan participants the textbook as needed, but the activities book must be purchased online by new participants. **Required texts:** *Discovering French Blanc* by Jean-Paul Valette and Rebecca M. Valette, ISBN 13: 978-0669239362; *Discovering French Blanc Activity Book* by Jean-Paul Valette and Rebecca M. Valette, ISBN 13: 978-0669239393. **Prerequisite:** Participants should have taken a beginning French course, either at College for Seniors or elsewhere.

**Instructor:** Sue Larmon (susanlarmon@yahoo.com)

### The Prescription Drug Market in the United States

Business, Law, Finance

Health and Fitness

First 4 weeks: September 21, 28,

October 5, 12

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

For many (60% of American adults), taking at least one medication is a daily activity. Do you know how medications are developed or why sometimes there is only one choice? Have you puzzled over why some drugs are very expensive or why they are often less expensive in other countries? What are the roles of the FDA and other government agencies? We will discuss these topics and more.

**Instructor:** Michael Dickson (wxmxdx@gmail.com)

## Thursday Afternoon

### Advanced French Grammar and Conversation C

Languages, Literature, Writing

8 weeks: September 21, 28,

October 5, 12, 19, 26,

November 2, 9

Thursdays, 2-4 p.m.

This advanced French course, taught entirely in French, is a continuation of the course taught in the spring 2017 term. It is intended for those who have a solid background (minimum French 2 course at College for Seniors). Grammar will be taught as a review, including some finer points of the language. We will use internet resources to provide listening comprehension practice, vocabulary expansion and as a basis for discussion. Contact the instructor for further information and instructions for ordering the text.

**Required text:** *Une Fois pour Toutes* by Hale Sturges II, Linda Cregg Nielsen and Henry L. Herbst, ISBN-13: 978-0801308253 (2nd edition) or 978-0133611205 (3rd edition).

**Instructor:** Betty Carver (bcarver1@charter.net)

### Beginner Line Dance

\$30

Health and Fitness

7 weeks: September 21, 28,

October 5, 12, 26,

November 2, 9

No class October 19

Thursdays 2-4 p.m.

**Location:** Sherrill Center 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. **Course fee:** \$30. After receiving notice of registration, you must pay the fee within 10 days.

**Instructor:** Denna Yockey (denna.yockey@gmail.com)

### Breaking Up, Down and Through: Growing from Pain to Gain

Life Transitions

6 weeks: September 21, 28,

October 5, 12, 19, 26

Thursdays 2-4 p.m.

Everyone at our age has experienced meaningful losses in life: the death of a parent, spouse, child or dear friend; the loss of a job, a pet or one's dream. Anything that has brought love, joy and a sense of fulfillment into our lives can also be experienced as loss, and in the process of disengaging from someone or something that has held an important place, the landscapes of our lives change in significant ways. We will explore how loss is an essential part of life, and learn to understand that how we respond is an essential part of growth.

**Recommended text:** *Breaking Up, Breaking Down, & Breaking Through—Growing from Pain to Gain* by Susan Truett Trammell, ISBN-13: 978-1530106035.

**Instructor:** Susan Trammell (susanttrammell@gmail.com)

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## Thursday Afternoon *continued*

### **Looking Back: A Fading Consensus on Being American**

History

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

Early in the 20th century the United States began its proud rise to domestic prosperity and world leadership through our wealth, technology, military strength, and commitment to democracy. Half a century ago pride in our country began to fade, and today there is no consensus on what it means to be an American. We will compare the two halves of our past century to examine changes in the political, cultural and military arenas and to consider how, especially since the '70s, they affected our present unease. Several guest speakers will share expertise on cultural and military topics. **Course requirement:** To read at least one of the recommended books. See recommended reading, course expectations and guest speakers at [olliasheville.com/courses](http://olliasheville.com/courses).

**Instructor:** **Mary Lasher** (mlelasher.avl@gmail.com)

### **The Marshall Islands and American Policy in Pacific Oceania**

History

First 4 weeks: September 21, 28,  
October 5, 12  
Thursdays 2-4 p.m.

We will explore the interaction between leaders of the United States and the Marshall Islands, the struggle to create American policy in Pacific Oceania and the tenacious effort of the Marshallese to gain their independence, a struggle they began with the end of World War II. In 1986, independence came when the Republic of the Marshall Islands (RMI) entered into a Compact of Free Association with the United States. We will analyze the U.S.-RMI relationship and its impact on current global politics. See a course outline and more details at [olliasheville.com/courses](http://olliasheville.com/courses). **Recommended text:** *Kwajalein Atoll, the Marshall Islands and American Policy in the Pacific* by Ruth Douglas Currie, ISBN-13: 978-1476663111 or ISBN (ebook) 978-1476626321.

**Instructor:** **Ruth Currie** (rcurrie@warren-wilson.edu)

### **The Beauty of Landscapes: Trees Through Time**

Visual Arts

8 weeks: September 21, 28,  
October 5, 12, 19, 26,  
November 2, 9  
Thursdays, 2-4:30 p.m.

Using watercolors, we will paint landscapes featuring the beauty and individuality of trees throughout the four seasons. **Prerequisite:** Participants must have completed at least one course in transparent watercolor. If you have questions about required materials, contact the instructor.

**Instructor:** **Susan Kibler** (susankibler@icloud.com)

### **Let's Get Stone Faced: The Life and Career of Buster Keaton**

Performing Arts

First 4 weeks: September 21, 28,  
October 5, 12  
Thursdays 2-5 p.m.

We will examine the life and films of the amazing silent film comic/star Buster Keaton. Let's explore his difficulties and experiences that propelled him as a child star in vaudeville to the heights of the silent comedy. We'll view scenes from some of his shorts and features and watch four of Keaton's feature silent films: *Sherlock Jr.*, *The General*, *Steamboat Bill, Jr.* and *Our Hospitality* as well as the comedy short *The Scarecrow*. Fasten your seatbelts for a ride with Buster. Quiet on the set!

**Instructor:** **Chuck Fink** (chuck@mwwasheville.com)

## Friday Morning

### **Yoga for Your Brain**

**\$30**

Health and Fitness

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

We will explore yoga techniques to effect changes in the brain and to promote better communication between the brain and the nervous system (for example, to more effectively decrease the stress response in the body). We will also practice techniques to improve mind-body awareness and spend time each session discussing one aspect of how yoga can create new paths of communication in the brain. We will also review the neurobiologic foundation of and evidence behind the efficacy of these yoga practices. No prior experience with yoga is required. Please bring a yoga mat, and wear clothes that are easy to move in. **Course fee:** \$30. After receiving notice of registration, you must pay the fee within 10 days.

**Instructor:** **Ellen Morrissey** (LNMyogatherapy@gmail.com)

## Friday Morning *continued*

### **Big History and the Meaning of Life**

Social Sciences

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

Welcome to the exciting new (since 1989) discipline of Big History, which tells the story from the Big Bang to the present day. Big History covers many disciplines in ordinary language (no jargon). Looking at our history from this perspective changes almost everything. It's being taught as a one-year course to high school seniors and college freshmen worldwide and should be informative, challenging and fun. The instructor adds, "'The Meaning of Life' is my contribution to Big History, from almost 40 years of reading, thinking, writing and talking about it."

**Instructor:** **Davidson Loehr** (davidsonloehr@gmail.com)

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### **Drôme: The Other Provence**

History

Second 4 weeks: October 20, 27,  
November 3, 10  
Fridays, 9-11 a.m.

We will explore the landscape, culture and heritage of the Drôme region in southeast France. We will study its geography and the evolution of the area through time and its place in French history and economy. We will discover the secret beauty of the region, the people, their livelihood and their stories. Exploring this gem of France will open our eyes to what France is beyond Paris and stereotypes.

**Instructor:** **Sylvie Delaunay** (france26120@gmail.com)

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### **Ecology of Southern Appalachia**

Math, Science, Technology

First 4 weeks: September 22, 29,  
October 6, 13  
Fridays 9-11 a.m.

We will explore the uniqueness of the southern Appalachian Mountains, the oldest and most bio-diverse mountains in the world. We will cover the hydrology, plant and wildlife biology and human ecology of our region. Each week a different instructor will present his or her area of expertise.

**MountainTrue** (<http://mountaintrue.org>) serves 23 counties of Western North Carolina, focusing on sensible land use, restoring public forests, protecting water quality and promoting clean energy—all of which have a high impact on the environmental health and sustainability of our region. **Susan Bean** (susan@mountaintrue.org) and a series of other speakers will lead the course, including Bob Gale, Hartwell Carson, Josh Kelly and Bob Wagner.

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### **Managing Your Health, Your Loved Ones, Your Home**

Life Transitions

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

We will address eight key topics in the transition of aging, including resilience as we age, how to right-size our stuff, long-term care and planning, caring for aging parents and living in sustainable homes. Sheila O'Connor and Jeanne Cummings will connect the topics and facilitate the discussion. Local experts in their fields will provide additional input. See a list of speakers and the complete course outline at [olliasheville.com/courses](http://olliasheville.com/courses).

**Instructors:** **Sheila O'Connor** (sheila516@charter.net) and  
**Jeanne Cummings** (cummingsjd@yahoo.com)

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### **Mind Fitness: Road Maps to Increased Self-Awareness** Cancelled

Personal Development

4 weeks: September 22, 29,  
October 13, 20  
No Class October 6  
Fridays, 9-11 a.m.

We will use a series of models and interactive exercises to increase self-awareness and enhance coping strategies for better use of personal energy in a stressful world. Participants will explore their core values and apply new tools to hone their goal development as well as daily living skills. Each participant will develop a personal life mission statement.

**Instructor:** **Richard Boyum** (boyumrk@uwec.edu)

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### **Sounds of the Chakras Meditation**

Health and Fitness

First 4 weeks: September 22, 29,  
October 6, 13  
Fridays, 9-11 a.m.

**Location:** Sherrill Center 468

*Sounds of the Chakras* is a Nada Yoga meditation technique Linda Go created using specific vocalized tones that attunes the chakras and harmonizes our energy system. This meditation uses a sound healing instrument everyone possesses: the voice. *Sounds of the Chakras* is an invitation to explore a beautiful and effective way to harmonize all the elements of our being and take away with us a personal experience that is grounding and relaxing and connects us to the divinity that permeates our body.

**Instructor:** **Linda Go** (lindagomusic@gmail.com)

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## Friday Morning *continued*

### Advanced Photography

Visual Arts

6 weeks: September 22, 29,  
October 6, 13, 20, 27  
Fridays, 9-11:30 a.m.

We will cover evaluating exposure, proper metering choices, light and color theory, composition and framing, sensors and resolution, digital workflow, pre-printing rules, RAW file handling, file formats and camera filters. **Prerequisite:** Participants must have a camera and the user manual and be familiar with navigating the specific camera's menus. If you are unsure of your skill levels, you must contact the instructor prior to enrolling.

**Instructor:** **Robert Elias** (relias1@att.net)

### Magazine Mosaics: Variations on a

#### Theme

Visual Arts

8 weeks: September 22, 29,  
October 6, 13, 20, 27,  
November 3, 10  
Fridays, 9-11:30 a.m.

Participants will learn several different options for creating mosaics from magazines.

Participants may choose to create an animal or floral image or create a stained glass window effect based on a favorite theme. We will work on heavy watercolor paper that can be cut to size to fit any frame. Start creating delightful images that make perfect gifts for everyone on your list. **Materials fee:** \$.50 per sheet of heavy watercolor paper paid to the instructor.

**Instructor:** **Debbie Reynolds** (deborahareynolds@gmail.com)

### Functional Meditation

Health and Fitness

Personal Development

Second 4 weeks: October 20, 27,  
November 3, 10  
Fridays, 9 a.m.-noon

**Location:** Sherrill Center 468

Based upon the work of Jose Silva, we are invited to move into our own greenhouse of discovery while we move into and out of the meditative state at least three times during each meeting. Participants will learn to effectively and independently achieve the meditative state and, at the very least, become more relaxed. Elements to be considered during practice are pain control, improved sleep and avenues to better communication. Clearly you will feel better and better.

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

## Friday Afternoon

### Classical Pilates

Health and Fitness

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

**Location:** Fusion Pilates Studio  
120 Coxe Ave, Suite 1B, Asheville

We will study the foundation of the Pilates method for those who are new to Pilates or wish to focus on core principles. Using mat exercises, we will focus on strength, alignment, stretching, breathing and control. No prior Pilates experience is required. You may bring your own exercise mat or use one from the studio. **Prerequisite:** Participants must be comfortable working on the floor and able to get up and down without assistance. **Course fee:** \$30 to be paid to instructor on the first day.

**Instructors:** **Jennifer Gianni** (jen@fusionpilates.com) and  
**Kristine Angelacos** (kristine@nothome.org)

## Saturday

### Tap Dancing for Fun

Health and Fitness

6 weeks: September 23,  
October 7, 14, 21, 28,  
November 4  
No Class September 30  
Saturdays, 9-11 a.m.

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

**Instructor:** **Mary Walker** (20mlwalker14@gmail.com)

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