MONDAYS

9:45 a.m.
Art & History of Renaissance Italy ................................................. Mark Smith
Good Science, Bad Science & Fun Science ................................. Hermann Gueinski
History of Antique & Vintage Jewelry ..................................... Shelley Johnston
Understanding Your Pet’s Health ............................................. Alice Gora
Why Was Lincoln Murdered? ................................................ Bert Lockwood

11:30 a.m.-1 p.m.
Tai Chi for Arthritis: Part 1 & Intro to Part 2 .............................. Liz Ridley

11:30 a.m.-1:30 p.m.
*Easy Steps for Creating Perspective in Art ............................... Jim Stilwell
*Genealogy Using FamilySearch ............................................... Mark Speer
The Hebrew Prophets ............................................................... Farley Snell
Hitting the High Spots of Writing Fiction ................................. Cynthia Drew
Science & Technology for Global Citizens ............................... Larry Wilson

2-3:30 p.m.
Yoga for Your Health ............................................................... Jennie Sluder

2-4 p.m.
Dancers of the Golden Age of Hollywood ................................... Michael Ruiz
Handmade Fabric Flowers ...................................................... Elizabeth Searle
Southeastern Europe: From the Fall of Constantinople to the Greek Debt Crisis ........................................... Andronikos Falangas

2-5 p.m.
Introduction to LGBTQ Literature & Film ................................. Rachel Stein

TUESDAYS

9-10 a.m.
Classical Pilates ................................................................. Kristine Angelacos

9:45 a.m.
*Coping in the Information Age ............................................... Larry Fincher
Intermediate Bridge ............................................................... Bob & Marilyn Evans
*Into the Mountains with Bartram & Michaux ............................. Jenny Wilker
Topies in American Medicine 3: The War on Vaccines .... Bradley Fuller

11:30 a.m.-1:30 p.m.
Asheville on the Cheap ......................................................... Linda Orowitz
**Beginning Mah Jong  .......................................................... Rosemary Walton & Kenn Haring
Eudora Welty’s “Golden Apple” ............................................... Ronna Bloom
Pair Wine & Lunch .................................................................. Andy Hale & John Kerr
*Science & Technology: In-depth Lectures ............................... Howard Jaslow
The United Nations Sustainable Development Goals ............ Dot Sulock

2-3:30 p.m.
Ageless Grace: Functional Fitness for Body & Brain .................... Carol Gerson
Mindful Yoga & Meditation ................................................. Stacey MacDonagh

2-4 p.m.
Navigating Windows 10 ......................................................... Bob Davis
Sports History Stories from a Master Documentary Maker – Round 6 ................................................................. Larry Grieswold
*What’s Your Type & Why It Matters ...................................... Karen Depew ...
................................................................. & Graeme Ritchie

2-4:30 p.m.
Drawing Made Fun & Easy ..................................................... Debbie Reynolds

2-5 p.m.
The Met at the Movies .......................................................... Patricia & Bill Heuermann

WEDNESDAYS

9-11 a.m.
Google Drive: Gmail, Documents, Spreadsheets .................... Marc Czarnecki
Hiking the Camino de Santiago in Spain & France ........................... Hermann Gueinski
In-Light & Elec-trickery ......................................................... Erik Vedeler
Selected Shorts from the Silent Film Era .................................... Chip Kaufman
Tai Chi Chih: Joy Through Movement .................................... Steve Stevens
Wet Felting Techniques .......................................................... Rose Szabo
Writing Flash Fiction ............................................................ John Himmelheber

* Four-Weeks Course
** Five-Weeks Course
*** Course Meets Tuesdays & Wednesdays, 11:30-1:30

WEDNESDAYS continued

10-11 a.m.
Meditative Yoga ...................................................................... Lindsay Coward

11:30 a.m.-1 p.m.
MELT for Well-Being & Better Health ..................................... Terry Peters

11:30 a.m.-1:30 p.m.
Build Your Own Theology .................................................... Bob Falanga
Intriguing Topics in Mathematics ............................................ Cyril Fefer
The Population Bomb: 21st Century Outlook ........................ A. Clark Peters
Reconstruction & the Formation of the New South ................. Tom Sanders
Turning Your Passion into a Business with Purpose & Soul .......... Julie Snyder

2-3 p.m.
Group Fitness Sampler ......................................................... Stacie Smith

2-3:30 p.m.
*Community Folk Singing ...................................................... Fran Ross

2-4 p.m.
Awakening Into Your Deepest Self: A Meditation on the Purpose of Being Human ........................................ Bill Walz
Beginning Ballroom Dance: East Coast Swing ....................... Sherry Lubic
Biological Implications of Selected Controversial Issues ......... Marty Stickle
James Joyce: Death & Life, Portrait and The Dead .................. Mario Di Cesare
Sustainable Medicine for the 21st Century ............................ Sally Elizebeth

2-5 p.m.
Landscapes in Watercolors .................................................. P. Diane Chambers

3:15-4:15 p.m.
Fitness 101 ............................................................................. Stacie Smith

THURSDAYS

9-11 a.m.
Alternate History: If It Had Happened Otherwise ..................... Jay Jacoby
Face to Face with Facebook: An Introduction ......................... Marc Czarnecki
The History of Lighthouses: Bonfires to Satellites ................. Wayne Wheeler
Learn to Knit ........................................................................ B. Lee Cooper

11:30 a.m.-1:30 p.m.
Asheville’s Doomed Duo: Scott & Zelda Fitzgerald ................. Tom Hearmn
*Being Mortal: A Discussion on Living & Dying ...................... David Moos
Clothing – A Mirror of History ............................................. Paula Withrow
Learning to Meditate ......................................................... Peggy Moore
*Performance & Interpretation of Classical Concertos .... Chuck Briedis
The Plant Pure Nation ......................................................... Bonnie Wheeler

2-4 p.m.
Acting the Bard: The Shrew & the Corpulent One ....................... Jim Reid
*Bargello Designs for Small Projects ....................................... Sheila Murphy
Beginner Line Dance ............................................................. Denna Yockey
National Parks: What to See & When to Go ......................... Chester Pankowski
Older, Wiser, Sexually Smarter – Part 1 .................................. Kelley Johnson

2-4:30 p.m.
Ingmar Bergman’s Best Early Films ....................................... Doug Cooper

2-5 p.m.
Basic Oil Painting, Especially for Guys! ................................. Nancy Nehls Nelson

FRIDAYS

9-10:30 a.m.
*Self-Care Strategies for Seniors ............................................ Karen Sanders

9-11 a.m.
*Airplanes without Engines: Up, Up and Away ...................... Hermann Gueinski
Therapeutic Yoga .................................................................. Ellen Morrissey
Understanding the Lumbar Spine .......................................... Phil Rolfe

9 – noon
*Creating a Junk Journal ........................................................ Sheila May

Schedule is subject to change.