



Grow through life

OLLI at UNC
ASHEVILLE

FALL 2018 CLASSES & EVENTS

from the director - fall 2018

In an ageist society, some people seem surprised to hear the word "passion" associated with older adults. If you spend any time at the Reuter Center, however, you will meet many people who see retirement as a time to "follow their passion," although passion in retirement may look a little different than it does in earlier stages in our lives. Our College for Seniors instructors spend countless hours preparing courses because they relish the opportunity to have a dialogue, to learn with and from people who respect and share their intellectual curiosity. Passion is evident in people who volunteer for our committees and throughout Western North Carolina, to make sure they leave the world a better place. We experience the benefit of passion in the posts on OLLITalk where participants make recommendations for ophthalmologists and hair stylists or debate the merits of everything from the best form of hip replacement to the criteria for judging Chinese restaurants. We hear passion in the laughter in our atrium and in the people who can't wait for the next catalog or the opportunity to get back to class after a break.

A potential participant in our Paths to Creative Retirement workshop recently called and bluntly asked "Is this one of those workshops where you tell people to follow their passion in retirement? I don't like that stuff." I thought about this challenging question when I read about psychologists at Stanford University who set out to study whether the cliché commencement advice to "Follow your passion" leads to success for young people launching careers. High school and college students frequently hear, "If you find a job you love, you will never work a day in your life." The researchers wondered, however, whether people who narrowly follow their passion are able to make a living and whether it produces people who are resilient when they find that passion alone doesn't bring results. They questioned whether people who identified strongly with a passion for the arts and humanities or for science and technology could be flexible, critical thinkers. They found that some of the people in their study believed that passions are "fixed" and that once we "find" our passion, it makes everything easy. As one of the researchers explains, "Urging people to find their passion may lead them to put all their eggs in one basket but then to drop that basket when it becomes difficult to carry." Those who believe that talents evolve as we gain experience and that "passion" has to be developed tend to be open to new experiences, to try new things, to connect ideas from different areas of interest and to be less afraid of failure.

The researchers concluded that "develop your passion" would probably make more effective advice. As one of the researchers said "My undergraduates, at first, get all starry-eyed about the idea of finding their passion, but over time they get far more excited about developing their passion and seeing it through. They come to understand that that's how they and their futures will be shaped and how they will ultimately make their contributions."

Does this measured advice also inspire people to take advantage of the possibilities of creative retirement? President Jimmy Carter has written, "Retirement is a time when we can, by default, live a passive and inactive life. But there is a wonderful, if riskier, alternative. We can take advantage

of our newfound freedom and embark on new and exciting adventures. We now have time to fulfill some earlier ambitions. If we make a mistake, there are plenty of fallbacks. We need not be too cautious." In retirement, we can rethink the ways we measure success. When a promotion or a raise or a new job are not on the line, why not say yes to everything that sounds intriguing? Many people, however, find it is not easy to switch gears after a lifetime developing talent and achieving success. They may not trust in their ability to recover from mistakes.

My friend Shirley, who is in her 90s, has become my role model for thinking about quiet and inspiring ways to follow passion and become less averse to "failure." While I am often hesitant to try a recipe that seems complicated because I don't feel I have time to fail, she happily tests out strange ingredients and complex techniques and enjoys the process even when the product is imperfect. While I am hesitant to try something new after my puff pastry experiment is inedible, she laughs and eats around the burnt bits. She has always been a quilter, but in retirement her work has become colorful and boldly original. Some of her early experiments have become dog blankets, but because she kept experimenting and developing, a gift of one of her unique designs is cherished as a wall hanging once its duty as a baby quilt is complete. In the last year or so she has taken up mixed media art; her work is good enough that people try to buy it when she takes it to be framed. She has not yet made a sale because she says she doesn't want to put a price on the joy she gains from undertaking the process. Although she could keep churning out variations on a theme, she is constantly trying new materials and styles.

Some people may think of adventure only in bold terms, of skydiving or traveling to distant locales. It takes passion and courage, however, for people to try on new identities. At OLLI, research chemists become poets. Couch potatoes take up hiking and Pilates. Carnivores adopt a whole foods plant based diet. Most importantly, they share their newfound passions with a community of people looking for the next change or challenge. They follow and develop their passions and see a "mistake" as just another discovery. We don't have to offer cliché advice because we can simply look around and see people following and developing their passions and thriving in life's second half.



Catherine Frank

Catherine Frank
Executive Director, OLLI at UNC Asheville

fall 2018 events calendar

AUGUST

9 Fall 2018 registration opens
11 WNC Historical Association Lecture, 2 p.m.
12 Carolinas' Nature Photographers Association, 5:30 p.m.
16 Fall 2018 allocation registration ends, noon
17 Death Café, 5 p.m.
21 Elisha Mitchell Audubon Society, 7 p.m.
24-26 Paths to Creative Retirement Workshop (Reuter Center and OLLI offices closed)
27 Fall 2018 add/drop begins, 10 a.m.

September

2 The Autumn Players Readers Theatre, 2:30 p.m.
3 OLLI and the Reuter Center closed for Labor Day
6 Astronomy Club of Asheville, 7 p.m.
7 Midday Music with Pan Harmonia, 1:30 p.m.
9 Carolinas' Nature Photographers Association, 5:30 p.m.
10 STEM Lecture, 4:30 p.m.
11 World Affairs Council, 7:30 p.m.
14 New Member Welcome, 10 a.m.
14 Behind the Scenes at NC Stage, 12:30 p.m.
14 Symphony Talk, 3 p.m.
17 College for Seniors Fall 2018 courses begin, 9 a.m.
18 Elisha Mitchell Audubon Society, 7 p.m.
21 Fab Friday Lecture, 11:30 a.m.
21 Death Café, 5 p.m.
26 STEM Lecture, 4:30 p.m.
28 Fab Friday Lecture, 11:30 a.m.
30 The Autumn Players Readers Theatre, 2:30 p.m.

October

2 World Affairs Council, 7:30 p.m.
4 Astronomy Club of Asheville, 7 p.m.
5 Fab Friday Lecture, 11:30 a.m.
5 Behind the Scenes at NC Stage, 1:30 p.m.
10 STEM Lecture, 4:30 p.m.
10 Fall Membership Social, 4:30 p.m.
12 Fab Friday Lecture, 11:30 a.m.
12 Symphony Talk, 3 p.m.
14 Book Talk with Chris Highland, 4 p.m.
14 Carolinas' Nature Photographers Association, 5:30 p.m.
15 Living with Dementia for Caregivers, 2 p.m.

16 Elisha Mitchell Audubon Society, 7 p.m.
17 The Legacies of Engagement: Civil Rights Movement and Angela Davis, 7 p.m.
18 Advance Care Planning Workshop, 7 p.m.
19 Fab Friday Lecture, 11:30 a.m.
19 Death Café, 5 p.m.
22 Living with Dementia for Caregivers, 2 p.m.
24 STEM Lecture, 4:30 p.m.
25 OLLI Authors, 5 p.m.
26 Fab Friday Lecture, 11:30 a.m.
26 New to Medicare Class, 2 p.m. (registration required)
26 Storytelling by Adam Booth, 7 p.m.
28 The Autumn Players Readers Theatre, 2:30 p.m.
29 Living with Dementia for Caregivers, 2 p.m.
30 Safe Driving Program, 11:45 a.m. (registration required)

November

1 Astronomy Club of Asheville, 7 p.m.
2 Winter 2019 catalog available online
2 Fab Friday Lecture, 11:30 a.m.
2 Midday Music with Pan Harmonia, 1:30 p.m.
6 World Affairs Council, 7:30 p.m.
9 Winter 2019 registration opens, 10 a.m.
9 College for Seniors Fall 2018 courses end
9-10 Art Bazaar, 11 a.m.
11 Carolinas' Nature Photographers Association, 5:30 p.m.
14 STEM Lecture, 4:30 p.m.
15 Winter 2019 allocation registration ends, noon
16 Symphony Talk, 3 p.m.
16 Death Café, 5 p.m.
21-23 OLLI and the Reuter Center closed for Thanksgiving
30 Behind the Scenes at NC Stage, 1:30 p.m.

December

3 Winter 2019 add/drop begins
4 World Affairs Council, 7:30 p.m.
6 Astronomy Club of Asheville, 7 p.m.
7 Death Café, 5 p.m.
10 Reuter Center Singers Concert, 7 p.m.
15 Winter break begins (reopen January 2, 2019), 5 p.m.

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OLLI Steering Council 2018-2019

Chair: Bobbie Rockwell
Chair-Elect: Erik Vedeler
Secretary: Tom Hofmann
Past Chair: Kirk Borland
OLLI Executive Director: Catherine Frank

Committee Chairs

Civic Engagement: Kathleen Mainardi
College for Seniors: Cindy Berryman-Fink and Paula Withrow
Communications: David Langdon
Facilities: Terry Liles
Finance: Terry Reincke
Hospitality: Paula Massey
Inclusion: contact Jane Callis
Life Transitions: Meridith Miller
Nominating: Erik Vedeler
Planning: Sam Harben
Research: TBA

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 \$25 covers the membership period from August 1, 2018 - July 31, 2019. See page 16 for more information about changes in parking fees and the process for obtaining a parking decal in 2018-19. Member benefits for 2018-19 include:

- **UNC Asheville photo ID (OneCard)**
- **UNC Asheville Ramsey Library borrowing privileges**
- **OLLI Observer weekly electronic newsletter**
- **Use of OLLI wireless internet access in the Reuter Center**
- **Access to :**
Special Interest Groups (SIGS) (p. 5)
Activities, Programs, and Special Events (p. 6-10)
College for Seniors courses (p. 17-41)
UNC Asheville Health and Fitness Center (p. 4)
Leadership Asheville Seniors (p. 12)
Local Life Transitions Programs (p. 11)
UNC Asheville Parking Decal (p. 16)

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 members may receive UNC Asheville discounts at local businesses and at university special events. If you obtain an annual Passport sticker for your OneCard through University Police in Weizenblatt Hall, 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 office in Brown Hall. If you tell the associate that you are an OLLI member, you will be given the faculty/staff rate, and your dining services funds will not expire. You can add funds when your balance gets close to zero. Those funds can be used at any of the dining facilities on campus.

Vehicle Registration and Parking: OLLI members may park in campus parking lots designated as "non-resident student," provided they display a current parking decal on their rear window. Please see p. 16 for detailed instructions on how to obtain a decal for this year; all parking fees and vehicle registration will be managed by UNC Asheville's Department of Transportation and Parking. Please be aware that several construction projects are underway on the UNC Asheville campus that have a significant impact on the number of available parking spaces. There may be times when parking spaces are in short supply or when roadways in some parts of campus are blocked. Campus security will be checking parking stickers and giving tickets for parking violations.

Shuttle: Non-resident lots P01 and P02 are at the entrance to campus off Broadway on Campus Drive. The Purple Shuttle travels from these lots to the Reuter Center and arrives approximately every 15 minutes from 8:40 a.m. to 4:15 p.m. when UNC Asheville classes are in session. Please check the OLLI

Observer newsletter for updates on the shuttle schedule or contact the OLLI office with questions.

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

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

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

Dining Options: The Reuter Café on the Center's lower level is open Monday-Thursday from 8:30 a.m. to 3 p.m. and on Friday from 8:30 a.m. to 2 p.m. 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 Ponder Residence Hall (formerly Overlook Residence Hall).

Need more information? Check out these resources:

- OLLI Website: olliasheville.com
- Campus Map: maps.unca.edu
- UNC Asheville Events: events.unca.edu
- The OLLI Office—open weekdays, 8 a.m. to 5 p.m.
828.251.6140 | olli@unca.edu

Health and Fitness Center Membership

Fee: \$350 annually

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

special interest groups—SIGs

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

Apple Users

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

Art

Fridays, 1-4 p.m. Contact: Janet Richardson, 828.772.9660,
janetdunphy@mac.com

Beer on Tap

Second Wednesdays, 4:30 p.m. Contact:
Erik Vedeler, vedelererik@gmail.com

Bridge Buddies

Tuesdays, 2-5 p.m. Contact:
Connie Mitchell, 828.254.2209,
cmgm050@gmail.com

Bridge for Fun

Wednesdays, 2-5 p.m. Contact:
Patricia Grace 828.505.0046, pegrace@vt.edu or Beth Alford, 828.505.2922,
ralford9@bellsouth.net

Bridge Grads

Thursdays, 2-5 p.m. Contact: Neal Evans, 828.299.3972, nealevansfinance@aol.com or Kay Harrold, 828.257.4027,
karonharrold@gmail.com

Conversing in Spanish

First and third Wednesdays, 4 p.m.
Contact: Harv Wechsler,
wechsler7@hotmail.com

Dulcimer Players

Second and fourth Tuesdays, 4 p.m.
Contact: Cheryl Chasin,
cheryl.chasin@gmail.com

Financial Strategies in Retirement

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

The Forum: Dialogue to Challenge Our Thinking

Fridays, 1 p.m. Contact: Beth Johnson,
johnson1ea@earthlink.net

Français Facile

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

Friday Bridge

Fridays, 1:15-4 p.m. Contact:
Malcolm Douglas, malcolm@douglas.org
or Gloria Dupree, gnd729@gmail.com

Gardening

Second Tuesdays, 4:15 p.m. Contact:
Marilyn Dishaw, 828.215.3838,
ncdishaw@gmail.com

Hiking

Visit the website: OLLIHikingSIG.org
to join the group or call Marcia at
631.987.7451

History Book Lovers

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

Meditation

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

Men's Wisdom Works

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

Poetry Lovers

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

Stitch in Time

First Mondays, 2-4 p.m. Contact:
Gay Lambirth, 281.433.1060,
gaylambirth@yahoo.com

Texas Hold'Em Poker

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

Thriving in Community

Varied Fridays, varied times. Contact:
Amy Davidson,
adavison2ndtime@gmail.com

Tile Clickers (Mah Jongg)

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

Travel

Third Fridays, 2-4 p.m., Contact:
Madan Joshi, 302.528.2697,
madanmj1947@gmail.com or
Jo Steininger, 828.450.4606,
jsteinin@ret.unca.edu

Whole Foods/Plant-Based Living

Varied Fridays. 3:15 p.m. Contact: Bonnie Wheeler, bonniewhee@gmail.com

Wine Tasting

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

Women's Groups

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

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

Seniors' Health Insurance Information Program

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

activities & programs

special events—fall 2018

Unless otherwise noted, these events are free, open to everyone and held at the Reuter Center. Please note that these events are subject to changes in schedule and to cancellation. Call 828.251.6140 or consult the OLLI Observer email newsletter 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. Discussion will include communicating your treatment wishes to loved ones and to medical personnel, ethical and legal issues and the uses of advance directives. Ample time will be reserved for questions. Assistance will be provided for anyone wishing to complete a legally valid advance directive, including the notarization required in North Carolina, using the NC ACP "Short Form." There will also be an opportunity to enter your advance directive into your electronic Mission Medical Record.

- **Thursday, October 18, 7 p.m.**

Art Bazaar

At the 5th Annual OLLI Art Bazaar you will discover a showcase of members' talents in painting, photography, jewelry, textiles and much more. Member exhibitors will have a wide variety of handcrafted items on display and for sale, making this a perfect event to begin holiday shopping! Relax by purchasing a cup of coffee and a gourmet cookie from the OLLI member bakers after you finish your shopping; all proceeds from the bake sale benefit College for Seniors scholarships.

- **Friday, November 9, 11 a.m.-4 p.m. and Saturday, November 10, 11 a.m.-3 p.m.**

Astronomy Club of Asheville

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

- **Thursdays, September 6, October 4, November 1, and December 6, 7 p.m.**

The Autumn Players Readers Theater

The Autumn Players is a troupe of seasoned actors dedicated to taking the theatre experience into the community. Readings of great literature by experienced performers can spark deep understanding and kindle lasting interest. As words jump from the page with conviction and emotion, stories come to life. Come to the Reuter Center on assorted Sundays to enjoy these unique performances. Tickets are \$7 at the door.

- **Sunday, September 2, 2:30 p.m.** *God's Favorite* by Neil Simon, directed by Jim Reid
- **Sunday, September 30, 2:30 p.m.** *The Wisdom of Eve* by Mary Orr, directed by Wendy Strauss
- **Sunday, October 28, 2:30 p.m.** *Love, Loss and What I Wore* by Nora and Delia Ephron, directed by Martin May

Behind the Scenes at NC Stage

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

- **Friday, September 14, 12:30 p.m.** *DAR HE: The Story of Emmett Till*
- **Friday, October 5, 1:30 p.m.** *Frost/Nixon*
- **Friday, November 30, 1:30 p.m.** *It's a Wonderful Life*

Book Talk with Chris Highland

Chris Highland, OLLI instructor and author of ten books, will be reading from his new book, *A Freethinker's Gospel: Essays for a Sacred Secular World*. Published by Pisgah Press, the book is a collection of his weekly "Highland Views" columns in the Asheville Citizen-Times. Books will be available to purchase. Refreshments and booksigning to follow. For more information visit chighland.com

- **Sunday, October 14, 4 p.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. Meetings for the Asheville Region are held on the second Sunday of each month, beginning at 5:30 p.m. with a meet and greet; meetings begin at 6 p.m. For more information visit asheville.cnpa-regions.org

- **Sunday, August 12, 5:30 p.m.** Mary Presson Roberts
- **Sunday, September 9, 5:30 p.m.** Bird Photography by Don Wuori
- **Sunday, October 14, 5:30 p.m.** Photo Critique
- **Sunday, November 11, 5:30 p.m.** Portfolio Challenge

Death Café

"Death Café" is an engaging gathering that includes storytelling and conversation about a topic that too often alienates people in our death phobic culture. At Death Café, participants break into small groups of five or six people and discuss personal stories related to the death of loved ones, loss of jobs, relationships or marriages or loss or death of parts of ourselves. These programs are facilitated by Karen Sanders, Greg Lathrop and Sa'id Osio from Third Messenger. Find out more at deathcafe.com

- **Fridays, August 17, September 21, October 19, November 16, and December 7, 5-6:30 p.m.**

special events—fall 2018 *continued*

Elisha Mitchell Audubon Society

The Elisha Mitchell chapter of the National Audubon Society was formed in Asheville in 1986 to promote birding and an appreciation of all nature and to help preserve wildlife and natural ecosystems. The chapter spearheaded an effort to save a lakefront property and now owns and manages it as the Beaver Lake Bird Sanctuary. EMAS offers free educational programs at the Reuter Center on the third Tuesday of the month. Find out more at emasnc.org.

- **Tuesdays, August 21, September 18, and October 16, 7 p.m.**

Fall Membership Social

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

- **Wednesday, October 10, 4:30 p.m.**

The Legacies of Engagement:

The Civil Rights Movements and Angela Davis

Dr. Sharon Lynette Jones, professor of English language and literatures, Wright State University, Dayton, Ohio, will explore the life of Angela Davis in connection with social movements in the twentieth century and the twenty-first century in the United States and abroad. The time period covered will include 1940s -2018. Topics explored will include Angela Davis' childhood/adolescence, her years as an undergraduate and graduate student and as a participant in civil rights organizations, the "Free Angela Davis" movements and her influence as a scholar/professor. The presentation will draw upon a variety of source materials and research and will include an interdisciplinary approach to evaluating and assessing the life and legacy of Angela Davis and the history and current state of the civil rights movements.

- **Wednesday, October 17, 7 p.m.**

Living with Dementia for Caregivers

Sponsored by the Alzheimer's Association of WNC (www.alz.org/northcarolina), this series of lectures will offer insight into this illness. Denise Young, regional manager of the Alzheimer's Association of Western Carolina, will present, along with area experts.

- **Mondays, October 15, 22, and 29, 2-4 p.m.**



Pan Harmonia will offer Midday Music to showcase their blend of informal performances and imaginative programming.

Midday Music with Pan Harmonia

Now in its 19th season, Asheville's Pan Harmonia enjoys taking its music out of the concert hall and into unlikely spaces all around our community. Learn about the music and meet the musicians in informal conversation. Feel free to bring friends and your lunch. To learn more, visit panharmonia.org

- **Friday, September 7, 1:30 p.m.: It doesn't fit in a box!** Explore Pan Harmonia's 19th season of chamber concerts of contemporary, Celtic and Baroque music with flutist Kate Steinbeck, Baroque master Barbara Weiss and Celtic bagpiper and bassoonist Rosalind Buda.
- **Friday, November 2, 1:30 p.m.: The Art of It.** Discover the visual artists who inspired Johannes Brahms and his influence on Czech composer Bohuslav Martinů, with flutist Kate Steinbeck.

New Member Welcome

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

- **Friday, September 14, 10 a.m.**

activities & programs

special events—fall 2018 *continued*

New to Medicare Class

Are you new to Medicare? Are you confused by the many choices? Unbiased and accurate information is available from trained volunteers from the North Carolina Seniors' Health Insurance Information Program. The class will provide important information to assist you in understanding how Medicare works and what you need to do to obtain benefits and save money. Spaces are limited, so reserve your space by registering online at www.coabc.org. In addition, beginning at noon, representatives from the Social Security Administration will be available to answer questions about Social Security benefits and Medicare enrollment. They will also provide detailed instructions for using the Agency's online services at www.socialsecurity.gov.

- **Friday, October 26, 2-4 p.m.** Social Security representatives will be available beginning at noon.

OLLI Authors

OLLI Authors is a book talk series designed to recognize the many very talented poetry and prose writers among OLLI members. This term poets Joan Weiner and Ann Karson will read from their work.

- **Thursday, October 25, 5 p.m.** Reuter Center Room 206

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. During the annual holiday concert you will enjoy a performance and have an opportunity to sing along with traditional carols. Light refreshments will follow; donations to support the group are welcome.

- **Monday, December 10, 7 p.m.**

Safe Driving Program

AARP will offer a driver safety refresher course designed to help mature drivers remain safely on today's faster highways with a myriad of challenges. The four-hour 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

- **Tuesday, October 30, 11:45 a.m. - 4 p.m.**

STEM Lecture Series

The theme for the upcoming STEM (Science, Technology, Engineering and Math) lectures is "STEM Activities on Campus." These lectures will cover research both performed and in progress by UNC Asheville faculty and OLLI members. In addition, it will cover faculty's research with students and outreach to the community.

- **Monday, September 10, 4:30 p.m.** Britt Lundgren, UNC Asheville Physics Department, "Using Distant Quasars to Shed Light on the Invisible Properties of Galaxies"
- **Wednesday, September 26, 4:30 p.m.** Kevin Sanft, UNC Asheville Computer Science Department, "Data, Science and Simulation"
- **Wednesday, October 10, 4:30 p.m.** Stan Schmidt, OLLI member, "The Fermi Plague"
- **Wednesday, October 24, 4:30 p.m.** Sam Kaplan, UNC Asheville Mathematics Department, "Math Partnership with Asheville Public Housing"
- **Wednesday, November 14, 4:30 p.m.**, Steve Rinsler, OLLI member, "Searching for Plastic Man: From the 'Vis Medicatrix Natura' to Regenerative Medicine"

Storytelling by Adam Booth

OLLI is delighted to partner with Friends of the Weaverville Library to offer a festive storytelling event featuring well-known storyteller Adam Booth. Adam Booth's original stories blend traditional mountain folklore, music and awareness of contemporary Appalachia. He has been featured at the International Storytelling Center, the National Storytelling Conference, the National Storytelling Festival, the Appalachian Studies Association Conference and the National Academy of Medicine and has been a Spoken Word Resident at Banff Center (Alberta). He is a member of the Recording Academy, and his recordings have received two Parents' Choice Silver Honors and four Storytelling World Awards. He is a four-time champion of the West Virginia Liars' Contest. He will present a program from his Appalachian 20th Century Series, a cycle of original neo-traditional stories about "our people and their situations."

- **Friday, October 26, 7-8:30 p.m.**

special events—fall 2018 *continued*

Symphony Talks

Symphony Talks are an entertaining and educational way to hear about the music to be performed at upcoming Asheville Symphony Orchestra (ASO) Masterworks Concerts. The program begins with a presentation by Chip Kaufmann, who talks about the life and times of the featured composers. ASO has just selected Darko Butorac as music director, and at Symphony Talks he will appear with the soloist for upcoming concerts to talk about how the orchestra prepares and to offer ways to listen to the performance. For more information about the Asheville Symphony Orchestra or to find out how to purchase tickets for performances at the Thomas Wolfe Auditorium, visit ashevillesymphony.org

- **Friday, September 14, 3 p.m.** Wagner's *Tristan und Isolde*, Prelude and "Liebestod," Liszt's Piano Concert No. 1, Shostakovich's Symphony No. 5, with George Li, piano soloist
- **Friday, October 12, 3 p.m.** Beethoven's *Egmont* Overture, Mozart's Violin Concerto No. 5, "Turkish" and Schumann's Symphony No. 4 with Adele Anthony, violin soloist
- **Friday, November 16, 3 p.m.** Bates' *Mothership*, Ellington's *New World A-Comin'*, Gershwin's Variations on "I Go Rhythm," Ellington's *Harlem* and Gershwin's *An American in Paris*, with Aaron Diehl, piano soloist



Come to Symphony Talks this fall to hear Darko Butorac, Asheville Symphony's New Music Director.

WNC Historical Association Lecture

The mission of the Western North Carolina Historical Association (WNCHA) is the preservation and promotion of the history of Western North Carolina through the care, interpretation and presentation of the Smith-McDowell House, the education of the public through lectures, exhibitions, publications and related events and the facilitation of cooperation among regional historical organizations. As part of an ongoing lecture series at OLLI, Ben Steere, assistant professor of anthropology and director of the Cherokee studies program at Western Carolina University, will offer a lecture titled "The Archaeology of Mounds and Towns in the Cherokee Heartland of Western North Carolina." A \$5 donation is requested at the door (WNCHA members are free).

- **Saturday, August 11, 2 p.m.**

World Affairs Council

World Affairs Council (WAC) lectures and discussions aim to advance international awareness and foster Western North Carolina's global ties. Meetings offer a lively line up of topics and compelling presenters. OLLI members receive a discount on WAC annual membership fee. Lectures are free to WAC members and UNC Asheville undergraduate students. All others are \$10 at the door. For more details about programs, consult the WAC website, www.main.nc.us/wac/.

- **Tuesdays, September 11, October 2, November 6, and December 4, 7:30 p.m.**

Thanks to OLLI Volunteers!

OLLI runs on the work of over 500 volunteers. We want to thank all of those people who organize the special events and programs like Fab Fridays or the OLLI Art Bazaar, who offer warm hospitality at socials and new member welcomes, who organize the curriculum and teach the courses to create a thriving community of teachers and learners and who welcome people from all over the country to make the transition from work to retirement. Check out our website at olliasheville.com/volunteering or call the office at 828.251.6140 if you would like to join other volunteers and thrive in life's second half!

Adverse Weather Policy

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

activities & programs

fall 2018 fab fridays lunch and learn lectures

Fridays, 11:30-1:15 p.m. in the Reuter Center's Manheimer Room, members and guests are invited to enjoy stimulating presentations and dynamic question and answer sessions. Purchase lunch from the Reuter Café or bring your own brown bag. Programs are free and open to everyone.

September 21, The Hitler Years Through the Eyes of a Child

When Hitler came to power in January 1933, **Charlotte Hugues** Self was six years old. She grew up in Schwerin, the capital of the state of Mecklenburg, in Northern Germany. In this presentation Self will share her story of her mother's activities in the underground resistance movement as a member of the Social Democratic Party, her own experience as a twelve-year old during Kristallnacht, the Jewish pogrom on November 9, 1938, and her service as a courier taking secret underground papers to Vienna as part of the resistance. When Mecklenburg was occupied by the Soviet army in June 1945, Self had to leave, twice becoming a refugee and twice an immigrant over an eight-year period. After living in England for four years and in Canada for three years, she moved to California, where she lived for over fifty years. Charlotte came to Hendersonville, with her husband, Sydney Self, in 2005. Don't miss this rare opportunity to hear from someone who lived through some of the most challenging times of the 20th century.

September 28, Why are US Prescription Drugs

More Expensive than in Other Countries?

Can That Be Changed?

In recent years U.S. prescription drug expenditure has increased faster than other sectors of the U.S. health care market and the Consumer Price Index. In addition, U.S. prescription drug prices are generally higher than in other industrialized countries. **Michael Dickson**, who holds a bachelor's degree and a doctorate in pharmacy and is a professor emeritus, will help us understand why prescription drug prices in the U.S. are so high. He will also consider whether the U.S. might adopt practices used in other industrialized countries to control prescription drug expenditures and prices. Dickson has taught and done research in pharmacy outcomes and pharmacoeconomics for 30+ years. This lecture is a part of the *Health Education Series*.

October 5, Is There Hope for Palestine and Israel?

Charles Itzkovitz, Cindy Osborne and Said Abdallah,

members of the Palestinian and Jewish Egalitarian Team (PAJET), will examine the factors underlying the Palestinian/Israeli conflict and consider the prospects for peace. PAJET has met monthly since 2016 and consists of Palestinians, Jews and supportive, interested others, sharing perspectives, concerns, hopes and dreams to understand, and support each other. The relationships formed have been deep; the ability to hear the pain and suffering of all has been honest and sincere. This presentation is an outgrowth of that experience.

October 12, Your Precious Eyesight: Strategies to Preserve, Protect and Enhance

This presentation will enhance your knowledge of prevention, management and treatments of macular degeneration, cataracts, glaucoma, diabetic eye disease, dry eyes and much more. We will look at daily lifestyle and nutritional changes that make an impact on many eye conditions and preventative measures that will reduce eye health risks. New and existing treatments will be discussed, and participants will walk away with a better understanding of maintaining eye health, preservation and current management strategies. Questions about ocular-related concerns will be addressed at the end of the presentation.

Dr. Eric Bryant graduated magna cum laude from the Southern College of Optometry in 2002 and practices at Envision Eyecare in Asheville. He actively participates in volunteer programs to provide eye care at Asheville Buncombe Community Christian Ministry (ABCCM) and mission trips to Honduras and Costa Rica. He is an active Rotarian, past Lions Club board member and founder of a diabetic eye clinic at New Hope Volunteer Health Center. This lecture is a part of the *Health Education Series*.

October 19, Our Connected Future

The future of Western North Carolina depends on access to high speed internet (broadband) to improve education, health care and public safety. The West Next Generation Network (WNGN) initiative was created by six cities and four counties to encourage private sector providers to deliver ultra-fast bandwidth at highly affordable prices to ensure our region remains competitive in all sectors of the economy. **Dr. William Sederburg**, Chair of WNGN, will provide an overview of current broadband coverage in WNC, define future needs and explain current strategies. **Dr. Mike Dempsey** of Lenoir-Rhyne University and **Hunter Goosmann**, Executive Director of ERC Broadband, will provide commentary on the area's future needs and 5G wireless and respond to members' questions about internet services.

October 26, Medicine for Old Age; Staying Healthy While Preparing to Die

Most of us want to live as long as we have a quality of life "worth living for." Among the things that influence our odds of achieving this goal are: health habits, medical treatment choices, learning about our diseases and advance care planning. This lecture will include thought-provoking examples and audience response questions. For example, do we come out ahead choosing a life-prolonging treatment if we do not consider it might make us miserable?

David Mouw, 76, is a geriatrician and holds a doctorate in human physiology, co-chairs OLLI's Advance Care Planning Workshops and has given 14 previous Health Education Series lectures; the past two winter terms he taught a book discussion of Atul Gawande's *Being Mortal: Medicine and What Matters in the End*. This lecture is a part of the *Health Education Series*.

November 2, Cherokee Legends and Insights

Noted story-teller **Lloyd Arneach** is an enrolled member of the Eastern Band of Cherokee Indians. He was born and reared on the Cherokee Reservation in Cherokee, North Carolina, where he learned his first legends from two storytelling uncles. Lloyd presents his stories in a style that is humorous, informative and extremely moving. His stories range from the "old stories" of the Cherokee to contemporary stories he has collected. He has told stories in Washington, D.C., at the Kennedy Center, the National Folklife Festival and the opening of the National Museum of the American Indian. He was also on the bill at the Winnipeg International Storytelling Festival in Canada and more than a hundred festivals, schools, universities, pow-wows, theaters and other venues throughout the United States. Come hear this revered story-teller as he shares his love of Cherokee history and culture and takes us with him on a journey of the imagination.

Local Programming - Open to OLLI members only

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

Check website for 2019 dates

Cost: \$150 per person

More Information: www.olliasheville.com/exploring-ccrcs

National Programming - Open to anyone

Paths to Creative Retirement

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

Dates: August 24-26, 2018 and April 12-14, 2019

Cost: \$850 per person

More Information: www.PathstoCreativeRetirement.com

Creative Retirement Exploration Weekend

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

Dates: May 31-June 2, 2019

Cost: \$575 per person

More Information: www.ashevilleCREW.com

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

Life Transitions: Opportunity and Support

OLLI at UNC Asheville has been encouraging positive transitions in life's second half and the possibilities of creative retirement since 1988.

In Fall 2018, College for Seniors will offer two courses in its Life Transitions Curriculum. Karen C. Sanders will offer *Becoming an Informed Advocate for Your Own Healthcare* (p. 30) and Meridith Miller and Carole Spainhour will offer *Milestones and Challenges of Late Life* (p. 38). In Fall 2018 Health Education Series lectures, offered every other week as part of Fab Fridays, will include talks about the cost of prescription drugs, ways to protect and enhance your eyesight and "Medicine for Old Age: Staying Healthy While Preparing to Die" from popular College for Seniors instructor Dr. David Mouw. (see page 10 for complete descriptions).

The Thriving in Community Special Interest Group meets on varied Fridays throughout the year to provide information and resources for members interested in creating the support needed within their homes and neighborhood so they can "age in place" and thrive in the second half of life (see page 5 for contact information). On October 18, OLLI will offer one of its quarterly Advanced Care Planning Workshops (see page 6 for details).

If you would like to be a part of planning and implementing existing or new programming for any of OLLI's Life Transitions programs, please contact OLLI's Life Transitions Program Manager Hannah Furgiuele, 828.250.3871 or hfurgiue@unca.edu.

Leadership Asheville Seniors

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



When: Weekly sessions, September - November, 2018

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

Payment: Visa or MasterCard

Registration: Open to OLLI members only. Visit olliasheville.com/LAS for more information.

Questions? Call 828.250.3871

Why take LAS? Ask the alumni...

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

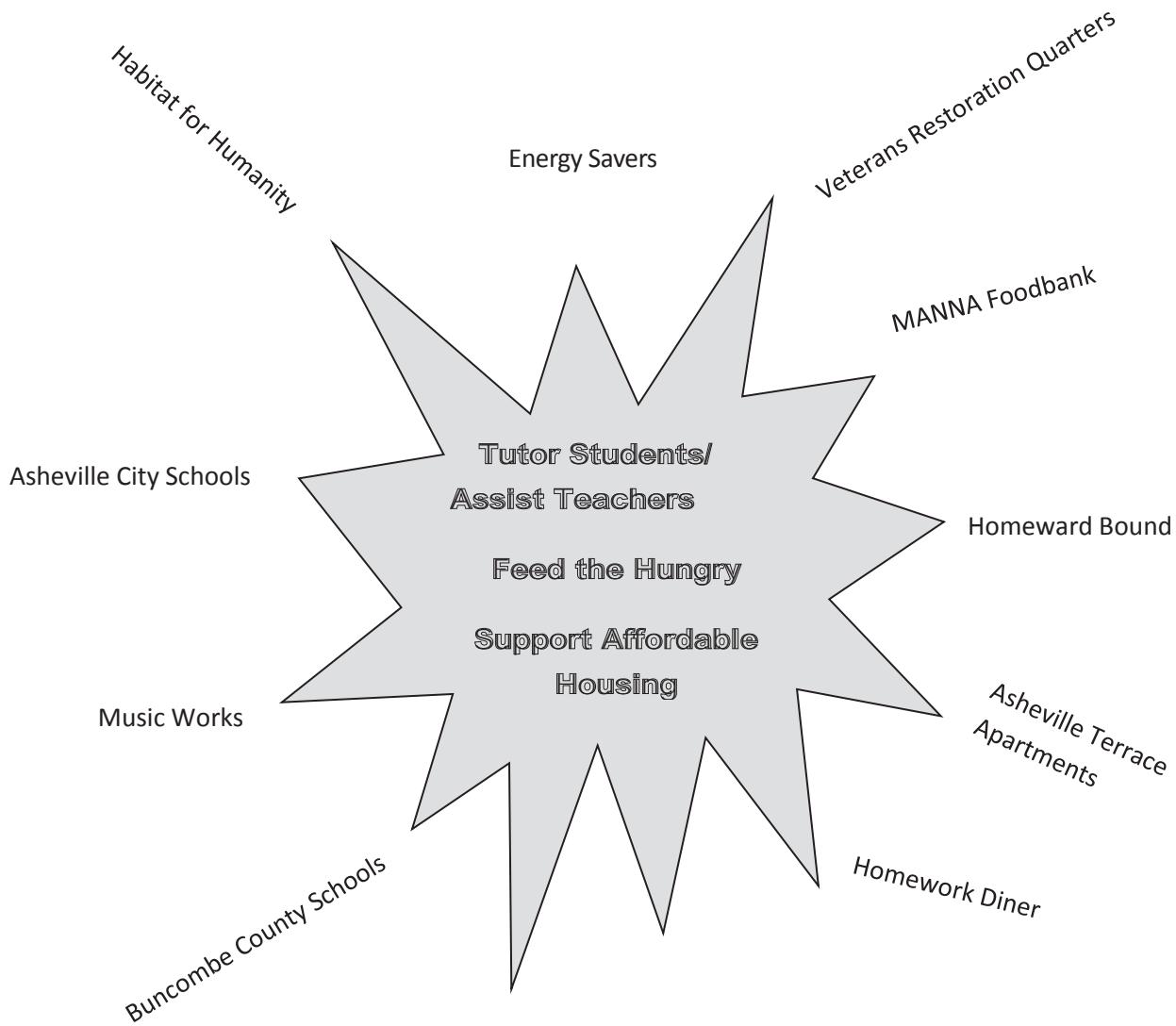
"Exposure to many facets of Asheville/Buncombe County that I probably would have never encountered or discovered on my own."

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



VOLUNTEERING

Actions That Make a Difference!



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

registration information

Join OLLI at UNC Asheville and Register for College for Seniors – Fall 2018 Initial allocation registration period is August 9, 10 a.m. to August 16, noon

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

Step 1: Sign in

- Click on the **Sign In** link at the top right of the page.
- If you 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 unsure if you already have an account, please call the office at 828.251.6140.
- 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 **OLLI 2018-19 Membership Fee**. Click on **Add to Cart** to add the \$25 fee.
- Click on **Registration Home**

Step 3: Purchase the College for Seniors Tuition

- Click on **CFS Fall 2018 Tuition Fee** or **CFS Fall Tuition 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** then on **College for Seniors** 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

- 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 Thursday, August 16, 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 24, 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 after notification (September 7) or you will be dropped from the course.**

registration information

Add-Drop opens Monday, August 27, 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. For most courses Add-Drop ends after the second meeting of a course.
- To drop a course, send an email to olli@unca.edu; include your name and the name of the course(s) you wish to drop.
- To drop all courses and receive a full refund, please submit your request by Friday, September 14, 3 p.m.

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.

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.

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				

Registering for Life Transitions or Leadership Asheville Seniors

- You may register for these other programs at the same time you register for College for Seniors.
- Sign In, go to **Registration Home**; select the program you want and click on **Add to Cart**.
- Proceed to payment as usual.

Registration schedule

- Initial allocation registration opens Thursday, August 9, 10 a.m.
- You may come to the Reuter Center for registration help on Thursday and Friday, August 9 and 10, Monday-Wednesday, August 13, 14, 15, 10 a.m.-3:30 p.m. and on Thursday, August 16, 8:30 a.m. – noon.
- Registration is closed during the allocation process, Thursday, August 16, noon, to Monday, August 27, 10 a.m. You may purchase an OLLI membership, 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 Friday, August 24, 4:30 p.m.
- Add-Drop opens Monday, August 27, 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 for most courses. If you wish to drop a course, please notify the OLLI office at olli@unca.edu or 828.251.6140.

Changes in Membership and Parking Fees for 2018-19

In 2018-19, changes in the university's parking system will lead to a significant increase in the fees OLLI members pay to park on campus. We wanted to give you all the details we have in order to help ease this transition.

The Highlights

- OLLI membership will be reduced to \$25 for anyone joining between August 1, 2018 and July 31, 2019.
- In 2018-19 OLLI members will purchase parking permits and decals directly from the university's online system at <https://www.permitsales.net/UNCA>
- The parking fee for an entire year will be \$125. The parking fee will be prorated for those who join the organization over the course of the year.

More details

How OLLI membership has worked

For many years, the OLLI membership fee has included a parking permit at no additional cost to our members. The OLLI office issued decals and paid a fee to our campus transportation and parking office for each decal we issued. We have not, in recent years, always raised our membership fees when parking fees were raised, so our members may not have been aware of the increasing additional costs. During 2017-18, OLLI as an organization paid \$75 for every permit issued for a full membership year, and did not retain any of the membership fees we collected.

Changes in payment for and distribution of parking decals

UNC Asheville is constructing new dorms to improve the undergraduate experience and is renovating buildings to improve and update facilities. This means that parking is displaced and that it has become a rare resource. New parking areas are being developed that must be funded solely by fees. In order to manage the scarce resource of parking on campus, the university's transportation and parking office has raised fees for all members of the university community and has required that OLLI separate parking and membership fees.

Beginning September 1, OLLI members will use the university's online parking decal system and pay (with a credit card) a separate fee for parking. Decals will be mailed to those who purchase through the online system. OLLI will no longer issue decals. We hope to be able to have times set aside closer to the beginning of our term in order to offer help with navigating the system, but at press time we had not yet had an opportunity to practice with the system ourselves.

Costs

Parking fees will be assessed as follows, with a 25% drop after the end of each OLLI term:

Fall (September 2018 – July 31, 2019): \$125

Winter (November 15, 2018-July 31, 2019): \$93.75

Spring (February 26, 2019-July 31, 2019): \$62.50

Summer: (May 18, 2019-July 31, 2019): \$31.25

Decals for additional cars registered for the same owner may be purchased for \$30. If you have a new car, there is no cost to replace the decal, if you take the used decal to the Campus Police office in Weizenblatt Hall on the university campus. If you report a decal as lost or stolen to University Police (828.251.6710) it will be replaced at no charge.

Reduction in OLLI Annual Membership Fee

Because parking and membership will no longer be connected, OLLI will reduce our 2018-19 membership fee to \$25. Our term fees for College for Seniors courses will remain at \$115 for our eight-week fall and spring terms, \$90 for our winter term and \$75 for our summer term. While we have increased the number of courses offered and added online registration, we have not increased fees for our members for more than 10 years.

OLLI members will still be eligible to obtain a Passport sticker for the OneCard that will entitle them to ride Asheville Transit at no cost. OLLI members will have access to campus shuttles from remote parking lots (although they must still have a valid decal to use those lots).

Impact

We recognize that an increase in fees for parking may put OLLI membership out of reach for some participants. While UNC Asheville's office of transportation and parking will not offer scholarships for parking fees, OLLI at UNC Asheville continues to offer scholarships to cover a portion of the cost of CFS courses.

Members may participate in Special Interest Groups at no cost, and we offer hundreds of hours of free programming through lectures and community partner events throughout the year. OLLI members still receive discounts or free admission to many UNC Asheville events and can enjoy many benefits of being part of the UNC Asheville community.

Our campus colleagues have to make challenging decisions about the ways they charge for some of our campus resources, and we have worked with our transportation and parking office to make the case for the needs of OLLI members.

We know that parking has been a challenge in recent years and anticipate that it will continue to be a challenge as construction continues to improve our campus. We know that no one wants to pay more for a service that is imperfect. We are grateful for everyone who finds that our offerings fill unique needs and for all of the people who contribute to OLLI's success. Despite the increased cost of participation for those who participate for a full year, OLLI offers an incredible value because of the time and talent that our members volunteer and because of the generosity of members and benefactors who have supported us financially. We hope that you will continue to be a part of our community of teachers and learners.

COLLEGE FOR SENIORS (CFS) is your opportunity to learn something just for the fun of it. Courses in this program are taught by members who have passion and professional expertise as well by UNC Asheville faculty and independent scholars in our area. Courses range from Appalachian music to astronomy, Socratic philosophy to travel apps, weight training to watercolor and much more. We offer four terms throughout the year, each one different with stimulating, entertaining and relevant courses. See pages 20 to 41 for course descriptions.

Fall: September 17 – November 9, 2018 (initial registration August 9-16)

Winter 2019: January 14-February 25, 2019 (initial registration November 9-15)

Spring 2019: March 25-May 17, 2019 (initial registration February 22-March 1)

Summer 2019: June 10-July 26, 2019 (initial registration May 10-16)

Scholarships are available to partially cover the expense of the term fees (the annual OLLI membership fee and parking fees are 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 Wednesday, August 15, 5 p.m. For more information, call 828.251.6384.

Guest Passes are issued to non-OLLI members for a single class meeting if they want to know more about OLLI and the College for Seniors or if they are out-of-town guests or family of OLLI members visiting OLLI for the day. Please note that OLLI members must be registered to attend classes and that only staff members (not individual instructors) can issue guest passes. Contact Herb Gunn (828.251.6873) for more information.

Class Reps help newer OLLI members become acclimated, assist instructors during a class and ensure that classes operate smoothly. To add your name to the database for Class Reps, complete the short information survey at tinyurl.com/CFSclassreps

Teaching at College for Seniors: At the heart of the College for Seniors program are dedicated volunteer instructors. For more information and the term proposal form visit: olliasheville.com/teaching-college-seniors or contact CFS Program Manager Herb Gunn at hgunn@unca.edu or call 828.251.6873. The deadline for proposals for Spring 2019 is November 1, 2018.

Need more information about College for Seniors courses?

Go to the OLLI website at olliasheville.com/courses to find more detailed course information and biographies of instructors for the Fall 2018 courses.



		mondays	tuesdays
AM 9-11 Unless Otherwise Noted	Architectural History of Asheville *Breaking 100 (10 a.m.–noon) Classical Music Forms Evolve in the 20 th Century Embellish with Embroidery Stitches *Grilling with Mars and Venus for Fall (9 a.m.–noon) Mindfulness-Based Stress Reduction (8:45-11:15 a.m.) A Paper Buffet Part 1: Appetizers Practical Chess So It Goes: The Early Novels of Kurt Vonnegut, Jr. (Section 1)	Big History and the Meaning of Life *Drawing Animals Ecology of Southern Appalachia The Joy of Watercolor *Point-Shoot-Share **The Red Scare: HUAC, Blacklists and McCarthyism Search for the Historical Paul	
Midday 11:30 a.m.-1:30 p.m. Unless Otherwise Noted	5Rhythms Movement Exploration for Baby Boomers (noon-1:30 p.m.) Beginning Genealogy Classical Yoga (noon-1:30 p.m.) Compassionate Communication *The Emergence of Japan as a World Power *Emotional Intelligence: How Emotions Affect Financial Decisions (11:45 a.m.-1:30 p.m.) Giuseppe Verdi: His Life, Times and Operas **Global Climate Change: A Disaster with Solutions The Sonnet	Appreciating Asheville's Appalachian Music *Best American Short Stories of the Twentieth Century: Part 1 **Christmas Music for Piano, Level 2 (noon-1 p.m.) Dancing on a Razor's Edge: How True Intimacy Works Docent's Journey: American Artists and Their Masterpieces Navigating Windows 10 *Piano Instruction, Early Intermediate Level (noon-1 p.m.)	
PM 2-4 Unless Otherwise Noted	Beginning French 1B Color Knitting Techniques Joseph Campbell: The Power of Myth The Sanskrit Effect: Sanskrit for Brain Health Stage to Screen: Film Adaptations of the Plays of Tennessee Williams (2-5 p.m.)	Design and Make Pop-Ups (2-5 p.m.) Energizing Yoga (2-3:30 p.m.) Good Yoga for the Elder Being (2-3:30 p.m.) *New Trends in West Coast Wines Making Knitted Felted Items The Met at the Movies (2-5 p.m.) Robin Williams: Comic Prodigy (2-5 p.m.) *Small Changes for Healthful Living *Turgenev's <i>Sketches from a Hunter's Album</i>	

*First 4 weeks **Second 4 weeks

wednesdays	thursdays	fridays
<p>**Acupressure for Well-Being & Better Health</p> <p>Advanced Intermediate French 3B</p> <p>*Changing Times, Changing Music: Records as History, 1945-1975</p> <p>Geology of North Carolina</p> <p>Mapping the West: The Pacific Railroad Surveys</p> <p>Performing Stand-Up Comedy 101</p> <p>*To Be Younger Next Year: The Total Workout</p> <p>Virginia Woolf in a Course of Her Own</p>	<p>Astronomy: The Planets</p> <p>Beginning Bridge</p> <p>*Breaking 100 (10 a.m.-noon)</p> <p>I Would Lie to You If I Could: A Poetry Writing Course</p> <p>Prints and Printmaking: A Brief History</p> <p>So It Goes: The Early Novels of Kurt Vonnegut, Jr. (Section 2)</p> <p>Versions of the Socratic</p> <p>Yoga for Beginners</p>	<p>**Acupressure for Well-Being & Better Health</p> <p>Creating Art Inspired by Poetry in Triptych Format (9-11:30 a.m.)</p> <p>Drôme: The Other Provence</p> <p>**Functional Meditation (9 a.m. – noon)</p> <p>The History of Lighthouses: From Bonfires to Satellites</p> <p>Taking Control of Your Retirement Planning</p> <p>Tap Dancing for Fun</p> <p>*To Be Younger Next Year: The Total Workout</p> <p>Walt Whitman: Civil War Chaplain and Freethinker</p>
<p>Becoming an Informed Advocate for Your Own Healthcare—Part 2</p> <p>The Book of Genesis</p> <p>Chair Yoga for Your Aging Body (11:30 a.m.-1 p.m.)</p> <p>Exploring Homer's <i>Odyssey</i>: A Soldier's Journey Home</p> <p>**Global Climate Change: A Disaster with Solutions</p> <p>*iPhone Photography</p> <p>Keeping Your Mind Sharp with Logic Puzzles</p> <p>**Mrs. Gaskell and the Industrial Novel</p> <p>*Trains and the Transformation of Western North Carolina</p> <p>Walking Asheville's Art (11:30 a.m.-2 p.m.)</p>	<p>*Advertising: An Illustrated History of Spectacular Successes & Dismal Failures</p> <p>Appalachian Sampler: Appreciating Appalachian Cultures</p> <p>*Best Travel Apps for iPhone & Android</p> <p>An Encounter: Making Art into Poetry</p> <p>Great Short Stories</p> <p>**Joan Baez: Queen of Folk</p> <p>Politics and Government: Is This What the Founders Had in Mind?</p> <p>**What Is My Life Expectancy?</p>	<p>**Christmas Music for Piano, Level 2 (noon-1 p.m.)</p> <p>*Piano Instruction, Early Intermediate Level (noon-1 p.m.)</p>
<p>The Art of Solving Crosswords, Level 1</p> <p>*The Business of Art and Craft in Asheville (2-4:30 p.m.)</p> <p>The Art and Science of Handling Tough Conversations (2-5 p.m.)</p> <p>Happy Feet</p> <p>Hiking for Beginners Level 1 (2-5:30 p.m.)</p> <p>Intermediate French 2B</p> <p>*Media Influence in U.S. History: A Seminar</p> <p>The Mystical Zen of Dainin Katagiri</p> <p>Qigong and Tai Chi Basics (2-3:30 p.m.)</p> <p>Rediscovered Silent Films from Europe and Asia (2-4:30 p.m.)</p> <p>Strength Training for Healthy Aging, Level 1 (2-3 p.m.)</p> <p>Strength Training for Healthy Aging, Level 2 (3:15-4:15 p.m.)</p> <p>Yoga for Posture 101 (2-3:30 p.m.)</p>	<p>French 4: <i>Ecoutons, Parlons et Ecrivons</i></p> <p>The Global Arms Trade, Defense Spending and the Challenge of Restraint</p> <p>Masking It</p> <p>Master of Suspense: Hitchcock in his Golden Years (2-5 p.m.)</p> <p>Milestones and Challenges of Late Life</p> <p>Observing the Night Sky</p> <p>Plant-Based Cuisine Around the World (2-5 p.m.)</p>	<p>Fall 2018 Calendar</p> <p><i>This is a quick reference for course days and times; see course listings for full titles and details.</i></p> <p><i>For changes that occur after the catalog goes to print, see "Catalog Updates" at www.olliasheville.com</i></p>

college for seniors

Monday Morning

Architectural History of Asheville

Visual Arts

8 weeks: September 17, 24,
October 1, 8, 15, 22, 29, November 5
Mondays, 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 made this busy city a wealth of architectural delights, such as 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 will be presented to provide historic and stylistic context. **Recommended text:** *Asheville's Historic Architecture* by Richard Hansley, ISBN-13: 978-160949107

Instructor: Richard Hansley (hansley@aol.com)

Breaking 100

Health and Fitness

First 4 weeks, twice a week
September 17, 20, 24, 27,
October 1, 4, 8, 11
Mondays and Thursdays, 10 a.m.-noon
Location: Broadmoor Golf Course

For the established golfer who plays 12 or more times a year and who has trouble shooting under 100, we will focus on course strategy, putting and chipping, recovery from hazards and difficult lies and 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. **Note:** This is the same course described on page 35. **Prerequisite:** Participants should not be rank beginners but rather regular players who wish to improve their score. See olliasheville.com/courses for a list of materials and fees and recommended resources.

Instructor: John Himmelheber (jxhimmelheber@gmail.com)

Classical Music Forms Evolve in the 20th Century

Performing Arts

8 weeks: September 17, 24,
October 1, 8, 15, 22, 29, November 5
Mondays, 9-11 a.m.

Many people fond of classical music have little or no knowledge of how the music is constructed. We will review forms from the Baroque and Classical periods, including fugue and sonata. We will then move to the 19th century Romantic Era and the 20th and 21st century Modern Era, which took off in many different directions but usually built on and augmented the classical forms. **Strongly recommended text:** *The Concise Oxford Dictionary of Music* (any edition will do): 2nd edition ISBN 978-0193113077. 4th edition: ISBN 978-0198608844.

Instructor: Ted McIrvine (McIrvine@aol.com)

Embellish With Embroidery Stitches

Visual Arts

8 weeks: September 17, 24,
October 1, 8, 15, 22, 29, November 5
Mondays, 9-11 a.m.

In this advanced beginner course for participants interested in trying new needlework stitches or reinventing uses for old stitches, we will complete a booklet of 14 sample stitches using different fiber, threads and ribbon on various materials. Our projects will be making cards, embellishing existing clothing and enhancing existing household or gift items. See olliasheville.com/courses for a list of additional materials and supplies needed.

Instructor: Jill Breaux (chimovr@gmail.com)

Grilling with Mars and Venus for Fall

Personal Development

First 4 weeks: September 17, 24, October 1, 8
Mondays, 9 a.m.-Noon
Location: At the home of the instructors

Participants will learn how to use basic barbecue grilling techniques in preparing meals. We will explore the 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, vegetable and fruits, then sit down to feast on their efforts. The course will be held at the instructors' home, about 10 minutes from the Reuter Center. Participants must commit to attend all four classes, be able to stand for 2 1/2 hours and move about in tight quarters. **Materials fee:** \$80 for food, payable to instructors at first class session.

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

Monday Morning *continued*

Mindfulness-Based Stress Reduction (MBSR)

Personal Development
8 weeks: September 17, 24, October 1, 8, 15, 29, November 5, 6
Mondays, 8:45-11:15 a.m.
All-day retreat Saturday, November 3
Note: No session on October 22; makeup on Tuesday, November 6.

Mindfulness-Based Stress Reduction (MBSR) is an empirically-supported program that teaches mindfulness meditation as a means for you to take better care of yourself and to live a healthier and more resilient life. It has been successfully taught in medical centers, schools, sports training programs and the workplace across the country and around the world. MBSR offers participants the possibility of developing a different relationship to stress. Research outcomes demonstrate positive improvements in physical and psychological well-being. The course includes an all-day retreat on Saturday, November 3. **Materials needed:** Yoga mat and blanket. **Prerequisites:** Before registering, participants must read and commit to the course requirements posted at olliasheville.com/courses.

Instructor: Tam O'Shaughnessy (tam@sallyridescience.com)

A Paper Buffet Part 1: Appetizers

Visual Arts
8 weeks: September 17, 24, October 1, 8, 15, 22, 29, November 5
Mondays, 9-11 a.m.

Explore creating with paper! Origami, kirigami, weaving and German stars will be our focus. We will fold, cut, manipulate and perhaps even mutilate paper and transform it into lovely objects. This will surely whet your appetite for more paper crafting opportunities. Participants must be willing to follow basic directions and then use the directions as a basis for their own creations. This is a repeat of a course taught in Winter 2018.

Materials fee: \$1 for paper to make German stars. See olliasheville.com/courses for a description and list of additional materials and supplies needed.

Instructor: Barbara E. Mueller (bmueler66@yahoo.com)

Practical Chess

Personal Development
Last 7 weeks: September 24, October 1, 8, 15, 22, 29, November 5
Mondays, 9-11 a.m.

A sequel to the previous *Wonders of Chess* introduced in Fall 2017, *Practical Chess* will emphasize playing and analysis. Participants will have an opportunity to improve their game skills and gain access to the higher order of chess thinking. **Materials needed:** Participants should bring their own chess board.

Instructor: Mark Labinov (labinovmark11@gmail.com)

So It Goes: The Early Novels of Kurt Vonnegut, Jr. (Section 1)

Languages, Literature and Writing
8 weeks: September 17, 24, October 1, 8, 15, 22, 29, November 5
Mondays, 9-11 a.m.

Kurt Vonnegut, Jr. changed the attitude toward science fiction as a literary form and showed how a genre long regarded as cheap trash could achieve the highest artistic expression. We will trace his evolution as a writer from his first novel through *Slaughterhouse-Five*, a commercial and critical success which established his reputation as one of the most significant postmodern writers in the United States. In this seminar-style course, participants are expected to read the course novels and to take part in class discussions. Another section of this course is offered on Thursdays, 9-11 a.m.; see page 35. **Required texts:** *Player Piano* (1952), ISBN 978-0385333788; *The Sirens of Titan* (1959), ISBN 978-0385333498; *Cat's Cradle* (1963), ISBN 978-0385333481; *Slaughterhouse-Five* (1969), ISBN 978-0385333849.

Instructor: Tom Hearron (thearron@charter.net)

Monday Midday

5Rhythms Movement Exploration for Baby Boomers

Health and Fitness
8 weeks: September 17, 24, October 1, 8, 15, 22, 29, November 5
Mondays, Noon-1:30 p.m.

5Rhythms (5R) is a dynamic movement practice of becoming aware and present in our bodies. Appropriate for all body types and abilities, 5R does not require a partner or learning routines, and each person moves at his or her own pace. Movement can also be done in chairs. 5R offers the opportunity to explore our aging bodies as we work through the five stages: flow, staccato, chaos, lyrical and stillness. Bring your open mind and heart, a little water and a sense of humor. Be ready to have fun!

Instructor: Barbara Marlowe (bmarlowe@charter.net)

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Monday Midday *continued*

Beginning Genealogy

Personal Development

8 weeks: September 17, 24, October 1,

8, 15, 22, 29, November 5

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

We will explore the basic principles and techniques used to research ancestors. The focus will be on United States census, birth, marriage, cemetery and other records. Many of these techniques can be used for research world-wide. We will use computer programs for researching and organizing results. Three of the largest internet genealogy databases (one is free!) will be explained. During at least one class session, we will try some of the websites useful to research using a laptop or tablet computer. We will also visit the Old Buncombe County Genealogical Society. Participants should be comfortable with internet search engines and navigating websites.

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

Classical Yoga

\$30

Health and Fitness

8 weeks: September 17, 24, October 1, 8,

15, 22, 29, November 5

Mondays, Noon-1:30 p.m.

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

Instructor: **Wes Sparks** (wesley_sparks@hotmail.com)

Compassionate Communication

Personal Development

8 weeks: September 17, 24, October 1,

8, 15, 22, 29, November 5

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

Nonviolent Communication, also called NVC or Compassionate Communication, was developed by Marshall B. Rosenberg. In Week One, we will review the overarching topic followed by five weeks dedicated to instruction on five particular areas of compassionate communication. We will develop and practice skills that include expressing observations and feelings without criticism or judgment and expressing needs and requests that are not demands. In sessions seven and eight, we will have interactive role play in which we will practice empathy for self and others using examples from participants. See olliasheville.com/courses for an overview of the areas of focus. **Required text:** A workbook provided by the instructor for \$10.

Recommended text: *Nonviolent Communication: A Language of Life, 3rd edition* by Marshall B. Rosenberg, ISBN 13: 978-1892005281

Instructor: **Jeff Jones** (jeffjonesuu@aol.com)

The Emergence of Japan as a World Power

History

First 4 weeks: September 17, 24,

October 1, 8

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

In a four-week course focusing on the Meiji Restoration and the transition of Japan from a feudal society to a modern industrial, military and political power in Asia, we will cover the years 1868-1912. The course material will include the Satsuma Rebellion, fall of the Tokugawa Shogunate, the Sino-Japanese War of 1895 and the rise of the Satsuma and Choshu Clans. We will also explore the development of the Japanese Imperial Navy and Army as well as the Russo-Japanese War of 1905 and the Treaty of Portsmouth.

Instructor: **Bradley Fuller** (brad2rei@gmail.com)

Emotional Intelligence: How Emotions Affect Financial Decisions

Business, Law and Finance

First 4 weeks: September 17, 24,

October 1, 8

Mondays, 11:45 a.m.-1:30 p.m.

Note: Late start time

We will explore how cultivating high emotional intelligence can enhance our successful life planning and financial decision-making. We will examine the basic physiology of our brains to understand how habits, emotions and logical thoughts are stored and processed. With the "Freeze Game" and other mindfulness exercises, we will recognize when and how our emotions affect financial decisions and how we can respond in ways that produce better outcomes. We will also explore the "Alignment Model" of decision-making to match our individual goals with positive behaviors. Whether you are an experienced or a beginning investor, this course will give you new insights for your life and financial planning.

Instructor: **Rick Manske** (rmanske@parsecfinancial.com)

Monday Midday *continued*

Giuseppe Verdi:

His Life, Times and Operas

Performing Arts

8 weeks: September 24, October 1, 8, 15, 22, 29, November 5, 12
Mondays, 11:30 a.m.-1:30 p.m.

Note: No class September 17. Make-up session November 12

Rigoletto, Trovatore and *Aida* are among the most beloved operas by Verdi. His compositions, however, did not appear magically out of nothingness. Creating a new opera is excruciatingly difficult. We will examine Verdi's operas and how his wife Giuseppina, his friends, librettists, publishers, impresarios and contemporary opera houses all contributed significantly to the creation of the composer's magnificent operas. Noteworthy video, audio and digital presentations of his works will be included.

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

Global Climate Change:

A Disaster with Solutions

Math, Science and Technology
Last 4 weeks, twice a week:
October 15, 17, 22, 24, 29, 31,
November 5, 7
Mondays and Wednesdays
11:30 a.m.-1:30 p.m.

Global climate change is not a political football but a situation with impending consequences for the planet. We will explore the science behind climate change, the nature of the controversy and actions to address this significant challenge to humanity. Through lectures, guest speakers, videos and discussion, we will consider the physical, economic, political and social consequences. **Note:** This is the same course described on page 31.

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

The Sonnet

Languages, Literature and Writing

8 weeks: September 17, 24, October 1, 8, 15, 22, 29, November 5
Mondays, 11:30 a.m.-1:30 p.m.

Spanning the 13th to the 21st centuries, the sonnet has a long history through which the genre was upheld but changed with the culture and the astounding ingenuity of poets who competed with their peers and predecessors. We will investigate and analyze typical and untypical sonnets to find the surprisingly profound thought and devilish cleverness wrapped in these tight packages. **Required text:** *The Penguin Book of the Sonnet*, ed. Phyllis Levin, ISBN-13: 978-0140589290.

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

Monday Afternoon

Beginning French 1B

Languages, Literature and Writing

8 weeks: September 17, 24, October 1, 8, 15, 22, 29, November 5
Mondays, 2-4 p.m.

Building on *Beginning French* offered in Spring 2018 and based on interactive learning to develop skills in speaking, reading and writing, we will emphasize spoken French used to communicate and include an introduction to French culture as well. Classroom work will be in groups and with partners and will include audio-visual presentations. Participants' progress will be based on the effort made both in and out of the class setting and the amount of homework will be more than average for a CFS course. In addition to the textbook, students will be encouraged to use the Duolingo French app.

Instructor: **Michael Kegan** (m.kegan@me.com)

Color Knitting Techniques

Visual Arts

8 weeks: September 17, 24, October 1, 8, 15, 22, 29, November 5
Mondays, 2-4 p.m.

For intermediate knitters, we will introduce two-color knitting techniques. Intarsia features isolated areas of color that do not repeat. Reversible two-color double knitting features knitting two layers of fabric at the same time, creating a fabric that looks like stockinette stitch on both sides. See olliasheville.com/courses for project descriptions and a list of materials and supplies needed.

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

Joseph Campbell:

The Power of Myth

Social Sciences

Six weeks: September 24, October 1, 8, 15, 22, 29
Mondays, 2-4 p.m.

Joseph Campbell, renowned scholar and teacher, was a major proponent of the critical value of myth. As Carl Jung before him, Campbell expertly promotes the notion that we all suffer from the loss of mythic identity. In 1987, Bill Moyers produced a series of interviews with Campbell that quickly became one of the most enduringly popular series ever aired on PBS. Each week we will view one of the six interviews, each focusing on a distinct aspect of myth. Following the video we will continue the exploration with our own discussion.

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

college for seniors

Monday Afternoon *continued*

The Sanskrit Effect: Sanskrit for Brain Health

Personal Development

First 6 weeks: September 17, 24,

October 1, 8, 15, 22

Mondays, 2-4 p.m.

Sanskrit is not an old, dead classical language that only accomplished academics can decipher. Some people consider it a living technology of sacred sound for awakening higher states of consciousness, understanding the subtle laws of creation and attaining advanced states of meditation leading to enlightenment. Yoga teacher and Sanskrit chanteress Linda Go will introduce participants to the ancient language of yoga and its role in the development of human potential. *Scientific American* recently posted "The Sanskrit Effect" and results of MRI scans showing that memorizing ancient Sanskrit mantras increases the size of brain regions associated with cognitive function. We will experience how the precise pronunciation of the Sanskrit alphabet cultivates the nervous system in preparation for profound meditation and increased cognitive function. Learn beautiful chants to begin or deepen your current meditation practice. **Recommended text:** *Sanskrit for Yogis* by Katy Poole, Ph.D., ISBN 13: 978-1503153868. **Materials needed:** Paper for writing calligraphy style and chisel edge markers or pens. **Instructor:** Linda Go (lindagomusic@gmail.com)

Stage to Screen: Film Adaptations of the Plays of Tennessee Williams

Performing Arts

8 weeks: September 17, 24,

October 1, 8, 15, 22, 29, November 5

Mondays, 2 p.m.-5 p.m.

If you enjoy the work of playwright Tennessee Williams and appreciate the wonderful casts of the films, this course offers an opportunity to compare and contrast the plays with the movies. To enhance classroom discussion, participants are urged but not required to read the following plays before class: *The Glass Menagerie*, *A Streetcar Named Desire*, *Summer and Smoke*, *The Rose Tattoo*, *Cat on a Hot Tin Roof*, *Orpheus Descending*, *Suddenly Last Summer*, *Sweet Bird of Youth*, and *The Night of the Iguana*. Copies of the plays, new or used, are available through Amazon or Thrift Books and other online resellers. For videos of stage performances, explore YouTube.

Instructor: Bill Swarts (wbswartz3@me.com)

Tuesday Morning

Big History and the Meaning of Life

Social Sciences

8 weeks: September 18, 25, October 2,

9, 16, 23, 30, November 6

Tuesdays, 9-11 a.m.

Welcome to the exciting new (since 1989) discipline of Big History that tells the story of everything from the Big Bang to the present day. Big History covers many disciplines in ordinary language (no jargon). Big History is taught as a one-year course to high school seniors and college freshmen worldwide and is informative, challenging and fun. Presented through lecture, lively videos and open questions and discussion, we will experience what it feels like to back off from former certainties and beliefs — in science, religion, politics, personal identity and the meaning and purpose of life. We will explore seeing events within a bigger, and different, perspective. And that, as Big History shows, changes everything.

Instructor: Davidson Loehr (davidsonloehr@gmail.com)

Drawing Animals

Visual Arts

First 4 weeks: September 18, 25,

October 2, 9

Tuesdays, 9-11 a.m.

We will concentrate on animal anatomy and personality. While this is an intermediate drawing course, basics will be reviewed and some old jokes recycled. Specific demonstrations will be given for cats, dogs, birds and others critters chosen by the class. We will use simple tools: pencil and a paper sketchbook. Color may be added with colored-pencils, ink, pastels, watercolor or other media.

Instructor: Bill LaRocque (boomrbill@gmail.com)

Ecology of Southern Appalachia

Math, Science and Technology (60)

First 5 weeks: September 18, 25,

October 2, 9, 16

Tuesdays, 9-11 a.m.

Explore the uniqueness of the southern Appalachian mountains, the oldest and most bio-diverse mountains in the world, with MountainTrue—a Western North Carolina agency that is committed to sensible land use, restoring public forests, protecting water quality and promoting clean energy. We will cover the hydrology, plant and wildlife biology and human ecology of the region. Each week, a different instructor will present his or her area of expertise to participants. See olliashevile.com/courses for an overview of specific areas of focus.

Instructors from MountainTrue

Tuesday Morning *continued*

The Joy of Watercolor

Visual Arts

First 6 weeks: September 18, 25, October 2, 9, 16, 23

Tuesdays, 9-11 a.m.

Drawing and painting enthusiasts are invited to learn about the methods and techniques of watercolor painting. We'll explore the variety of brushes, paints and papers as well as some "tricks" of the medium. Through demonstrations and illustrations participants will be introduced to composition and choosing lively palettes for individual paintings. Participants will paint from instructor- or participant-provided photos, pictures or set-ups. See olliasheville.com/courses for a list of materials that are needed for the course.

Instructor: **Sharon Kopstein** (Sharonkopstein@hotmail.com)

Point-Shoot-Share

Visual Arts

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

Tuesdays, 9-11 a.m.

In this beginning level course, we will explore the use of mobile phone photography (iPhone and Android phones) in the world of "point-shoot-share" to create really great images. We will explore important guidelines on focus, exposure, composition and photo editing to take good photos using your mobile phone. We will demonstrate mobile phone camera apps, their controls and functions, to take and share digital photos and videos of everyday events, family, friends, landscape, travel, etc. This course is not hands-on, but participants will have take-home assignments. There will be optional one-on-one 30-minute sessions with the instructor on several Friday mornings during the term.

Minimum requirements: Participants must have a mobile phone camera, internet access and know how to use internet browser.

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

The Red Scare: HUAC, Blacklists and McCarthyism

History

Last 4 weeks: October 16, 23, 30, November 6

Tuesdays, 9-11 a.m.

Using period photos, audio, film and discussion, we will examine the background of the "Red Scare" in the 20th century, the hearings of the House UnAmerican Activities Committee (HUAC), the Hollywood Blacklist and McCarthyism. We will explore this dark period in American history and how it connects to today's political climate.

Instructor: **Jim Lawrence** (hapjamlaw@yahoo.com)

Search for the Historical Paul

Religion and Philosophy

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

Tuesdays, 9-11 a.m.

We will explore the historical, political, social and religious context of the first century CE in an effort to understand this apostle of the Jesus movement, his writings and his impact in shaping Christianity. **Recommended text:** A copy of the New Testament. *In Search of Paul: How Jesus' Apostle Opposed Rome's Empire with God's Kingdom* by John Dominic Crossan, ISBN-13: 978-0060816162. *Paul: A Would Be Apostle* by Harold Littleton, ASIN: B00IT3E2ZE

Instructor: **Harold Littleton** (hallittleton@gmail.com)

Tuesday Midday

Appreciating Asheville's Appalachian Music

Performing Arts

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

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

Can you tell the difference between bluegrass, old-time, Irish and Scottish music? Do you know how these types of music got to Appalachia? Through performances and film, we will learn to distinguish each type of music and how these unique genres came to this part of the country.

Instructor: **Lewis Wills** (lewiswills2011@gmail.com)

Best American Short Stories of the Twentieth Century: Part 1

Languages, Literature and Writing

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

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

The Best American Short Stories has been published annually since 1915. Short stories were sifted from 84 of the publications for *The Best American Short Stories of the Twentieth Century*. We will examine some of these stories and their authors using lecture and class discussion. **Recommended text:** *The Best American Short Stories of the Century* edited by John Updike and Katrina Kenison, ISBN-13: 978-0395843673

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

college for seniors

Tuesday Midday *continued*

Christmas Music for Piano, Level 2

Performing Arts

Second 4 weeks, twice a week: October 16, 19, 26, 30, November 2, 6, 9

Tuesdays and Fridays, Noon-1 p.m.

Note: No class on October 23

We will focus on learning to play holiday music on the piano, mostly of a secular nature. Get prepared to entertain family and friends this holiday season! **Required text:** *Adult Piano Adventures Christmas Book 2* by Nancy and Randall Faber, ISBN 13: 978-1616773717. **Note:** This is the same course described on page 40. **Materials needed:** Headphones for use in the piano lab.

Instructor: **Bobbie Rockwell** (bobbie.mayrockwell@gmail.com)

Dancing on a Razor's Edge:

How True Intimacy Works

Personal Development

First six weeks: September 18, 25, October 2, 9, 16, 23

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

Our life's journey begins and ends at the same place—in relationship. And it is in and through relationships that our greatest potential for personal growth lies. Every relationship offers the possibility for intimacy—getting to know oneself better. Sexual or not, intimacy is key in any relationship, propelling us to explore new ways of being. Whether we see relationships as obstacles or opportunities is up to us. Classroom discussions will reveal how we can unleash our personal power through examining the ways our emotions and actions “in relationship” enable us to grow—or how they stifle our potential. See olliasheville.com/courses for additional information about the course.

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

Docent's Journey: American Artists and Their Masterpieces

Visual Arts

8 weeks: September 18, 25, October 2, 9, 16, 23, 30, November 6 Tuesdays, 11:30 a.m.-1:30 p.m.

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)

Navigating Windows 10

Math, Science and Technology

8 weeks: September 18, 25, October 2, 9, 16, 23, 30, November 6 Tuesdays, 11:30 a.m.-1:30 p.m.

Windows 10 continues to evolve with its new premise of upgrading its navigation and applications every six months. An overview of using Windows 10 on both touchscreen and mouse-driven computers and tablets will be provided using the latest version. We will explore features and techniques based on student questions. Instruction in this course is not hands-on, but feel free to bring your device to class to follow along. **Prerequisite:** Participants should have familiarity using Windows.

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

Piano Instruction, Early Intermediate Level

Performing Arts

First 4 weeks, twice a week, September 18, 21, 25, 28, October 2, 5, 9, 12 Tuesdays and Fridays, Noon-1 p.m.

We will continue with instruction in intermediate level piano for Baroque, Classical, Romantic and Contemporary periods of musical history. The instructor will provide demonstration of selected pieces followed by participant practice periods with ample time for questions. Composers include Telemann, Bach, Haydn and Gurlitt—all simplified but pleasant sounding arrangements. **Note:** This is the same course described on page 40. **Prerequisite:** This course is designed for participants with a minimum of two years of piano playing experience or completion of College for Seniors piano courses within the past year. **Required text:** *Piano Literature Book 2: Developing Artist Original Keyboard Classics* by Nancy and Randall Faber, ISBN 13: 978-1616770341. **Materials needed:** Headphones for use in the piano lab.

Instructor: **Bobbie Rockwell** (bobbie.mayrockwell@gmail.com)

Tuesday Afternoon

Design and Make Pop-ups

Visual Arts

8 weeks: September 18, 25, October 2, 9, 16, 23, 30, November 6 Tuesdays, 2 p.m.-5 p.m.

We will make greeting cards, personalized books and fascinating art with pop-ups designed and created by the participants. We start with single sheets of paper to make simple, elegant pop-ups with scissors and folds of paper. Next we explore pop-up techniques using multiple pieces of card stock and adhesives. During each class, we will make a personal pop-up design using techniques presented that week. The instructor taught a similar course in Spring 2018. This course introduces fewer techniques--allowing a thorough understanding and practical application of each technique. See olliasheville.com/courses for a list of materials needed for the course.

Instructor: **Angelyn Whitmeyer** (angelpolarity@mindspring.com)

Energizing Yoga

\$30

Health and Fitness

8 weeks: September 25, October 2, 9, 16, 23, 30, November 6, 13

Tuesdays, 2-3:30 p.m.

Note: No class on September 18; makeup session on November 13

Have you ever noticed that being active is energizing? The truth is, you don't have to be a jogger or weight lifter to benefit from the energizing effect of regular movement. We focus on the concept of the movement of energy, or prana, in our muscles, joints, nerves, organs and breath to help us feel our best. We will find out for ourselves the importance of conscious movement as it contributes to improved awareness and health. At the end of each class, we can expect to feel more energized and have a greater sense of well-being. Exercises are geared for men and women. **Required:** Bring your own yoga mats, yoga blanket or bath towels; yoga straps are recommended. Participants should have the ability to get down to and up from the floor and to remain seated for several minutes.

Instructor: **Fran Ross** (franiji61@gmail.com)

Good Yoga for the Elder Being

\$30

Health and Fitness

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

Tuesdays, 2-3:30 p.m.

We will explore a gentle synthesis of adaptive yoga postures, breathing techniques and self-awareness to revitalize optimal functionality and affirm a healthy body-mind perspective. Carefully designed for the maturing body, heart and mind, each class session offers practices to gently cultivate and maintain flexibility, strength and balance anatomically, physiologically and energetically. Class sequence includes use of both chair and floor. **Prerequisite:** Participants must be able to get down to and up from the floor
Materials needed: A yoga mat is required.

Instructor: **Kelly McKibben** (goodyoga@charter.net)

New Trends in West Coast Wines

Personal Development

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

Tuesdays, 2-4 p.m.

Location: Metro Wines, 169 Charlotte Street, Asheville, NC

Things are changing in the West Coast wine business. The three states of Washington, Oregon and California are planting grapes from Spain, Italy and Portugal and creating blends not seen before in the United States. We'll discuss how and why these changes are taking place, and you'll get to taste these new wines from the edge of the new frontier. In four classes we will cover wines from Washington, Oregon and several of the new regions of California. **Materials fee:** A \$50 fee for wine will be paid at the first session.

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

Making Knitted Felted Items

Visual Arts

8 weeks: September 18, 25, October 2, 9, 16, 23, 30, November 6 Tuesdays, 2-4 p.m.

Participants will learn to knit a variety of items using 100% wool yarn and then shrink them in a washing machine. The first project will be a large tote bag. Other projects will include bowls, purses, computer cases and felted Easter eggs. In this course for the advanced beginner or intermediate knitter, participants must be able to cast-on, knit, purl and cast-off. Most items will be knitted in the round on circular needles and then switched to double point needles when decreasing. See olliasheville.com/courses for a list of the materials needed, and contact the instructor if you have any questions about the skills required to participate.

Instructor: **Sally Pete** (sallywpete@gmail.com)

college for seniors

Tuesday Afternoon *continued*

The Met at the Movies

Performing Arts

8 weeks: September 18, 25, October 2, 9, 16, 23, 30, November 6 Tuesdays, 2 p.m.-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 Verdi's *Aida* and *La Traviata*, Saint-Saëns' *Samson and Delila*, Puccini's *La Fanciulla del' West*, and Donizetti's *La Fille du Régiment*. We will watch a DVD of each of the operas and discuss the music, the story, the lives of the composers and librettists, the historical period and other aspects of each opera.

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

Bill Heuermann (whitwill@charter.net)

Robin Williams: Comic Prodigy

Performing Arts

8 weeks: September 18, 25, October 2, 9, 16, 23, 30, November 6 Tuesdays, 2-5 p.m.

Robin Williams was a television and film actor as well as a renowned stand-up comedian. He won an Oscar, two Emmys, seven Golden Globe Awards, two Screen Actors Guild Awards and four Grammy Awards. He was one of the most versatile and creative comic geniuses of the 20th and early 21st centuries. We will explore the phenomenon of Robin Williams, from his beginnings in stand-up through his groundbreaking television and film career and to his untimely and tragic death. We will feature eight of his most memorable movies, concerts and media appearances.

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

Small Changes for Healthful Living

Health and Fitness

First 4 weeks: September 18, 25, October 2, 9 Tuesdays, 2-4 p.m.

What if you could improve your health simply by standing to sort the mail, rather than sitting? Or by walking upstairs, rather than calling to your spouse? We will explore simple changes to improve our health. Utilizing group discussion, lecture and expert guest speakers, we will share the tips and tools that help to make small changes that lead to healthier lives. Sessions will be offered on stress, sleep, exercise and diet/nutrition. Our focus will be to make small changes in each of these areas with overall health as our goal.

Instructor: **Deborah Freeman** (dfreeman503@gmail.com)

Turgenev's Sketches from a Hunter's Album

Languages, Literature and Writing

First 4 weeks: September 18, 25, October 2, 9 Tuesdays, 2-4 p.m.

Turgenev's short story cycle *Sketches from a Hunter's Album* (1852) vaulted its author to immediate recognition and lasting fame. With little to do with hunting, this milestone of Russian realism has vignettes that vividly capture feudal life and gentry-serf relations, advancing the art of the short story and influencing Chekhov and Hemingway. To celebrate this year's bicentennial of Turgenev's birth, we'll read and discuss some of his best sketches. See olliasheville.com/courses for additional information and a reading list.

Recommended text: *Sketches from a Hunter's Album* by Ivan Turgenev, ISBN 13: 978-0140445220.

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

Wednesday Morning

Acupressure for Well-Being and Better Health

Health and Fitness

Last 4 weeks, twice a week (seven sessions): October 17, 19, 24, 26, 31, November 2, 7 Wednesdays and Fridays, 9-11 a.m.

Are you curious about how to activate the acupuncture points through acupressure which may improve your sleep, memory, digestion, aches, pains and other ailments? We will explore not only acupressure but also daily tapping exercises to enhance the body's natural energy flow for overall health and the body, mind and spirit connections. In the end you will gain a basic understanding of how Oriental medicine system works. **Note:** This is the same course described on page 39.

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

Wednesday Morning *continued*

Advanced Intermediate French 3B

Languages, Literature and Writing

8 weeks: September 19, 26,

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

Wednesdays, 9-11 a.m.

We will continue to work in the level 3 high school required textbook, choosing appropriate cultural readings, grammar explanations and exercises that enhance the participants' ability to comprehend and speak French. *French 3B* is designed for those who have completed *French 3A* at College for Seniors or who have a similar background in French. Homework will include a variety of activities in the textbook and workbook to reinforce and supplement class work. The instructor will provide workbooks.

Required text: *En Voyage* (Glencoe French 3) 2nd edition, ISBN-13: 978-0026363785
En Voyage workbook, Schmitt & Lutz, ISBN-10: 002636381X

Instructor: **Leslie Bradshaw** (lesliewbradshaw@gmail.com)

Changing Times, Changing Music: Records As History, 1945-1975

Performing Arts

First 4 weeks: September 19, 26, October

3, 10

Wednesdays, 9-11 a.m.

We will survey popular recordings from 1945-1975 seeking to illuminate changes in teenage culture, social and political activities, scientific developments and military involvements. Lyrics will be used to assess specific topics such as atomic energy, baseball, civil rights, hairstyles, railroads, space exploration and the Vietnam conflict. Artists sampled will include Bob Dylan, Sam Cooke, Pete Seeger, John Fogerty, The Beatles, Mahalia Jackson, The Impressions and Peter, Paul & Mary.

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

Geology of North Carolina

Math, Science and Technology

7 weeks: September 19, 26,

October 3, 10, 17, 24, November 7

Wednesdays, 9-11 a.m.

Note: No class on October 31

We will explore the topography, bedrock and natural resources of North Carolina. We will also discuss the geologic history of continental movement, collision and breakup in the Southern Appalachians and take a virtual geologic tour through state and national parks of the Carolinas. We will have an optional half-day field trip on a Saturday morning.

Recommended text: *Exploring the Geology of the Carolinas* by Kevin G. Stewart and Mary-Russell Roberson, ISBN-13: 978-0807830772.

Instructor: **Richard Wiener** (richwiener@gmail.com)

Mapping the West: The Pacific Railroad Surveys

History

8 weeks: September 19, 26,

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

Wednesdays, 9-11 a.m.

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

Instructor: **Brad Allen** (bdallen2007@gmail.com)

Performing Stand-Up Comedy 101

Performing Arts

8 weeks: September 26,

October 3, 10, 17, 24, 31,

November 7, 14

Wednesdays, 9-11 a.m.

Note: No class on September 19;
makeup session on November 14

So your friends think you're funny! They say, "You should be on stage!" Here's your chance to be in the spotlight, perhaps live out a long-held dream. In a relaxed classroom atmosphere, develop your own personal routine by honing your performance skills and writing original material that's right for your unique stage character. The culmination will be a stage performance before an audience of your family and friends on Saturday, November 10. Course content may include adult material and language. **Participant fee:** \$12, payable to the instructor at the first class for a DVD of the performance in November.

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

college for seniors

Wednesday Morning *continued*

To Be Younger Next Year:

The Total Workout

Health and Fitness

First 4 weeks, twice a week :

September 19, 21, 26, 28,

October 3, 5, 10, 12

Wednesdays and Fridays, 9-11 a.m.

Have you not been very physically active but want to be able to do the things that give your life meaning and joy? The research is clear: strength, flexibility and aerobic activities can slow the aging process and preserve your ability to continue or resume activities that are important to you. In eight sessions over four weeks, we will develop a 30-minute routine in each of three areas—strength building, flexibility and aerobic exercise—that you can continue at your home or gym. The routine will be tailored to your current fitness level and put you one step closer to a practice that is sustainable and effective. We will also discuss key concepts from the book. **Note:** This is the same course described on page 40. **Recommended text:** *Younger Next Year* by Chris Crowley and Henry S. Lodge, ISBN 13: 978-0761147732.

Instructors: **Chris Lorish** (clorish@gmail.com),

Marcia Markowitz (marciah.markowitz@gmail.com) and

Barbara Rapchak (beinthemomentyoga@gmail.com)

Virginia Woolf in a Course of Her Own

Languages, Literature and Writing

8 weeks: September 19, 26,

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

Wednesdays, 9-11 a.m.

Why do we consider Virginia Woolf a great modernist writer? How did she push the novel in new directions, offer critiques of World War I and British society, make use of psychology and consider gender issues? We will explore these and other questions as we read *Mrs. Dalloway* and *To The Lighthouse* along with selections from her shorter works. To enhance our discussion, we will also read a collection of poems from the Great War.

Recommended texts: *Mrs. Dalloway* by Virginia Woolf, ISBN-13: 978-0156030359; *To The Lighthouse* by Virginia Woolf, ISBN-13: 978-1946963048; *World War I British Poets*, ed. Candace Ward (Dover), ISBN13: 978-0486295688.

Instructor: **Paula Osborn** (psobyline@aol.com)

Wednesday Midday

Becoming an Informed Advocate for Your Own Healthcare, Part 2

Life Transitions

4 weeks: September 19, 26,

October 10, 17

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

Note: No class October 3;

make-up session on October 17

When you are advocating for yourself as a patient or for your family, you will need to navigate different healthcare environments such as hospitals, rehabilitation hospitals, home health agencies, skilled nursing facilities, assisted living facilities and hospice settings. Are you ready to function as a member of your acute care hospital, rehabilitation hospital or post hospitalization team, which consists of physicians, specialists, operating room and anesthesia staff, care managers, physical and occupational therapists, dietitians, respiratory therapists and nursing staff? Do you understand your role in getting the care you need and deserve? We will identify principles and strategies to becoming a better consumer of the healthcare system.

Instructor: **Karen C. Sanders** (kcsanderella@gmail.com)

The Book of Genesis

Religion and Philosophy

8 weeks: September 19, 26,

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

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

Some of the most familiar and intriguing stories in the Hebrew Scriptures are found in the Book of Genesis. We will look at all of them with some care, both as a clue to history and as literature. This course was offered in Spring 2010 and Fall 2013.

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

Chair Yoga for Your Aging Body

Health and Fitness

8 weeks: September 19,

October 3, 10, 17, 24, 31,

November 7, 14

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

Note: No class on September 26; makeup session on November 14

\$30

Through lecture and practice of gentle yoga, we will use chairs for seated postures and as a prop for standing postures. In addition to learning postures and breathing and relaxation practices that provide strength, balance, flexibility and pain relief, we will gain an understanding and appreciation of the many changes that happen in our bodies and minds as aging occurs and progresses. Yoga can comprehensively help us to age healthy. **Materials list:** Yoga mat, yoga blanket to use as prop, and two yoga blocks 4" x 6" x 9" (optional, but very helpful).

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

Wednesday Midday *continued*

Exploring Homer's *Odyssey*: A Soldier's Journey Home

Languages, Literature and Writing

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

At the heart of Homer's ancient Greek epic *The Odyssey* is one soldier's struggle to leave behind the horrors of the Trojan War and to return to his devoted wife and son. Odysseus' 10-year adventure in the mystical worlds of the gods and goddesses, the land of the Cyclops, and to Hades, the land of the dead, leads him on the hero's journey where he discovers himself and the meaning of life. Enrollment is limited, and class discussion is a priority. **Required texts:** *The Odyssey* by Homer, Trans. Robert Fitzgerald, ISBN-13: 978-0374525743. *Odysseus in America: Combat Trauma and Trials of Homecoming* by Jonathan Shay, ISBN-13: 978-0743211574.

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

Global Climate Change: A Disaster with Solutions

Math, Science and Technology

Last 4 weeks, twice a week October 15, 17, 22, 24, 29, 31, November 5, 7

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

Global climate change is not a political football but a situation with impending consequences for the planet. We will explore the science behind climate change, the nature of the controversy and actions to address this significant challenge to humanity. Through lectures, guest speakers, videos and discussion, we will consider the physical, economic, political and social consequences. **Note:** This is the same course described on page 23.

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

iPhone Photography

Math, Science and Technology

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

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

Learn how to use the camera on your iPhone. Instruction will include using all the settings including built-in tools, exposure compensation, zooming and focusing. In addition, participants will learn how to shoot video and black/white photos and how to improve, share, store and manage photos. **Requirement:** This has been a popular course and attendance at all four sessions is mandatory. Bring your iPhone to class.

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

Keeping Your Mind Sharp With Logic Puzzles

Personal Development

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

We will discuss several types of logic puzzles. These puzzles can be solved with pure deductive reasoning, and no math is required. Many examples of each type of puzzle will be provided.

Instructor: **Bruce Jones** (bruce_e_jones@yahoo.com)

Mrs. Gaskell and the Industrial Novel

Languages, Literature and Writing

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

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

We will examine two key texts in the Victorian examination of the Industrial Revolution, and the conditions under which workers lived. Elizabeth Gaskell's skills as a writer and her ability to convey the small details of everyday life will be an important feature of our study.

Required texts: *Mary Barton* by Elizabeth Gaskell (Penguin Publishing), ISBN-13: 978-0140434644. *North and South* by Elizabeth Gaskell (Penguin Publishing), ISBN-13: 978-0140434248.

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

Trains and the Transformation of Western North Carolina

History

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

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

The history of mountain railroading comes alive in this four-week course on the heartbreak, heroism, hardships and high political drama that brought the railroad to Western North Carolina after the Civil War. We will review the remarkable ways the railroads were constructed and their immediate and long-term impact on timber, mining and tourism in Western North Carolina.

Instructor: **Ray Rapp** (rrapp@mhu.edu)

college for seniors

Wednesday Midday *continued*

Walking Asheville's Art

Visual Arts

First 6 weeks: September 19, 26,

October 3, 10, 17, 24

Wednesdays, 11:30 a.m.-2 p.m.

We'll walk the galleries and working studios in Asheville's River Arts District and downtown. We'll see demonstrations by artists and discuss their process. **Prerequisite:** You must be able to walk up and down hills. You must use email to keep up with schedule changes and meeting places.

Instructor: Linda Orowitz (AshevilleDeals@GMail.com)

Wednesday Afternoon

The Art of Solving Crosswords,

Level 1

Personal Development

8 weeks: September 19, 26,

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

Wednesdays, 2-4 p.m.

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

Instructor: Lewis Rothlein (lrothlein1@gmail.com)

The Business of Art and Craft in Asheville

Business, Law and Finance

Visual Arts

First 4 weeks: September 19, 26,

October 3, 10

Wednesdays, 2-4:30 p.m.

We will visit accomplished artists and makers in downtown Asheville, the River Arts District and Weaverville. The initial class will meet for an orientation followed by a visit to one of the artists/makers on our agenda. The other three classes will begin at a gallery or artist's studio in one of the locations. A facilitated interview with the artist will focus on the business aspects of their particular art or craft, challenges faced and obstacles overcome. We may visit one of the non-profit organizations that support the arts community. There will be a break in the middle of class at a nearby coffee shop. **Prerequisite:** Participants will arrange their own transportation, be prepared to stand and/or walk for the duration of the class and have access to email for communication during the course.

Instructor: Elizabeth Pou (elizpou@gmail.com)

The Art and Science of Handling Tough Conversations

Personal Development

First 6 weeks

September 19, 26, October 3, 10, 17, 24

Wednesdays, 2 p.m.-5 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 tough conversation with another person. We will explore powerful ways to handle tough conversations. By enrolling in this course, you are committing yourself to active learning and experimenting with new behaviors with which you may be unaccustomed. **Prerequisite:** Attendance at the first session is mandatory and includes a commitment to attend all the following sessions unless you have an emergency. **Participant fee:** \$21 for the Thomas-Kilmann Conflict Mode Questionnaire that will assess your preferred mode for dealing with conflict.

Instructor: Esther Pittman (esteken@aol.com)

Happy Feet

Health and Fitness

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

31, November 7

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

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

Instructor: Jacquie Wollins (jwollins5@gmail.com)

Wednesday Afternoon

Hiking for Beginners Level 1

Health and Fitness

4 weeks: October 3, 10, 17, 24

Wednesdays 2-5:30 p.m.

Note: Late Start

So, you want to learn to hike? You don't know how or where to go? This course is designed for those with little or no hiking experience. Hikes will be 3-4 miles in length and gradually increase in difficulty from almost flat to about 600 feet elevation. We will meet at off-site locations for carpooling and travel no more than 45 minutes to our destination. Tentatively, we plan to go to Catawba Falls, Warren Wilson, Rattlesnake Lodge and Bent Creek.

Instructors: **Lori Postal** (loripostal@gmail.com) and

Lee Orowitz (leelorowitz@gmail.com)

Intermediate French 2B

Languages, Literature and Writing

8 weeks: September 19, 26,

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

Wednesdays, 2-4 p.m.

We continue where the College for Seniors *French 2A* course ended, starting in Chapter 7 of the *Points de départ* required text. We will use a variety of listening and speaking activities. Participants will have already been familiar with a variety of verbs in the present and past tenses, along with basic functional vocabulary. New participants should have an equivalent of two to three years of high school French or two terms at the college level. **Required text:** *Points de départ* by Cathy Pons, et al, 2009 edition, ISBN-13: 978-0135141120. The accompanying Student Activity Manual is useful but not required.

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

Media Influence in U. S. History:

A Seminar

History

First 4 weeks: September 19, 26,

October 3, 10,

Wednesdays, 2-4 p.m.

We will examine theories of media effects and review the history of U. S. media. Participants will make short presentations on media-influenced turning points in U.S. history from Revolutionary War pamphlets to contemporary social media protest movements. Presentations should set the historical context, but focus specifically on the role of media in influencing political, economic, legal or cultural aspects of U.S. society.

Prerequisite: Participants should be prepared to make a 15-minute presentation.

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

The Mystical Zen of Dainin

Katagiri

Religion and Philosophy

8 weeks: September 19, 26,

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

Wednesdays, 2-4 p.m.

We will explore the wisdom and mystical vision of one of the great modern Zen Masters, Dainin Katagiri (1928 - 1990), assistant Roshi to the great Shunryu Suzuki at the San Francisco Zen Center and founding abbot of the Minnesota Zen Center. Through meditation and exploration of writings by Katagiri, class participants can deepen their intellectual and intuitive understanding of the importance of Zen for living sanely and spiritually in the modern world.

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

Qigong and Tai Chi Basics

\$30

Health and Fitness

8 weeks: September 19, 26,

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

Wednesdays, 2-3:30 p.m.

Learn the history and basic principles of qigong. Bring healing energy to your body and mind with a practice that has been used for thousands of years. Learn and practice several well-known qigong forms including the Eight Brocades. Learn and practice basic movements that are included in almost every tai chi form.

Instructor: **Liz Ridley** (lizridley@hotmail.com)

Rediscovered Silent Films From

Europe and Asia

Performing Arts

8 weeks: September 19, 26,

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

Wednesdays, 2 p.m.-4:30 p.m.

We will view and remark on eight silent films from abroad that were big in their day but were completely forgotten until their rediscovery at the end of the 20th century. Titles to be screened include *Assunta Spina* (Italy), *A Cottage in Dartmoor* (England), *The Parson's Widow* (Denmark), *The Goddess* (China), *Twilight of a Woman's Soul* (Russia) and *The Ancient Law* (Germany). These films offer the opportunity to witness the difference between European, Asian and Hollywood moviemaking.

Instructor: **Chip Kaufmann** (ckaufmann@bpr.org)

college for seniors

Wednesday Afternoon *continued*

Strength Training for Healthy Aging, Level 1

Health and Fitness

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

Location: Woodfin YMCA, 40 Merrimon Avenue, Asheville, NC

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

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

Strength Training for Healthy Aging, Level 2

Health and Fitness

8 weeks: September 19, 26, October 3, 10, 17, 24, 31, November 7 Wednesdays, 3:15-4:15 p.m.

Location: Woodfin YMCA, 40 Merrimon Avenue, Asheville, NC

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

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

Yoga for Posture 101

\$30

Health and Fitness

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

Our modern "forward head" society conspires against good posture and is ruining our spines! If "stand up straight" is not so easy anymore, this class will help you break out of slump land. You will assess your own posture and lifestyle, strengthen your core muscles, release tension in your lower back and neck and realign your spine. Return to a strong, upright posture with the help of a posture coach. More information may be found at bluebirdyoga.net. **Prerequisite:** Participants must be able to get onto and up from the floor.

Instructor: **Annelise Mundy** (annelise@bluebirdyoga.net)

Thursday Morning

Astronomy: The Planets

Math, Science and Technology

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

Similar to a course offered in the fall terms of 2013 and 2014, *Astronomy: The Planets* has been updated with recent discoveries about the eight (not nine!) planets in our solar system, plus their satellites and the dwarf planets, comets, asteroids, and other bodies that orbit the Sun.

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

Beginning Bridge

Personal Development

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

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

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

Thursday Morning *continued*

Breaking 100

Health and Fitness

First 4 weeks, twice a week

September 17, 20, 24, 27

October 1, 4, 8, 11

Mondays, Thursdays, 10 a.m.-12 noon

Location: Broadmoor Golf Course

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, recovery from hazards and difficult lies and 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. **Note:** This is the same course described on page 20. **Prerequisite:** Participants should not be rank beginners but rather regular players who wish to improve their score. See olliasheville.com/courses for a list of materials and fees that are needed and recommended resources. **Instructor:** **John Himmelheber** (jxhimmelheber@gmail.com)

I Would Lie to You If I Could: A Poetry Writing Course

Languages, Literature and Writing

8 weeks: September 27, October 4, 11, 18, 25, November 1, 8, 15

Thursdays, 9-11 a.m.

Note: No class on September 20; makeup session on November 15

Dramatists and poets are not reluctant to make use of subterfuge and deception, yet their goals are not to mislead the reader. Through their craft, they seek to uncover the truths that lie deep below the surface. We will explore strategies of exaggeration and deceit to push through to deeper truths that sometimes conceal themselves, even from the poet. The experience is open to both beginning and experienced writers.

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

Prints and Printmaking: A Brief History

Visual Arts

Last 6 weeks: October 4, 11, 18, 25, November 1, 8

Thursdays, 9-11 a.m.

Do you want to learn what an etching is? A woodcut or a wood engraving? A drypoint or an aquatint? We will learn about these techniques and more in a survey of 500 years of printmaking. We will examine master prints by Dürer and Rembrandt, Blake and Whistler, Daumier and Delacroix, Picasso, Jasper Johns and many others. We will also look at more humble prints, those made by and for the people for many purposes, from religious devotion to political activism. We will include a private visit to the Asheville Art Museum to examine selected prints from their collection.

Instructor: **Jenny S. Wilker** (jswilker@charter.net)

So It Goes: The Early Novels of Kurt Vonnegut, Jr. (Section 2)

Languages, Literature and Writing

8 weeks: September 20, 27, October 4, 11, 18, 25, November 1, 8

Thursdays, 9-11 a.m.

Kurt Vonnegut, Jr. changed the attitude toward science fiction as a literary form and showed how a genre long regarded as cheap trash could achieve the highest artistic expression. We will trace his evolution as a writer from his first novel through *Slaughterhouse-Five*, a commercial and critical success which established his reputation as one of the most significant postmodern writers in the United States. In this seminar-style course, participants are expected to read the course novels and to take part in class discussions. Another section of this course is offered on Mondays, 9-11 a.m.; see page 21.

Required texts: *Player Piano* (1952), ISBN 978-0385333788; *The Sirens of Titan* (1959), ISBN 978-0385333498; *Cat's Cradle* (1963), ISBN 978-0385333481; *Slaughterhouse-Five* (1969), ISBN 978-0385333849.

Instructor: **Tom Hearron** (thearron@charter.net)

Versions of the Socratic

Religion and Philosophy

8 weeks: September 20, 27, October 4, 11, 18, 25, November 1, 8

Thursdays, 9-11 a.m.

The ancient Athenian philosopher Socrates used twists of irony to expose the boastful, the arrogant and the easily beguiled. Two millennia later, an Age of Enlightenment figure emerged whom critics named the "German Socrates." Ironically, this was the Jewish philosopher Moses Mendelssohn. Then, a hundred years on, a Danish graduate student wrote a dissertation on *The Concept of Irony with Continual Reference to Socrates*. Kierkegaard became known as the "Socrates of Copenhagen." What is the connection among these three philosophers?

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

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Thursday Morning *continued*

Yoga for Beginners

Health and Fitness

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

Location: Sherrill Center Meditation
Room 468

Ever wondered what yoga is or said "Yoga is for Gumbys"? This is the course for you. We will learn a little bit about the background of yoga each week while working toward learning yoga poses methodically. Yoga is an excellent way to improve muscular strength, endurance, flexibility and concentration. Yoga helps release stress as well as increasing flexibility and balance. No previous yoga experience or level of flexibility needed. **Prerequisite:** Participants must be able to get up from and down to the floor. Bring a yoga mat.

Instructor: **Barbara Rapchak** (beinthemomentyoga@gmail.com)

Thursday Midday

Advertising: An Illustrated History of Spectacular Successes and Dismal Failures

History

First 4 weeks: September 20, 27,
October 4, 11
Thursdays, 11:30 a.m.-1:30 p.m.

We'll explore the evolution of an industry that tantalizes us daily. We'll look at legendary ad campaigns, fascinating behind-the-scenes stories, compelling case histories and the development of brands. We'll view dozens of examples from TV, radio, print and other media. Consider a few samples: the evolution of airline, auto, tobacco, fast food and medical ads; symbols, jingles and catchphrases; sex, celebrities and quacks. And as the *As Seen on TV* ads state, "But wait. There's more..." This is only Part One.

Instructors: **Ron Schon** (schonad@gmail.com) and **Ellen Schon**

Appalachian Sampler: Appreciating Appalachian Culture

Social Sciences

History

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

We will dive into an introduction and survey of Appalachian geography, culture, music, crafts, ecology and enterprise. During this ninth year of *Appalachian Sampler*, 22 presenters, experts in their fields, will share information about life in Appalachia, past and present. Class format includes lectures, demonstrations, music and storytelling.

Instructors: **Carol Culler** (carolculler123@gmail.com) and

Meridith Miller (mlmiller1020@gmail.com)

Best Travel Apps for iPhone and Android

Math, Science and Technology

First 4 weeks: September 20, 27,
October 4, 11
Thursdays, 11:30 a.m.-1:30 p.m.

There are many websites and applications to help you plan your next trip, whether you are selecting your destination, shopping for competitive airfare, reading reviews, finding lodging or even sending postcards with your own digital photos. We'll also discuss tools for keeping all your travel plans at your fingertips. Learn all the tools you need to make your next trip the best one ever. Participants must bring their smartphone or tablet with them, either Android or Apple OS.

Instructors: **Julia Loughran** (loughran@thoughtlink.com) and

Wiley Loughran (wiley@thoughtlink.com)

An Encounter: Making Art into Poetry

Languages, Literature and Writing

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

For centuries, artists have taken sacred texts and transformed them into works of art. We will transform an artist's work into poetry. We will learn 14 different ways of shaping a poem from a work of art and learn "the moves" that poets make as they write poems. We'll learn how to use "material imagination" to create visual images with words and to marry sound and meaning in words. We will discover how the shape and form of a poem can mirror the shape and form of visual art. Each poet will be paired with a visual artist, an invitation to be in conversation through their creative work. The course will culminate in a display and gallery walk of the poets' and artists' work.

Recommended text: *Questions You Were Too Polite to Ask: Selected Poems 2011-2017*, John-Michael Albert (Moon Pie Press, 2018). Handouts. **Materials needed:** Journal and a pen or pencil.

Instructor: **Bruce Spang** (bspang4@gmail.com)

Thursday Midday *continued*

Great Short Stories

Languages, Literature and Writing

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

Each week, we will look at two outstanding short stories. As Henry James said about the short story form, "It should be a little gem of bright, quick, vivid form." Through reading, small-group and class discussion, we will gain a deeper appreciation of the power and magic of great short fiction. This will be small class, so expect to actively participate.

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

Joan Baez: Queen of Folk

Performing Arts

Last 4 weeks: October 18, 25, November 1, 8
Thursdays, 11:30 a.m.-1:30 p.m.

In the 1960s and '70s, Joan Baez was a popular voice of social conscience, as well as a remarkable and talented singer. She has described herself as human being, pacifist and songwriter—in that order. As Joan is on her *Fare Thee Well Tour* this year, we will look at her extraordinary 60-year career and especially her continuing role as a human rights activist.

Instructor: **Margaret Davis** (margaretwd@charter.net)

Politics and Government: Is This What The Founders Had in Mind?

Social Sciences

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

We will explore how government works and if this is what our forefathers had in mind. After a review of the basic structure of the federal, state and local governments and how they are supposed to operate, we will explore what happens in reality, the influence of politics on the workings of government and how it all shapes contemporary life. We'll also take a look at political parties and the influence of money in our voting and governing processes.

Instructor: **Joel Mazelis** (jmazelis@verizon.net)

What is My Life Expectancy?

Business, Law and Finance

Second 4 weeks: October 18, 25, November 1, 8
Thursdays, 11:30 a.m.-1:30 p.m.

Life expectancy varies tremendously between populations and even over a few miles distance across North Carolina. In fact, 50% of us will outlive our life expectancy. Who can depend on a retirement plan that fails 50% of the time? We will explore what factors influence life expectancy for a population and its subgroups. We'll use various online calculators to estimate a fictional person's life expectancy and discuss why the results differ. Finally, while this is not a retirement planning course, we will evaluate whether life expectancy is an appropriate factor to use for retirement planning.

Instructor: **Bob Rietz** (dbactuary@hotmail.com)

Thursday Afternoon

French 4: Ecouteons, Parlons et Ecrivons

Languages, Literature and Writing

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

This advanced French course, taught entirely in French, is intended for those who have a solid background in French (minimum *French 3* at CFS or equivalent). We will use internet resources (French radio and TV news, cultural programs, music, etc.) to practice listening comprehension and as a basis for discussions and writing assignments. Grammar and structure will be reviewed as it comes up in these activities. You may email the instructor for more information.

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

The Global Arms Trade, Defense Spending and the Challenge of Restraint

Math, Science and Technology

8 weeks: September 20, 27, October 4, 18, 25, November 1, 8, 15
Thursdays, 2-4 p.m.

Note: No class on October 11; makeup on November 15

Does higher defense spending buy increased security? Is the defense industry a key contributor to national economies? What's wrong with the global arms trade and what can an alert and knowledgeable citizenry do to bring about change? We will investigate how, far from protecting us, the global arms trade and defense spending undermine our security by fanning the flames of war, terrorism, and global instability.

Instructors: **Dot Sulock** (dsulock@unca.edu) and

Mike Dickinson (mikewdickinson@gmail.com)

college for seniors

Thursday Afternoon *continued*

Masking It

Visual Arts

First 6 weeks: September 20, 27,

October 4, 11, 18, 25

Thursdays, 2-4 p.m.

We will explore the art of mask-making. After a brief discussion of the history of masks and mask-making, each participant will design and make two masks. One will be modeled in clay to be glazed and fired. The second will be a plaster cast of the participant's face that will be painted and decorated to depict an alter ego. Most materials will be supplied: glaze, paint, feathers, etc. **Materials fee:** \$10 payable to the instructor on the first day for clay, glaze, firing, plaster-gauze, paints and decorations.

Instructor: **Nels Arnold** (Pikwik@Bellsouth.net)

Master of Suspense: Hitchcock in His Golden Years

Performing Arts

8 weeks: September 20, 27,

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

Thursdays, 2 p.m.-5 p.m.

Alfred Hitchcock pioneered the suspense and psychological thriller genres often featuring ordinary, innocent citizens caught up in situations beyond their control. Following a look at Hitchcock's black and white masterpieces last fall, an examination of Hitch's career wouldn't be complete without discussing his most successful films of the 1950s. Is he still the suspense master in the glorious world of Technicolor? It is not necessary to have taken the first course to enjoy this second one; suspense is guaranteed either way. See olliasheville.com/courses for a list of the eight classic films.

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

Milestones and Challenges of Late Life

Life Transitions

8 weeks: September 20, 27,

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

Thursdays, 2-4 p.m.

Late-life growth and development is not an oxymoron. It can be a time of radical shifts and creative exploration of who we are. While we can now choose what we do, we know events are on the horizon we need to understand and for which we need to plan. For those who want to engage life transitions and how to navigate them gracefully, we offer a series of readings and class discussions to tap the wisdom of the group—guided by instructors who are qualified by both life and work experience. We will seek insight and hard information for embarking upon a personal journey.

Instructors: **Meridith Miller** (mlmiller1020@gmail.com) and
Carole Spainhour (carole@elderlawcarolina.com)

Observing the Night Sky

Math, Science and Technology

4 weeks: September 27, October 4, 11,

18 and three evening observations

Thursdays, 2-4 p.m.

Note: Late start

We spend half our lives under the night sky! Learn more about its many wonders: planets, stars, galaxies, nebulae and more. In four classroom sessions we will get acquainted with the tools for observing: star wheels, apps, binoculars, telescopes and more. We will learn not only what, how and when to observe but also how Earth's motions affect what we see. Three night visits to three different observatories in the area will enhance the experience of the night sky. Registration is limited to 30 participants and includes three night observations to which participants must provide transportation. See olliasheville.com/courses for dates/sites of the three observations. **Recommended text:** *Nightwatch: A Practical Guide to Viewing the Universe* (revised 4th edition) by T. Dickinson; ISBN-13: 9781554071470.

Instructors: **Bernard Arghiere** (arghiere@gmail.com) and
Dominic Lesnar (dominiclesnar@gmail.com)

Plant-Based Cuisine Around the World

Health and Fitness

Last 5 weeks: October 11, 18, 25,

November 1, 8

Thursdays, 2 p.m.-5 p.m.

Location: Sherrill Center
Demonstration Kitchen

In this hands-on experience, we will prepare several whole foods, plant-based, no-oil dishes during each session. We will enjoy five classes and five cuisines: Mexican, Italian, Indian, Japanese and Middle Eastern. The sessions will be held in the Teaching Kitchen at the Sherrill Center and limited to eight people. **Materials fee:** \$25 to cover the cost of food.

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

Friday Morning

Acupressure for Well-Being and

Better Health

Health and Fitness

Last 4 weeks, twice a week

(seven sessions):

October 17, 19, 24, 26, 31,

November 2, 7

Wednesdays and Fridays, 9-11 a.m.

Are you curious about how to activate the acupuncture points through acupressure which may improve your sleep, memory, digestion, aches, pains and other ailments? We will explore not only acupressure but also daily tapping exercises to enhance the body's natural energy flow for overall health and the body, mind and spirit connections. In the end you will gain a basic understanding of how Oriental medicine system works.

Note: This is the same course described on page 28.

Instructor: Su Shen Huang (myneedle47@hotmail.com)

Creating Art Inspired by Poetry in Triptych Format

Visual Arts

8 weeks: September 21, 28,

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

Fridays, 9 a.m.-11:30 a.m.

Has a poem ever inspired you to create a work of art? This is the perfect opportunity for intermediate and advanced artists to use poetry to inspire their creations of three related images using their favorite medium. We will explore designing and creating triptychs (three artistic works intended to be appreciated together). After a brief study of historical and contemporary triptychs, we will focus on creating triptych images inspired by a variety of poets. Participants will be given the option of writing their own poem(s). **Materials:** Participants will provide all materials to complete at least two triptychs in the medium of their choice. **Prerequisite:** Participants must be proficient in their medium of choice. This is NOT a course for beginning artists.

Instructor: Debbie Reynolds (deborahareynolds@gmail.com) and Barbara Mueller (bmueller66@yahoo.com)

Drôme: The Other Provence

History

First 5 weeks

September 21, 28, October 5, 12, 19

Fridays, 9-11 a.m.

We will explore the landscape, culture and heritage of the Drôme region, the other Provence. We will study its geography and the evolution of the area through time. We will look at its place in French history and economy. We will discover the secret beauty of the region, the people, their livelihood and their stories. This gem of France will open a window on what France is beyond Paris and stereotypes. Powerpoint and short videos will support our learning objectives. The course will include scheduling an off-site fifth session with a tasting of wines and food of the region. **Materials fee:** \$15 to cover the cost of food and wine tasting.

Instructor: Sylvie Delaunay (france26120@gmail.com)

Functional Meditation

Personal Development

Last 4 weeks: October 19, 26,

November 1, 8

Fridays, 9 a.m. - noon

Based upon the work of Jose Silva, *Functional Meditation* invites you to create your own "greenhouse of discovery" as we move into and out of the meditative process three times during each session. We will learn to effectively and independently achieve the meditative state and at the very least become more relaxed. Outcomes to be expected are relaxation, focused thought, pain control and increased personal comfort. Clearly you will feel better and better.

Instructor: Jacquie Wollins (jwollins5@gmail.com)

The History of Lighthouses: From Bonfires to Satellites

History

8 weeks: September 21, 28,

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

Fridays, 9 -11 a.m.

In this overview of lighthouses of the world and history of United States' lighthouses, we will look at the life of a lighthouse keeper, the architecture and technical aspects of lighthouses such as lens and fog signals, and lighthouse administration. With humor, music and visuals, the instructor will examine the creative re-use of light stations, lightships and minor aids to navigation. We will also spend time exploring the seven lighthouses that dot the coast of North Carolina.

Instructor: Wayne Wheeler (waynew1789@gmail.com)

college for seniors

Friday Morning *continued*

Taking Control of Your Retirement Planning

Business, Law and Finance
First 6 weeks: September 21, 28, October 5, 12, 19, 26
Fridays, 9-11 a.m.

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

Instructor: John Coleman (johncoleman@ColemanAdvisory.com)

Tap Dancing for Fun

Health and Fitness
7 weeks: September 21, 28, October 5, 12, 19, 26, November 2
Fridays, 9-11 a.m.

Always wanted to tap dance? We will go over the basic steps and learn a routine. The main goal of the class is to have fun and 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)

To Be Younger Next Year: The Total Workout

Health and Fitness
First 4 weeks, twice a week:
September 19, 21, 26, 28,
October 3, 5, 10, 12
Wednesdays and Fridays, 9-11 a.m.

Have you not been very physically active but want to be able to do the things that give your life meaning and joy? The research is clear: strength, flexibility and aerobic activities can slow the aging process and preserve your ability to continue or resume activities that are important to you. In eight sessions over four weeks, we will develop a 30-minute routine in each of three areas—strength building, flexibility and aerobic exercise—that you can continue at your home or gym. The routine will be tailored to your current fitness level and put you one step closer to a practice that is sustainable and effective. We will also discuss key concepts from the book. **Note:** This is the same course described on page 30.

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

Instructors: Chris Lorish (clorish@gmail.com), Marcia Markowitz (marcija.markowitz@gmail.com) and Barbara Rapchak (beinthemomentyoga@gmail.com)

Walt Whitman: Civil War Chaplain and Freethinker

Languages, Literature and Writing
6 weeks: September 21, 28, October 5, 12, 19
Fridays, 9-11 a.m.

Walt Whitman (1819-1892) is remembered as one of the great poets of American history. Emerson was startled by his “free and brave thought.” Naturalist John Burroughs called his friend “the poet of the cosmos.” Whitman’s “secular chaplaincy” in Civil War Washington is less known, as well as his heretical “faith beyond faith.” We will read selections from Whitman’s poetry and prose while exploring his revolutionary inclusiveness and radical identification with Nature. Class website: www.chaplainwhitman.wordpress.com.

Instructor: Chris Highland (chris.highland@gmail.com)

Friday Midday

Christmas Music for Piano, Level 2

Performing Arts
Second 4 weeks, twice a week: October 16, 19, 26, 30, November 2, 6, 9
Tuesdays and Fridays, Noon-1 p.m.
Note: No class on October 23

We will focus on learning to play holiday music on the piano, mostly of a secular nature. Get prepared to entertain family and friends this holiday season! **Note:** This is the same course described on page 26. **Required text:** *Adult Piano Adventures Christmas Book 2* by Nancy and Randall Faber, ISBN 13: 978-1616773717. **Materials needed:** Headphones for use in the piano lab.

Instructor: Bobbie Rockwell (bobbie.mayrockwell@gmail.com)

Piano Instruction, Early Intermediate Level

Performing Arts
First 4 weeks, twice a week:
September 18, 21, 25, 28,
October 2, 5, 9, 12
Tuesdays and Fridays, Noon-1 p.m.

We will continue with instruction in intermediate level piano for Baroque, Classical, Romantic and Contemporary periods of musical history. The instructor will provide demonstration of selected pieces followed by participant practice periods with ample time for questions. Composers include Teleman, Bach, Haydn and Gurlitt—all simplified but pleasant sounding arrangements. **Note:** This is the same course described on page 26. **Prerequisite:** This course is designed for participants with a minimum of two years of piano playing experience or completion of College for Seniors piano courses within the past year. **Required text:** *Piano Literature Book 2: Developing Artist Original Keyboard Classics* by Nancy and Randall Faber, ISBN 13: 978-1616770341. **Materials needed:** Headphones for use in the piano lab.

Instructor: Bobbie Rockwell (bobbie.mayrockwell@gmail.com)

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Part of the UNC Asheville Community

As part of UNC Asheville, OLLI and its members receive many benefits.

OLLI members can enjoy a number of benefits as part of the UNC Asheville campus.

- Photo ID Card through the university's OneCard office
- UNC Asheville Ramsey Library borrowing privileges (http://library.unca.edu/borrowing_policies/OLLI)
- Use of UNC Asheville Shuttle Services around campus
- Access through UNC Asheville's University Police to a Passport sticker to ride Asheville Transit at no cost
- Discounts to UNC Asheville lectures, performances and athletics events
- Access to dining services, ranging from the Reuter Café to Lifestyle Dining in Brown Hall
- Access to purchase a UNC Asheville Health and Fitness Center Membership

OLLI, as a UNC Asheville department in the Office of Academic Affairs, receives significant support from a number of campus departments at minimal cost to our program.

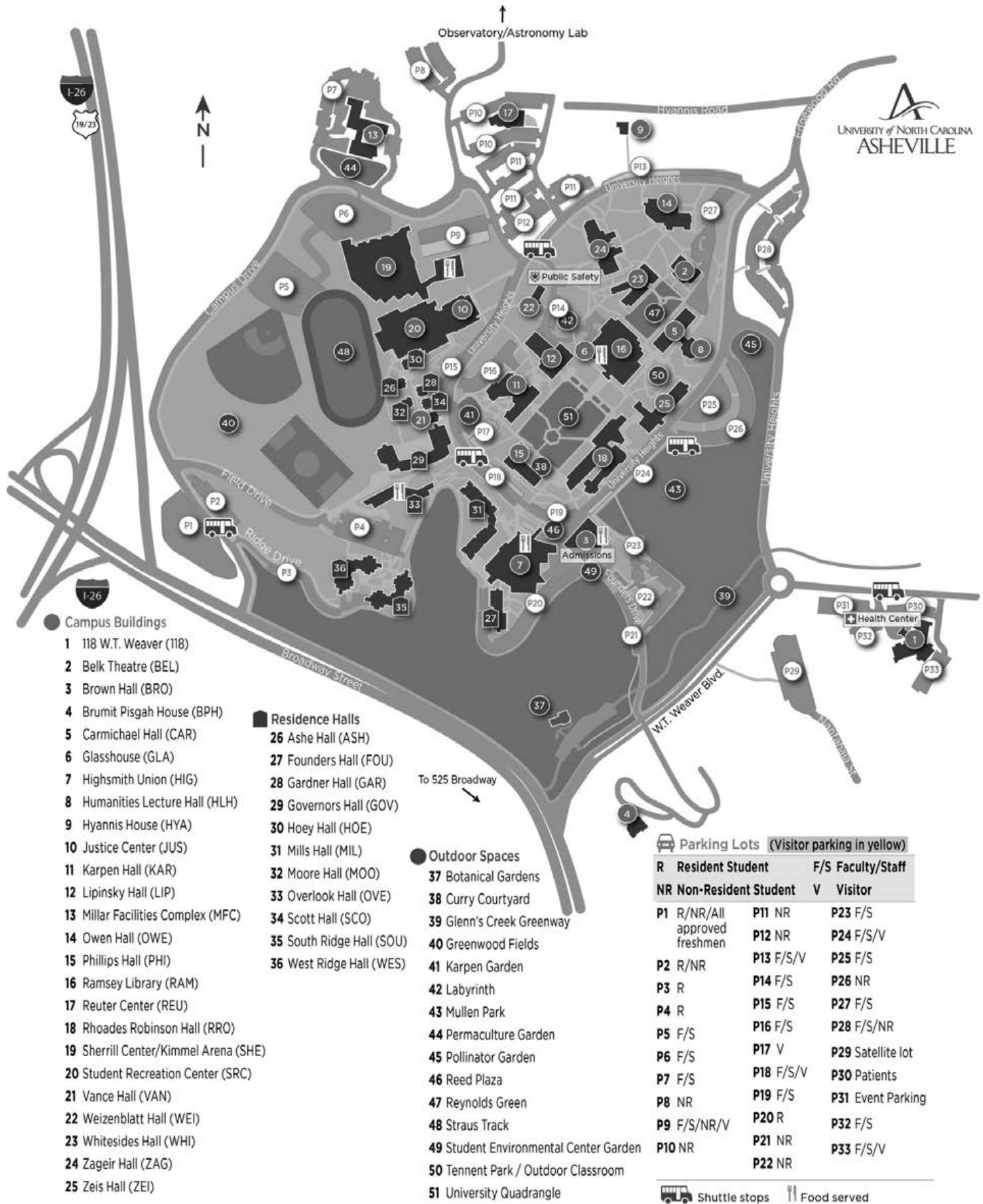
- The Finance Office supports our business processes
- University Police provide security and act as first responders in emergencies
- Information Technology maintains our classroom, office and website technology
- University Advancement assists in fund raising efforts, ranging from our annual fund campaigns to the campaign for "A Place to Call Home" and "A Place to Sit Down" that resulted in the construction of the Reuter Center
- The University's Office of the General Counsel gives advice on the legal implications of proposed policies and actions and on compliance with federal and state laws, regulations, UNC System and UNC Asheville policies
- Facilities and Maintenance provides daily housekeeping, assistance and equipment for big events like our Paths to Creative Retirement and Creative Retirement Exploration Weekend and routine maintenance and repairs for our building and grounds
- Human Resources assists in personnel searches and offers staff training and development

The University provides direct financial support.

- While other salaries at OLLI come from participant fees, the Executive Director's salary is paid by the university.
- All of the utilities and housekeeping that make the Reuter Center such a welcoming place are paid for by the university.

In contrast to many other lifelong learning programs that must pay their universities for the services they use, UNC Asheville nurtures and supports lifelong learning. If we had to pay for the services the university provides, we would most likely have to charge much more for our programs. In contrast to many universities where continuing education is an afterthought, UNC Asheville recognizes and values the positive economic impact our members have on the region, the many ways that OLLI members model the benefits of civic engagement and the potential of OLLI members to serve as mentors and coaches for university students. The university's second chancellor, Dave Brown and his wife Lin Brown, the founding director for the College for Seniors, conceived the idea that led in 1988 to the founding of the NC Center for Creative Retirement, now OLLI at UNC Asheville. They recognized that Western North Carolina was attracting retirees who loved the mild climate, the natural beauty and the active lifestyle, the rich traditional culture of music and craft and the supportive medical community in the area. Chancellor Brown felt that a rich and varied program designed to promote all elements of a creative retirement would be a magnet for older adults who would be able to find a sense of community, a stimulus for intellectual curiosity and a source of civic engagement in a program designed by and for the participants. The strong support of UNC Asheville chancellors has been a great asset to our programs; they have provided both the vision and institutional support to allow our members to flourish. We look forward to welcoming UNC Asheville's eighth chancellor, Nancy Cable, this fall and have every confidence that she will see the value of lifelong learning in a university setting.

While our chancellors and university colleagues have shown respect and support for lifelong learning, the truth is that universities and higher education have changed a great deal in the years since our program was founded. Chancellor Mary Grant, our seventh chancellor, often said that it's no longer good enough for liberal arts universities to say "We do God's work" in educating young people (or in providing opportunities to thrive in life's second half). We have to live our values, plan our strategies and attend to the financial bottom line. We have to deliver learning outcomes and offer a benefit to the communities we serve. And sometimes that means making changes that come at a cost. We hope that you will continue to see the value of our programs and the benefit of being part of a community of teachers and learners that extends beyond the walls of the Reuter Center to the rest of the campus.





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