



*Grow through life*



**OLLI** at UNC  
ASHEVILLE

SUMMER 2017 COURSES & EVENTS

# from the director - summer 2017

We are lucky at the Reuter Center to enjoy displays by the Asheville Quilt Guild. In our contemporary building, these intricately stitched works of art connote Appalachian tradition and add warmth, texture and color to the space we call home. Patterns and quilts themselves are handed down from generation to generation, although each generation and individual has an opportunity to express a unique personality and circumstance in the created object. Quilting thus allows for continuity and change. In a region where resources are sometimes scarce, worn-out clothing or even cast-off flour sacks may be recycled and repurposed as the components of a quilt's design. Old and new pieces of fabric are transformed when the quilter artfully arranges them and makes them part of a new whole. Because many traditional quilters create beautiful and useful objects out of scraps and what is "left over," quilts reflect a maker's thriftness and ingenuity. Sometimes they are crafted during long, lonely nights when other chores are complete. Sometimes quilters gather at "bees" to quilt together, to make the work go more quickly and to share the fellowship of creating together. Whether quilts are made by individuals or groups they are meaningful because they are both beautiful and useful. A well-made quilt will warm generations of a family.

Most of the quilts on display at the Reuter Center are contemporary and sophisticated, but even simple designs can evoke a legacy of meaning. The Log Cabin quilt pattern did not originate in the US, but many people consider it the quintessential American quilt design. It is a relatively simple form but one that seems to be full of meaning. In its most traditional form, one side of the design should be in light colored fabric to represent the walls of the sunny side of a cabin, while the opposite side is worked in darker colors. Most significantly, the center of each block is usually made in a red or warm colored fabric to represent the hearth, a symbol of security, warmth, abundance and comfort, the qualities central to our sense of home. It's tempting to read a log cabin quilt as a statement of values, the importance of solid walls and a foundation and an expression of the centrality of all that is symbolized by the warmth and light and security of the hearth.

Writers who urge us to find opportunities to thrive in life's second half sometimes use the image of the fire as a gathering spot, as a symbol of the energy and warmth that is critical in the expression of an engaged and purposeful life. The geriatrician Dr. Bill Thomas observes that we live in a busy adult world that measures, ranks and sorts people by what they can do. Too often we cut people loose from this world when they retire and don't provide patterns for how to move to a life of "being" that also includes purpose. Thomas reminds us, "For millennia, elders have been the repositories of their people's lore. They have stored our most cherished beliefs and then transmitted them to the young. The image of an elder by the fire recounting long-told tales to a circle of children has a powerful pull on us and, indeed, is a function of elderhood that has been endangered by the vast and growing entertainment industry. . . . The rebirth of elderhood must include the capacity for elders to tell and for others to receive the wisdom that only stories can hold. . . . Storytelling helped older people become the elders they were meant to be."



Metaphors can clarify ideas, but we also know that sometimes the line between what we take seriously and what we take literally can present challenges for us. Thomas's vision of elders sharing wisdom through stories implies a desire to return to a simpler time (without questioning how real that vision is or what it meant in a time when we had to sit around fires). Fighting our way through the clutter of media or connecting with the next generation can be much more difficult in an era where we fail to make physical and emotional connections with one another either within or across generations. At one point the television replaced the hearth as a gathering spot, but in most cases now we choose our own media and stream it on our own devices. The gathering of "vital elders" venerated and followed for their wisdom seems a fantasy that is harder to translate into the reality of "being" an elder.

Perhaps we should look to the example of the quilt as both symbol and object of a new vision of being an elder that also can be shared forward. OLLI and the Reuter Center are a kind of quilting bee. We bring together the elements of our lives that we want to repurpose or re-use. Sometimes we add something new if it expresses a vital understanding of who we are. Together, building programs and curriculum and ultimately an "institute," we create something new and beautiful, something richer than all of its individual parts but meaningful because of them. A quilter is a story teller, dispensing wisdom and sharing values in a language that every generation learns to read for itself. When we gather at the Reuter Center, we bring together the varied fabrics of our lives. We build and shore up foundations and walls, but when we gather we warm ourselves and one another. We welcome new generations to learn from us, to gather at our hearth, but we recognize and value the opportunity to learn from one another.

Catherine Frank  
Executive Director, OLLI at UNC Asheville

# summer 2017 calendar of events

Items in bold are not listed in Special Events section

## May

**3** **Summer 2017 catalog available and online**  
3 More Than a Month: DeWayne Barton, 3 p.m.  
4 Astronomy Club of Asheville, 7 p.m.  
5 Fab Friday Lecture, 11:30 a.m.  
5 Opera Talk, 3 p.m.  
5 Reuter Center Singers Spring Concert, 7 p.m.  
6 Reuter Center Singers Spring Concert, 7 p.m.  
**10** **Summer 2017 allocation registration begins, 10 a.m.**  
10 TRIAD Program, 2 p.m.  
12 NC Stage Behind the Scenes, 1:30 p.m.  
12 Symphony Talk with Daniel Meyer, 3 p.m.  
14 Carolinas' Nature Photographers Association, 5:30 p.m.  
**16** **Summer 2017 allocation registration ends, noon**  
17 The Great American Total Solar Eclipse Lecture, 6:30 p.m.  
**19** **College for Seniors Spring 2017 courses end**  
19 New to Medicare Class, 2 p.m. (registration required)  
19 Death Café, 5 p.m.  
23 Elisha Mitchell Audubon Society, 7 p.m.  
28 The Autumn Players, 2:30 p.m.  
**29** **Memorial Day Holiday – Reuter Center and OLLI Office closed**

## June

1 Astronomy Club of Asheville, 7 p.m.  
**2-4** **CREW Workshop**  
**(OLLI and the Reuter Center closed to all other activities)**  
11 Carolinas' Nature Photographers Association, 5:30 p.m.  
**12** **College for Seniors Summer 2017 courses begin**  
14 Trash or Treasure? 9 a.m.  
16 More Than a Month Event: Policing Minority Communities, 1:30 p.m.  
16 Death Café, 5 p.m.  
20 OLLI Authors, 5 p.m.  
20 Elisha Mitchell Audubon Society, 7 p.m.  
21 Advance Care Planning Workshop, 7 p.m.  
23 Opera Talk, 3 p.m.  
24 WNC Historical Association Event, 2 p.m.

## July

**4** **Independence Day Holiday – Reuter Center and OLLI Office closed**  
9 Carolinas' Nature Photographers Association, 5:30 p.m.  
21 Death Café, 5 p.m.  
21 Opera Talk, 3 p.m.  
26 The Great American Total Solar Eclipse Lecture, 6:30 p.m.  
**28** **College for Seniors Summer 2017 courses end**  
28 New to Medicare Class, 2 p.m. (registration required)

## August

**1** **2017-18 OLLI Membership Year begins**  
3 Astronomy Club of Asheville, 7 p.m.  
**4** **Fall 2017 catalog available and online**  
**10** **Fall 2017 allocation registration begins, 10 a.m.**  
11 Death Café, 5 p.m.  
13 Carolinas' Nature Photographers Association, 5:30 p.m.  
**18-20** **Paths Workshop,**  
**(OLLI and the Reuter Center closed to all other activities)**  
20 The Autumn Players, 2:30 p.m.

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### OLLI Steering Council 2017-2018

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

### Committee Chairs

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

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

# olli membership

Your gateway to OLLI at UNC Asheville (OLLI) programs and events is membership. If you are not already a member, take advantage of the special summer membership fee of \$35 that covers the membership period from May 1 - July 31, 2017. Member benefits include:

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

- **Access to :**
  - Special Interest Groups (SIGS) (p. 5)**
  - Activities, Programs, and Special Events (p. 6-8)**
  - College for Seniors courses (p. 15-30)**
  - UNC Asheville Health and Fitness Center (p. 4)**
  - Leadership Asheville Seniors (p. 9)**
  - Life Transitions Programs (p. 12)**

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

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

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

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

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

Please be aware that several construction projects are underway on the UNC Asheville campus during the summer months. While none of them are near the Reuter Center and may not directly affect parking near our building, there may be times when parking spaces are in short supply or when roadways in some parts of campus are blocked. Campus security will be checking parking decals and giving tickets for parking violations.

## 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](mailto:acadle@unca.edu).

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

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

**OLLITalk:** This optional email distribution list is available to OLLI members only. You can use OLLITalk to exchange general information about programs and topics of interest. You can also ask for and send recommendations or referrals. The forum is monitored and should not be used to distribute political or religious information or to offer negative reviews of goods or services. To sign up to be a part of the OLLITalk, send an email to [olli@unca.edu](mailto:olli@unca.edu).

**DINING OPTIONS:** The Reuter Café on the Center's lower level is open Monday-Thursday from mid-morning to mid-afternoon during College for Seniors summer term. There are soda and snack vending machines on the Center's lower level. You may also dine on campus in Brown Hall, where lunch is served from 11:30 a.m. to 1 p.m. All other dining facilities on campus are closed during the summer.

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

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

# special interest groups—SIGs

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

## **Apple Users**

Second Fridays, 1:30-3:30 p.m.  
Contacts: Paula Withrow, 828.350.8406,  
[pwwithrow@aol.com](mailto:pwwithrow@aol.com) or Bob Mellor,  
828.253.5031, [bob.mellor@charter.net](mailto:bob.mellor@charter.net)

## **Art**

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

## **Beer on Tap**

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

## **Bridge Buddies**

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

## **Bridge for Fun**

~~Wednesday~~ Wednesdays, 2-5 p.m.  
Contact: Patricia Grace 828.505.0046,  
[pegrace@vt.edu](mailto:pegrace@vt.edu) or Beth Alford,  
828.505.2922

## **Bridge Grads**

Thursdays, 2-5 p.m. Contacts:  
Nina Hansen, 828.299.7711,  
[hansenn@charter.net](mailto:hansenn@charter.net) or Kay Harrold,  
828.257.4027, [karonharrold@gmail.com](mailto:karonharrold@gmail.com)

## **Conversing in Spanish**

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

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

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

## **Financial Strategies in Retirement**

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

## **Français Facile Mondays**

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

## **History Book Lovers**

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

## **Intermediate Bridge**

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

## **Meditation**

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

## **Men's Wisdom Works**

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

## **Poetry Lovers**

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

## **Texas Hold'Em Poker**

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

## **Thriving in Community**

First Fridays, 2 p.m. Contact:  
Gaya Erlandson,  
[livingnewstories@gmail.com](mailto:livingnewstories@gmail.com)

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

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

## **Wednesday Wine Tasting**

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

## **Wine Tasting II**

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

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

Meets monthly. Contact: Bonnie Wheeler, [bonniewhee@gmail.com](mailto:bonniewhee@gmail.com)

## **Women's Groups**

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



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

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

# special events—Summer 2017

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

## **Advance Care Planning Workshop**

OLLI at UNC Asheville will hold an advance care planning workshop that will feature a panel whose members are experienced in addressing end-of-life issues. Discussion will include communicating your treatment wishes to loved ones and to medical personnel, ethical and legal issues and the uses of advance directives. Ample time will be reserved for questions. Assistance will be provided for anyone wishing to complete a legally valid advance directive, including the notarization required in North Carolina, using the NC Advance Care Planning "Short Form."

- **Wednesday, June 21, 7-9 p.m.**

## **Astronomy Club of Asheville**

The Astronomy Club of Asheville meets the first Thursday of most months at 7 p.m., with an interesting lineup of speakers and topics. Participation at club meetings and events is free to OLLI members. For more information on the Astronomy Club of Asheville, visit their website at [astroasheville.org](http://astroasheville.org). There is no meeting in July. Upcoming programs:

- **Thursday, May 4, 7 p.m.** "Total Solar Eclipses and Scientific Discovery," Brian Dennison, UNC Asheville Department of Physics
- **Thursday, June 1, 7 p.m.** "How Do We Know What We Know?" Rico Ignace, East Tennessee State University Department of Physics and Astronomy. Location: Rhoades-Robinson 125
- **Thursday, August 3, 7 p.m.** "Cassini's Grand Finale: A Daring End to a Glorious Mission," Jonathan Ward, NASA Solar System Ambassador

## **The Autumn Players**

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

- **Sunday, May 28, 2:30 p.m.** *All My Sons* by Arthur Miller, directed by Deborah Austin
- **Sunday, August 20, 2:30 p.m.** *The Hollow* by Agatha Christie, directed by Marianne Lyon

## **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 those 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 please go to: [www.cnpaasheville.org](http://www.cnpaasheville.org)

- **Sundays, May 14, June 11, July 9, August 13, 5:30 p.m.**

## **Death Café**

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

- **Fridays, May 19, June 16, July 21, August 11, 5-6:30 p.m.**

## **Elisha Mitchell Audubon Society**

The Elisha Mitchell chapter of the National Audubon Society was formed in Asheville in 1986. Its mission includes promoting birding and an appreciation of all nature, and helping to preserve wildlife and natural ecosystems. EMAS offers free educational programs on the third Tuesday of the month at 7 p.m. in the Reuter Center and leads free bird walks at the Beaver Lake Bird Sanctuary on the first Saturday of every month. Find out more at EMS website, [emasnc.org](http://emasnc.org), and plan to enjoy the walks or talks.

- **Tuesdays, May 23 and June 20, 7 p.m.**

## **Fab Friday Lecture: Vitamins and Supplements for Health: Hype or Helpful?**

Join Danna Park, MD, Fellow of the American Academy of Pediatrics and Fellow of the American College of Physicians, for an evidence-based look at some commonly used supplements, vitamins and herbs. Learn the top five questions to ask before considering any natural supplement and discover some reputable internet sources for reliable information. Dr. Park will review some selected vitamins and antioxidants, talk about selected supplements used for heart and brain health, explore the controversy over calcium and more. This lecture is part of the Health Education Series and the last of the Spring 2017 Fab Friday Lectures. We do not offer Fab Friday lectures in the summer term, but they will return in Fall 2017.

- **Friday, May 5, 11:30 a.m. – 1:15 p.m.**

## **The Great American Total Solar Eclipse Lecture**

A total solar eclipse is a wonderful and magical event and, for most folks, a once in a lifetime experience. Where will you be when the Sun fades out on August 21, 2017? This first total solar eclipse in our region since 1970 (when it occurred near the coastline of the Carolinas) will pass very close to Asheville. Bernie Arghiere, an observer of other total solar eclipses, will share his experiences, including why you should travel the short distance out of Asheville to see the total eclipse. He will discuss how and where to best observe the eclipse safely, what to expect during the brief 2½ minutes of totality, the Sun's chromosphere and corona (both visible during a total solar eclipse) and the celestial mechanics of how and why total solar eclipses even occur.

- **Wednesday, May 17, 6:30 p.m. or**
- **Wednesday, July 26, 6:30 p.m.**

# special events—Summer 2017

## More Than A Month

OLLI's Inclusion Committee has organized a varied series of programs to highlight issues of African American culture in Asheville and beyond. We hope that by offering opportunities to learn more that we will create a forum for challenging conversations. The noted author James Baldwin observed, "Not everything that is faced can be changed, but nothing can be changed until it is faced." It is in that spirit of facing history and facing ourselves that we take to understanding the many ways that race informs our culture.

### • Wednesday, May 3, 2 p.m. Hood Huggers

**International Hood Huggers International** offers sustainable strategies for building support for resilient historically African American neighborhoods. Its strategies incorporate the arts, social enterprise and the environment to build a culture of stability that is inclusive and economically just. Join Hood Huggers International founder DeWayne Barton to learn more about the public art projects, environmental programs, Hood Tours and partnerships that are energizing Asheville's neighborhoods.

### • Friday, June 16, 1:30 p.m. Policing Minority

**Communities:** Asheville Police Chief Tammy Hooper and Buncombe County Sheriff Van Duncan will discuss the ongoing efforts to build productive relationships between law enforcement officers and the communities they serve.

## New to Medicare Class

Are you new to Medicare? Are you confused by the many choices? Unbiased and accurate information is available from trained volunteers from the North Carolina Seniors' Health Insurance Information Program. In partnership with OLLI, a free class will be held in the Reuter Center that 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 [coabc.org](http://coabc.org).

### • Friday, May 19 and July 28, 2-4 p.m.

In addition, beginning at **noon before each of the New to Medicare sessions**, 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 [socialsecurity.gov](http://socialsecurity.gov).

## NC Stage Behind the Scenes

Join NC Stage Artistic Director and co-founder, Charlie Flynn-McIver as he takes you behind the scenes of the professional productions of NC Stage, downtown Asheville's professional theatre company. We'll look into the themes of the plays, explore the rehearsal process and design concepts, talk to actors, directors and designers and even have a scene or two from the show. Get an insider's view of the workings of a professional theatre. The next program focuses on the final play of the NC Stage season, *Matt & Ben*, written by Mindy Kaling and Brenda Withers. The show explores a theory behind the writing of the award-winning screenplay, *Good Will Hunting*, by Matt Damon and Ben Affleck, who are played by two women.

### • Friday, May 12, 1:30 p.m.

## OLLI Authors

**OLLI Authors** is a new series recognizing the many very talented poetry and prose writers among OLLI members. OLLI Authors will feature one reading each term featuring two published or non-published poets. Come join us for the next session highlighting OLLI members' creativity, featuring readings by poets Mike Ross and Karen Depew.

### • Tuesday, June 20, 5 p.m.

## Adverse Weather

OLLI classes, events, meetings and other activities will be canceled or delayed when UNC Asheville classes are canceled or delayed. OLLI leadership sometimes will make the decision to close or delay events when the rest of the campus is in session if we feel that closing is a prudent way to meet the unique needs and challenges of our members.

OLLI members should consult the OLLI website at [www.olliasheville.com](http://www.olliasheville.com) to receive the latest information regarding closings, cancellations and delays. As soon as we have a chance to gather relevant information we will post information on our outgoing message at 828.251.6140. We will also, if at all possible, send an email to active OLLI members regarding cancellations, closings and delays.

# special events—Summer 2017

## Opera Talk

Come enjoy a behind-the-scenes journey as a cast of industry professionals guide you through their operatic world. For more information about ALO or to purchase tickets for a performance, visit [ashevillelyric.org](http://ashevillelyric.org)

- **Friday, May 5, 3 p.m.** History of American Opera with Dominic Acquilino
- **Friday, June 23, 3 p.m.** Young Artist Program with Jon and Beth Truitt perform a collection of opera highlights, art songs and classical pieces.
- **Friday, July 21, 3 p.m.** Wrap up and Review of *Elixir of Love*

## Reuter Center Singers Spring Concert

The Reuter Center Singers, OLLI's in-house choral group directed by Chuck Taft, study and perform classical, popular, show tunes and other favorites. This year's concert will feature music of Carole King and James Taylor. Concerts are free and open to the public. Donations at the door are welcome. Spring Concert performances:

- **Friday, May 5, 7 p.m.**
- **Saturday, May 6, 7 p.m.**

## Symphony Talk with Daniel Meyer

The best way to enjoy the Asheville Symphony Orchestra's Masterworks concerts is to attend Symphony Talk for the inside scoop on the music, composers and soloists. Daniel Meyer, Asheville Symphony Orchestra's music director and conductor, shares information on the upcoming 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](http://ashevillesymphony.org)

- **Friday, May 12, 3 p.m.** Mozart's Violin Concerto No. 3 and Mahler's Symphony No. 1 "Titan" with soloist Yevgeny Kutik



## Trash or Treasure?

Wonder what it's worth—that settee that you seldom sit on or the Appalachian folk art from Ashe County? Bring it to OLLI for an evaluation from renowned auctioneer Bob Brunk. Founder and president emeritus of Brunk Auctions of Asheville, Bob will give an overview of the antique/auction world and most of the major fields of decorative arts, glass, porcelain, textiles, furniture, folk art and silver. He will also offer informal evaluations of those long-stored family heirlooms. Sorry, no jewelry or modern collectibles (plates, dolls, Franklin Mint and the like). Fortunes made, hearts broken, stories told: there's something for everyone at the OLLI Trash or Treasure revue. Take a seat in the Manheimer Room—or bring your own. (If your furniture is too large to transport, email a good photograph in advance to [olli@unc.edu](mailto:olli@unc.edu).)

- **Wednesday, June 14, 9 a.m.**

## TRIAD Program: Senior Safety and the Law Cancelled

Do you have questions about the work of those sworn to serve and protect our community? Plan to attend a panel discussion from Asheville Police Department and Buncombe County Sheriff's office personnel with information about the programs, policies and goals of local law enforcement. Sponsored by the local TRIAD partnership, this session will explore the issues facing older adults and efforts to strengthen the relationship between law enforcement and the communities they serve. This is a chance to learn and also to express appreciation to our law enforcement leaders.

- **Wednesday, May 10, 2-4 p.m.**

## Western North Carolina History Association

*Raise Every Voice: Gospel Music in the Mountains* will be presented by Bruce Nemerov and Friends. Grammy-winning musician Bruce Nemerov offers an inspirational program of the religious music found in Western North Carolina during the 19th and 20th centuries including camp meeting songs, shape-note songs, spirituals and hymns. The performance highlights Bruce's skill with the guitar and banjo along with the talents of Kevin Kehrberg (bass, guitar, vocals) and Jeff Keith (mandolin, guitar, vocals) of Warren Wilson College's music department. Along with the music, they will describe the background and evolution of the region's varied religious music history. \$5 donation at the door; WNCHA members free. Program sponsored by the Western North Carolina Historical Association.

- **Saturday, June 24, 2 p.m.**

## Civic Engagement Committee

# 3 Ways to VOLUNTEER...



Education



Food Insecurity



Housing & Homelessness



## SO MANY WAYS TO MAKE A DIFFERENCE!

Join Us. Become an OLLI Volunteer. Contact **Sarah Reincke**, [sarahreincke@gmail.com](mailto:sarahreincke@gmail.com) for details

## 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.



**Dates:** Tuesdays, 9 a.m. - 4 p.m.

September 12 - November 7, 2017

Orientation September 11, 2017

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

**Registration:** Open to OLLI members only. Register online. Visit [www.olliasheville.com/LAS](http://www.olliasheville.com/LAS) for more information.

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

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

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

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

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

# workshops summer 2017

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

## **Traditional Appalachian Craft**

### **Series: Making Colorful**

#### **Corn Shuck Dolls**

Saturday, June 10, 9 a.m.-4:30 p.m.

**Fee: \$95**

Learn how to transform dried natural corn shucks into folk art dolls. Participants will learn all the steps necessary to make corn shuck dolls. We will begin by dampening dried shucks, then rolling and tying them into figures using a variety of techniques, and then embellishing the dolls using other natural materials as well as small items brought from home. All levels are welcome; moderate hand strength and dexterity is needed. **Materials fee:** \$15 for supplies, payable to the instructor

**Anne Freels** ([anneofriel@gmail.com](mailto:anneofriel@gmail.com)) is a full-time craft artist who has been making corn shuck dolls since 1975. She is devoted to the creative process of craft, especially the alchemy of transforming raw, natural materials into a new form. [facebook.com/Anne-Freels-and-Wingshuck-293590044108/](https://facebook.com/Anne-Freels-and-Wingshuck-293590044108/)

## **Does an Electric Car Make Sense For You?**

Saturday, June 17, 9 a.m.-1 p.m.

**Fee: \$50**

Your next car could be electric! Many new and used "plug-in" hybrid and full electric models are now available. Learn the basics of electric cars, including range and charging considerations. Discover which features are important to consider and assess their particular worth to you. See some electric cars close up and talk to owners. A pre-class survey of your driving habits will enrich in-class understanding. During the workshop, you will clarify your needs and walk away with the key facts that you need to go online or visit dealerships.

**Joe Baum** ([baumjoe51@gmail.com](mailto:baumjoe51@gmail.com)) is a retired automotive product development executive. **Joe and Lenore Baum** own two electric cars, drive them on a daily basis and recharge with solar energy. They are charter members of the Blue Ridge Electric Vehicle Club. [facebook.com/groups/blueridgeevclub/](https://facebook.com/groups/blueridgeevclub/)

## **Calligraphy: Italic Hand**

Saturday, June 24, 10 a.m. - 5 p.m.

**Fee: \$105**

This class is an introduction to basic calligraphy skills. We will look at the highly favored Italic hand used during the Italian Renaissance. Participants will learn how to use the broad-edge tool to create these letter-forms and will also use pencils during the workshop. Individual instruction will be emphasized throughout the workshop to ensure that each participant feels comfortable with calligraphy techniques. Participants will be encouraged to practice calligraphy on personal projects such as cards and envelopes. **Materials fee:** \$30, for supply kit including paper and pens, payable to the instructor.

**Catherine Langsdorf** ([c\\_langsdorf@yahoo.com](mailto:c_langsdorf@yahoo.com)) began her pursuit of calligraphy in 1987 to be able to address her wedding invitations. She has been enthralled by calligraphy ever since. Langsdorf studies and teaches a variety of lettering styles, has published instructional articles in calligraphic journals and has published her calligraphy pieces and other art forms. [longvillagelettering.blogspot.com/](http://longvillagelettering.blogspot.com/)

## **Big Paper Watercolor!**

Saturday, July 15, 9 a.m. - 4 p.m. & Sunday, July 16, 9 a.m. - 4 p.m.

**Fee: \$170**

Painting on full sheet watercolor paper (22"x 30") is a fun challenge. In this class, participants will learn how to mount large sheet watercolor paper to different backer boards and how to up-size a preliminary sketch and transfer it to a full sheet. Challenge yourself by painting big splashy washes with a "Go for it!" attitude. The goal is to have fun while dabbling outside your comfort zone. A supply list will be provided by the instructor. Materials cost will be approximately \$100/person, depending on what participants already have.

**Jane Snyder** ([janesnyder1957@gmail.com](mailto:janesnyder1957@gmail.com)) lives in Asheville and teaches beginner to advanced watercolor and drawing classes in the area. [janesnyderart.com](http://janesnyderart.com)

# workshops summer 2017

## **The Magic Mirror: What Others Reflect to Me About Myself**

Saturday, July 22, 10 a.m. - 4 p.m.  
**Fee: \$80**

In this workshop, participants will call up the memory of a challenging interaction as the basis for personal transformation. In addition to brief discussion, participants will experience various exercises to facilitate self-inquiry, including a guided inner journey. The aim is to transform a particular pattern and enjoy a new understanding of compassionate common ground in your relational space. Bring lunch, a pen, notepaper and a sense of humor.

**Dona Matera** (onewithin@mac.com) has facilitated workshops for several decades. She has a master's degree in integral counseling psychology from the California Institute of Integral Studies and has earned complementary certifications from different institutions over the years.

## **Traditional Appalachian Craft**

### **Series: Create and Learn**

#### **Appalachian Ribbed Basketry**

Saturday, August 5, 10 a.m. - 3 p.m. & Sunday, August 6, 10 a.m. - 3 p.m.

**Fee: \$125**

Participants will learn all the basics of Appalachian ribbed basketry. Designing creative handles or rims, shaping and finishing techniques will be explored as we delve into this favorite cultural iconic craft: Appalachian basketry. Beginning weavers to old pros will enjoy bringing home a functional handmade heirloom. **Materials fee:** \$15 for basket materials, payable to the instructor.

**Carla Filippelli** (cranberryc@bellsouth.net) and her partner Greg delight in creating hand woven distinctive random weave baskets and sculpture. They maintain a studio near Asheville and teach many types of creative basketry in craft schools, arts councils and area public schools. Carla's teaching style is relaxed, efficient and rewarding with all participants enjoying one-on-one instruction in a fun and creative class atmosphere. [www.craftguild.org/cranberry](http://www.craftguild.org/cranberry)



## **Registration Instructions for Workshops:**

1. Go to the OLLI website: [olliasheville.com](http://olliasheville.com) and click on **Online Registration**.
2. Go to the **Sign In** page, and sign in using your OLLI username and password. If you do not have one, click on **Create a New Account** and add a username and password.
3. Go back to **Registration Home** page and click on **Workshops**. Choose the workshop(s) you want and click on **Add to Cart**. Note: you can add workshops to cart at the same time you add College for Seniors or other programs to cart.
4. Click on **Check Out** and follow the steps to pay for the workshops using your credit card.

## Local Programming - Open to OLLI members only

### Gift of Time

The *Gift of Time* program encourages participants to think about how to plan and communicate end-of-life wishes to spouses, partners, children and parents. Experienced facilitators and expert speakers, combined with the support of a group of peers, make this program truly unique.

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

**Dates & Time:** May 16, 18, 25, June 1, 8, 2017, 10 a.m. - noon each day

**Cost:** \$30/person

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

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### Exploring CCRCs

*Exploring Continuing Care Retirement Communities* (CCRCs) helps participants assemble the relevant information and ask the right questions to see whether the CCRC is a living option that meets their needs. The course includes classroom presentations and site visits to local CCRCs.

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

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

**Cost:** \$150 per person

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

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## National Programming - Open to anyone

### Paths to Creative Retirement

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

**Dates:** August 18-20, 2017

April 20-22, 2018

**Cost:** \$850 per person

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

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### Creative Retirement Exploration Weekend

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

**Dates:** June 2-4, 2017

**Cost:** \$575/person

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

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

# registration information

## Online Registration

**Join OLLI at UNC Asheville and register for College for Seniors – Summer 2017  
Initial allocation registration period is May 10, 10 a.m. to May 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](http://www.olliasheville.com) and click on the **Online Registration** link. That will take you to the **Registration Home** page.

### Sign in.

- If you were a member in 2015-16 or joined since August 1, 2016, you have a username and password. Scroll down to “Sign In to Existing Account” and enter your username and password.
- If you are not a member, scroll down to the “Create New Account” box and enter a username and password (write them down for future reference).
- If you have entered everything correctly, at the top of the screen it will say “Welcome [Your Name]”

**If you are not a current member, initiate your OLLI membership for Summer 2017** (if in doubt, click on **My Account**, then **My Membership**. If the expiration date is 7/31/2017 you **do not** need to add a membership to cart)

Pay the \$35 summer membership fee and receive membership through July 31, 2017. Click on **Membership and CFS**

**Registration Fee**, then click on **OLLI Summer Membership**. Click on **Add to Cart** to add the \$35 fee. You do not need to create separate orders for membership and CFS courses.

**Add the CFS Registration Fee (\$75) to cart.** You must do this step before adding any CFS courses.

Click on **Membership and CFS Registration Fee**, then click on **CFS Registration Fee**. Click on **Add to Cart**.

### Choose your courses

- Find the courses you want (full instructions are available online) and click on **Request Course** to add them to your cart.
- 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. We will enroll you in your highest priorities with available seats.

### Complete your purchase

- 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 are paying with check, cash, scholarship or voucher, contact the OLLI office before you begin the process 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 June 9.

### 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, May 25, 4:30 p.m.

### Add-Drop opens May 26, 10 a.m.

- If you missed the initial registration period, you can register for courses with available openings during this time.
- If you have already registered for courses, you may add any courses in which seats are available or add your name to a waitlist through the online registration process. Add-Drop ends after the second meeting of a course.
- To drop a course, email to [olli@unca.edu](mailto:olli@unca.edu); include your name and the name of the course(s) you wish to drop.
- To drop all courses and receive a full refund, please submit your request by Friday, June 9, 3 p.m.

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

You may register for these other programs at the same time you register for College for Seniors or membership.

For information on registering for workshops, go to page 11.

# registration information

## Worksheet for College for Seniors Course Selection

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

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

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

## Registration schedule

- Initial allocation registration opens Wednesday, May 10, 10 a.m.
- You may come to the Reuter Center for registration help on May 10, 11, 12, 15, 10 a.m.-3:30 p.m. and on Tuesday, May 16, 8:30 a.m. – noon.
- Registration is closed during the allocation process, May 16, noon-May 25. You may purchase an OLLI membership, Workshops, Life Transitions and Leadership Asheville Seniors during this time, 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 May 25, 4:30 p.m.
- Add-Drop opens May 26, 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.

## College for Seniors Registration Fee for Summer is \$75

**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 (June 7) or you will be dropped from the course.**

Other course or materials fees must be paid to the instructor as directed in the course description.

**COLLEGE FOR SENIORS (CFS)** is your opportunity to learn something just for the fun of it. Courses in this program are taught by members who have passion and professional expertise as well by UNC Asheville faculty and independent scholars in our area. Courses range from yoga to photography, Shakespeare to Facebook, refugees to Zelda and F. Scott Fitzgerald. We offer four terms throughout the year, each one different, with stimulating, entertaining and relevant courses. See pages 18 to 30 for course descriptions.

**Summer:** June 12 – July 28, 2017 (initial registration May 10-16)  
**Fall:** September 18 – November 10, 2017 (initial registration August 10-17)  
**Winter:** January 8 – February 19, 2018 (initial registration November 8-15)  
**Spring:** March 26 – May 18, 2018 (initial registration February 20-27)

## Summer 2017

June 12 – July 28

**NOTE:** Check dates listed for each course.

### **CFS Registration Fee: \$75 for the term**

Additional fees may apply; see course descriptions for details

**\$30** Fees for courses with a \$30 Health and Fitness fee must be paid to OLLI by Wednesday, June 7, or we will drop your enrollment from that Health and Fitness course.

See pages 13 and 14 for information on how to register  
OLLI membership is required to enroll in CFS courses

**Refunds:** Cancellation must be received by Friday, June 9, 3 p.m. for a full refund.

**Scholarships** are available to partially cover the expense of the term fees (the annual OLLI membership fee is the member's responsibility). Scholarship applications are available in Room 208 of the Reuter Center and on the OLLI website in the "Forms" section. Scholarship applications must be submitted by May 15, 3 p.m. For more information, call 828.251.6140.

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

**Teaching at College for Seniors** For information, go to [olliasheville.com/college-seniors-l](http://olliasheville.com/college-seniors-l) or contact Herb Gunn, [hgunn@unca.edu](mailto:hgunn@unca.edu), 828.251.6873



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

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

	mondays	tuesdays	wednesdays
<b>Morning</b>  9-11 a.m. Unless Otherwise Noted	Classical Yoga (9-10:30) The Business of International Trade & Its Impact on Your Life The Dystopian Novel: A Full Look at the Worst Refugee Crises Sustainable Medicine: The Way to Harmony & Balance Writing the Screenplay Bake More than Just Bread (9-12)	Classical Pilates (9-10) Beginning Digital Camera Ireland's Sacred Sites through Pictures & Legends The Structure of Fiction	<del>Sexual Tai Chi for Improving Health &amp; Mobility (9-10:30)</del> <b>Cancelled</b> Acupressure for Well-Being & Better Health The Brill Building Era Facebook Apps Advanced: A Summer Journey A Literary History of Murder
<b>Mid-day</b>  11:30 a.m.- 1:30 p.m. Unless Otherwise Noted	Advanced Creative Composition in Photography Genealogy Using FamilySearch The Healthy Math Project Lessons of the Holocaust The Trinities and Other Triads Yoga for Healthy Aging	Yoga to Start Your Day Right (11:30-12:30) Acting the Bard: <i>As You Like It</i> Asheville's Doomed Duo: F. Scott & Zelda Fitzgerald Asheville on the Cheap Justice & Morality in the Modern American Economy	Yoga for Arthritis (11:30-1) Engaging in Eldering Frank Lloyd Wright: America's Most Famous Architect Intermediate Mah Jongg Seed Beading Jewelry
<b>Afternoon</b>  2-4 p.m. Unless Otherwise Noted	Beginning Piano Instruction (2-3) Good Yoga for the Elder Being (2-3:30) iPhone: Basic Apps for Elementary Users Shakespeare: <i>Much Ado About Nothing</i> Collage: Art as Play (2-5) L.A. Crime: Books & Movies (2-5)	Country Western Dance Sampler Meditation Practice Cinema Literacy 101 (2-4:30) Food, Glorious Food: Films on Healthy Eating (2-4:30) Brevard Opera: Live at OLLI (2-5) Dynamic Accordion Spine Books (2-5)	Group Fitness Sampler (2-3) Beginning Movements 24 Form Tai Chi (2-3:30) Facebook Engagement The Many Faces of Beer Masking It! Shawl Knitalong Summer Wildflowers of the Southern Blue Ridge Carl Davis: Master of the Silent Film Score (2-5) Functional Fitness (3:15-4:15)

thursdays	fridays	Workshops
<p>Beginning Digital Camera            Earthquakes &amp; Volcanoes: Plate Tectonic Hazards            Journeying Through the Challenges of Living &amp; Dying</p> <p>Go Take a Hike For Beginners (9:30-1)</p>	<p><b>No scheduled College for Seniors courses on Fridays for the summer term.</b></p>	<p><b>Making Colorful Corn Shuck Dolls</b>            Saturday, June 10, 9 a.m.-4:30 p.m.</p> <p><b>Does an Electric Car Make Sense for You?</b>            Saturday, June 17, 9 a.m.-1 p.m.</p> <p><b>Calligraphy: Italic Hand</b>            Saturday, June 24, 10 a.m.-5 p.m.</p>
<p>The Art of Facilitating Small Groups            Frida &amp; Diego: The Odd Couple            Real Housewives on the Overland Trails</p>	<p>Summer Wildflowers of Southern Blue Ridge Walk  <b>Saturdays 9-a.m.-2 p.m.</b></p>	<p><b>Big Paper Watercolor!</b>            Saturday, July 15, 9 a.m.-4 p.m. &amp; Sunday, July 16, 9 a.m.-4 p.m.</p> <p><b>The Magic Mirror: What Others Reflect to Me About Myself</b>            Saturday, July 22, 10 a.m.-4 p.m.</p> <p><b>Create and Learn Appalachian Ribbed Basketry</b>            Saturday, August 5, 10 a.m.-3 p.m. &amp; Sunday, August 6, 10 a.m.-3 p.m.</p>
<p>Pilates for Chronic Pain (1:30-2:30)            Beginning Piano Instruction (2-3)            The Big Bang of Country Music            Older, Wiser, Sexually Smarter- Part 2            Exploring Acrylic: Painting for Beginners (2-4:30)            Feel Better, Think Better, Look Better &amp; Live Longer (2-4:30)            Know Thyself &amp; Others (2-5)            Speak Up, Speak Out (2-5)            5Rhythms Movement Meditation (4:30-6:30)</p>		

# Summer 2017 Calendar

*This is a quick reference for course days and times; see course listings for full titles and details.  
 For changes that occur after the catalog goes to print, see "Catalog Updates" at [www.olliasheville.com](http://www.olliasheville.com)*

# college for seniors

## monday morning

### Classical Yoga

Health and Fitness

6 weeks: June 12, 19, 26,

July 3, 10, 17

Mondays, 9-10:30 a.m.

\$30

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 mindfulness, mobility, flexibility, balance and emotional awareness. Open to all levels of yoga experience. **Prerequisite:** Participants should be able to get down to the floor and up without assistance.

**Instructor:** **Wes Sparks** (wesley\_sparks@hotmail.com)

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### The Business of International

### Trade and Its Impact on Your Life

Business, Law and Finance

5 weeks: June 19, 26,

July 3, 10, 17

Mondays, 9-11 a.m.

U.S. trade policy from WWII to the present may undergo a dramatic change in the Trump administration. What are the stakes and possible outcomes for our pocketbooks, businesses in Western North Carolina, the U.S. economy, U.S. global leadership and the global economy? We'll examine key economic and business factors, economic globalization, trade agreements and case studies of local businesses. Within the context of a mock Senate Finance Committee, we'll debate the pros and cons of proposed policies and develop recommendations for the Senate's consideration.

**Instructor:** **Julie Snyder** (msjuliesnyder@gmail.com)

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### The Dystopian Novel: A Full Look at the Worst

Languages, Literature and Writing

6 weeks: June 12, 19, 26,

July 3, 10, 17

Mondays, 9-11 a.m.

In our current "post-truth" and "alternative fact" environment, it should be no surprise that George Orwell's 1949 novel *1984* has become a 2017 best-seller. After an election where voters responded to a promise to "make America great again," we should understand why Sinclair Lewis's 1935 novel *It Can't Happen Here* has risen from being unranked to a #5 position on Amazon's Classic Literature lists. Although these works are hardly beach reading, together we can have fun contemplating the value and appeal of the dystopian novel as a genre and contemplate whether it offers us meaningful ways to look at the future. In the words of Thomas Hardy: *"if way to the Better there be, it exacts a full look at the Worst."* **Required text:** *It Can't Happen Here* by Sinclair Lewis, ISBN-13: 978-0451465641 or any edition and *1984* by George Orwell, ISBN-13: 978-0451524935 or any edition. (Both are available in free online editions.)

**Instructor:** **Catherine Frank** (cfrank@unca.edu)

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### Refugee Crises

Current Events/Regional Cultures

6 weeks: June 12, 19, 26,

July 10, 17, 24

No class July 3

Mondays, 9-11 a.m.

We will study some major refugee situations in the past century, the United Nations High Commission on Refugees, internally displaced persons, environmental refugees and the current situation with refugees in our world. We will also examine changes in refugee policies under the Trump administration and learn about refugee settlement in Asheville.

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

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### Sustainable Medicine: The Way to Harmony and Balance

Health and Fitness

5 weeks: June 12, 19, 26,

July 3, 10

Mondays, 9-11 a.m.

Sustainable medical and healing practices develop your vital energy and life force (Chi and Prana). Sustainable medical practices do not pollute your body or the environment. While Western medicine focuses on treating diseases, we will discuss how homeopathy and Eastern medical traditions treat the whole person. We will develop a holistic health perspective integrating homeopathy, natural therapies, diet and lifestyle. Video clips, experiential learning and group discussion will enhance our understanding of sustainable medicine. **Required text:** *Homeopathy: Beyond Flat Earth Medicine* by Dr. Timothy R. Dooley, ISBN-13: 978-1886893016. This book may be read online at: beyondflatearth.com.

**Instructor:** **Sally Ekaireb** (skekaireb@gmail.com)

## monday morning *continued*

### Writing the Screenplay

Languages, Literature and Writing  
6 weeks: June 12, 19, 26,  
July 3, 10, 17  
Mondays, 9-11 a.m.

Your story idea demands to be told visually. Maybe you've always wanted to write a movie or television series, but you don't quite know how to start or you've gotten stuck. In this course, we will learn the differences among screenplays, novels and short stories and the unique formatting of the screenplay. We will cover story development, specialized software for writing screenplays and the business realities of getting your screenplay produced. Class exercises will highlight the "how to." **Recommended text:** *The Hollywood Standard* by Christopher Riley, ISBN-13: 978-1932907636.

**Instructor:** Jim Norman (jimNormanMysteries@gmail.com)

### Bake More Than Just Bread

Personal Development  
4 weeks: June 12, 19, 26, July 3  
Mondays, 9 a.m.-noon  
**Location:** Instructors' home

Do you want the perfect scone, biscuit, quick bread, yeast bread, cake and pie? Then come join this baking class. Classes will be held at the instructors' home, about 10 minutes north of UNC Asheville. A map will be provided. **Materials fee:** \$60 for food supplies, payable to the instructors at the first class. **Prerequisite:** Participants must be able to stand for long periods of time and move about in tight quarters and be able to attend all four classes.

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

## monday mid-day

### Advanced Creative Composition in Photography

Visual Arts  
6 weeks: June 12, 26,  
July 3, 10, 17, 24  
No class June 19  
Mondays, 11:30 a.m.-1:30 p.m.

We will delve into the aspects of designing a photograph from initial inspiration and vision to final image, with emphasis on the elements of composition and an exploration of the effects of technical camera considerations and final post-processing. The confluence of all these factors will bring your image to life. Share six weeks with one of Asheville's finest landscape photographers. See Susanna's work at [susannaeustonphotography.com/Portfolios](http://susannaeustonphotography.com/Portfolios). **Required text:** *The Photographer's Portable Field Guide* by the instructor will be given to participants. **Prerequisite:** You must have a DSLR camera with which you are thoroughly familiar and an intermediate-to-advanced skill level in photography. You must read and understand the outline on the course webpage at [olliasheville.com/courses](http://olliasheville.com/courses) and submit a selection of six images to the instructor by May 31 to establish skill level.

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

### Genealogy Using FamilySearch

Personal Development  
4 weeks: June 12, 19, 26, July 3  
Mondays, 11:30 a.m.-1:30 p.m.

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

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

### The Healthy Math Project

Math, Science and Technology  
6 weeks: June 12, 19, 26,  
July 10, 17, 24  
No class July 3  
Mondays, 11:30 a.m.-1:30 p.m.

Are you worried that your children and grandchildren aren't eating a healthy diet? Would you like to be part of an effort to make nutrition information easier to understand—even for school children? The Healthy Math Project is an effort to create elementary school math units involving numbers connected to nutrition (grams of sugar, grams of fiber, calories, etc.) to be posted on the website [www.healthymath.org](http://www.healthymath.org). The guidelines would be used by teachers and parents homeschooling their children. Join other OLLI members to critique and create The Healthy Math Project.

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

# college for seniors

## monday mid-day *continued*

### Lessons of the Holocaust

History  
6 weeks: June 12, 19, 26,  
July 3, 10, 17  
Mondays, 11:30 a.m.-1:30 p.m.

How did an extreme radical anti-Semitic political party gain control of a culturally advanced European nation and lead it into the most horrific war in history? Why did so many participate in the Nazi Final Solution? What can be done to prevent another Holocaust from occurring? How has the Holocaust affected the world today? Why were the Nuremberg Trials necessary? We will focus on the lessons—the causes, acts and effects—of the World War II Jewish Holocaust, offering solutions and directions for current and future national and international policies. **Recommended text:** *A Convenient Hatred: The History of Antisemitism* by Phyllis Goldstein, ISBN-13: 978-0981954387.

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

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### The Trinities and Other Triads

Philosophy and Religion  
6 weeks: June 12, 19, 26,  
July 3, 10, 17  
Mondays, 11:30 a.m.-1:30 p.m.

Long before Freud adopted id, ego and superego to illuminate human personality, threeness-in-oneness persisted in Western thought. This concept was a way of dealing with the multiplicity of singularity and the complexity of the simple. We will look at two ancient trinities and in subsequent sessions, the writings of Hegel, Schleiermacher, Kierkegaard and Freud to get a glimpse of how this concept worked out. This is a repeat of a course offered in the summers of 2009 and 2012.

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

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### Yoga for Healthy Aging

\$30

Health and Fitness  
6 weeks: June 12, 19, 26,  
July 3, 10, 17  
Mondays, 11:30 a.m.-1:30 p.m.

We will explore safe and effective yoga methods for adults of a certain age. We will learn how to move, breathe and practice with power and gentleness and will experience firsthand how this style of practice supports joints and builds strength, stability and balance. Yoga can also increase energy, calm our minds and open our hearts. You are encouraged to bring your own yoga props.

**Instructor:** **Lydia Michaels** (yogalifesupport@zoho.com)

## monday afternoon

### Good Yoga for the Elder Being

\$30

Health and Fitness  
6 weeks: June 12, 19, 26,  
July 3, 10, 17  
Mondays, 2-3:30 p.m.

~~Location: Sherrill Center 306~~

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 so that participants will learn to cultivate and maintain flexibility, strength and balance, anatomically, physiologically and energetically. Each class includes use of both chair and floor. **Materials needed:** A yoga mat is required. **Prerequisite:** Participants must be able to get up from and down to the floor.

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

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### iPhone: Basic Apps for Elementary Users

Math, Science and Technology  
5 weeks: June 12, 19, 26,  
July 3, 10  
Mondays, 2-4 p.m.

Are you a beginning iPhone user and find it a little confusing? Come learn the basics in a slow-paced course. It's hands-on, but not one-on-one. Each skill will be presented with lecture/demo material followed by exercises to practice what you have learned. We will focus on non-voice calling techniques, navigating screens, increasing keyboard skills, using the Safari browser, composing mail, using the calendar, contacts and more. **Prerequisite:** Participants must bring an iPhone with iOS 10 installed to class and have been using the iPhone for at least six months.

**Instructors:** **Lenore Baum** (lenore@lenoresnatural.com) and **Joe Baum** (baumjoe51@gmail.com)

## monday afternoon *continued*

### **Shakespeare: *Much Ado About Nothing***

Languages, Literature and Writing  
6 weeks: June 12, 19, 26,  
July 3, 10, 17  
Mondays, 2-4 p.m.

Featuring two of Shakespeare's most beloved characters, Beatrice and Benedict, *Much Ado About Nothing* wittily and graciously explores the nature of love, knowledge, loyalty and friendship. The disagreeable and potentially disastrous presence of a hater lends a threatening air to the proceedings, but love conquers all. We will read the play closely and discuss it with a view to getting a good sense of the language, characters, themes, setting and conflict with its reasons and outcome. We will also see and discuss the film version starring Kenneth Branagh and Emma Thompson. **Required text:** *Much Ado About Nothing* by William Shakespeare, ed. by Barbara A. Mowatt and Paul Werstine. Folger Shakespeare Library edition. ISBN-13: 978-0743484947.

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

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### **Collage: Art as Play**

Visual Arts  
6 weeks: June 12, 19, 26,  
July 3, 10, 17 ~~XX 24~~  
Mondays, 2-5 p.m.

Collage is play. Collage is fun. Collage is soul. Collage is journey. Everyone can "do" collage. Take a bit of red. Add something green. Perhaps a button. A bit of ribbon. Some gold foil. Magnificent! Your masterpiece! Remember what a great artist you were in kindergarten—your fridge cluttered with extraordinary works. Reclaim your distant glory! Life without play—and art—is deadly. A wacky wizened troupe awaits you. Come play with us. Perhaps we will even make some fridge-worthy art. **Materials fee:** \$15 for cost of art supplies that will be used in class, payable to the instructor at the first session.

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

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### **L.A. Crime: Books and Movies**

Languages, Literature and Writing  
4 weeks: June 12, 19, 26,  
July 10  
No class July 3  
Mondays, 2-5 p.m.

We will explore crime fiction movies and books set in Los Angeles, where the city is an important character. The books and films illustrate life in the minority communities, the police force and, of course, Hollywood from the 1950s to the 1990s. Fans of crime fiction books and movies should be willing to discuss their likes and dislikes as they hone their skills in analysis and criticism of both. **Recommended texts:** *Devil in a Blue Dress* by Walter Mosley, ISBN-13: 978-0393028546; *L.A. Confidential* by James Elroy, ISBN-13: 978-2869303768; *Get Shorty* by Elmore Leonard, ISBN-13: 978-0385301411; *The Player* by Michael Tolkin, ISBN-13: 978-0871132284.

**Instructor:** **Elizabeth Pou** (elizpou@gmail.com)

## monday and thursday afternoon

### **Beginning Piano Instruction**

Performing Arts  
12 sessions: June 12, 15, 19, 22,  
July 3, 6, 10, 13, 17, 20, 24, 27  
Mondays and Thursdays, 2-3 p.m.  
**Location:** Lipinsky Hall 013 Piano Lab

We will meet in the piano lab in Lipinsky Hall on the UNC Asheville campus twice a week for six weeks for one hour each time. We will use materials developed for adult beginning piano students, which are available from the instructor on the first day of class. **Required equipment:** Participants must bring their own headphones to wear during practice sessions. **Required text:** *Adult Piano Adventures All-In-One Lesson Book 1*, ISBN-13: 978-1616773021. \$15.95 plus tax; *Music Flashcards* by Jan Smisor Bastien, General Words and Music Co, \$4.50 plus tax. These materials may be purchased on the first day of class.

**Instructor:** **Bobbie Rockwell** (bobbierockwell@gmail.com)

# college for seniors

## tuesday and thursday morning

### Beginning Digital Camera

Visual Arts

8 sessions: June 13, 15, 20, 22, 27, 29

July 6, 11

No class July 4 and 13

Tuesdays and Thursdays, 9-11 a.m.

This course is for first-time owners of a digital camera (including smartphones) who want to use the darn thing! Learn about the buttons, dials, icons and other camera features and have an opportunity for a one-on-one session with the instructor to learn the specifics of your camera/smartphone. Bring your camera/smartphone and manual to each session.

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

## tuesday morning

### Classical Pilates

Health and Fitness

\$30

6 weeks: June 13, 20, 27,

July 11, 18, 25

No class July 4

Tuesdays, 9-10 a.m.

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

**Instructor: Kristine Angelacos** (kristine@nothome.org)

### Ireland's Sacred Sites through Pictures and Legends

Current Events/Regional Cultures

6 weeks: June 13, 20, 27,

July 11, 18, 25

No class July 4

Tuesdays, 9-11 a.m.

We will experience Ireland's beautiful scenery and sacred sites as we journey across the country in pictures and stories. Hear legends about ancient warriors, kings and queens, gods and goddesses, and let Ireland's magic seduce you into the dance of the faery. Listen to myths of the Sidhe, the faery, the Tuatha Dé Danann who still live under the earth in Ireland, it is said.

**Instructor: Peggy Moore** (pegnolia@gmail.com)

### The Structure of Fiction

Languages, Literature and Writing

6 weeks: June 13, 20, 27,

July 11, 18, 25

No class July 4

Tuesdays, 9-11 a.m.

Whether in the work of novels, short stories or screenplays, all fiction is structured in three acts: set-up, confrontation and resolution. Writers—those now writing and those aspiring to write—must understand this structure. In this writing course, we will study two movies—*When Harry Met Sally* and *A Murder of Crows*—to recognize the story structure. See the course outline at [olliasheville.com/courses](http://olliasheville.com/courses).

**Instructor: Jim Norman** (jimnormanmysteries@gmail.com)

## tuesday mid-day

### Yoga to Start Your Day Right

Health and Fitness

6 weeks: June 13, 20, 27,

July 11, 18, 25

No class July 4

Tuesdays, 11:30 a.m.-12:30 p.m.

**Location:** Sherrill Center 468

We will explore yoga through mind/body awareness, physical asanas/poses and guided meditation. Yoga is an excellent way to improve muscular strength, endurance, flexibility and concentration. Yoga helps release stress and tension through asanas and pranayama (breath control and meditation) as well as increasing flexibility and balance. It's a perfect workout to start the morning. No previous yoga experience is needed. **Prerequisite:** Must be able to get up from and down to the floor.

**Instructor: Barbara Rapchak** (bnbrapchak2@yahoo.com)

## tuesday mid-day *continued*

### **Acting the Bard: As You Like It**

Performing Arts

6 weeks: June 13, 20, 27,

July 11, 18, 25

No class July 4

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

In reader's theater style, we will act out most of Shakespeare's *As You Like It*. This is one of his best plays for this type of course. The play has drama, comedy and romance, and great roles for both genders. It also contains one of the Bard's great set speeches, "The Seven Ages of Man." A good time will be had by all! **Required text:** the Arden Shakespeare version of *As You Like It* Third Series, paperback. ISBN-13: 978-1-904271-22-2.

**Instructor:** Jim Reid (jfreid0530@yahoo.com)

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### **Asheville's Doomed Duo:**

#### **F. Scott and Zelda Fitzgerald**

Languages, Literature and Writing

6 weeks: June 13, 20, 27,

July 11, 18, 25

No class July 4

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

Icons of the Jazz Age, Scott and Zelda Fitzgerald spent time in Asheville dealing with emotional and mental traumas. Their writings trace their struggles to break free of the demons that ultimately conquered them. Focusing on works composed while their marriage and lives were coming apart, we will explore their turbulent relationship, the creativity that it spawned and the connections between their lives and their fiction. This is a seminar course in which reading and discussion are expected. **Required texts:** *Tender Is the Night* by F. Scott Fitzgerald, ISBN-13: 978-0684801544. *The Crack-up* by F. Scott Fitzgerald, ISBN-13: 978-0811218207. *The Collected Writings of Zelda Fitzgerald*, edited by Matthew J. Bruccoli, ISBN-13: 978-0817308841.

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

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### **Asheville on the Cheap**

Current Events/Regional Cultures

6 weeks: June 13, 20, 27,

July 11, 18, 25

No class July 4

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

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

**Instructor:** Linda Orowitz (AshevilleDeals@gmail.com)

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### **Justice and Morality in the Modern American Economy**

Business, Law and Finance

6 weeks: June 13, 20, 27,

July 11, 18, 25

No class July 4

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

For most people, the economy is the number one concern. Will large tax cuts help or hinder prosperity? Are good jobs gone for good? Can we fix income inequality? Is our system inherently unjust? What future awaits our kids? We will seek to understand why our economy no longer works the way that it did. We will then explore the possibilities for fashioning a new economy and a new American Dream. See the course outline at [olliasheville.com/courses](http://olliasheville.com/courses).

**Instructor:** Terry O'Keefe (terry@etok.net)

## tuesday afternoon

### **Country Western Dance Sampler**

Health and Fitness

6 weeks: June 13, 20, 27,

July 11, 18, 25

No class July 4

Tuesdays, 2-4 p.m.

**Location:** Sherrill Center 306

Featured in this course will be the partnered dances known as Texas Two-step, Nightclub Two-step and West Coast Swing. It is intended for newcomers to country western dancing or for those wanting review of the basics. As always the emphasis is on having fun. A partner is not required as we will rotate to dance with everyone. **Materials needed:** Proper dance footwear (cost about \$40). Contact the instructor with any questions.

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

# college for seniors

## tuesday afternoon *continued*

### **Meditation Practice**

Personal Development  
6 weeks: June 13, 20, 27,  
July 11, 18, 25  
No class July 4  
Tuesdays, 2-4 p.m.

Through meditation, we learn how to focus and quiet the mind and direct our energy. We will review various types of meditation and discuss physical techniques such as balancing, grounding and other methods to redirect energy. We will also study the energy centers, often called chakras or energy wheels, and the impact these have on our physical body and mind. Each class session will include the practice of meditation.

**Instructor: Peggy Moore** (pegnolia@gmail.com)

### **Cinema Literacy 101**

Performing Arts  
6 weeks: June 13, 20, 27,  
July 11, 18, 25  
No class July 4  
Tuesdays, 2-4:30 p.m.

See movies in a new light after watching four documentaries, each with scores of clips from acclaimed feature films. We'll appreciate elements of film art like cinematography, editing, sound and music production, *mise-en-scène* and genre—all explained in layman's terms. The documentaries include interviews of distinguished experts and film historians. We will view two separate feature films to exercise our cine-literacy. See [olliasheville.com/courses](http://olliasheville.com/courses) for movie titles and more details.

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

### **Food, Glorious Food: Films on Healthy Eating**

Personal Development  
5 weeks: June 13, 20, 27,  
July 11, 18  
No class July 4  
Tuesdays, 2-4:30 p.m.

We will view and discuss films that promote a whole foods/plant-based diet: *Forks Over Knives*, *Cowspiracy*, *PlantPure Nation*, *Food Choices*, and one or two others to be determined. If you're contemplating a whole foods/plant-based healthy diet—or just want to become inspired to eat more plants—these films will be informative as well as motivational.

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

### **Brevard Opera: Live at OLLI**

Performing Arts  
6 weeks: June 13, 20, 27,  
July 11, 18, 25  
No class July 4  
Tuesdays, 2-5 p.m.

Seize this unique opportunity to hear beloved works from the vocal repertoire performed by talented young artists of the Janiac Opera at Brevard. We will collaborate with the Brevard Music Festival in studying several operas and performances. The operas we will sample are Donizetti's *Don Pasquale*, Mozart's *Marriage of Figaro*, and Kurt Weill's *Street Scene*. There will be three cabaret performances: *Opera's Greatest Hits*, *Kurt Weill Cabaret* and *The Best of Gilbert and Sullivan*.

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

### **Dynamic Accordion Spine Books**

Visual Arts  
6 weeks: June 13, 20, 27,  
July 11, 18, 25  
No class July 4  
Tuesdays, 2-5 p.m.

We will explore five different book structures that use an accordion spine: hidden window or tunnel book, flag book, gallery book, pivoting panels and star carousel. Participants will bring in their own art, photos or graphic designs from scrapbook paper to create one-of-a-kind books that are interactive and have moving parts. **Materials fee:** \$40 to be paid to the instructor at first session. **Prerequisite:** The structures to be taught are complex and require some paper arts experience. No beginners, please. See course outline at [olliasheville.com/courses](http://olliasheville.com/courses) for structures to be created and contact the instructor before registering if in doubt.

**Instructor: Sheila May** (sdmaymd@gmail.com)

## wednesday morning

### **Seated Tai Chi for Improving Health and Mobility** Cancelled

Health and Fitness  
6 weeks: June 14, 21, 28,  
July 5, 19, 26  
No class July 12  
Wednesdays, 9-10:30 a.m.

**\$30**

Sometimes age and medical conditions limit or prevent standing activities. Seated tai chi offers the opportunity to improve one's health and mobility while seated in a chair. Tai chi is an ancient system of slow, simple, graceful movements that medical universities such as Harvard have verified to significantly affect one's health. In a relaxed, fun manner we will learn simple, basic moves that can help delay the effects of aging and illness while improving flexibility, strength and balance. We will also explore Qigong breathing techniques for stress reduction, relaxation and healthy living.

**Instructor: Bill Muerdter** (bobag@charter.net)

## wednesday morning *continued*

### **Acupressure for Well-Being and Better Health**

Health and Fitness

6 weeks: June 14, 21, 28,  
July 5, 19, 26  
No class July 12  
Wednesdays, 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. The instructor will offer an overview of the principles and practice of Oriental medicine.

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

### **The Brill Building Era**

Performing Arts

6 weeks: June 14, 21, 28,  
July 5, 19, 26  
No class July 12  
Wednesdays, 9-11 a.m.

In this intense exploration of a unique period in pop history, we will get behind the music and gain an understanding of how the record business operated in its single-minded pursuit of hit records. From 1959 to 1965, record labels, producers and songwriting teams centered in two buildings on Broadway dominated the creation of teen hits. During the early 1960s, the Brill Building was home to more than 150 music businesses. Often using girl groups as their voices, producers like Phil Spector and writers like Carole King and Gerry Goffin wrote some of the era's enduring classics.

**Instructor: Joe Sasfy** (jsasfy@gmail.com)

### **Facebook Apps Advanced:**

#### **A Summer Journey**

Math, Science and Technology  
6 weeks: June 14, 21, 28,  
July 5, 19, 26  
No class July 12  
Wednesdays, 9-11 a.m.

The super-computer we carry called a smartphone or tablet is not just for email or web connectivity but functional text, photos and video communication. We will take an educational journey of apps owned by Facebook including expanded Facebook use, Facebook Messenger, WhatsApp, Instagram, Moments, etc. **Prerequisite:** Participants should 1) own a newer smartphone or tablet, not more than about three years old, 2) have a good understanding of how to use the device, and 3) periodic use of the Facebook app for at least one year. Bring your device to class.

**Instructor: Marc Czarnecki** (marcczarnecki@webtechczar.com)

### **A Literary History of Murder**

Languages, Literature and Writing  
6 weeks: June 14, 21, 28,  
July 5, 19, 26  
No class July 12  
Wednesdays, 9-11 a.m.

"Summer reading" has a different meaning relative to the particular individual. However, murder is not seasonal and neither is the murder mystery genre. We will explore the history of this genre from *The Arabian Nights* to the emergence of Race Williams in the "pulp" magazines, from Nick and Nora Charles to Philip Marlowe in paperback novels. Handouts and online readings will be provided by the instructor.

**Instructor: Bill Cosgrove** (olli.billcosgrove@gmail.com)

## wednesday mid-day

### **Yoga for Arthritis**

Health and Fitness

6 weeks: June 14, 21, 28,  
July 5, 12, 19, 26  
Wednesdays, 11:30 a.m.-1 p.m.  
**Location:** Sherrill Center 306

\$30

Do you have symptoms of arthritis, including stiff joints, inflammation or pain? Arthritis creates challenges for everyday movement and pain is one of the most common reasons for limiting physical activity. However, people with arthritis who exercise regularly have less pain, more energy and improved sleep. We will explore how yoga may help reverse this chronic condition, change our habitual patterns of behavior and learn new ways to move. This is a beginner yoga course that combines mindful movement with a full range of motion to strengthen our body's healing process. For best results, participants should be willing to do a five-minute daily home practice. Please bring a blanket. More information may be found at [bluebirdyoga.net](http://bluebirdyoga.net).

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

# college for seniors

## wednesday mid-day *continued*

### **Engaging in Eldering**

Personal Development  
6 weeks: June 14, 21, 28,  
July 5, 19, 26  
No class July 12  
Wednesdays, 11:30 a.m.-1:30 p.m.

Eldering is an inner growth process of reviewing our past experiences, relationships and feelings, while witnessing our presents and living into our futures as elders. As we engage in contemplative reflection exercises, our inner wisdom will surface to give us hope and strength for living our values and finding fulfilling ways of *being* and *doing*.

**Note:** Emerging elders (participants) must commit to at least five of six class sessions of reflecting, listening and sharing. **Required text:** *Age-ing to Sage-ing Workbook* compiled by Rabbi Shaya Isenberg, Lynne Iser and Bahira Sugarman (2006). AARP will provide the workbook.

**Instructors:** **Nancy Bragg** (njbragg1@gmail.com) and **Rebecca Chaplin** (rchaplin@aarp.org)

### **Frank Lloyd Wright: America's Most Famous Architect**

Visual Arts  
6 weeks: June 14, 21, 28,  
July 5, 19, 26  
No class July 12  
Wednesdays, 11:30 a.m.-1:30 p.m.

Discover Frank Lloyd Wright's contributions to architecture through multi-media presentations and lectures. What were Wright's design concepts? How did Wright design and construct his buildings? How did the women in Wright's life influence him? Which of Wright's innovations are commonplace today? We'll explore these and many other topics utilizing DVDs and more than 400 digital images of his projects, furniture and art glass.

**Instructor:** **Bob Mellor** (BM.OLLI@charter.net)

### **Intermediate Mah Jongg**

Personal Development  
6 weeks: June 14, 21, 28,  
July 5, 19, 26  
No class July 12  
Wednesdays, 11:30 a.m.-1:30 p.m.

Most people who play Mah Jongg lean toward certain hands of play and thereby limit their opportunities to achieve Mah Jongg. In this intermediate level course, we will aspire to broaden our horizons and open up new avenues for other hands to play. Learn how to be a force to be reckoned with, or better yet, how to have more fun as you play the game. **Note:** *Intermediate Mah Jongg* is not for beginners. If you are unsure of your skill level, please contact the instructor for clarification.

**Instructors:** **Rosemary Walton** (rh68@bellsouth.net) and **Kenn Haring** (kennharing@charter.net)

### **Seed Beading Jewelry**

Visual Arts  
6 weeks: June 14, 21, 28,  
July 5, 19, 26  
No class July 12  
Wednesdays, 11:30 a.m.-1:30 p.m.

Do you want to take your jewelry making to the next level? Using seed beads, participants will learn various stitches (peyote, spiral, right angle weave and more) in order to craft necklaces, bracelets and earrings. Participants must be able to work with small seed beads and needle and thread. **Materials required:** Participants will be provided a list of materials needed; if all are purchased new, they will cost about \$25. **Prerequisite:** This course is for advanced beaders who have mastered beading basics. If you have questions about your readiness, contact the instructor.

**Instructor:** **Ulana Mellor** (UlanaCFS@charter.net)

## wednesday afternoon

### **Group Fitness Sampler**

Health and Fitness  
6 weeks: June 14, 21, 28,  
July 5, 12, 19  
Wednesdays, 2-3 p.m.  
**Location:** Woodfin YMCA  
40 Merrimon Ave, Asheville, NC

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

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

## wednesday afternoon *continued*

### **Beginning Movements**

#### **24 Form Tai Chi**

Health and Fitness

6 weeks: June 14, 21, 28,

July 5, 19, 26

No class July 12

Wednesdays, 2-3:30 p.m.

**\$30**

24 Form Simplified Tai Chi is a form that was standardized by the Chinese government so that it could be used in competition and schools and is now practiced all over the world. This form is great for beginners and has all the standard movements. The form starts out with easy movements and progresses to more complicated movements. This course is designed for participants at all fitness all levels.

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

### **Facebook Engagement:**

#### **Introduction**

Math, Science and Technology

6 weeks: June 14, 21, 28,

July 5, 19, 26

No class July 12

Wednesdays, 2-4 p.m.

In a culture in which Facebook continues to accelerate global interaction, gaining an elementary understanding has become a social necessity. In *Facebook Engagement*, we will cover the basics of Facebook on a desktop and/or laptop computer. **Prerequisite:** Participants must have a Facebook account set up when the course begins. Bring your own laptop and register for Wi-Fi internet access with the OLLI office before the course begins or use one of six OLLI-provided laptops during the course.

**Instructor:** **Marc Czarnecki** (marcczarnecki@webtechczar.com)

### **The Many Faces of Beer: History and Future of Beer Styles**

Current Events/Regional Cultures

Personal Development

6 weeks: June 14, 21, 28,

July 5, 12, 19

Wednesdays, 2-4 p.m.

**Location:** One World Brewing,  
10 Patton Ave., Asheville

In December 2016, Asheville ranked #1 as the country's Best City for Beer Drinkers, according to SmartAsset, a New York-based personal finance tech company. Brewery touring has become a favorite social outing, and it's easy to get a flight and try a wide range from traditional beer styles to new and innovative brews. We will discuss the history and origins of beer in Western North Carolina and learn the difference between beer styles and new takes and trends from our own Asheville beer scene. The course will be held at One World Brewing in downtown Asheville. A flight of 20 stairs leads down to the brewery. **Materials fee:** \$25, payable at the first session, to cover all beer tastings.

**Instructor:** **Lisa Schutz** (lisa@oneworldbrewing.com)

### **Masking It!**

Visual Arts

6 weeks: June 14, 21, 28,

July 5, 19, 26

No class July 12

Wednesdays, 2-4 p.m.

Using clay, we will make a mask that the instructor will fire and return for painting. We will also use cotton gauze fabric impregnated with plaster of Paris to cover a mask form and then make a mask on our own face that, when dry, can be painted and decorated with feathers, earrings, buttons, etc. **Materials fee:** \$10, payable to the instructor at the first session, for clay and kiln firing, plaster gauze fabric, basic acrylic paints and tools.

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

### **Shawl Knitalong (KAL)**

Visual Arts

6 weeks: June 14, 21, 28,

July 5, 19, 26

No class July 12

Wednesdays, 2-4 p.m.

We will create a beautiful shawl as we knit along with each other. Each week we'll add a new section to the shawl—short rows, brioche, knitted variations, chevron stitch and i-cord bind off. Sessions will feature discussion, show and tell, demonstration and hands-on learning. At the end of the course: a completed shawl. **Materials fee:** \$16 for yarn and pattern. See the course outline at [olliasheville.com/courses](http://olliasheville.com/courses) for materials list. **Prerequisite:** Participants must attend the first session, where the foundation is laid. Participants must have basic knitting and purling skills, be able to do the long-tail cast-on successfully and be willing to learn new techniques.

**Instructor:** **Gay Lambirth** (gaylambirth@yahoo.com)

# college for seniors

## wednesday afternoon *continued*

### **Summer Wildflowers of the Southern Blue Ridge**

Math, Science and Technology  
4 weeks: June 21, 28, July 5, 19  
Wednesdays, 2-4 p.m.  
Saturday hikes 9 a.m.-2 p.m.:  
June 24, July 1, 8, 22  
Note: Late start and no class July 12

The wildflowers of the Southern Blue Ridge Mountains are renowned for their beauty and diversity. Summer hosts an amazing flowering display that includes orchids, lilies and rhododendrons. In four classroom sessions, participants will learn to identify summer wildflowers through study of plant morphology, identification techniques and plant family characteristics. Four field trips will follow on Saturday mornings and will include hikes.

**Prerequisite:** Participants should be comfortable walking uphill on rocky surfaces for two miles.

**Instructors:** **Bernard Arghiere** (arghiere@gmail.com) and **Marianne Mooney** (mooney.marianne@gmail.com)

### **Carl Davis: Master of the Silent Film Score**

Performing Arts  
6 weeks: June 14, 21, 28,  
July 5, 19, 26  
No class July 12  
Wednesdays, 2-5 p.m.

No one has composed more quality silent film scores than Englishman Carl Davis. We will see and hear how a quality silent film score enhances the viewing experience and just how important a score can be to the way a silent movie is received. All of Davis' scores are classically inspired, making this an ideal experience for classical music lovers as well as silent movie enthusiasts. Featured movies include *Flesh and the Devil* with Greta Garbo, *The Iron Mask* with Douglas Fairbanks and the 1925 version of *Ben-Hur*. See the course outline at [olliashevile.com/courses](http://olliashevile.com/courses) for other films.

**Instructor:** **Chip Kaufmann** (jjk44@bellsouth.net)

### **Functional Fitness**

Health and Fitness  
6 weeks: June 14, 21, 28, July 5, 12, 19  
Wednesdays, 3:15-4:15 p.m.  
**Location:** Woodfin YMCA  
40 Merrimon Ave, Asheville, NC

This introductory course teaches the beginning exerciser the foundational movements to build upon. We will learn how to safely and effectively improve balance and flexibility and add daily movement to one's life. Please wear comfortable clothing, closed-toe shoes and bring a water bottle. For more information go to [ymcawnc.org/centers](http://ymcawnc.org/centers). **Course fee:** \$30 fee to be paid to the YMCA on the first day of classes (\$20 for YMCA members).

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

## thursday morning

### **Earthquakes and Volcanoes: Plate Tectonic Hazards**

Math, Science and Technology  
6 weeks: June 15, 22, 29,  
July 6, 20, 27  
No class July 13  
Thursdays, 9-11 a.m.

We will examine the origin and characteristics of earthquakes, tsunamis and volcanoes, and their relation to the unifying theory of plate tectonics. In addition, we will consider how society lives with—and in some cases ignores—these hazards through case histories, hazard analysis and modern concepts of earthquake, volcano and tsunami prediction. Although a scientific approach is used, the course is designed for non-scientists.

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

### **Journeying Through the Challenges of Living and Dying**

Personal Development  
4 weeks: June 15, 22, 29, July 6  
Thursdays, 9-11 a.m.

We will explore the basic physiology and causes of stress and identify coping and relaxation skills to reduce stress in our lives. We will introduce principles of the HeartMath Institute, which include self-regulation and resilience. We will learn strategies for advocating for ourselves as patients by understanding our medical needs and also how to question and confront when needed our healthcare providers. We will look at a three-month Best Months of Life Plan, which is a series of exercises that frame the dynamic forces of dying and living well. We will discuss the art of dying, including audiovisuals on building and sustaining sacred altars and presentations on *memento mori*.

**Instructors:** **Karen C. Sanders** (kcsanderella@gmail.com), **Greg Lathrop**, **Said Osio**

### **Go Take a Hike For Beginners**

Health and Fitness  
4 weeks: June 15, 22, 29, July 6  
Thursdays, 9:30 a.m.-1 p.m.

We will start with three-mile hikes and gradually increase the length and elevation over the four weeks. Hikes will commence within a 30- to 40-minute drive from the Reuter Center, and we will carpool from an off-campus location. **Prerequisite:** Participants must be able to walk three miles on uneven terrain before the course begins.

**Instructor:** **Rebecca Banner** (beccabanner@gmail.com) and **Daisy Teng Karasek**

## thursday mid-day

### **The Art of Facilitating**

#### **Small Groups**

Personal Development

6 weeks: June 15, 22, 29,

July 6, 20, 27

No class July 13

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

Are you frustrated in meetings or groups that don't seem to be going anywhere? Is there too much conflict or does someone dominate? We will explore the knowledge and skills needed to facilitate a more productive group experience whatever the setting. With a small group format, each participant will plan and practice co-facilitating half of a class session with mentoring from the class instructors.

**Instructors:** **Dorothy Routh** (routhdk@gmail.com) and

**Nancy Bragg** (njbragg1@gmail.com)

### **Frida and Diego: The Odd Couple**

Visual Arts

4 weeks: June 15, 22, 29, July 6

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

We will focus on separate biographies of Frida Kahlo and Diego Rivera as told through their own writings and art. We will look at how their early life experiences affected their art and how their stormy but passionate love played out in the cultural and political upheaval of early 20th century. Documentary, art and photos will be the medium for each presentation.

**Instructor:** **Connie Mitchell** (cmgm050@gmail.com)

### **Real Housewives on the**

### **Overland Trails**

History

4 weeks: June 15, 22, 29, July 6

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

Through lecture and slides we will

experience life on the overland trails (California, Oregon and Mormon) through the eyes of women. We will cover the traumas, joys, disasters and benefits of western migration using primary documents (diaries and journals) as well as biographies and history books. The four weeks of the course will follow the four to five months of the trek from eastern to western North America.

**Instructor:** **Paula Withrow** (pvwithrow@aol.com)

## thursday afternoon

### **Pilates for Chronic Pain**

Health and Fitness

6 weeks: June 15, 22, 29, July 6, 13, 20

Thursdays, 1:30-2:30 p.m.

**Location:** Fusion Pilates Asheville

120 Coxe Ave, Suite 1B, Asheville

Are you tired of that same pain in your neck, hip or back? Are you afraid to move because movement seems to make it worse? For those of us in chronic pain, we need a bridge to movement, and we need a guide and a plan of action. In this all-level foundational course, we will explore how to unravel the tight places in our body. This takes brain, breath and body work. Be prepared for subtle body movement, breathing techniques and release work. Specific tools like balls, foam rollers, heat and vibration will be employed. Doing this work on a consistent basis will create a body that has new tools and options to start the journey out of pain. **Course fee:** \$30 fee to be paid to instructor on the first day.

**Instructors:** **Jennifer Gianni** (jen@fusionpilates.com), **Mary Beth Chandler** and **Dorene O'Malley**

### **The Big Bang of Country Music**

Performing Arts

4 weeks: June 15, 22, 29, July 6

Thursdays, 2-4 p.m.

In Bristol, Tennessee, in 1927, a major musical event occurred when the recordings of the Carter Family and of Jimmie Rodgers were released. This became known as the "big bang" of country music. We will focus on the lives and music of these extraordinary people and their influence on country music.

**Instructor:** **Jann Nance** (nancejann@gmail.com)

### **Older, Wiser, Sexually Smarter – Part 2**

Personal Development

6 weeks: June 15, 22, 29,

July 6, 20, 27

No class July 13

Thursdays, 2-4 p.m.

We will explore human sexuality and examine a lifetime of learning about sexual attitudes, values and beliefs. We will address the typical changes that come with aging and their impact on intimacy and sexuality. Topics to be covered include intimacy and communication, self-pleasuring, body image, cyber-sex and the internet and more. Be familiar with the course outline at olliasheville.com/courses before registration.

**Instructor:** **Kelley Johnson** (kelleyjohnsonphd@gmail.com)

# college for seniors

## thursday afternoon *continued*

### **Exploring Acrylic: Painting for Beginners**

Visual Arts

4 weeks: June 15, 22, 29, July 6

Thursdays, 2-4:30 p.m.

Have you always wanted to paint but never thought you could? Through lecture, discussion and hands-on practice, we will use acrylic paint to explore color theory and various painting techniques. We will then use these techniques to create paintings on paper. **Note:** This course is for beginners only. **Materials fee:** \$40, payable to instructor at first class. Participants must provide 12 or more sheets of 18"x24" paper for mixed media. The instructor will provide acrylic paint, brushes and palettes. See [olliasheville.com/courses](http://olliasheville.com/courses) for details on paper and art supplies.

**Instructor:** **Angelika Wagar** (akawagar7@gmail.com)

### **Feel Better, Think Better, Look Better and Live Longer**

Health and Fitness

4 weeks: June 15, 22, 29, July 6

Thursdays, 2-4:30 p.m.

We will explore how to: 1) have more energy; 2) reduce sugar cravings; 3) tune-up your brain; 4) improve the functioning of your gastrointestinal tract; 5) reduce the "fire" of inflammation; 6) learn about and taste some super foods; and 7) examine the 11+ pieces of the "puzzle" of weight loss. We'll also talk about taking nutritional supplements and getting a restorative night's sleep. **Materials list:** Bring one nutrient-dense food that contains one "super food" for participants to sample. (Estimated cost per student is \$5-10). **Required texts:** *Digestive Wellness* by Elizabeth Lipski, Ph.D., ISBN-13: 978-0071668996; *The UltraMind Solution: The Simple Ways to Defeat Depression, Overcome Anxiety, and Sharpen Your Mind* by Mark Hyman, M.D.; ISBN-13: 978-1416549710, ASIN: B008GAVS84.

**Instructor:** **Elizabeth Pavka** (drpavka@elizabethpavka.com)

### **Know Thyself and Others**

Personal Development

4 weeks: June 15, 22, 29, July 6

Thursdays, 2-5 p.m.

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

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

### **Speak Up, Speak Out**

Personal Development

6 weeks: June 15, 22, 29,

July 6, 20, 27

No class July 13

Thursdays, 2-5 p.m.

Many speakers and teachers erroneously assume that as long as they know their topic, they'll be successful. Not true! Engaging your listeners and your ability to project competence and believability are much more important. In this short version of *Speak Up, Speak Out*, we will use videotaping, coaching and individual feedback to improve your speaking and presentation skills as we explore what it takes to be a compelling communicator.

**Instructor:** **Judith Bliss** (jdth.bliss@gmail.com)

### **5Rhythms Movement Meditation: Dancing Path to Freedom**

Health and Fitness

6 weeks: June 15, 22, 29, July 6, 13, 20

Thursdays, 4:30-6:30 p.m.

**Location:** Whitesides Hall 103

**\$30**

Free form dance can be fun! We will use our bodies and feet to move through the dance room. Our body parts awaken to create more fluidity and establish a sense of our own personality through movement and rhythm. Studies have shown increased physical activity, such as dancing, swimming and walking reduces memory loss, stimulates brain activity, lowers stress and helps one stay fit.

**Instructor:** **Karen Chapman** (karenchapman237@yahoo.com)

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



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