



*Grow through life*



**OLLI** at UNC  
ASHEVILLE

SUMMER 2018 COURSES & EVENTS

# from the director

At least once a week someone at OLLI declares "I don't know how I had time to work! I am so busy." The comment is almost always delivered with a sense of surprise and delight. It reminds me of a conversation with my 85-year-old neighbor Steve who took OLLI classes, planted and weeded throughout the year in his garden, played racquet ball three days a week and volunteered frequently at the local Salvation Army. One afternoon he said he was grateful for the long Labor Day weekend coming up so he could "just rest." My husband tactlessly voiced what I was thinking when he asked "Why do you need weekends? Aren't you retired? Can't you make every day a weekend?" We all laughed at the time, but it points out that while some people imagine retirement as a permanent vacation, others stress the opportunity of seeing retirees, particularly baby boomers, as an untapped resource. Retirees themselves often seem to feel guilty if they are not purposeful and "productive." Gerontologist David J. Ekerdt has written "...a society that traditionally identifies work and productivity as a wellspring of virtue would seem to need some justification for a life of pensioned leisure. . . . retirement is morally managed and legitimated on a day-to-day basis in part by an ethic that esteems leisure that is earnest, occupied, and filled with activity—a 'busy ethic.'"

I saw the complexity of the pull between leisure and occupation in action a few years ago when I spoke to a group of retired teachers and administrators who had spent their careers in the public schools of North Carolina. If anyone has earned a right to a vacation, it's public school personnel. Conference organizers had said, however, that the group wanted to hear about more fulfilling ways to "spend their time in retirement."

To address this issue I had prepared a version of an exercise we use in our Paths to Creative Retirement workshop that gives participants a floor plan with rooms that have symbolic importance. The entry way represents volunteering; the family room symbolizes relationships; the bedroom means time set aside for rest and relaxation; the exercise room represents time spent on physical fitness and so on. We ask participants to estimate and record the percentage of time they spend in each of these "rooms" in an average week during their working years. The busy professionals who attend the workshops have an uncomfortable epiphany when they recognize that they are spending inordinate amounts of time in the office, the room that symbolizes work, and that they have many rooms where they spend little or no time, despite their declarations of devotion to family or spirituality or health. We offer participants another blank floor plan and ask them to allocate their time according to their values in retirement. For most participants it's both exciting and daunting to think that they have both the right and the responsibility to figure out what to do with the hours formerly devoted to the office.

The retired school personnel filled out the worksheets for their current use of time quickly, and I asked them to reflect on the ways that their sense of time had changed since they were no longer in the classroom or the front office. The conversation started slowly. A few people reported the joy of planning and taking long deferred trips. Some talked about finally having time for "hobbies" like reading or quilting. I noticed, however, that the readers were quick to point out that their book club was

very serious about their selections or that the quilters had donated their handiwork to local hospitals. A few spoke lovingly of spending time with their families, but they emphasized that they were necessary as caregivers to "keep things going." The participants seemed to have a sense that

retirement was supposed to be about leisure, but they also seemed uncomfortable talking about leisure without purpose.

The conversation got competitive when one woman talked about how much time she was spending at her church organizing mission trips. Another woman proudly rose to her full height of about five feet, announced that she was "90 years young," and described the satisfaction she had delivering Meals on Wheels and "nourishing her little old ladies."

Another woman said she was working with current teachers to create after-school programs for children who lived in the city's public housing neighborhoods. We seemed to have a winner in the time allocation contest when one woman announced that she served on twelve local boards because so many people had known her throughout her long career as a teacher and a principal. She said that she was working more than 40 hours a week in varied unpaid positions. When I asked her how she fueled her energy for all of that complex work, she said "Pajama days. At least one day every week, everyone knows that I am not coming out or answering the phone or doing anything I don't want to do. Pajama days are for me only, and people have learned that I am serious about pajama day."

I often think about pajama day when someone at one of our retirement workshops comments, "I hate that word 'retirement.' It means 'withdrawing' and 'disengaging.' I want a new word and a new way to think about retirement." Indeed, a number of authors have coined terms like "rewirement" and "refirement" to suggest the importance of finding new energy in this phase of life. Many articles about retirement are devoted to the wonders and possibilities of an "encore career" engaged with work "for passion or a paycheck." Here at OLLI, we rely on the effort and energy, time and talent, of people who continue, rediscover or discover a passion for teaching, learning or service. We are nourished by the happy buzz that comes from busy, purposeful people who give their time preparing courses, hiking, traveling, cooking and volunteering. But I hope that everyone gives themselves permission for guilt-free pajama days.



*Catherine Frank*

Catherine Frank  
Executive Director, OLLI at UNC Asheville

# summer 2018 calendar of events

## May

11 Summer 2018 catalog mails and online  
11 Fab Friday Lecture, 11:30 a.m.  
11 Symphony Talk, 3 p.m.  
13 Carolinas' Nature Photographers Association, 5:30 p.m.  
15 Hot Topics: A World Class Art Museum for Asheville, 9 a.m.  
15 Hot Topics: A Game Called Salisbury:  
The History and Legacy of Lynching in North Carolina, Part 2, 11:30 a.m.  
15 Smart Driver Class, 1:45 p.m. (registration required)  
15 Elisha Mitchell Audubon Society, 7 p.m.  
17 Summer 2018 CFS initial registration begins, 10 a.m.  
18 Fab Friday Lecture, 11:30 a.m.  
18 Death Café, 5 p.m.  
18 OLLI Community Conversation on Race, 5 p.m.  
25 The Confident Caregiver Series, 2 p.m.  
28 Memorial Day Holiday – Reuter Center and OLLI office closed

## June

1-3 CREW Workshop (Reuter Center and OLLI office closed to all other activities)  
3 The Autumn Players, 4 p.m.  
7 The Astronomy Club of Asheville, 7 p.m.  
10 Carolinas' Nature Photographers Association, 5:30 p.m.  
13 f/32 Photography Group, 6:30 p.m.  
14 Successful Aging Day, 9 a.m.  
15 Death Café, 5 p.m.  
16 Western NC Historical Association Event, 2 p.m.  
18 Summer 2018 CFS courses begin  
18 Elisha Mitchell Audubon Society, 7 p.m.  
19 Brevard Music Festival Comes to OLLI, 4 p.m.  
21 Advance Care Planning Workshop, 5:30 p.m.  
27 Hot Topics: Spotlight on U.S. Foreign Policy Issues, 9 a.m.  
27 Hot Topics: Get Ready, Set, Don't Click: Cyber Security Strategies, 2 p.m.  
28 OLLI Authors Book Talk, 5 p.m.

## July

3 Brevard Music Festival Comes to OLLI, 4 p.m.  
4 Independence Day Holiday – Reuter Center and OLLI office closed  
8 Carolinas' Nature Photographers Association, 5:30 p.m.  
13 New to Medicare Class, 2 p.m. (registration required)  
17 Brevard Music Festival Comes to OLLI, 4 p.m.  
20 Death Café, 5 p.m.

## August

2 The Astronomy Club of Asheville, 7 p.m.  
3 Summer 2018 CFS courses end  
3 Fall 2018 catalog mails and online  
9 Fall 2018 CFS initial registration begins, 10 a.m.  
11 Western NC Historical Association Event, 2 p.m.  
12 Carolinas' Nature Photographers Association, 5:30 p.m.  
17 Death Café, 5 p.m.  
23-25 Paths Workshop (Reuter Center and OLLI office closed to all other activities)

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### OLLI Steering Council 2018-2019

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

### Committee Chairs

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

**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, 2018. Member benefits include:

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

- **Access to :**  
**Special Interest Groups (SIGs) (p. 5)**  
**Activities, Programs and Special Events (p. 6-8)**  
**College for Seniors courses (p. 13-30)**  
**UNC Asheville Health and Fitness Center (p. 4)**  
**Leadership Asheville Seniors (p. 31)**  
**Life Transitions Programs (p. 9)**

**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 and 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 register your car, go to [olliasheville.com/forms](http://olliasheville.com/forms) and click on the link for 2017-2018 Vehicle Registration Form. Fill out the form (you'll need your driver's license number and car license plate number). When you have submitted your information online, please bring your driver's license and car registration to the OLLI office to pick up your decal.

Your first parking decal is included with 2017-2018 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 that have a significant impact on the number of available parking spaces. There may be times when parking spaces are in short supply or when roadways in some parts of campus are blocked. Campus police will be checking parking decals and giving tickets for parking violations.

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

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

**OLLI Talk:** OLLI Talk is an online forum for OLLI members to exchange information about programs and topics of interest and to ask for and send recommendations or referrals. The forum is monitored and should not be used to distribute political or religious information or to offer negative reviews of goods or services. To sign up to be a part of the OLLI Talk, 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 8:30 a.m. to 3 p.m. 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 at the Lifestyle Dining Hall in Brown Hall 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)

## Health and Fitness Center Membership

### Fee: \$350 annually

OLLI members are eligible 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).

# special interest groups—SIGs

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

## **Apple Users**

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

## **Art**

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

## **Beer on Tap**

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

## **Bridge Buddies**

Tuesdays, 2-5 p.m. Contact:  
Connie Mitchell, 828.254.2209,  
[cmgm050@gmail.com](mailto:cmgm050@gmail.com)

## **Bridge for Fun**

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

## **Bridge Grads**

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

## **Conversing in Spanish**

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

## **Financial Strategies in Retirement**

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

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

Fridays, 1 p.m. Contact: Beth Johnson,  
[johnson1ea@earthlink.net](mailto:johnson1ea@earthlink.net)

## **Français Facile**

First and third Fridays, 1-3 p.m. Contact:  
Renée Raffini, [raffinir@gmail.com](mailto:raffinir@gmail.com)

## **Friday Bridge**

Fridays, 1:15-4 p.m. Contact  
Gloria Dupree, 828.713.4129,  
[gnd729@gmail.com](mailto:gnd729@gmail.com)

## **Gardening**

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

## **Hiking**

Visit the website: [OLLIHikingSIG.org](http://OLLIHikingSIG.org)  
to join the group or call Marcia at  
631.987.7451

## **History Book Lovers**

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

## **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)

## **Stitch in Time**

First Mondays, 2-4 p.m. Contact:  
Gay Lambirth, 281.433.1060,  
[gaylambirth@yahoo.com](mailto:gaylambirth@yahoo.com)

## **Texas Hold'Em Poker**

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

## **Thriving in Community**

Varied Fridays, 3:30 p.m. Contact:  
Amy Davidson,  
[adadvisor2ndtime@gmail.com](mailto:adadvisor2ndtime@gmail.com)

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

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

## **Travel**

Varied Fridays, 2-4 p.m., Contact:  
Madan Joshi, [madanmj1947@gmail.com](mailto:madanmj1947@gmail.com)  
or Jo Steininger, [jsteinin@ret.unca.edu](mailto:jsteinin@ret.unca.edu)

## **Wednesday Wine Tasting**

First Wednesdays, 7 p.m. Contact:  
Hooker Wood, 713.515.9661,  
[hooker.wood@gmail.com](mailto:hooker.wood@gmail.com)

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

Varied Fridays. 3:15 p.m. Contact:  
Bonnie Wheeler, [bonniewhee@gmail.com](mailto:bonniewhee@gmail.com)

## **Wine Tasting II**

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

## **Women's Groups**

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



## **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 2018

**Unless otherwise noted, these events are free, open to everyone and held at the Reuter Center. Please note that these events are subject to changes in schedule 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." There will also be an opportunity to enter your advance directive into your electronic Mission Medical Record.

- **Thursday, June 21, 5:30 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 <http://www.astroasheville.org>. There is no meeting in July.

- **Thursdays, June 7 and August 2, 7 p.m.**

## 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 \$7 at the door.

- **Sunday, June 3, 4 p.m.,** *The Perfect Murder* by Shaun McKenna, directed by Walter Goodrich

## Brevard Music Festival Comes to OLLI

Come get a taste of the summer Brevard Music Festival with performances by students from the Janiec Opera Company at Brevard Music Center (BMC). Enjoy previews of *Madama Butterfly*, *La Cenerentola* and *Candide*, gain insights into life as a young opera singer and summer at the BMC as they answer your questions. See more at [brevardmusic.org/festival](http://brevardmusic.org/festival).

- **Tuesdays, June 19, July 3, July 17, 4 p.m.**



## Carolinas' Nature Photographers Association

The Carolinas' Nature Photographers Association (CNPA) was founded in 1992 to promote nature photography in the Carolinas, to help conserve and preserve the diverse natural ecosystems in the Carolinas and to educate others interested in nature and wildlife photography. Meetings for the Asheville Region are held on the second Sunday of each month beginning at 5:30 p.m. with a meet and greet; meetings begin at 6 p.m. For more information please go to: [asheville.cnpa-regions.org](http://asheville.cnpa-regions.org)

- **Sunday, May 13, 5:30 p.m., Social Media for Photographers,** Judith Loniak on Facebook; Chris Allen on Instagram
- **Sunday, June 10, 5:30 p.m., Member Portfolio Presentations**
- **Sunday, July 8, 5:30 p.m., Photographing Flowers,** Donna Eaton
- **Sunday, August 12, 5:30 p.m., Infrared Photography,** Mark Hilliard

## Confident Caregivers Series from the Alzheimer's Association of WNC

This workshop offered by staff from the Alzheimer's Association of Western Carolina Chapter, uses the latest research to provide insights into making lifestyle choices that may help you keep your brain and body healthy as you age. We will discuss risk factors for Alzheimer's and other dementias and use hands-on tools that concentrate on four key factors to keeping our minds sharp and our bodies ready for the next adventure!

- **Friday, May 25, 2 p.m., No Strain, No Gain - Keeping Our Brains Healthy As We Age**

## 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. At Death Café, we break into small groups of five to six people and discuss our personal stories related to death of loved ones, loss of jobs, relationships or marriages or loss or death of parts of ourselves. 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 <http://deathcafe.com/>

- **Fridays, May 18, June 15, July 20, August 17, 5-6:30 p.m.**

# special events—Summer 2018

## Elisha Mitchell Audubon Society

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

- **Tuesday, May 15, 7 p.m., Climate Change and Warblers**
- **Tuesday, June 18, 7 p.m., The Birds and the Bees: Why Pollinators Matter**

## f/32 Photography

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

- **Wednesday, June 13, 6:30 p.m.**

## Fab Friday Lectures

Fab Friday Lectures are not scheduled in the summer. Join us in May for two informative programs, part of the Spring 2018 schedule.

- **Friday, May 11, 11:30 a.m., Jewish Humor** - Steve Allen, a talented, scholarly, intelligent analyst (and he wasn't even Jewish) once said that in spite of their single digit representation in the general population, Jewish people make up eighty percent of the well-known comedians. We will discuss how and why this happened. We will look at all sorts of humor, from slapstick to subtle innuendo. How comedy reflects history and culture will be analyzed. We will review the impact of the Yiddish theater and the Catskills resorts as they contributed to Jewish humor. **Rubin Feldstein** was born in Poland and lived there the first six years of his life in a shtetl called Zamosc. He cherishes his heritage, enjoys sharing it and teaching. He was an educator for thirty-four years, including time as a teacher, guidance counselor, principal and adjunct professor at Montclair State University in New Jersey.

- **Friday, May 18, 11:30 a.m., Back Pain** - Back pain is an all too common occurrence in our society, and there are many potential causes. We will review the anatomy of the back (bones, muscles, ligaments and nerves) that can give rise to back pain and will discuss effective treatments that can be used to relieve pain and also build strength and get you back moving with ease. Attendees will learn common causes of lower back pain, what to avoid and how to get better quickly if back pain does occur. **Chris Taylor** is the founder of Physio Physical Therapy and Wellness. He and his team determine the source of their clients' pain or problem in order to provide the proper treatment to minimize their pain and maximize their function. This lecture is part of the *Health Education Series*.

## Hot Topics

As part of the College for Seniors theme term on race and ongoing initiatives to create relevant and timely programming, we present a series of lectures and events to supplement CFS courses. The lectures are free and open to everyone.

- **Tuesday, May 15, 9-10 a.m., A World Class Art Museum for Asheville.** The Asheville Art Museum, founded in 1948, is in the midst of an exciting expansion. The \$24 million building project will provide new landmark architecture in downtown Asheville's Pack Square and larger, state-of-the-art galleries to showcase traveling exhibitions and the museum's collection. **Kristi McMillan**, Adult Programs Manager at the Asheville Art Museum and College for Seniors instructor, will be joined by staff member **Rebecca Lynch** and members of the museum's board to discuss the mission and history of the Asheville Art Museum, celebrate highlights from the museum's collection of 20th- and 21st-century American art, and offer a sneak peek at the new museum and programs that the museum is offering while construction is underway.
- **Tuesday, May 15, 11:30 a.m. – 1:30 p.m., A Game Called Salisbury: The History and Legacy of Lynching in North Carolina, Part 2.** **Susan Barringer Wells**, in her book *A Game Called Salisbury*, weaves century-old news reports and oral history into a family saga of tragic proportion. Her teenaged ancestor Addie Lyerly discovered the gruesome scene of her family's murder. For the crime, Jack Dillingham, Nease Gillespie and teenager John Gillespie were taken from a jail cell to an oak tree in Salisbury, North Carolina, where they were lynched and mutilated. The heinous act spawned a children's game of ropes and make believe. What actually happened on the night of August 6, 1906, may have been the game's first folly. We will also consider the lasting legacy of lynching with special guest speaker **Dr. Dwight Mullen**, professor of political science at UNC Asheville.
- **Wednesday, June 27, 9-11 a.m., U.S. Foreign Policy: Possibilities and Perils.** A panel of OLLI members will discuss a range of topics including shifting trade policies, U.S.-China relations, Mexico, Russia, the Middle East and more.
- **Wednesday, June 27, 2-4 p.m. Ready, Set, Don't Click! Cyber Security Strategies for the Average Joe.** We live in an interconnected world of computers, smart devices, and social networks that keeps evolving. Protecting personal information online has become a necessity. Angela Harris will present some tools and practical applications needed to guard against hackers and cyber attacks. From creating strong passwords to identifying phishing scams, we will discover the latest cybersecurity threats, unsafe behaviors related to shopping, banking and using social media, and learn to take control of our digital lifestyles. **Angela Harris** has been a consultant, educator and business owner for more than 14 years with expertise in online learning and personal development. Pre-register by June 6 and get an advance copy of the workbook "Computers: One Click at a Time" for \$15 on June 20. Register for this workshop at <https://tinyurl.com/OLLIcyber>.

# special events—Summer 2018

## 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 [www.coabc.org](http://www.coabc.org).

- **Friday July 13, 2 p.m.**

In addition, beginning at **noon**, representatives from the **Social Security Administration** will be available to answer questions about Social Security benefits and Medicare enrollment. They will also provide detailed instructions for using the Agency's online services at [www.socialsecurity.gov](http://www.socialsecurity.gov).

## OLLI Authors

This series recognizes the many very talented poetry and prose writers among OLLI members. *OLLI Authors* features one reading each term featuring two published or non-published poets. Come join us for the next session highlighting OLLI members' creativity and let the world know OLLI has talent!

- **Thursday, June 28, 5 p.m.**



## OLLI Community Conversation on Race

Instructors offered and members have taken an array of College for Seniors (CFS) courses on the theme of *Race in Black and White*. The initiative from the OLLI Inclusion Committee called *More Than A Month* overlapped the CFS Spring 2018 term and featured numerous speakers addressing similar issues. At the end of the Spring term, we invite anyone and everyone who took part in these events to participate and share their experiences in a *Community Conversation on Race*, facilitated by Jim Lenburg.

- **Friday, May 18, 5-7 p.m.**

## Smart Driver Class

The four-hour AARP Smart Driver Class offers numerous tips for coping with inevitable changes in perception and reaction time and increased hazards on the roads with faster cars and busier traffic. Participants can expect to review the rules of the road, learn tips to respond to aggressive drivers and gather general safety tips such as how to make left turns into heavy traffic. The course, offered nationwide, is designed to help participants avoid crashes and remain safely behind the wheel. The cost is the \$20 or \$15 for AARP members. To register contact the instructor Celeste Selwyn, [csel@mindspring.com](mailto:csel@mindspring.com)

- **Tuesday, May 15, 1:45-5:45 p.m.**

## Successful Aging Day

The Council on Aging of Buncombe County offers a daylong event for older adults, caregivers and anyone interested in aging successfully. Keynote speaker and breakout sessions will focus on topics such as movement, health and wellness, financial well-being and staying active. Lunch will be provided. Cost is \$25 per person. For additional information and registration details, visit [www.coabc.org/Successful-Aging](http://www.coabc.org/Successful-Aging), call 828.277.8288 or email [info@coabc.org](mailto:info@coabc.org).

- **Thursday, June 14, 9 a.m.-4 p.m.**

## Symphony Talk

The program begins with a presentation by Chip Kaufmann on the life and times of the composers of the last concert of the season: Bernstein, Hyken and Brahms. Meet Conductor Finalist Candidate Jacomo Bairo and violinist Jennifer Frautschi who will discuss their interpretations of the works to be performed and their experiences in the field of classical music. For more information, visit [ashevillesymphony.org](http://ashevillesymphony.org)

- **Friday, May 11, 3 p.m.**

## Western North Carolina History Association Events

These programs are sponsored by the Western North Carolina Historical Association. \$5 donation at the door; WNCHA members are admitted at no cost.

- **Saturday, June 16, 2 p.m., Dr. Dennis Branch: An African American Physician in the Jim Crow South, 1914-1964**  
presented by Marc McClure of Walters State Community College (TN) and Jim Stokely of Asheville
- **Saturday, August 11, 2 p.m., Program on Cherokee Heritage**

## 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.

## Local Programming - Open to OLLI members only

### The Gift of Time

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

**Dates:** ~~May 22, 24, 31, and June 7, 14, 2018~~ 10 a.m.-noon each day **This program is postponed.**

**Cost:** \$30 per person

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

Watch the OLLI newsletter to

announce new dates.

### Exploring CCRCs

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

**Dates:** August 2, 9, 16, 23, 30, September 6, 13, 14, 2018

**Cost:** \$150 per person

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

## National Programming - Open to anyone

### Paths to Creative Retirement

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

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

**Cost:** \$850 per person

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

### Creative Retirement Exploration Weekend

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

**Dates:** May 31-June 1, 2019

**Cost:** \$500 per person for Friday and Saturday program; \$75 for Sunday session

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

Members and staff of OLLI at UNC Asheville collaborate to offer unique and innovative programs to help participants navigate major life transitions. Register online. Visa or MasterCard accepted.

For questions contact 828.250.3871.

# VOLUNTEERING

Actions That Make a Difference!



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

# registration information

## Join OLLI at UNC Asheville and Register for College for Seniors – Summer 2018

### Initial allocation registration period is Thursday, May 17, 10 a.m. to Wednesday, May 23, 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.

#### Step 1: Sign in

- Click on the **Sign In** link at the top right of the page.
- If you have been a member any time since August 1, 2015, you have a username and password. Scroll down to "Sign In to Existing Account" and enter your username and password.
- If you are new to OLLI, scroll down to the "Create New Account" box and enter a username and password (write them down for future reference).
- If you have entered everything correctly, at the top of the screen it will say "Welcome [Your Name]"
- Click on **Registration Home** to proceed to the next steps. **Note: You do not need to create separate orders to purchase membership, registration fee and/or to request CFS courses.**

Are you an OLLI member for 2017-18?

- Click on **My Account**, then Membership to see if you are a member for 2017-18. If the expiration date is 7/31/18, you do not need to purchase another membership. Return to **Registration Home**.
- If you need to purchase a membership, return to **Registration Home** and scroll down to **Membership and CFS Registration Fee**, then click on **OLLI Summer Membership**. Click on **Add to Cart** to add the \$35 fee.
- Click on **Registration Home**

#### Step 2: Purchase the College for Seniors Term Fee

- Click on **CFS Summer Term Fee**
- Click on **CFS Registration Fee**. Click on **Add to Cart** to add the \$75 fee. **You must do this before adding any courses to your cart.**
- Click on **Registration Home** or **Search Courses** to find the College for Seniors courses you want to take.

#### Step 3: Request your College for Seniors Courses

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

#### Step 4: Purchase the items in your cart

- When your cart is complete, click on **Check Out**. Follow the steps, clicking **next** after you have completed each request. If you are using a credit card to pay for your order, be sure **Credit Card** is the payment method and be sure your name and billing address *exactly* matches the information on file with your credit card provider. If you have a middle initial on your card, please include it on the billing information and check the charge information.
- If you are paying with check, cash, scholarship or voucher, contact the OLLI office to alert us to the non-credit card payment method and get instructions on how to complete the request.
- Note: if there is an error in processing your payment by credit card, the system may not allow further attempts to provide credit card information. If that occurs, you will need to mail or bring in a check or cash (exact change please) for your purchase. All payments must be received by May 23.

#### Step 5: 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 Friday, June 1, 4:30 p.m.
- **Please note** that some health and fitness courses carry an additional \$30 fee. You will be responsible to pay this fee after you have received notification that you have been enrolled in that course. **All health and fitness fees must be paid by June 13 or you will be dropped from the course.**

# registration information

## Worksheet for College for Seniors Course Selection

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

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

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

### Add-Drop opens Monday, June 4, 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, unless otherwise noted.
- To drop a course, send an email to [olli@unca.edu](mailto:olli@unca.edu); include your name and the name of the course(s) you wish to drop.
- To drop all courses and receive a full refund, please submit your request by Friday, June 15, 3 p.m.

### Registration schedule

- Initial allocation registration opens Thursday, May 17, 10 a.m.
- You may come to the Reuter Center for registration help on May 17, 18, 21, 22, 10 a.m.-3:30 p.m. and on Wednesday, May 23, 8:30 a.m. – noon.
- Registration is closed during the allocation process, May 23, noon, to June 4, 10 a.m. You may purchase an OLLI membership and register for some Life Transitions programs, but you will not be able to add College for Seniors fee or courses to your cart. Notification of College for Seniors enrollment (courses registered, waitlisted or dropped) will be sent by email on Friday, June 1, 4:30 p.m.
- Add-Drop opens June 4, 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.
- 

### Registering for Life Transitions and Leadership Asheville Seniors

You may register for these programs or add yourself to a waitlist at the same time you register for College for Seniors. Membership is required. Sign in. Add the membership fee to cart if you are not already a member. Select the program you want and click on **Add to Cart**. Proceed to payment as usual.

**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 movies to music, reading to writing, painting to puzzles to politics and the law and much more. We offer four terms throughout the year, each one different, with stimulating, entertaining and relevant courses. See pages 16 to 29 for course descriptions.

**Summer 2018:** June 18-August 1, 2018 (initial registration May 17-23)

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

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

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

## Summer 2018

June 18 – August 1

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

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

**OLLI membership is required to enroll in CFS classes**

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 13, or we will drop your enrollment from that health and fitness course.

See page 11 for information on how to register.

### Refunds:

Cancellation must be received by Friday, June 15, 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 Tuesday, May 22, 5 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. Volunteering to be a Class Rep is a great way for new OLLI members to get involved with College for Seniors. For more information, contact collegeforseniors@gmail.com

**Teaching at College for Seniors:** At the heart of the College for Seniors program are dedicated volunteer instructors. For more information and the term proposal form visit: [olliasheville.com/college-seniors-1](http://olliasheville.com/college-seniors-1) or contact CFS Program Manager Herb Gunn at [hgunn@unca.edu](mailto:hgunn@unca.edu) or call 828.251.6873. The deadline for proposals for the Winter 2019 term is August 1.



## Need more information about College for Seniors courses?

Go to [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
<b>Morning</b>  9-11 a.m. Unless Otherwise Noted	Introduction to Pilates (9-10) Charlotte and Emily Brontë in the 21st Century *Does An Electric Car Make Sense for You? Sustainable Healthcare: A Holistic Approach to Health and Wellness *Contemporary Swedish Culture in Film (9-noon) *Cooking for Two with Mars and Venus (9-noon)	*Beginning Digital Camera/Smartphone (session 1) Exploring Healthy Habits for Body and Mind *How to Buy and Sell on eBay *How to Solve Sudoku Puzzles Morning Meditation Practice *Personal Safety and Awareness Technology: Today and Tomorrow *Intermediate Hiking in Western North Carolina (9:30-2:30)
<b>Midday</b>  11:30 a.m.-1:30 p.m. Unless Otherwise Noted	*Becoming an Informed Advocate for Your Own Healthcare Creating a Fine Art Photography Portfolio Shawl KAL for The Doodler Søren Kierkegaard's <i>Fear and Trembling</i> – Section 1 Yoga Therapy for Stress Management	Asheville on the Cheap *The Ballparks We Grew Up In Discover the Poet Inside You Introduction to Entrelac Knitting Making a Difference as a Way of Life Search for the Historical Jesus *Beginning Piano Part 3: Playing the Classics (session 1) (noon-1)
<b>Afternoon</b>  2-4 p.m. Unless Otherwise Noted	Tai Chi for Balance and Agility (2-3:30) Yoga for Your Health (2-3:30) Docent's Journey: Spanish Masterpieces in Painting and Architecture Søren Kierkegaard's <i>Fear and Trembling</i> – Section 2 *Painting from the Center (2-4:30) Crime Fiction Books and Movies: Spies (2-5) Developing Your Interpersonal Effectiveness (2-5)	Body and Brain Fitness by Ageless Grace (2-3:30) Energizing Yoga Law and Health Care *Summer White Wines: Local Favorites Around the World Agatha Christie: Trickster and Influencer in Crime Fiction (2-5)

\* Course does not meet for full six weeks – check description for dates

wednesdays	thursdays	fridays/saturdays
Ireland's Sacred Sites Through Pictures and Legends Strengthening Your Financial Foundation	*Beginning Digital Camera/ Smartphone (session 2) *Beginning Needlepoint, Level 2 Chinese Medicine: The Art and Science Initial Understanding of LGBTQIA: Gender Identity and Sexual Orientation Al Pacino in the Morning (9-noon) *Intermediate Hiking with the Southern Appalachian Highlands Conservancy (9-1)	Therapeutic Yoga (9-10:30)
*Ancient and Modern Wisdom for Everyday Living Frank Lloyd Wright: America's Most Famous Architect *Listening with the Ear of My Heart Mah Jongg, Intermediate Level Movies of the Weimar Republic	*Around the World in 80 Days – The Women Déjà Vu All Over Again: Writing the Personal Essay Learn to Play the Mountain Dulcimer High Beginner Line Dance *The Politics of Conversation	*Beginning Piano Part 3: Playing the Classics (session 2) (noon-1)
Strength Training for Healthy Aging, Level 1 (2-3) Strength Training for Healthy Aging, Level 2 (3:15-4:15) Beginning East Coast Swing <i>Brave New World</i> and Aldous Huxley Six Silent Films from Cecil B. DeMille (2-4:30) *Plant-Based-Living Film Festival (2-4:30)	Older, Wiser, Sexually Smarter – Part 2 Prescription Drug Market in the U.S. Italian Postwar Films 1958-65 (2-4:30) Many Moods of Mother Nature (2-4:30) Children in Cinema (2-5)	

# Summer 2018 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

### Introduction to Pilates

Health and Fitness

6 weeks: June 18, 25, July 2, 9, 16, 23  
Mondays, 9-10 a.m.

\$30

In this start-up or stepping stone for the Pilates exercise method, we will explore movements designed to help obtain in our bodies the necessary tools to perform the exercises properly and to understand their purpose. We will share questions and answers to find out where each participant is feeling the exercise and to find where the exercise should be found in their own body. Each week we will cover alignment, balance, flexibility and how to lift up the head and shoulders while lying on the back. Please bring a large hand towel to the class. Wear comfortable clothing, and please do not wear belts during the class. **Prerequisite:** Participants must be comfortable working on the floor and able to get up and down without assistance.

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

### Charlotte and Emily Brontë in the 21st Century

Languages, Literature and Writing

6 weeks: June 18, 25, July 2, 9, 16, 23  
Mondays, 9-11 a.m.

Charlotte and Emily Brontë, unmarried daughters of a rural parson, wrote two of the most engaging and subversive novels of the nineteenth century: *Jane Eyre* and *Wuthering Heights*. It's time to re-read these classics with an eye to what they have to tell us as mature readers living in the age of #MeToo. **Required texts:** *Jane Eyre* by Charlotte Brontë, ISBN-13: 978-0141441146; *Wuthering Heights* by Emily Brontë, ISBN-13: 978-0141439556.

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

### Does an Electric Car Make Sense for You?

Math, Science and Technology

2 weeks: June 18, 25  
Mondays, 9-11 a.m.

Your next car could be electric! Many new and used "plug-in" hybrid and full electric models are available. Learn the basics of electric cars, including range and charging considerations. Discover which features are important to consider and assess their 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. You will finish the course with the key facts in order to go online or visit dealerships. An optional field trip to a car dealership may be arranged.

**Instructors:** Joe Baum (baumjoe51@gmail.com),

Lenore Baum (lenore@lenoresnatural.com)

### Sustainable Healthcare: A Holistic Approach to Health and Wellness

Health and Fitness

6 weeks: June 18, 25, July 2, 9, 16, 23  
Mondays, 9-11 a.m.

There are multiple perspectives on health and wellness that integrate a holistic approach. Homeopathy, Ayurveda and Chinese medical traditions treat the whole person. They work with the vital force (Chi, Prana) to bring the mental, emotional and physical bodies into balance. We will explore how you can create a holistic healthcare program using meditation, exercise/movement, yoga, acupuncture, homeopathy and proper diet.

**Required text:** *Homeopathy: Beyond Flat Earth Medicine* by Timothy R. Dooley, ISBN-13: 978-1886893016

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

### Contemporary Swedish Cinema

Performing Arts

4 weeks: June 25, July 2, 9, 16  
Mondays, 9 a.m.-noon

From Bergman's films to the present, Swedish cinema continues to produce acclaimed films that have opened a window for us to view and understand the Swedish culture, society and perspective on life. We will view and discuss films by four contemporary Swedish directors on the universal themes of love, hope, loneliness, aging, resilience, marriage, gender roles, family, discrimination, and assimilation. We will watch four films in Swedish with English subtitles: *As it is in Heaven*, *Force Majeure*, *A Man Called Ove*, and *Sami Blood*.

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

## Monday Morning *continued*

### **Cooking for Two with Mars and Venus**

Personal Development

4 weeks: June 18, 25, July 2, 9

Mondays, 9 a.m.-noon

**Location:** Instructors' home

We will pair participants in teams of two to produce a meal for two. We will sit down and eat the meal together. Also, we will learn how to portion and store leftovers for another meal. This course is ideal for people who do not like to cook or are single and hate cooking for one person. We will make soups, salads, main dishes and vegetables that can be easily used for a meal during the week. All recipes are designed for two and are geared to warm-weather cooking. The course will be held at the instructors' home about 10 minutes from the Reuter Center. **Prerequisites:** Participants must commit to attend all four classes, must be able to stand for 2-3 hours at a time and move about in tight quarters. **Food fee:** \$80, payable to instructors at the first class session.

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

## Monday Mid-day

### **Becoming an Informed Advocate for Your Own Healthcare – Part 1**

Life Transitions

4 weeks: June 18, 25, July 2, 9

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

When considering the health and well-being of you or your family, have you ever wondered whether you should use the Minute Clinic, an urgent care center, your primary care provider or the ER? When you are advocating for yourself as a patient or for your family, you will need to navigate different healthcare environments. How do you function as a member of your pharmacy team, hospital team and physician team? Do you understand your role in getting the care you need and deserve? We will identify principles and strategies to becoming a better consumer of the healthcare system. Part 2 will be offered in Fall 2018 and focus on how to advocate for yourself in acute care hospitals, a rehabilitation hospital, home health settings and long-term care and hospice facilities.

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

### **Creating a Fine Art Photography Portfolio**

Visual Arts

6 weeks: June 18, 25, July 2, 9, 16, 23

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

As you gain experience in photography, consider moving away from snap shooting and begin to work on creating an intentional, cohesive body of work, one that explores a photographic technique (macro, abstract, etc.) or a subject / theme (waterfalls, buildings, etc.), or both. The instructor will guide participants through the process of developing a portfolio and will include vision and craft sessions to provide skills and techniques to enhance the work. Participants will create either a digital or print portfolio. See [olliasheville.com/courses](http://olliasheville.com/courses) for materials needed. **Prerequisite:** Participants must be intermediate- or advanced-level photographers.

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

### **Shawl KAL for The Doodler**

Visual Arts

6 weeks: June 18, 25, July 2, 9, 16, 23

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

We will create a beautiful shawl as we knit along (KAL) with each other. Each week we'll add a new section to the shawl—i chord edge, short rows, knitted on cable, ruffled edge and embellishments. Sessions will feature discussion, show and tell, demonstration and hands-on learning. At the end of the course: a completed shawl. **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. **Materials fee:** \$6 for a Doodler pattern. See [olliasheville.com/courses](http://olliasheville.com/courses) for a complete list of materials needed.

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

### **Søren Kierkegaard's Fear and Trembling – Section 1**

Religion and Philosophy

6 weeks: June 18, 25, July 2, 9, 16, 23

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

In this seminar we will focus on *Fear and Trembling*, perhaps the most often read and studied work of the renowned 19th century Danish philosopher Søren Kierkegaard. Based on the biblical story of Abraham and the sacrifice of Isaac, the book's author investigates the nature and dynamics of faith. In a group limited to 15 participants, we will read and discuss the book with some care. **Required text:** *Fear and Trembling/Repetition: Kierkegaard's Writings*, Vol. 6 by Søren Kierkegaard (Princeton University) ISBN-13: 978-0691020266.

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

# college for seniors

## Monday Mid-day *continued*

### **Yoga Therapy for Stress Management**

Health and Fitness

6 weeks: June 18, 25, July 2, 9, 16, 23  
Mondays, 11:30 a.m.-1:30 p.m.

**\$30**

We will learn and explore relaxation, meditation and stress management as fundamental skills for our health and well-being. Yoga is often considered a movement or exercise system, but its roots lie deeply in the practices of the mind and meditation. We will explore this deep, complex and subtle set of teachings as a way to manage stress and support a holistic, healthy functioning both in our bodies and in our lives.

**Instructor:** Lydia Jane Michaels (lydianeyoga@gmail.com)

## Monday Afternoon

### **Tai Chi for Balance and Agility**

Health and Fitness

6 weeks, June 18, 25, July 2, 9, 16, 23  
Mondays, 2-3:30 p.m.

**\$30**

Participants will be introduced to tai chi principles in the Yang style of Cheng, Man-Ching. By practicing a series of postures and a short choreography of continuous movements, we will follow the tai chi classics to become balanced, agile, coordinated and less tense but more alert. **Required text:** Tai Chi for Balance and Agility by Chen Man Ching. Participants must be able to stand for 45 minutes without discomfort and should have free movement in the hip joint area.

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

### **Yoga for Your Health**

Health and Fitness

6 weeks, June 18, 25, July 2, 9, 16, 23  
Mondays, 2-3:30 p.m.

**Location:** Sherrill Center 306A

**\$30**

We will use safe, gentle, therapeutic yoga to stretch, strengthen and increase mobility in muscles and joints, and improve circulation, balance, mental clarity, breathing and digestive function. Seated and standing poses are done with the support of a chair, followed by gentle floor poses lying down on your belly and on your back. Each class finishes with a guided relaxation.

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

### **Docent's Journey: Spanish Masterpieces in Painting and Architecture**

Visual Arts

6 weeks: June 18, 25, July 2, 9, 16, 23  
Mondays, 2-4 p.m.

We will study the vast and rich heritage of Spanish art that begins 35,000 years ago with the Altamira cave paintings and continues through modern art with master artists including Pablo Picasso, Salvador Dali, Juan Gris, Joan Miro and Antonio Gaudi. Influences to be reviewed include Islamic art, especially in religious works, and Italian, French and Flemish artists such as El Greco, Rubens, and Titian during the Spanish Golden Age. We will consider the works of native painters such as Juan Sanchez Cotan, Diego Velazquez, Jose de Ribera, Francisco Zurbaran, Bartolome Esteban Murillo and, in the 19th century, Francisco Goya. We will study Spanish architectural masterpieces including the Escorial, Cathedral of Santiago de Compostela, Toledo Cathedral, Seville Cathedral, the Alcazar and the Alhambra.

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

### **Søren Kierkegaard's Fear and Trembling – Section 2**

Religion and Philosophy

6 weeks: June 18, 25, July 2, 9, 16, 23  
Mondays, 2-4 p.m.

In this seminar we will focus on *Fear and Trembling*, perhaps the most often read and studied work of the renowned 19th century Danish philosopher Søren Kierkegaard. Based on the biblical story of Abraham and the sacrifice of Isaac, the book's author investigates the nature and dynamics of faith. In a group limited to 15 participants, we will read and discuss the book with some care. **Required text:** *Fear and Trembling/ Repetition: Kierkegaard's Writings, Vol. 6* by Søren Kierkegaard (Princeton University) ISBN-13: 978-0691020266.

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

## Monday Afternoon *continued*

### **Painting from the Center**

Visual Arts

Last 4 weeks: July 2, 9, 16, 23

Mondays, 2-4:30 p.m.

In this intuitive painting course for all levels of painters, we will use acrylic paints on canvas to explore automatic painting and focus on developing personal symbols. Participants will discover a personal visual language in their painting. Short lectures will include basic color theory, acrylic painting technique and introduction to the work of relevant artists. The goal for participants is work that speaks to you and for you. **Materials fee:** \$60

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

### **Crime Fiction Books and Movies: Spies**

Languages, Literature and Writing

Performing Arts

6 weeks: June 18, 25, July 2, 9, 16, 23

Mondays, 2-5 p.m.

We will focus on the spy genre of crime fiction with books and movies set during WWII and the Cold War. Participants will read the relevant book in the week before class and watch the movie during class. The movie is preceded by a brief lecture on various aspects of the book and movie. A discussion follows afterwards. **Recommended texts:** *Above Suspicion* by Helen MacInnes, ISBN 13: 978-1781161531; *Eye of the Needle* by Ken Follett, ISBN 13: 978-0451163486; *Alan Turing: The Enigma* by Andrew Hodges, ISBN 13: 978-0671492076 (Movie: *The Imitation Game*); *Our Man in Havana* by Graham Greene, ISBN 13: 978-0140017908, *The Tailor of Panama* by John le Carré, ISBN 13: 978-0345420435; *The Hunt for Red October* by Tom Clancy, ISBN 13: 978-0425240335.

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

### **Developing Your Interpersonal Effectiveness**

Personal Development

6 weeks: June 18, 25, July 2, 9, 16, 23

Mondays, 2-5 p.m.

We all know the importance of good two-way open communication, yet in daily life we often vacillate about whether to have that open but difficult conversation with another person. Learn powerful ways to handle difficult conversations. With enrollment in this course, you are committing yourself to active learning, experimenting with new behaviors with which you may be unaccustomed and participating in a community of learning.

**Prerequisite:** Attendance at the first session is mandatory and includes a commitment to attend all six sessions unless you have an emergency. **Course fee:** \$21 for the Thomas-Kilman Conflict Mode Questionnaire that assesses your preferred mode for dealing with conflict, payable to the instructor at the first session.

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

## Tuesday Morning

### **Beginning Digital Camera/Smartphone (Session 1)**

Visual Arts

8 sessions in first 4 weeks:

June 19, 21, 26, 28, July 3, 5, 10, 12

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! You will learn about the buttons, dials, icons and other camera features. In addition to three whole-group classes you will 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. Check the course schedule and outline at [olliasheville.com/courses](http://olliasheville.com/courses)

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

### **Exploring Healthy Habits for Body and Mind**

Health and Fitness

6 weeks: June 19, 26,

July 3, 10, 17, 24

Tuesdays, 9-11 a.m.

We will explore proven strategies that can lead to a healthier lifestyle. We will cover practical tips on plant-based nutrition, exercise and brain and emotional health. Developing these strategies can promote fun, positive, rewarding addictions. The only prerequisite is a willingness to explore healthy habits appropriate to one's own lifestyle. Check the outline at [olliasheville.com/courses](http://olliasheville.com/courses) to see if this course is right for you.

**Instructor:** **Lenore Baum** (lenore@lenoresnatural.com)

# college for seniors

## Tuesday Morning *continued*

### **How to Buy and Sell on eBay**

Personal Development

First 3 weeks: June 19, 26, July 3

Tuesdays, 9-11 a.m.

Learn the basics of both purchasing and selling an item on eBay. We will address how to establish an eBay buying account and PayPal account, search for an item, determine the seller's reputation and place a bid. We will cover how to use the "Buy It Now" feature. Participants will learn how to sell an item on eBay, including establishing effective description names, choosing the proper category selection and uploading a picture of the item on eBay's website.

**Instructor: Bruce Jones** (bruce\_e\_jones@yahoo.com)

### **How to Solve Sudoku Puzzles**

Personal Development

Last 3 weeks: July 10, 17, 24

Tuesdays, 9-11 a.m.

We will learn a very systematic method for solving all but the most difficult Sudoku puzzles. The solving techniques that will be discussed, in order of complexity, are naked singles, hidden singles, naked doubles, hidden doubles, pointing cells, X wing, XY wing, and XYZ wing.

**Instructor: Bruce Jones** (bruce\_e\_jones@yahoo.com)

### **Morning Meditation Practice**

Personal Development

6 weeks: June 19, 26,

July 3, 17, 24, 31

No Class July 10

Tuesdays, 9-11 a.m.

**Location:** Sherrill Center 468

Through meditation, we can 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 how these impact our physical body and mind. Each session will include the practice of meditation. Prior meditation experience will be helpful but is not required.

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

### **Personal Safety and Awareness**

Health and Fitness

First 4 weeks: June 19, 26, July 3, 10

Tuesdays, 9-11 a.m.

We will learn safety and self-defense techniques for seniors for safety at home, outside the home and while traveling. We will focus on mental conditioning, physical techniques and enhancing our general awareness in public. Learning how to fall without getting hurt is emphasized in each class.

**Instructor: Phillip Jones** (oleneb@gmail.com)

### **Technology: Today and Tomorrow**

Math, Science and Technology

6 weeks: June 19, 26,

July 3, 10, 17, 24

Tuesdays, 9-11 a.m.

Since the beginning of time, technology has had an impact on human development across three major periods—the Agricultural, Industrial and Informational eras. We will review the history of technology from simple farm tools to machines to factories to computers. We will trace the roots of today's technology in scientific discoveries such as electromagnetism and transistors and examine the predictions and projections for future technologies.

**Instructor: Larry Fincher** (larryfincher@mac.com)

### **Intermediate Hiking in Western North Carolina (Level 2)**

Health and Fitness

First 4 weeks: June 19, 26, July 3, 10

Tuesdays, 9:30 a.m. - 2:30 p.m.

We will explore four hikes, each less than six miles in length and 1,000 feet elevation. Our drive will be within 45 minutes from our car pool location. Suggested destinations are Tromatore Trail, Shope Creek, Roan Mountain and Pink Beds. **Prerequisite:** Participants must have previous hiking experience that includes some elevation.

**Instructor: Rebecca Banner** (beccabanner@gmail.com)

## Tuesday Mid-day

### **Asheville on the Cheap**

Personal Development

6 weeks: June 19, 26,

July 3, 10, 17, 24

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

We'll have a fast paced discussion of where to find things to do in Asheville, including the performing arts, visual arts, restaurants and food, outdoors and day trips. Participants must use email for the many lists that will be sent from class.

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

### **The Ballparks We Grew Up In**

History

First 4 weeks: June 19, 26,

July 3, 10

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

Through slides and video clips, we will visit the 16 stadiums that were the home of a Major League Baseball team in 1955. A few are still used today, but most have disappeared. We will review facts about each stadium, and great moments at them during the 1950s and '60s. Participants who went to games at these ballparks during that era will be invited to share a few experiences.

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

### **Discover the Poet Inside You**

Languages, Literature and Writing

6 weeks: June 19, 26,

July 3, 10, 17, 24

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

Discovering the poet inside you is like finding your best friend. This poet has been waiting for you to acknowledge her/him and maybe now is the right time to do it. Movement exercises and other relaxation techniques will be a part of the process. There is no need for any past experience; just bring a notebook and pen and prepare to write. See the course outline at [olliasheville.com/courses](http://olliasheville.com/courses) for more information.

**Instructor: Maria Thomas** (mariati00@hotmail.com)

### **Introduction to Entrelac Knitting**

Visual Arts

6 weeks: June 19, 26,

July 3, 10, 17, 24

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

This course is for intermediate knitters who will be introduced to the art of entrelac knitting, a form of modular knitting in which rectangles are worked, one at a time, then knitted onto each other in a basket-weave pattern. Entrelac is an excellent way to integrate lots of colors into a consistent fabric, using just one at a time, and it works extraordinarily well for variegated and self-striping yarns. **Prerequisite:** This course is not appropriate for beginners. See [olliasheville.com/courses](http://olliasheville.com/courses) for a list of materials needed.

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

### **Making a Difference as a Way of Life**

Personal Development

6 weeks: June 26,

July 3, 10, 17, 24, 31

Note late start date

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

This is not a course about changing the world out there. It is about addressing the so-called small stuff of life that exists in and around us, and we will build on the premise that knowing and expanding who we are is the most effective way to make a difference for other people. The course will be highly experiential as we begin with learning to receive from others, ask for what we want and become more aware of our feelings in the process. We will move into making a difference for others by strengthening our listening skills and setting appropriate boundaries. A significant portion of the class will involve formulating potential community projects/service activities in small group format. We will also explore living through the heart (with some physiological experiences) as the primary pathway of kindness and compassion. See a complete outline of the course at [olliasheville.com/courses](http://olliasheville.com/courses).

**Instructor: Judy Ray** (judyray333@gmail.com)

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## Tuesday Mid-day *continued*

### Search for the Historical Jesus

Religion and Philosophy

6 weeks: June 19, 26,

July 3, 10, 17, 24

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

For many of us, our notion of Jesus has not advanced much since we first learned about Jesus as children. But Jesus deserves a second, more sophisticated adult view. We will focus on the Jesus of history, the itinerant rabbi from Galilee, as opposed to the Christ of the churches. We will use historical methodology in an attempt to locate the historical Jesus from the layers of theology, philosophy, politics and prejudice that have been heaped upon him. What unique messages does the historical Jesus present for us in the postmodern era?

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

### Beginning Piano Part 3: Playing the Classics (Session 1)

Performing Arts

10 sessions

July 3, 6, 10, 13, 17, 20, 24, 27, 31,

August 3

Tuesdays and Fridays, noon-1 p.m.

**Location:** Lipinsky Hall 013

This course is recommended for participants who have completed the *Beginning Piano Course Part 2* during Winter 2018 term or have the equivalent skill of at least two years of instruction. Participants will learn to play approachable arrangements of well-known pieces composed by Bach, Vivaldi, Beethoven, Mozart, Chopin, Debussy and more. **Required text:** *Adult Piano Adventures Classics Book 2* by Nancy and Randall Faber, ISBN 978-1616771898. **Materials:** Headphones to plug into the keyboards in the piano lab.

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

## Tuesday Afternoon

### Body and Brain Fitness by Ageless Grace

Health and Fitness

6 weeks: June 19, 26,

July 3, 10, 17, 24

Tuesdays, 2-3:30 p.m.

**\$30**

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

**Instructor:** Carol V. Gerson (agelessgracecarol@gmail.com)

### Energizing Yoga

Health and Fitness

6 weeks: June 19, 26,

July 3, 10, 17, 24

Tuesdays, 2-4 p.m.

**\$30**

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

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

## Tuesday Afternoon *continued*

### **Law and Health Care**

Business, Law and Finance  
6 weeks: June 19, 26,  
July 3, 10, 17, 24  
Tuesdays, 2-4 p.m.

There is no constitutional right to health care in the United States. Nonetheless, the law mediates a system of intersecting constitutional, statutory and common law rights, duties and obligations among individuals, providers and government in the provision of health care. We will discuss some of these intersections, addressing topics including: the right to treatment and the right to refuse treatment, involuntary commitment, forced medication and quarantine, reproductive rights, the right to die and physician-assisted suicide, genetics, and payment obligations on behalf of certain populations. Readings will be drawn largely from edited United States Supreme Court decisions. Based on guided questions and hypothetical cases, class discussions will focus on careful analysis of the readings to gain an understanding of some of the legal and policy determinants influencing the provision of health care services. **Prerequisites:** A commitment to read a significant amount of complex legal materials (30-40 pages a week) and to be prepared to discuss those materials.

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

### **Summer White Wines: Local Favorites Around the World**

Personal Development  
4 weeks: June 19, 26, July 3, 10  
Tuesdays, 2-4 p.m.

**Location:** Metro Wines  
169 Charlotte St, Asheville

Stretch your comfort zone and learn about the summer white wine favorites enjoyed by locals in several wine regions worldwide. See how to make your whites taste better and uncover the secrets of pairing white wines with summer dishes. Don't be surprised if a few winemakers join us via Skype. You'll try about six new whites at each class. **Course fee:** \$50 for wine and food, payable to instructor at the first session.

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

### **Agatha Christie: Trickster and Influencer in Crime Fiction**

Languages, Literature and Writing  
6 weeks: June 19, 26,  
July 3, 10, 17, 24  
Tuesdays, 2-5 p.m.

Agatha Christie was a brilliant practitioner of the art of misdirection and disguise. The information needed to solve her murders is provided through elegant plotting and deftly placed clues. Deceptively easy to read, her stories contain a wealth of fine detail and insights into human nature, and the final revelation dovetails all the pieces into a "perfect" solution. Her books remain classics of the genre. We will read from her novels, view some films and discuss her importance to the genre. **Required text:** *Murder on the Orient Express* by Agatha Christie, ISBN-13: 978-0062693662.

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

## Wednesday Morning

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

Personal Development  
6 weeks: June 20, 27,  
July 11, 18, 25, August 1  
No class July 4  
Wednesdays, 9-11 a.m.

We will "journey" across Ireland's scenic beauty and sacred sites (including some places from last summer's course and lots of new locations and stories). Let Ireland's magic seduce you into the dance of the faery as you listen to stories and legends of her ancient queens, kings, gods, goddesses and the Sidhe, who still live underground in Ireland. We'll follow Druid trails to 6,000-year-old megaliths and consider the mystical side of early Celtic Christianity. Course content and pictures are based on the instructor's travels to Ireland and the study of its ancient history.

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

### **Strengthening Your Financial Foundation**

Life Transitions  
Business, Law and Finance  
6 weeks: June 20, 27,  
July 11, 18, 25, August 1  
No class July 4  
Wednesdays, 9-11 a.m.

*It's nice to get out of the rat race, but you have to learn to get along with less cheese.* - Gene Perret While it took work and good habits to retire, now is the time when bad habits, choices and scams can sabotage what you've worked to achieve. You may not be aware of the ways your "cheese" is being eaten up or what to do to stop the loss! Using the AARP Finances 50+ curriculum, we will strengthen understanding of the critical skills for financial success so you don't outlive the assets you've accumulated. Additionally, we will uncover the traps, fraud schemes and toxic money mindsets that can ruin the plans you've made. Starting with the basics and moving in-depth, we will set meaningful goals and assess our accountability every week to stay on track.

**Instructor:** **Leslie Apple** (leslie.apple@edwardjones.com)

## Wednesday Mid-day

### Ancient and Modern Wisdom for Everyday Living

Personal Development

4 weeks: June 20, 27, July 11, 18

No class July 4

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

We all have our own brand of wisdom. Some wisdom comes in the form of favorite sayings we have read or heard, and some has been handed down to us from previous generations. Wisdom statements can alter the way we look at life and our challenges. Through lively discussion, we will share and discuss some profound, wise statements from various sources and apply them to resolve our mistakes, grudges, doubts and criticism. We will explore methods of assimilating wisdom statements when we encounter challenges in day-to-day living. In a course that will combine lecture, class discussion and storytelling, class participation will be expected.

**Instructor:** **Gerald Warren** (gwarrinc@aol.com)

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

Visual Arts

6 weeks: June 20, 27,

July 11, 18, 25, August 1

No class July 4

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

We'll spend six weeks exploring all aspects of Frank Lloyd Wright's life and his work. More than 400 images will be presented, augmented by four DVDs (shown in short segments) and stories about Wright's designs. If nothing else, you'll walk away with an appreciation of how unique Frank Lloyd Wright was to the field of architecture.

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

### Listening With the Ear of My Heart

Life Transitions

First 4 weeks: June 20, 27, July 11, 18

No class July 4

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

The second half of life is a rich time to discover the big questions that we haven't had time for: What really matters to me now? Is there something unfinished? What new dream is emerging and what older dream is it time to let go? Is there something that's been waiting on the back burner of my life? As many aspects of our lives are changing, like work, relationships, daily routine, one of the most significant shifts can be how we perceive our meaning and purpose in life. It's a time to cultivate ways of hearing our true inner voice. We will explore some pathways for hearing our "questions that matter" and some tools and methods for hearing our answers. We will use poetry and music to guide our journey.

**Instructor:** **Rose Bator** (rbator1625@aol.com)

### Mah Jongg, Intermediate Level

Personal Development

6 weeks: June 20, 27, July 11, 18, 25,

August 1

No class July 4

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

Most people who play mah jongg tend to lean toward certain hands of play thus limiting their options toward achieving mah jongg. Participants in this course will broaden their horizons and learn new avenues for other hands to play. Become a force to be reckoned with at the table, or better yet, have more fun as you play the game. **Please note:** This course is not for beginners. If you are unsure of your skill level, please contact the instructor for clarification. **Required text:** A Wright Patterson Rule book.

**Instructors:** **Rosemary Walton** (rh68@bellsouth.net),

**Kenn Haring** (kennharing@charter.net)

### Movies of the Weimar Republic

Performing Arts

6 weeks: June 20, 27, July 11, 18, 25,

August 1

No class July 4

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

The films of the Weimar Republic occupy a special place in motion picture and social history. *The Blue Angel* is perhaps the best known, with Marlene Dietrich in her first, and most famous, role. This film was the first to include live dialogue. Yet lesser known "Weimar" films deserve recognition and viewing. An overview of the film industry, together with social and political aspects of filmmaking during the Weimar Republic is a part of the course. Films to be viewed may include *Different from Others*, *Pandora's Box*, *Dr. Mabuse*, *Warning Shadows* and *M*.

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

## Wednesday Afternoon

### Strength Training for Healthy Aging, Level 1

Health and Fitness

6 weeks: June 20, 27, July 11, 18, 25,

August 1

No class July 4

Wednesdays, 2-3 p.m.

**Location:** Woodfin YMCA

40 Merrimon Ave, Asheville, NC

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

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

### Strength Training for Healthy Aging, Level 2

Health and Fitness

6 weeks: June 20, 27, July 11, 18, 25,

August 1

No class July 4

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

**Location:** Woodfin YMCA

40 Merrimon Ave, Asheville, NC

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

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

### Beginning East Coast Swing

Health and Fitness

6 weeks: June 20, 27, July 11, 18, 25,

August 1

No class July 4

Wednesdays, 2-4 p.m.

**Location:** Sherrill Center 306A

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

**Instructor:** **Sherry Lubic** (lubic@msn.com)

### Brave New World and Aldous Huxley

Languages, Literature and Writing

6 weeks: June 20, 27, July 11, 18, 25,

August 1

No class July 4

Wednesdays, 2-4 p.m.

Aldous Huxley's monumental dystopia in *Brave New World* is a shining yet chilling future society reduced to subhuman shallowness of thought, purpose and feeling. Ranked fifth on the Modern Library's list of the 100 best English-language novels of the 20th century, *Brave New World* will entertain, astonish and frighten through Huxley's many uncanny prophecies of how pleasure and the suppression of individual identity can be used to enslave and dehumanize. This course requires active participation. **Required text:** *Brave New World* by Aldous Huxley, ISBN-13: 978-0060850524. Read the first three chapters before the first session.

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

### Six Silent Films from Cecil B. DeMille

Performing Arts

6 weeks: June 20, 27, July 11, 18, 25,

August 1

No class July 4

Wednesdays, 2-4:30 p.m.

Although he was one of the best known Hollywood directors from the 1930s through the 1950s, Cecil B. DeMille made more than 60 films during the Silent Era. We will explore and examine six of these. Movies to be screened will include *Carmen*, *The Cheat*, *Male and Female*, and the original version of *The Ten Commandments*.

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

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## Wednesday Afternoon *continued*

### **Plant-Based-Living Film Festival**

Health and Fitness

Last 4 weeks: July 11, 18, 25, August 1

Wednesdays, 2-4:30 p.m.

We will watch films such as *Forks Over Knives*, *Eating You Alive*, *Cowspiracy*, and *What the Health* for their information and inspiration for whole foods/plant based living.

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

## Thursday Morning

### **Beginning Digital Camera/ Smartphone (Session 2)**

Visual Arts

8 sessions in first 4 weeks:

June 19, 21, 26, 28, July 3, 5, 10, 12

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! You will learn about the buttons, dials, icons and other camera features. In addition to three whole-group classes you will 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)

### **Beginning Needlepoint, Level 2**

Visual Arts

First 4 weeks: June 21, 28, July 5, 12

Thursday, 9-11 a.m.

Participants will learn more needlepoint patterns and will work on a geometric pattern of their choice. **Materials list:** Pattern and threads, stretcher bars and other materials will be purchased by participants prior to the first class. See materials list at [olliasheville.com](http://olliasheville.com)/courses. Approximate cost will be \$25-50 depending on supplies that participants already have. **Prerequisite:** Participants must have had a beginning needlepoint class prior to enrolling in this class.

**Instructor: Sheila Murphy** (murphy.sheila.a@gmail.com)

### **Chinese Medicine: The Art and Science**

Health and Fitness

6 weeks: June 21, 28, July 5, 12, 19, 26

Thursdays, 9-11 a.m.

Have you ever wondered what Qi is and how can we use it to benefit our health and be in harmony with the world and ourselves? Chinese medicine is a five thousand year old complete medical system and form of traditional healing that is still utilized and relevant today. Learn how it is different from western medicine and how it can benefit you physically, mento-emotionally, and spiritually. In addition to lecture and discussion, we will participate in qigong exercises. **Recommended text:** *The Web That Has No Weaver: Understanding Chinese Medicine* by Ted J. Kaptchuk, ISBN-13: 978-0809228409.

**Instructor: Jeri Ho** (j3ri.ho@gmail.com)

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

Social Sciences

6 weeks: June 21, 28, July 5, 12, 19, 26

Thursdays, 9-11 a.m.

The instructor and members of the LGBTQIA community will offer some basic information about lesbian, gay male, bi, transgender, queer, intersex (bi-gender) and ally identity and will share their stories—stories that might help with understanding, compassion and connection.

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

### **Al Pacino in the Morning**

Performing Arts

6 weeks: June 21, 28, July 5, 12, 19, 26

Thursdays, 9 a.m.-noon

Al Pacino represents a new kind of hero and/or anti-hero to American audiences. We will see and discuss six noteworthy films that represent the film career of Al Pacino from 1972 to 2006, focusing on how he changed the image of the classic American movie star and how his acting style developed over the years.

**Instructor: RoseLynn Katz** (rosecarol@charter.net)

## Thursday Morning *continued*

### Intermediate Hiking with the Southern Appalachian Highlands Conservancy

Health and Fitness

First 4 weeks: June 21, 28, July 5, 12  
Thursdays, 9 a.m. - 1 p.m.

Join the Southern Appalachian Highlands Conservancy (SAHC) on an intermediate hiking experience that will highlight education about land conservation throughout Western North Carolina. The hikes will take place at different SAHC properties or conservation easements and will vary in difficulty. Planned hikes include: SAHC Community Farm, a short hike that will have the most educational components; Cataloochee Ranch, a hike around five miles; Rough Creek Watershed, a hike around five miles; and Prices Creek, a hike of four miles with beautiful wildflowers. **Prerequisite:** You must be able to hike at least four miles with an elevation gain of up to 1,000 feet before classes begin.

**Instructor:** **Emily Adler** (emily@appalachian.org)

## Thursday Mid-day

### Around the World in 80 Days - The Women

History

4 weeks: June 21, 28, July 5, 12  
Thursdays, 11:30 a.m.-1:30 p.m.

In 1889, two women—Nellie Bly and Elizabeth Bisland—were tasked to recreate Phileas Fogg's fictional 80-day trip around the world. We will follow their trips taken in opposite directions as they race to beat Fogg's record, find out what others making the same trip in years before or after discovered, and delve into the personalities and lives of both women.

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

### Déjà Vu All Over Again: Writing the Personal Essay

Languages, Literature and Writing

6 weeks: June 21, 28, July 5, 12, 19, 26  
Thursdays, 11:30 a.m.-1:30 p.m.

Something happened—something that buried itself in memory but remains without a voice. We will give those recollections a voice in the personal essays we write, and perhaps, in doing so, understand why such incidents in particular stayed with us and changed us in some way. Each week's in-class writing will be based on prompts designed to evoke memory from the perspective of time. To paraphrase the writer Vivian Gornick, what happened is not what matters; what matters is what we make of what happened.

**Instructor:** **Marjorie Klein** (marjorieklein62@gmail.com)

### Learn to Play the Mountain Dulcimer

Performing Arts

6 weeks: June 21, 28, July 5, 12, 19, August 2  
No class July 26  
Thursdays, 11:30 a.m.-1:30 p.m.

Learn a little history of the mountain dulcimer and how to play some simple tunes from a variety of genres. In addition to the history of the mountain dulcimer, we will cover equipment, strumming, fretting and tuning your instrument, chords for accompanying others, timing and rhythm as it applies to the dulcimer. No previous music experience required. If you do not yet have a dulcimer, let the instructor know, as she has several available for loan. **Participant fee:** \$6 for the music book provided by the instructor, payable at the first class.

**Instructors:** **Melanie and Mack Johnston** (melmack2@gmail.com)

### High Beginner Line Dance

Health and Fitness

6 weeks: June 21, 28, July 5, 12, 19, 26  
Thursdays, 11:30 a.m.-1:30 p.m.

**Location:** Sherrill Center 306

**\$30**

We will bring the beginner dancers to a higher level of line dance. If you know the fundamental steps and want to learn a little more complex dances, this class is for you.

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

### The Politics of Conversation

Social Sciences

4 weeks: June 21, 28, July 5, 12  
Thursdays, 11:30 a.m.-1:30 p.m.

Conversation can be viewed as an expression of democracy. With a focus on communication as a social science, we will examine conversation style as a metaphor for how a society can become more egalitarian and empathic. We will also explore how conversation style itself can provide a favorable disposition to a more democratic and compassionate society.

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

# college for seniors

## Thursday Afternoon

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

Life Transitions

6 weeks: June 21, 28, July 5, 12, 19, 26

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](http://olliasheville.com/courses) before registration.

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

### **Prescription Drug Market in the U.S.**

Health and Fitness

Business, Law, Finance

6 weeks: June 21, 28, July 12, 19, 26,

27

Thursdays, 2-4 p.m.

**Note:** No class on July 5. Make-up date

Friday, July 27, 9-11 a.m.

Taking at least one medication is a daily activity for more than 60% of American adults. Do you know how medications are developed or why sometimes there is only one choice? Have you wondered why some drugs are very expensive or why they are often less expensive in other countries? What are the roles of the FDA and other agencies responsible for drug regulation? We will discuss these topics and others.

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

### **Italian Postwar Films 1958-65**

Performing Arts

6 weeks: June 21, 28, July 5, 12, 19, 26

Thursdays, 2-4:30 p.m.

A second generation of Italian directors emerged in Italy's postwar boom years producing many acclaimed films. American audiences have known little about these directors and their works, which are mostly in black and white, mixing neo-realism with a new genre called *commedia all'italiana* (comedy Italian style). We'll look at this period of Italy's burgeoning film industry in context and see and discuss a few of its best films.

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

### **Many of Moods of Mother Nature**

Visual Arts

6 weeks: June 21, 28, July 5, 12, 19, 26

Thursdays, 2-4:30 p.m.

How Mother Nature expresses many moods through the atmosphere is the theme for this watercolor painting course. We will include fog, sunsets, rain, mist and night with the stars and moon. These themes evoke hope, warmth, tranquility, sadness, fear/anger and cold. See the materials list at [olliasheville.com/courses](http://olliasheville.com/courses). **Prerequisite:** Participants need to have taken at least one watercolor course.

**Instructors:** Susan Kibler (susankibler1@frontier.com),  
Sharon Sandel (sharsand46@gmail.com)

### **Children in Cinema**

Performing Arts

6 weeks: June 21, 28, July 5, 12, 19, 26

Thursdays, 2-5 p.m.

Over the years there have been many extraordinary performances by children in film. Reconnect with your childhood as these enchanting young people help us explore identity, relationships and experiences in our own search for life's meaning. We're never too old to learn nor are they too young to teach us new ways of looking at life. Films to be shown and discussed include: *Stand By Me*, *The Miracle Worker*, *Cinema Paradiso*, *Beasts of the Southern Wild*, *The Sixth Sense*, and *Paper Moon*. Bring your zest for life and join the fun.

**Instructors:** Beth Johnson (johnson1ea@earthlink.net),  
Cindy Berryman-Fink (berrymanfink@gmail.com)

## Friday Morning

### Therapeutic Yoga

\$30

Health and Fitness

6 weeks: June 22, 29, July 6, 13, 20, 27  
Fridays, 9-10:30 a.m.

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

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

## Friday Afternoon

### Beginning Piano Part 3: Playing the Classics (Session 2)

Performing Arts

10 sessions

July 3, 6, 10, 13, 17, 20, 24, 27, 31

August 3

Tuesdays and Fridays, noon-1 p.m.

**Location:** Lipinsky Hall 013

This course is recommended for participants who have completed the *Beginning Piano Course Part 2* during Winter 2018 or have the equivalent skill of at least two years of instruction. Participants will learn to play approachable arrangements of well-known pieces composed by Bach, Vivaldi, Beethoven, Mozart, Chopin, Debussy and more.

**Required text:** *Adult Piano Adventures Classics Book 2* by Nancy and Randall Faber, ISBN 978-1616771898. **Materials:** Headphones to plug into the keyboards in the piano lab.

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



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# leadership asheville seniors

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



**When:** Weekly sessions, September 11 - November 13, 2018; orientation September 7

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

**Payment:** Visa or MasterCard

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

**Questions?** Call 828.250.3871.

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

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

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

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





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