

Sneak Peek at College for Seniors Courses

Spring 2018: March 26 – May 19

Spring catalog available at OLLI and online February 14

Initial Allocation Registration February 20-27

MONDAYS

Hiking for Wildflowers (9-2).....Marianne Mooney

Morning

Mindfulness-Based Stress Reduction (8:45-11:15).....Tam O'Shaughnessy
The '60s: A Decade of Upheaval.....Jim Lenburg
African American Autobiography..... Catherine Frank
*Four Asheville ArchitectsConnie Mitchell
U.S. Agricultural Policy: A Historical Perspective..... James Wade
**Who's Going to Jail? Fraud & Corruption in American
Politics..... Mark Lieberman
Writing Flash Fiction.....John Himmelheber
Meditative Yoga (10-11)..... Lindsay Coward

Midday

Appreciating Asheville's Appalachian Music.....Lewis Wills
Docent's Journey: Painting, Sculpture & Architecture
of the Western World..... Ari Landau
The Female Body Enslaved: *Beloved* & *The Handmaid's Tale* Brenda Bryant
Integrative Yoga for Your Aging Body Darleen Benson
**iPhone Photography.....Wiley Loughran
Search for the Historical Jesus.....Bob Falanga

Afternoon

Tai Chi for Balance and Agility (2-3:30)..... Terry Call
Yoga for Your Health (2-3:30).....Jenne Sluder
Beginning French..... Michael Kegan
**The Challenges for Nuclear Power William Hannum
How to Write Your Life Story: A Memoir Intensive..... Victoria Fann
Jazz History: Black and White Warren Gaughan
*Taking Control of Your Retirement Planning John Coleman
Black Comedy in America Randy Robins
*Functional Meditation (2-5) Jacquie Wollins
Layered Acrylic Abstracts (2-5)Walter A-Akert & Sharon Sandel

TUESDAYS

Morning

AARP Foundation Finances 50+Leslie Apple
*A Change is Gonna Come: The Civil Rights Movement and
American Culture*.....Carol Rogoff Hallstrom
Drawing Wildlife..... Charles Speer
Global Climate Change: A Disaster with Solutions Roger Helm
*The Hollywood BlacklistJim Lawrence
Poetry in Black and White..... Bill Petz
Spring Wildflower Hikes in the Blue Ridge
Mountains (9:30-12:30)Marilyn Kolton & Lou Dwarshuis

Midday

Qigong: The Art of Breathing (11:30-1) Bill Muerdter
Yoga Therapy for Low Back and Hips (11:30-1).....Lydia Jane Michaels
*Best of the Blues Jann Nance
Existentialism: A Personal Guide..... Ron Manheimer
Morrison's Home and Melville's Problem Bill Moore
Navigating Windows 10..... Bob Davis
The United Nations Family of Organizations.....Dot Sulock
Zen and the Art of Balloon Twisting Ira Sloan

Afternoon

Pilates Foundational Mat (2-3).....Elise Beckstett
African American Cinema, 1915-1946 Chip Kaufmann
The Benefits & Dangers of Income and Wealth Inequality Shirley Browning
Black Athletes: Successes and Struggles in a White Nation.....Larry Griswold
Communications and Social Emotional IntelligenceKay Francis
Shakespeare's Tragic Royalty: Hamlet and King LearMario DiCesare
Beginning Acrylic Painting (2-4:30) Angelika Wagar

WEDNESDAYS

Morning

*To Be Younger Next Year: The Total Workout (session 1).....Chris Lorish
Awakening to Now and How Michele Drivon
*Black Music Goes Mainstream: Cover Recordings as
Catalysts for Change..... B. Lee Cooper
**Great Women of Physics..... Erik Vedeler
Human Anatomy & Physiology: How Our Bodies Work.....Marty Stickle
John Muir as Secular Saint..... Chris Highland
National Parks 1: Geology Behind the Scenery Richard Wiener
**A Short History of African American Art Eva Bares
Transition to Whole Foods/Plant-Based Living Bonnie Wheeler
Morning Hiking, Level 2 (9-1) Lori Postal & Lee Orowitz

*** Meets First Four Weeks**

WEDNESDAYS Continued

Midday

GROOVEing and Moving (11:30-1).....JoAnna Fireman
Movement Sampler (11:30-1)..... Liz Ridley
August Wilson: Master Playwright.....Dan Damerville
Beading on Fabric..... Ulana Mellor
Improv: Living in the Moment.....Kermit Brown & Nels Arnold
Meditation and the Path to Liberation in
Classical Yoga Scripture..... John Muecke
Rock Music's Evolution, 1966-1970sBob Mellor
Science and Technology for Global CitizensLarry Wilson
Understanding Mental Illness and PTSD Charles Gaffney

Afternoon

Strength Training for Healthy Aging, Level 1 (2-3) Stacie Smith
Strength Training for Healthy Aging, Level 2 (3:15-4:15)..... Stacie Smith
Awakening Into Your Deepest Self: A Meditation on the
Purpose of Being Human..... Bill Walz
*James Baldwin's America: Essays & Documentaries Rachel Stein
Oceanography Richard Reynolds
Out of Africa: Contemporary Immigrant Literature.....Jay Jacoby
Performing Stand-Up Comedy 101 Randy Robins
**Topics in American Medicine, Part 4 Bradley Fuller & Paul Weiss

Craft in WNC: Functional to Artistic (2-4:30) ... Karen Depew & Sherry Masters
Design and Make Pop-ups (2-5).....Angelyn Whitmeyer
Go Take a Hike, Level 1 (2-5:30) Bobbi Powers & Dennis Bass

THURSDAYS

Morning

African American Protests in United States History Gordon McKinney
The Art of Solving Crosswords, Level 1 Lewis Rothlein
Everyone Can Draw..... Bill LaRocque
**Health & Fitness Apps: Living Longer with Technology Julia Loughran
Mapping the West: The Pacific Railroad Surveys..... Brad Allen
*Moth Storytelling: Sharing Your Life Story in the Oral Tradition Chuck Fink
Play of the Hand: Bridge, Level 3 Bob & Marilyn Evans
Political Development in the Arab World..... Tom Sanders

Midday

Beginner Line Dance.....Denna Yockey
**Best Cell Phone AppsJohn Birken & Julia Loughran
French, Level 3ABetty Carver
Fun & Fundamentals of Bridge, Level 2.....Peter & Myra Schoen
Hidden Biases of Good People..... Susan Trammell & Raja Crumby
Introduction to Form in Classical Music.....Ted McIrvine
Looking Ahead: The State of American Democracy..... Mary Lasher
**The Lost and Found of Dangerous ExpeditionsPaula Withrow
*Mysteries of History: Crimes, Cons, Quirks, Part 3..... Ron Schon

Afternoon

Stress Release and Trauma Recovery Exercises (2-3:30)..... Stephanie Biziewski
Astronomy: Stars and Galaxies.....Mark Whipple
*Dialogue About Race: Black and White..... Cindy Berryman-Fink
& Michael Carter
Happy Feet Jacquie Wollins
Is That Murder? Stan Ingber
*Race in Stories of Old New Orleans Doug Cooper
French, Level 2A (2-4:30)..... Renée Raffini
**Know Thyself and Others (2-5) Esther Pittman
**American Opera: Breaking the Sound Barrier (2-5).....Patricia Heuermann

FRIDAYS

Morning

*To Be Younger Next Year: The Total Workout (session 2).....Chris Lorish
Artful Being and Dying Saïd Osio
Critical Thinking, Confirmation Bias & Correlation: A Paucity
& Plague in the U.S.Pat Chitwood
HandyPerson—Take Care of Your Home!..... Neil Rosenberg
Piano-Based Jazz Appreciation Michael Ruiz
**Sounds of the Chakras Meditation..... Linda Go
*Contemporary African-American Art and Artists..... Kristi McMillan

Afternoon

*Beginning Hiking in WNC, Level 1 (2-5:30) Rebecca Banner

SATURDAYS

Tap Dancing for Fun (9-11).....Mary Walker

**** Meets Last Four Weeks**