from the director

OLLI at Duke University has for years offered a course titled “Read and Discuss.” Members of the class as a group choose the readings for upcoming terms, and each member of the class is responsible for structuring and contributing to discussion. The group explores challenging literature, often reading works in translation to gain a broader view of the way writers around the globe view the world and express their place in it. The participants read works that stretch their awareness and take them out of their daily reality (and their comfort zones), but many of them take the course term after term because their learning circle has come to feel like a family. A core group of participants know and accommodate one another’s strengths, quirks and sore spots and have developed reliable ways to disagree without being disagreeable. They sustain each other through the loss of spouses and parents, through illness, and through changing debates about politics and religion. They are always able to find something to laugh about and something to appreciate in one another. They don’t just pay for and attend a course: they join a “tribe” of people who share their interests and who all take responsibility for their own learning adventure.

Occasionally, however, when I was director for OLLI at Duke, I would have complaints about the class. Newcomers would sometimes quit after one session because they said they felt as if they were at someone else’s high school reunion and had been left out of all of the memories and inside jokes. A group that felt like family from the inside felt like a clique to those who wanted to join the experience or simply wanted to discuss literature that interested them with a group of serious, informed readers. The members of “Read and Discuss” had no intention of keeping others out, but for some, their tight circle felt closed and unwelcoming. Here at OLLI at UNC Asheville some groups value the bonds and intimacy they build over time. We honor that sense of community at the same time we must keep groups open if we have a genuine commitment to community. Over 90% of our members relocate to Asheville in retirement. OLLI provides support to those acclimating to a new town and to a new phase of life; some members value OLLI as a “lifeline” at a time of change and challenge. As we grow, we want to make sure that our community feeling extends to all who join.

In our strategic plan we define community as one of our core values, explaining “We are a community of adults who share fellowship in an atmosphere that is respectful, stimulating, creative, fulfilling and fun.” As we develop our strategic plan for 2017-2022, one of our strategic directions is to “Create a more diverse and inclusive community.” We recognize that when we embrace many different points of view we can unpack our assumptions, build bridges to understanding, step outside our comfort zones and truly educate ourselves. When we take part in open and honest dialogue and listen sincerely, we are more likely to appreciate our differences and what we have in common. Instead of a community of “like-minded individuals” we are a community of intellectually curious people who want to “grow through life, not just go through life.”

The Reuter Center itself represents what OLLI members can do when they come together with a shared vision of a place to call home. They raised the funds for this beautiful space where members can gather and learn both in and out of the classroom; first-time visitors often comment on the “buzz” of the building when it is full of people learning and exchanging ideas. The spaces are designed to be open and also intimate, spaces where you can see others but also engage in a private conversation. The most distinctive architectural feature of our building is the wavy glass wall on the front. It encourages those inside to continue to look out, to lift their eyes to the beautiful mountain scenery that is all around us. We hope that the glass front also encourages others to see what we do and join us. It is through the free exchange of the inside and the outside that community evolves, barriers are broken and rich discussion is possible.

Catherine Frank
Executive Director, OLLI at UNC Asheville
## Spring 2017 Events Calendar

### February
- **10th**: Symphony Talk with Daniel Meyer, 3 p.m.
- **12th**: Carolinas' Nature Photographers Association, 5:30 p.m.
- **14th**: World Affairs Council, 7:30 p.m.
- **16th**: Spring 2017 online allocation registration opens, 10 a.m.
- **17th**: Death Café, 5 p.m.
- **20th**: College for Seniors Winter 2017 courses end
- **21st**: World Affairs Council, 7:30 p.m.
- **22nd**: Scott Ellsworth Lecture, 3:30 p.m.
- **23rd**: Spring 2017 online allocation registration ends, noon
- **24th**: Chamber Music Chat, 1:30 p.m.
- **24th**: Opera Talk, 3 p.m.
- **26th**: The Autumn Players Reader’s Theatre, 2:30 p.m.
- **28th**: World Affairs Council, 7:30 p.m.

### March
- **1st**: STEM Lecture, 4:30 p.m.
- **2nd**: Astronomy Club of Asheville, 7 p.m.
- **4th**: WNC Historical Association Lecture, 2 p.m.
- **7th**: World Affairs Council, 7:30 p.m.
- **8th**: f/32 Photography Group, 7 p.m.
- **10th**: NC Stage Behind the Scenes, 1:30 p.m.
- **10th**: Opera Talk, 3 p.m.
- **12th**: Carolinas’ Nature Photographers Association, 5:30 p.m.
- **14th**: World Affairs Council, 7:30 p.m.
- **17th**: New Member Welcome, 10 a.m.
- **17th**: Death Café, 5 p.m.
- **20th**: College for Seniors Spring 2017 courses begin
- **21st**: Elisha Mitchell Audubon Society, 7 p.m.
- **24th**: Fab Friday Lecture, 11:30 a.m.
- **24th**: Medicare Choices Made Easy, 2 p.m. (registration required)
- **26th**: The Autumn Players Readers Theatre, 2:30 p.m.
- **30th**: OLLI Town Hall Meeting, 4:30 p.m.
- **31st**: Fab Friday Lecture, 11:30 a.m.

### April
- **3rd**: Smart Driver Class, 11:30 a.m. (registration required)
- **4th**: World Affairs Council, 7:30 p.m.
- **6th**: Astronomy Club of Asheville, 7 p.m.
- **7th**: Fab Friday Lecture, 11:30 a.m.
- **9th**: Carolinas’ Nature Photographers Association
- **12th**: f/32 Photography Group
- **14th**: Fab Friday Lecture, 11:30 a.m.
- **17th**: Smart Driver Class, 11:30 a.m. (registration required)
- **17th**: Elisha Mitchell Audubon Society, 7 p.m.
- **21-23**: Paths to Creative Retirement Workshop (no other activities scheduled)
- **28th**: Fab Friday Lecture, 11:30 a.m.
- **29th**: WNC Historical Association Lecture, 2 p.m.
- **30th**: The Autumn Players Readers Theatre, 2:30 p.m.

### May
- **2nd**: World Affairs Council, 7:30 p.m.
- **3rd**: Summer 2017 OLLI catalog available and on-line
- **4th**: Astronomy Club of Asheville, 7 p.m.
- **5th**: Fab Friday Lecture, 11:30 a.m.
- **5th**: Opera Talk, 3 p.m.
- **5th**: Reuter Center Singers Concert, 7 p.m.
- **6th**: Reuter Center Singers Concert, 7 p.m.
- **10th**: Summer 2017 online allocation registration opens, 10 a.m.
- **12th**: NC Stage Behind the Scenes, 1:30 p.m.
- **12th**: Symphony Talk with Daniel Myers, 3 p.m.
- **14th**: Carolinas’ Nature Photographers Association, 5:30 p.m.
- **16th**: Summer 2017 online allocation registration ends, noon
- **19th**: College for Seniors Spring 2017 courses end

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### OLLI Steering Council 2016-2017
- Chair: Catherine Jordan
- Chair-Elect: Kirk Borland
- Secretary: Kathleen Mainardi
- Past Chair: Patrick Chitwood
- OLLI Executive Director: Catherine Frank

### Committee Chairs
- Civic Engagement: Sarah Reincke
- College for Seniors: Cindy Berryman-Fink, Erik Vedeler and Paula Withrow
- Facilities: Terry Liles
- Finance: Terry Reincke
- Hospitality: Sandy Bowles and Stephanie Ward
- Inclusion: contact Larry Haas
- Life Transitions: Dave Castel
- Marketing: David Langdon
- Nominating: Kirk Borland
- Planning: Barbara von Hauzen

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

Your gateway to OLLI at UNC Asheville (OLLI) programs and events is membership. The membership fee of $70 covers the membership period that ends July 31, 2017. Member benefits include:

• UNC Asheville parking decal
• UNC Asheville photo ID (OneCard)
• UNC Asheville Ramsey Library borrowing privileges
• Quarterly course catalogs
• OLLI at UNC Asheville weekly electronic newsletter
• Rental use of the Reuter Center for personal events after one year of 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 say 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.

PARKING: OLLI members may park in campus parking lots designated “non-resident student” provided they display a current OLLI parking decal on their rear window. Please be aware of the parking lot on Campus View Drive, a short walk from the Reuter Center. Your first parking decal is included with membership. If you want an additional decal or lose or damage a decal, there is a $20 fee for a new/replacement decal. If you sell or trade your vehicle, please bring in your old decal or paperwork that reflects the vehicle has been traded for a replacement decal at no charge.

Use of UNC Asheville wireless internet
Access to:
• Special Interest Groups (SIGS) (p. 5)
• Activities, Programs, and Special Events (p. 5-9)
• College for Seniors courses (p. 15-50)
• UNC Asheville Health & Fitness Center (p. 5)

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

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

DINING OPTIONS: The Reuter Café on the Center’s lower level is open from mid-morning to mid-afternoon during College for Seniors terms. There are soda and snack vending machines on the Center’s lower level. You may also dine at the Lifestyle Dining Hall in Brown Hall, Highsmith Union Food Court, Rosetta’s Kitchenette in the Sherrill Center, Argo Tea in Ramsey Library and the DownUnder in Overlook Residence Hall.

NEED MORE INFORMATION? Check out these resources:
• OLLI Website: olliasheville.com
• Campus Map: unca.edu/campusmap
• UNC Asheville Events: events.unca.edu
• The OLLI Office—Open Weekdays, 8 a.m. to 5 p.m.
  828.251.6140 or olli@unca.edu

registration—spring 2017 term

You must use the online registration system for OLLI membership, Workshops, Life Transitions programs, Leadership Asheville Seniors and College for Seniors courses. You may use a credit card to pay online or you may pay in the OLLI office using a check. See p. 24 for instructions.

Initiate your OLLI membership for 2016-17 if you have not already joined.
• Pay $70 fee and receive membership through July 31, 2017

Register for courses – Initial allocation registration period is February 16, 10 a.m. to February 23, noon
• Add the CFS Registration Fee ($115) to cart
• Request up to six courses in the initial registration and prioritize your choices. You will be enrolled in up to three courses and waitlisted if you do not receive three courses. You will be dropped from any courses over three. When Add/Drop opens, you may add courses
• To apply for a scholarship for College for Seniors program fees, submit a scholarship form by February 22, 5 p.m.
  See p. 15 for details
• Receive registration confirmation, March 3, 4:30 p.m. If you do not receive a schedule, check your online registration account or contact the OLLI office at 828.251.6140

Registration and Add/Drop Opens March 6, 10 a.m.
• If you missed the initial registration period, you can register for courses with available openings
• 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 most courses
• To drop a course, email olli@unca.edu; include your name and the name of the course(s) you wish to drop
• To drop all courses and receive a refund, please submit your request by Friday, March 17, 3 p.m.
Involving yourself with the OLLI at UNC Asheville community is stimulating, challenging and fun. In addition to courses we offer through the College for Seniors and Workshops, there are many occasions to learn and socialize.

**Reuter Center Singers**
The Reuter Center Singers, directed by Chuck Taft, study and perform classical, popular and show tunes. They rehearse on Mondays, 6:15-8:15 p.m. and perform regularly. Participants must be OLLI members. There is a $40 fee for music, payable to the Reuter Center Singers treasurer at your first meeting. Contact Robert Dutnell (rhdutnell@gmail.com) for more information.

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

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

**special interest groups—SIGs**

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

**Apple Users**
Second Fridays, 1:30-3:30 p.m.
Contacts: Paula Withrow, 828.350.8406, pwithrow@aol.com or Bob Mellor, 828.253.5031, bob.mellor@charter.net

**The Forum: Dialogue to Challenge Our Thinking**
Fridays, 1 p.m. Contact: Eugene Jaroslaw, 828.255.9925, ejwestwood@gmail.com

**Financial Strategies in Retirement**
First Fridays, 1:30 p.m. Contact: Kate Beatty, 828.231.7710, kkbmom@yahoo.com

**Français Facile**
Second and fourth Mondays, 2-3:30 p.m.
Contact: Renée Raffini, 828.684.6371, raffinir@gmail.com

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

**Men’s Wisdom Works**
Email for meeting times. Contact: Bob Tomasulo, robmptom@aol.com

**Poetry Lovers**
Fourth Fridays, 1:30-3:30 p.m. Contact: Karen Depew, depewkaren@yahoo.com

**Texas Hold’Em Poker**
Mondays, 4:15-6 p.m. Contact: Bruce Jones, 828.338.0265, bruce_e_jones@yahoo.com

**Thriving in Community**
First Fridays, 2 p.m. Contact: Gaya Erlandson, LivingNewStories@gmail.com

**Tile Clickers (Mah Jongg)**
Wednesdays, 2-5 p.m. Contact: Rosemary Walton, 828.667.8979, rh68@bellsouth.net

**Wednesday Wine Tasting**
Second Wednesdays, 7 p.m. at a member’s home. Contact: Hooker Wood, 713.515.9661, hooker.wood@gmail.com

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

**Whole Foods/Plant-Based Living**
First Fridays, Contact: Bonnie Wheeler, bonniewhee@gmail.com

**Women’s Groups**
Consult OLLI website for information about meeting times and places and for contact information for individual groups.
These events are open to the public and held at the Reuter Center. Unless otherwise noted, events are free. Please note that these events are subject to changes in schedule or to cancellation. Call 828.251.6140 or consult the OLLI online newsletter or calendar for updates.

Astronomy Club of Asheville
The Astronomy Club of Asheville meets the first Thursday of each month at 7 p.m. with an interesting line-up of speakers and topics. OLLI members are welcome to attend the club meetings and star gazes with club members on hand to advise and assist them in the basics of astronomy and the techniques of observing celestial phenomena. Find out more at www.AstroAsheville.org. Upcoming meetings are scheduled on March 2, April 6 and May 4.

The Autumn Players Readers Theatre
The Autumn Players (affiliated with Asheville Community Theatre) is a troupe of seasoned actors dedicated to taking the theatre experience into the community. Their words jump from the page with conviction and emotion, and these actors make their stories come to life. Performances are open to the public, and tickets are $6 at the door.

- **Sunday, February 26, 2:30 p.m.**: *Bus Stop* by William Inge, directed by RoseLynn Katz
- **Sunday, March 26, 2:30 p.m.**: *Outlander* by Gary Carden, directed by Marianne Lyon
- **Sunday, April 30, 2:30 p.m.**: *All Over* by Edward Albee, directed by Anita Chapman

Carolinas’ Nature Photographers Association
The goal of the Carolinas’ Nature Photographers Association—Asheville Region is to develop a group that will experience the beauty of Western North Carolina through photography. Activities in the Asheville region include monthly meetings, photo outings, seminars, workshops, exhibits, photo contests and image critiques. Monthly meetings are held the second Sunday of each month. Sessions begin at 5:30 p.m. with a meet and greet; meetings begin at 6 p.m. on February 12, March 12, April 9 and May 14. For more information visit asheville.cnparegions.org.

Chamber Music Chat
As Asheville’s own chamber music company, Pan Harmonia presents many of the area’s finest musicians performing a signature mix of compelling masterpieces and sensational new music. Chamber Music Chats offer “up close and personal” talks with the musicians. Learn about their process, inspiration, the music they love and more! Scheduled in the Reuter Center’s Manheimer Room on Fridays, February 24 and March 31, 1:30 p.m. For more information, visit the group’s website at panharmonia.org.

Death Café
“Death Café” is an engaging gathering with storytelling and conversation about a topic that too often alienates people in our death-phobic culture. A new movement, a shift, is at play in recovering the ritual of being with death through personal storytelling of fears and loss. A deepening ritual emerges, and we build a culture of dying wisely. Join us at our next Death Café experiences, presented on Fridays, February 17, and March 17, 5-6:30 p.m. The programs are facilitated by Thirdmessenger’s Karen Sanders, Greg Lathrop and Sa’id Osio. You can learn more about death cafe at deathcafe.com, thirdmessenger.com and facebook.com/deathcafeasheville.

Elisha Mitchell Audubon Society
The mission of the Elisha Mitchell chapter of the National Audubon Society is to promote birding and appreciation of nature, to preserve and protect wildlife and natural ecosystems and to encourage responsible environmental stewardship. EMAS offers free educational programs to the public at the Reuter Center on March 21, April 18, and May 16, 7 p.m. Free guided bird walks are held at the Beaver Lake Bird Sanctuary on the first Saturday morning of every month. Find out more at the website, emasnc.org, and plan to join society members for walks and talks.

f/32 Photography Group
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. Attend on Wednesdays, March 8 and April 12, 7 p.m. For more information about f/32 visit f32nc.com.

Medicare Choices Made Easy
Are you confused by the many choices of Medicare plans? Unbiased and accurate information is available from trained volunteers from the North Carolina Seniors’ Health Insurance Information Program (SHIIP). The Council on Aging of Buncombe County in partnership with OLLI offers a free class on Friday, March 24, 2 p.m. This session 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.
NC Stage Behind the Scenes
Join NC Stage Artistic Director and co-founder Charlie Flynn-McVey as he takes you behind the scenes of the professional productions of NC Stage. We'll look into the themes of the plays, the rehearsal process, the design process, talk to actors, directors and designers and even view a scene or two from an upcoming show. Get an insider's view of the workings of a professional theatre. For more information about NC Stage, visit ncstage.org.

- Friday, March 10, 1:30 p.m. Souvenir: A Fantasia on the Life of Florence Foster Jenkins by Stephen Templer
- Friday, May 12, 1:30 p.m. NC Stage’s production to be announced

New Member Welcome
Are you new to OLLI at UNC Asheville and the Reuter Center? Are you returning after being gone awhile? Come to New Member Welcome on Friday, March 17, 10 a.m., to learn about all that OLLI has to offer and about ways to get involved. Meet other members and learn what it means to “grow through life.”

OLLI Town Hall Meeting
Please join us Thursday, March 30, 4:30 p.m., in the Manheimer Room for our annual Town Hall meeting. We’ll review the highlights of the past year, including member survey results and accomplishments from our OLLI programs and activities. The Nominating Committee will introduce the 2017-2018 slate of candidates. Our focus, however, will be on your questions for our staff and Steering Council members. Call 828.251.6188 for more information.

Opera Talk
Asheville Lyric Opera (ALO) brings great stories and music to life. Come enjoy a behind-the-scenes journey as ALO General Director David Craig Starkey and a cast of industry professionals guide you through their operatic world. For more information about ALO, including information about how to purchase tickets for performances at the Diana Wortham Theatre, visit ashevilleopera.org.

- Friday, February 24, 3 p.m. “Gala Preview”
- Friday, March 10, 3 p.m. “Chamber Opera Preview”
- Friday, March 31, 3 p.m. “Spring Opera Preview”
- Friday, May 5, 3 p.m. “Behind the Scenes of Auditions”

Reuter Center Singers Spring Concerts
The Reuter Center Singers, OLLI’s in-house choral group directed by Chuck Taft, study and perform classical, popular, show tunes and other favorites. Mark your calendar and plan to attend their popular Spring Concerts on Friday, May 5 or Saturday, May 6, 7 p.m. both evenings. These concerts are free and open to the public. Donations at the door are welcome.

Scott Ellsworth to discuss The Secret Game
Join us on Wednesday, February 22, 3:30 p.m. when award-winning author Scott Ellsworth will talk about The Secret Game. This well-researched work focuses on a ground-breaking but little known basketball game that took place in Durham, North Carolina, in 1944, when players from the historically black NC College (now NC Central University) and Duke’s medical school basketball team decided to play one another to see who had the best team in Durham. More than that, however, this is a story of how societies change when ordinary citizens defied Jim Crow regulations. Scott Ellsworth, who teaches at the University of Michigan, has written about race relations in the US for the New York Times, the Washington Post and the Los Angeles Times, has been a historian at the Smithsonian Institution and is the author of the first comprehensive history of the Tulsa Race Riot of 1921.

This event, which is free and open to the public, is the first in OLLI’s More Than a Month series of lectures and discussions. Every month for the next year we will plan lectures, discussions and conversations that explore the issue of race locally and nationally. Check the OLLI newsletter for further details.

Smart Driver Class
The four-hour AARP Smart Driver Class offers numerous tips for coping with inevitable changes in perception and reaction time, as well as increased hazards on the roads with faster cars and busier traffic. Participants can expect to review the rules of the road, tips on dealing with aggressive drivers and 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. Scheduled at the Reuter Center on the following two dates, the cost is the $20 or $15 for AARP members. Registration is required; contact instructor Ollie Bunch, 860.480.9116, obunch@netscape.net to register

- Monday, April 3, 11:30 a.m.–3:30 p.m.
- Monday, April 17, 11:30 a.m.–3:30 p.m.

STEM Lecture
Come to the Reuter Center for the final lecture of the STEM lecture series with the focus on climate science in Asheville. On Wednesday, March 1, 4:30 p.m., James McMahon from The Collider in Asheville will speak on “Accelerating Climate Innovation.”

Symphony Talks with Daniel Meyer
The best way to enjoy the Asheville Symphony Orchestra’s Masterworks concerts is to come to the Symphony Talk for the inside scoop on the music, composers and soloists. Asheville Symphony Orchestra’s music director and conductor Daniel Meyer will speak about the performance for the next evening’s concert, and local music aficionado Chip Kaufmann will speak about the composers. For more information about the Asheville Symphony Orchestra or to find out how to purchase tickets for performances at the Thomas Wolfe Auditorium, visit ashevilleorchestra.org.

- Friday, February 10, 3 p.m. Music from Fantasia featuring Mussorgsky’s Night on Bald Mountain, Shostakovich’s Piano Concerto No. 2, Ponchielli’s “Dance of the Hours” from La Gioconda and Stravinsky’s Suite from The Firebird. With Inon Barnatan, piano.
- Friday, May 12, 3 p.m. Mahler’s Titan featuring Mozart’s Violin Concerto No. 3 with violinist Yevgeny Kutik and Mahler’s Symphony No. 1 “Titan.”
WNC Historical Association Events

The mission of the Western North Carolina Historical Association is the preservation and promotion of the history of Western North Carolina through the care, interpretation and presentation of the Smith-McDowell House, the education of the public through lectures, exhibitions, publications and related events; and the facilitation of cooperation among regional historical organizations. Tickets for these lectures will be sold at the door. General public: $5, WNCHA members: free. For more information visit wnchistory.org.

- **Saturday, March 4, 2 p.m.**:

Plan to attend the presentation and screening of *After Coal: The Future of Appalachia and Wales* presented by Pat Beaver, emeritus professor of anthropology and the former director of the Center for Appalachian Studies at Appalachian State University and filmmaker Tom Hansell from the Center for Appalachian Studies at Appalachian State University. The program will open with the showing of Hansell’s noted documentary film *After Coal*, which tells the story of individuals attempting to build a new future in the coalfields of eastern Kentucky and South Wales. These regions are each losing over 20,000 jobs during recent years, and residents are exploring strategies for remembering the past while looking to the future. The film will be followed by a discussion and question and answer session.

- **Saturday, April 29, 2 p.m.**:

Join Grammy Award winner Bruce Nemerov for a performance of 17th and 18th century Scottish social music along with 19th and early 20th century American music. Bruce will discuss how the music of Western North Carolina’s early settlers evolved into today’s “old-time” mountain music. The program will highlight Bruce Nemerov and Friends as they perform on guitar, fiddle, flute and Celtic whistle.

World Affairs Council

The World Affairs Council (WAC) presents fascinating lectures and panel discussions that aim to advance awareness of international issues and foster Western North Carolina’s global ties. Meetings are scheduled for **Tuesdays, 7:30 p.m.**, as follows: Great Decisions Series continues on **February 14, 21, 28 and March 7 and 14**. The Great Decisions Series will focus on six topics: trade and politics, conflict in the South China Sea, Saudi Arabia in transition, Latin America’s political pendulum, nuclear security and US foreign policy and petroleum. WAC regular meetings will be held on **April 4 and May 2**. OLLI members receive a discount on WAC annual membership fee. Lectures are free for WAC members; there is a $10 fee to attend individual lectures. For more details about programs and membership visit [main.nc.us/wac/](http://main.nc.us/wac/)

### 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 even when the rest of the campus is in session, if we feel that it 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 members of OLLI regarding OLLI cancellations, closings and delays. If there is a delay, 9 a.m. classes will be canceled. All other classes will meet on a regular schedule.

Please remember that ours is a program of learning for the love of it. On bad weather days, use your best judgement to determine if conditions in your area are safe for travel.
March 24: Get Outside!

Come learn about exciting ways to enjoy the outdoors in Western North Carolina with family and all those visitors who come to see why you love this area so much. You may have hiked the mountain trails, driven on the Blue Ridge Parkway or spent an afternoon at the NC Arboretum. Why not think about an adventure with a little more adrenaline rush? Imagine a view from the sky in a hot air balloon piloted by someone from Asheville Hot Air Balloons. Energetic excitement awaits you rafting the rapids in the Nantahala River with an experienced guide from the Nantahala Outdoor Center west of Asheville. Think of the thrill of zip lining through the trees at Navitat Canopy Adventures just north of Asheville. Beautiful mountain vistas await you on a train ride with Great Smoky Mountain Railroad. Relax in a float down the French Broad River with French Broad Outfitters. A representative from the Asheville Convention and Visitors Bureau will share even more ideas, and there will be lots of brochures to pique your interest. These organizations have much more to offer than could be listed here; this is just the “appetizer” of ways to have more fun in the mountains. The next time visitors ask what they should do, you will have a great list of options that will create great memories.

March 31: The Emotion Project:

Mental Illness and the Rocky Journey to Recovery

The Emotion Project has a mission to connect the mentally ill with the general public through the common denominator of feelings. Tracey Turner is a 71-year-old woman with manic-depression and anxiety disorders who went undiagnosed and untreated for 40 years. The creator of The Emotion Project, she weaves a tale of her life and its maze, including alcoholism and the sometimes dangerous outcomes of the impulsivity that is a symptom of her bipolar disorder. In her story, Tracey tells how she has been an award winning corporate communications writer yet lost almost every job she ever had. She embellishes stuffed bears to express her individual emotions. The depression bear is unable to move with granite pressing it to the ground; sadness is a bear with weights sewn into its chest. Using bears to express emotions, Turner’s mental health advocacy project moves the audience to reflect on the truth that the mentally ill and the mentally well share the same emotions, however differently they might be expressed. This lecture is part of the Health Education Series.

April 7: Horse Therapy for Humans

Heart of Horse Sense (HOHS) is a local nonprofit based in Marshall, NC, founded to support quality, professional equine therapy services for veterans, their families and at-risk youth in Western North Carolina. HOHS Executive Director Shannon Knapp will speak on the theory and practice of Equine Assisted Psychotherapy (EAP) and how horses heal the invisible wounds of combat-related and developmental trauma. Since its inception in 2014, HOHS has supported hundreds of veterans, families and youth in more than 1000 hours of EAP, Equine Assisted Learning (EAL) and Therapeutic Horsemanship. Shannon is an internationally recognized leader in the field and has published many books and curricula in the field of EAP/EAL, including More Than a Mirror: Horses, Humans and Therapeutic Practices. She’ll speak specifically on how EAP uses the physiology and the psychology of horses to heal the effects of trauma in humans.

April 14: Podiatry: Foot Problems

Podiatrist Doug Milch will speak about everything you wanted to know about feet. He will cover foot function, the etiology and treatment of common foot problems, diabetes and the feet, how to buy shoes and how to keep feet healthy to last a lifetime. This lecture is part of the Health Education Series.

April 28: Wild Edibles

Have you wondered about whether you can eat those pretty yellow mushrooms growing in your back yard? Or wondered if jewelweed really treats poison ivy and where you can find it? These are just a couple of questions that naturalist, ethnobotanist, writer and guide Roger Klinger will explore during this presentation on wild edibles. Roger has a contagious passion for the exciting and wondrous world of wild edible and medicinal plants and mushrooms found in the mountains of Western NC and our own backyards. He will explore the history and folklore of some of the most delicious and most easily identifiable wild plants. A former naturalist/educator with the Audubon Society, the National Park Service and the Smithsonian Institution, Roger is passionately devoted to the earth and celebrating the wonders of nature. He served as Curator of Natural History for the St. Mary’s City Commission. Also, for many years, he has written a monthly column for a variety of newspapers on wild edible and medicinal plants.

May 5: Vitamins and Supplements for Health: Hype or Helpful?

Join Danna Park, MD, Fellow of the American Academy of Pediatrics and Fellow of the American College of Physicians, for an evidence-based look at some commonly used supplements, vitamins and herbs. Learn the top five questions to ask before considering any natural supplement, and discover some reputable internet sources for reliable information. We’ll review some selected vitamins and antioxidants, talk about selected supplements used for heart and brain health, explore the controversy over calcium and more! This lecture is part of the Health Education Series.
Mobile Facebook for Fun or Marketing  
Saturday, March 18, 9 a.m. - 4 p.m.  
Fee: $75

Facebook is a free online technology, and you are the content author. Learn how to organically optimize marketing for your cause or small business, with an emphasis on Apple iOS photography and video content design that you author. This class is ideal for artists and cause marketers with several months of basic Facebook experience on your iPhone or iPad. **Note:** Instructor material will only be on iOS (iPhone or iPad apps & screens), but Android users are welcome. Participants must bring their own devices.

Marc Czarnecki (marcczarnecki@webtechczar.com) has many years of tech-training experience for individuals, businesses large and small and area community colleges. www.webtechczar.com

Tradititious Appalachian Craft Series: Appalachian Broom Making  
Saturday, March 25, 9 a.m. - 4:30 p.m. & Sunday, March 26, 1 p.m. - 4:30 p.m.  
Fee: $155

Using traditional Appalachian and Shaker tools and methods, participants will learn how to weave and sew three types of brooms: a hearth broom (a shorter broom for using around the fireplace), a cobweb broom (a long skinny broom for getting down spider webs) and a whisk and/or a cake tester broom (a small hand broom to hang by the oven and use a straw to test a cake while baking). Participants can expect to come away with three finished brooms and an appreciation of broom making and the skills involved to produce this functional art. **Materials fee:** $20 for broom corn, unique wood handles, lacquer, sandpaper, carving knives and all other materials to make three brooms per participant, payable to the instructor.

Marlow Gates (marlow@friendswoodbrooms.com) is a second-generation broom maker, crafting brooms as art for the past 25 years. He teaches two classes a year at the John C. Campbell Folk School and has been an instructor there for the past 20 years. He has also taught broom making workshops around the country for many diverse groups. www.friendwoodbrooms.com

Marbling on Paper  
Saturday, April 1, 9:30 a.m. - 4 p.m.  
Fee: $95

Learn the magic of paper marbling with acrylic paints. Marbling involves floating pigments on water and creating designs with a variety of tools. Create both traditional and contemporary patterns, ending the day with many decorated sheets suitable for a variety of further artistic purposes or to simply frame “as is.” **Materials fee:** $18 for paper, marbling size, mordant and pigments, payable to the instructor.

Anne Murray (anne@annesbooksandpapers.com) came to bookbinding in 2006, learning her skills from various classes, books and individual practice. She especially loves making books that are historically accurate in style and materials, thereby developing skills in paper making, marbling, and woodworking. At heart, Anne is a teacher, finding pleasure in sharing her passion. She offers classes at her studio, the Sawtooth School for Visual Arts, John C. Campbell Folk School, and Chestnut Creek School of the Arts. www.annesbooksandpapers.com

Small Format Watercolor for Beginners  
Saturday, April 8, 9:30 a.m. – 5 p.m. & Sunday, April 9, 9:30 a.m. – 5 p.m.  
Fee: $180

**Date correction: April 29 & 30, 2017**

Do you want to paint landscapes with watercolor but are not sure how or where to start? Does the blank paper stop you? All of your watercolor worries will be banished in this workshop by working small with BIG success. We will learn about different brushes, paints and paper while expanding our watercolor vocabulary with lots of traditional and non-traditional watercolor techniques. This class is for beginners or those wanting to refresh basic watercolor techniques. **Materials fee:** $15 for watercolor palette, brushes and watercolor paper, payable to the instructor.

Jane Voorhees (janevoorheesart@gmail.com) is a full-time watercolor and pastel artist, calling WNC home for over 30 years. Her work can be found on cards and prints in galleries and shops around the area. She teaches watercolor regularly at John C. Campbell Folk School and also at Arrowmont School of Crafts, Bullington Gardens and Appalachian Center for Craft. www.JaneVoorheesArt.com

Workshops are open to the public, and OLLI membership is not required to register. Register through the online registration system at olliasheville.com using Visa or MasterCard. For additional information call 828.251.6140. Refunds are available up to 14 days prior to the workshop date, except for $10/person administrative fee. After that, no refunds are available.
Story Medicine for Racial Healing
Saturday, April 29, 9 a.m. - 4:30 p.m. &
Sunday, April 30, 2017, 9 a.m. - 4:30 p.m.
Fee: $180

This hands-on, two-part workshop includes two days of in-depth engagement with questions of otherness, beginning with prior learning, discussion, deeper listening, film viewing, dialogue and reading homework. The shared experience involves writing, sharing and group movement from fragility to empathy, emotional intelligence and literacy. Conversation is carefully designed to provide a safe opportunity for greater awareness on a difficult subject for people previously shielded from it.

Meta Commerse (wordmedicine4woman@yahoo.com) is a writer, teacher, activist and feminist committed to social change through the elevation of consciousness. Meta teaches what she learns by experience, study, observation and grassroots human development. She sees racism as the wound of wounds in our human experience. Her six years as a college professor provided the basic experience of working with adults. She is the Founding Program Director of Story Medicine Asheville as well as adjunct professor of history and English in Asheville. www.storymedicineasheville.com

Intro to Glassblowing
Saturday, May 6, 10 a.m. – 3 p.m.
Fee: $100
Location: Crucible Glassworks, 60 Clarks Chapel Road, Weaverville NC

After a brief safety discussion and a demonstration by the instructor, students will be able to experience the art of glassblowing. The instructor will assist each student to produce one or more pieces of blown glass. The instructor emphasizes active participation by each student in the process. The glass pieces produced will be available to pick up the following day. Materials Fee: $15 payable to the instructor.

Michael Hatch (glasshatch@aol.com) is a member of the Southern Highlands Craft Guild and has worked with hot glass for over 25 years. He has taught workshops and classes since 1998. His studio, Crucible Glassworks, offers a new and serene place to learn about the art of glassblowing. www.crucibleglassworks.com

Being Older Doesn’t Have to Mean Being Tired
Saturday, May 13, 9 a.m. – noon
Fee: $50

Becoming more tired with age may be the modern norm, but it’s not necessary. In this workshop, participants will learn the most fundamental, impactful habits we can change to rebuild a daily supply of strong, stable energy. We’ll discuss aging and tiredness from the perspectives of Western medicine and Ayurveda (the ancient science of living life fully) and learn what we can do to reverse our tiredness trend, no matter our ages.

Lisa Bailey (lisa@everydayayurveda.org) is Program Director and Ayurvedic Health Coach for Everyday Ayurveda. www.everydayayurveda.org

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Announcing the 2017 Traditional Appalachian Craft Workshop Series!

Did you enjoy the Appalachian Sampler course in CFS? Do you want to get hands-on experience in learning and creating with local artisans? Do you want to learn a new skill? Join renowned artists and master craftspeople for OLLI’s 2017 Traditional Appalachian Craft Workshop Series. Each term this year, we will feature one or more opportunities to learn traditional crafts from master teachers. Look for the “Traditional Appalachian Craft Series” in the catalog and online. Space is limited!

Online Registration Instructions for Workshops:

1. Go to olliasheville.com and click on Online Registration.
2. Go to the Sign In page and sign in using your OLLI username and password. If you do not have one, create a new account.
3. Go back to Registration Home page and click on the Workshops link. Choose the workshop(s) you want and click on Add to Cart.
4. Click on Check Out and follow the steps to pay for the Workshops using your credit card.
Local Programming - Open to OLLI members only

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

**Registration opens in spring; open to OLLI members only**

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

**Cost:** $30/person

**More Information:** www.olliasheville.com/gift-of-time

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.

**Registration opens in spring; open to OLLI members only**

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

**Cost:** $150 per person

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

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:** April 21-23, 2017
August 18-20, 2017

**Cost:** $850 per person

**More Information:** www.PathstoCreativeRetirement.com

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

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

**Cost:** $575/person

**More Information:** www.AshevilleCREW.com

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

Leadership Asheville Seniors 31
Fall 2017

REGISTRATION OPENS SPRING 2017 FOR LEADERSHIP ASHEVILLE SENIORS 31

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. www.olliasheville.com/LAS

Participate in LAS 31 and join the tradition of more than 850 individuals who have graduated from the program since 1987.

Dates: Tuesdays, 9 a.m. - 4 p.m.
September 12 - November 7, 2017
Orientation September 11, 2017

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

Payment: Visa, MasterCard, Cash or Check

Registration: Open to OLLI members only.
Visit www.olliasheville.com/LAS for registration instructions.

Questions: Contact Laurel Jernigan at ljerniga@unca.edu or 828-250-3871.
Volunteering ...

Tutoring Students

Supporting Homeless Services

Reducing Hunger in WNC

Makes a Difference

Join us. Become an OLLI Volunteer.

Multiple volunteer opportunities to choose from within each Call to Action: Education, Food Insecurity and Housing and Homeless. Contact Sarah Reincke at sarahreincke@gmail.com for more information.
The College for Seniors (CFS) is a lifelong learning program offering more than 350 courses annually during four terms:

**Spring:** March 20 – May 19, 2017 (initial registration February 16-23)
**Summer:** June 12 – July 28, 2017 (initial registration May 10-16)
**Fall:** September 18 – November 10, 2017 (initial registration August 10-17)
**Winter:** January 8 – February 19, 2018 (initial registration November 8-15)

### Spring 2017
March 20 – May 19

**NOTE:** Be sure to check dates listed for each course.

**Fee:** $115 for the term
The registration fee allows you to register for up to three courses, listed on pages 19-50 during the initial online registration period. Some courses require extra fees, which are listed in the course description.

**$30** Fees for the courses that note a $30 Health and Fitness fee must be paid to OLLI by Wednesday, March 15, or we will drop your enrollment from that Health and Fitness course.

### Registration Schedule
- Initial Online Allocation Registration opens February 16, 10 a.m. and closes on February 23, noon
- Course Confirmation will be emailed March 3, 4:30 p.m.
- Open Registration and Add/Drop begins March 6, 10 a.m. and closes after the second session of each course

If you cannot attend a course in which you enroll, please work with OLLI staff to drop the course so someone on a waiting list may attend.

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

**Refunds:** Cancellation must be received by Friday, March 17, 3 p.m. for a full refund.
This applies to ALL fees for CFS classes.

### Course Information
In addition to the course descriptions in this catalog, descriptions and information for College for Seniors courses can be found on the online registration page under Search Catalog (by curriculum category or instructor).

Course materials are also listed on course web pages on the OLLI website. To reach the listing of courses with web pages, go to: olliasheville.com/courses. On this page, type in an instructor’s name and find information such as course outlines, reading lists, materials lists and instructors’ background.

**Class Reps**
If you are interested in helping newer OLLI members become acclimated, assisting instructors during a class and ensuring that classes operate smoothly, consider being a Class Rep! Check the box to become a Class Rep in the online registration process. For more information, call 828.251.6140.

**Scholarships**
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. Scholarship applications must be submitted by February 22. For more information, call 828.251.6140.

### Teaching at College for Seniors
At the heart of the College for Seniors program are dedicated volunteer instructors. While many instructors are retired academics, others with no formal teaching background successfully facilitate learning experiences centered on their areas of passion, interest or expertise. Eleven Curriculum Committees and the Program Manager receive and review course proposals and create the class schedule for each term.

**Course Proposal Form and Instructor Guide**
A term-specific course proposal form is found on the Forms page of the OLLI website. An instructor guidebook is available to orient the first-time instructor and to enhance the skills of experienced teachers.

To view resources for College for Seniors instructors, visit: http://olliasheville.com/college-seniors-1

**Questions about College for Seniors?**
Contact CFS Program Manager Herb Gunn at hgunn@unca.edu or call 828.251.6873.
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* Course meets first 4 weeks
** Course meets second 4 weeks
*** Course schedule varies from the 8-week norm, see course description for dates
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- **Traditional Appalachian Craft Series: Appalachian Broom Making**<br>Saturday, March 25, 9 a.m. - 4:30 p.m. & Sunday, March 26, 1 p.m. - 4:30 p.m.

- **Marbling on Paper**<br>Saturday, April 1, 9:30 a.m. - 4 p.m.

- **Small Format Watercolor for Beginners**<br>Saturday, April 8, 9:30 a.m. – 5 p.m. & Sunday, April 9, 9:30 a.m. – 5 p.m.<br>Date correction: April 29 & 30

- **Story Medicine for Racial Healing**<br>Saturday, April 29, 9 a.m. - 4:30 p.m. & Sunday, April 30, 2017, 9 a.m. - 4:30 p.m.<br>Date correction: April 8 & 9

- **Intro to Glassblowing**<br>Saturday, May 6, 10 a.m. – 3 p.m.

- **Being Older Doesn’t Have to Mean Being Tired**<br>Saturday, May 13, 9 a.m. – noon<br>Date correction: May 6

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### Spring 2017 Calendar

*This is a quick reference for course days and times; see course listings for full titles and details. For changes that occur after the catalog goes to print, see “Catalog Updates” at www.olliasheville.com*
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* 4-week course, see catalog description for scheduled dates
Mondays, 9-11 a.m.

25 Years Ago
History
7 weeks: March 20, 27, April 3, 10, 17, 24
May 1
Mondays, 9-11 a.m.

25 Years Ago is a study of the politics, foreign relations, the economy and popular culture of the year 1991. George H. W. Bush was president, the Senate Judiciary Committee held hearings on the nomination of Clarence Thomas to the Supreme Court, Dances with Wolves won seven Academy Awards including Best Picture, the internet was opened up to unrestricted commercial use, the New York Giants won the Super Bowl, the Soviet Union collapsed and a U.S.-led coalition liberated Kuwait after it was invaded by Iraq. The course will explore these events and some others and the unintended consequences for our time.

Paul Bellows (pbellows.bmc@gmail.com) is a retired law firm chief operating officer. Stan Binder (stanbinder@att.net) is a retired businessman. Terry Fields (tofields@ymail.com) is a retired hospital administrator. Curry First (cfirst@mac.com) is a retired attorney. Lindley Garner (lindley@lindleyg.com) is a retired financial advisor. Jim Lenburg (leroynitny@aol.com) is a retired university professor.

Advanced Photography
Visual Arts
6 weeks: March 20, 27, April 3, 10, 17, 24
Mondays, 9-11 a.m.

For students who have knowledge of the topics covered in the instructor’s Beginning Photography course, in this course we will explore more advanced photographic topics. We will cover evaluating exposure, proper metering choices, light and color theory, composition and framing, sensors and resolution, digital workflow, pre-printing rules, RAW file handling and file formats and camera filters. Prerequisite: Participants must have a camera and the user manual and be familiar with navigating the individual camera’s menus. If you are unsure of your skill levels you must contact the instructor prior to enrolling.

Robert Elias (relias1@att.net) has been a professional photographer for more than 40 years. He is a former instructor at the Art Center College of Design in southern California and had a studio in Los Angeles. He moved to Asheville two years ago to be close to his son. Robert brings an enormous knowledge of photography from a variety of assignments.

Password Management and Google File Organization
Math, Science and Technology
6 weeks: March 20, 27, April 3, 10, 17, 24
Mondays 9-11 a.m.

Are you worried about your online content disappearing or being hacked? The cloud provides free tools for password management and digital organization that will help you be more secure online and effectively share information. We will explore password management using LastPass and digital organization using the Google Drive suite for individual or shared file management, word processing and spreadsheeting and other Google productivity tools. Prerequisite: Basic familiarity with online web browsing and Google email is suggested. Bring your own Wi-Fi-enabled laptop or use an OLLI-provided laptop for this course.

From corporate to small business and individual technology training, Marc Czarnecki (MarcCzarnecki@WebTechCzar.com) has many years of instructional experiences at Fortune 500 companies and area community colleges (https://www.linkedin.com/in/marciczarnecki).

Reading the Crochet Pattern
Visual Arts
8 weeks: March 20, 27, April 3, 10, 17, 24, May 1, 8
Mondays, 9-11 a.m.

In this hands-on course for people who already can do basic crochet stitches but are mystified by printed patterns, we will make a three-color beanie and a pineapple motif scarf in class. Students are encouraged to bring a pattern for help in learning how to use it.

Jean Castle (jeancastle@hotmail.com) has loved crochet since she was a young girl and now enjoys spreading this craft to others.
### Mondays, 9-11 a.m.  
**Renewable Energy Beyond China, the US and Europe**  
Math, Science and Technology  
8 weeks: March 20, 27, April 3, 10, 17, 24, May 1, 8  
Mondays, 9-11 a.m.

China, the United States and Europe are leaders in renewable energy, but the rest of the world is following rapidly. We will note the other countries that are getting onto the renewable bandwagon, both because of environmental benefits and economic benefits. We’ll look at energy from the sun (photovoltaic thermal solar electricity and solar hot water); from the wind (on-shore, off-shore and micro-wind); from land energies including biomass electricity and geothermal electricity; and from the sea (tidal energy and wave energy). The oldest and most prevalent renewable is hydropower, but micro-hydro and hydrokinetic power (harnessing the power of moving rivers) are less well-known. The icing on the cake will be a discussion about storage and fusion.

**Dot Sulock** (dsulock@unca.edu), retired math instructor at UNC Asheville, frequently teaches courses at College for Seniors about renewable energy, nuclear weapons nonproliferation and building a more sustainable world.

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

**Years of Musical Change: The Beat Goes On**  
Performing Arts  
8 weeks: March 20, 27, April 3, 10, 17, 24, May 1, 8  
Mondays, 11:30 a.m.-1:30 p.m.

We will explore the music and performers of the ‘60s and ‘70s—from some of the better known artists to the more obscure. Our main emphasis is popular music, especially rock and all its variations. Come prepared for some fun, nostalgia and fascinating insights into other genres as well, including blues, soul, country and folk. This new course continues the retrospective Years of Musical Change: The ‘60s and ‘70s with all new material because ... We've Only Just Begun.

**Dennis DeSimone** (myfrienddennis@att.net) has presented numerous courses at College for Seniors including Years of Musical Change: The ‘60s and ‘70s in the winter and summer terms of 2016. Dennis has led seminars in all 50 states as part of his national management business.

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**Carl Jung’s Answer to Job—Section 1**  
Religion and Philosophy  
8 weeks: March 20, 27, April 3, 10, 17, 24, May 1, 8  
Mondays, 11:30 a.m. - 1:30 p.m.

We will discuss Carl Jung’s Answer to Job. In this thought-provoking work, the Swiss psychotherapist sketched out his understanding of the continuing self-discovery within God or the collective unconscious, a development occasioned by the inadequacy of the answer given by God to Job in the Biblical book and played out in subsequent Jewish and Christian scriptures and religious thought. This is a reading and discussion course, limited to 15 participants per section. **Required text:** Answer to Job by Carl G. Jung, ISBN-13: 978-0691150475.

**Farley Snell** (snellfarleyw@netscape.net) has been teaching courses at College for Seniors in religious thought since Winter 2009. His doctorate is from Union Theological Seminary in New York City.

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**Gentle Yoga**  
Health and Fitness  
8 weeks: March 20, 27, April 3, 10, 17, 24, May 1, 8  
Mondays, 11:30 a.m.-1:30 p.m.  
Location: Sherrill Center 306B

We progress from meditative breathing to gentle stretching and strengthening exercises to more energetic poses, all the while coming back to awareness. We practice without judgment. Everyone can do yoga without attachment to preconceived notions of what it might be. **Recommendations:** Bring your own yoga mats, yoga blankets or bath towels and yoga straps. The ability to get down and up from the floor as well as the ability to remain seated for several minutes is necessary. **Course fee:** $30 Health and Fitness fee payable to OLLI.

**Fran Ross** (franiji61@gmail.com) is a nationally certified yoga instructor, combining Kripalu, Anusara, iyengar and therapeutic yoga in her teaching. Yoga is more about body and mind awareness than about physical feats and should be approached gently and respectfully. Fran has a doctorate in expressive arts in therapy, education and social change.
How to Think Like a Philosopher  
Religion and Philosophy  
8 weeks: March 20, 27, April 3, 10, 17, 24, May 1, 8  
Mondays, 11:30 a.m.-1:30 p.m.  
Soon-to-graduate UNC Asheville philosophy majors will present their current research in ways understandable to the non-specialist, while sharing personal stories of what drew them to the life of the mind. Snippets from works of famous philosophers will highlight the methods philosophers have used from antiquity to the present day. The course facilitators Keya Maitra and Ron Manheimer will ensure engagement.

Ron Manheimer’s (ronaldmanheimer@gmail.com) most recent book is Mirrors of the Mind: Reflecting on Philosophers’ Autobiographies. He holds a doctorate in history of consciousness from the University of California, Santa Cruz. Ron is the founding director of the North Carolina Center for Creative Retirement, now known as OLLI at UNC Asheville. Keya Maitra is chair of the UNC Asheville philosophy department. She holds two doctorates, one from the University of Connecticut and the other from the University of Hyderabad, India.

Missiles and Missile Defense  
Math, Science and Technology  
8 weeks: March 20, 27, April 3, 10, 17, 24, May 1, 8  
Mondays, 11:30 a.m. - 1:30 p.m.  
Does missile defense make us safer or less safe? Trying to answer this question requires a lot of background investigation. What are missiles? What types of missiles exist and what are their characteristics? What types of missile defenses are needed to defend against each type of missile? How successful have missile defenses been so far? Why did the U.S. withdraw from a treaty with Russia limiting missile defense? What are U.S. plans for weapons in space? How do other countries react to our missile defense plans? These and similar questions will guide our study, along with a look at the history of missiles and missile defense.

Dot Sulock (dsulock@unca.edu) taught at UNC Asheville for 40 years and frequently teaches courses at College for Seniors aimed at working toward a sustainable world.

Women Pioneers: Heroism, Heartbreak and Grit  
Language, Literature and Writing History  
6 weeks: March 20, 27, April 3, 10, 17, 24  
Mondays, 11:30 a.m.-1:30 p.m.  
We will focus on the movie The Homesman and the novel My Antonia to examine the lives of women on the frontier. We will explore the courage of women in difficult circumstances and how tales of women pioneers are represented in literature. We will also examine how these narratives represent an important part of American history.  

RoseLynn Katz (Rosecarol@charter.net) has taught many previous classes at College for Seniors. For this one, she has travelled to Red Cloud, Nebraska, to visit the Willa Cather Museum where she did extensive research.

Yoga for Posture 101  
Health and Fitness  
8 weeks: March 20, 27, April 3, 10, 17, 24, May 1, 8  
Mondays, 11:30 a.m.-1:30 p.m.  
**Location:** Sherrill Center 306A  
Our modern “forward head” society conspires against good posture and is ruining our spines! If “stand up straight” is not so easy anymore, this class will help you break out of slump land. You will assess your own posture and lifestyle; strengthen your core muscles; release tension in your lower back and neck; and re-align your spine. Return to a strong, upright posture with the help of a posture coach.  
**Recommendations:** Bring a yoga mat, large towel or small rug. For best results, be willing to do a five-minute daily home practice. More information may be found at www.bluebirdyoga.net.  
**Course fee:** $30  
Health and Fitness fee payable to OLLI.

Annelise Mundy (annelise@bluebirdyoga.net) has her 500-hour certification in therapeutic yoga. Healing a traumatic injury, she developed Bluebird Yoga – with classes for healthy backs, pain relief, posture and arthritis. Annelise is an award-winning television documentary producer-director.
The Business of Art in Asheville
Business, Law and Finance
Visual Arts
5 weeks: March 20, 27, April 3, 10, 17
Mondays, 2-4 p.m.

We will focus on how area artists and gallery owners plan and operate their businesses by visiting galleries and studios in downtown Asheville and the River Arts District as well as one or two organizations that promote the arts in the Asheville area. The initial class will meet in the Reuter Center, followed by a visit to Blue Spiral 1 in downtown Asheville. The next four classes will begin at a local artist’s location. The visits will include a facilitated interview of the artist or gallery owner followed by Q and A with the class. **Note:** Participants should be prepared to walk for several blocks and able to stand for up to two hours. Each session will include a break at a local coffee shop. Participants are responsible for transportation to each class, and downtown locations are likely to require paid parking (also the responsibility of the participant). Some of the selected artists/galleries will be ones visited in prior courses.

Elizabeth Pou (elizpou@gmail.com) is a retired lawyer/HR exec/consultant and Peace Corps volunteer with a serious interest in helping artists with their business issues. As chairman of Asheville SCORE (Senior Corps of Retired Executives), she has worked with artists and makers for several years and facilitates an Arts Business Roundtable for experienced artists.

The Meiji Restoration and the Rise of Japan
History
Second 4 weeks: April 17, 24, May 1, 8
Mondays, 2-4 p.m.

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

Bradley Fuller (brad2rei@gmail.com) served for 25 years as an adjunct professor at St. Joseph’s University in health administration and taught both undergraduates and graduate students. He has a Bachelor of Arts degree in Asian history and politics and Master of Arts degrees in public administration and psychology. Brad’s expertise is in health policy, managed care, aging services, organizational design, management theory and psychology.

Navigating Windows 10
Math, Science and Technology
6 weeks: March 27, April 3, 10, 17, 24
May 1
Mondays, 2-4 p.m.

Windows 10 is the latest and ever-evolving release of the Microsoft Windows family and has another new premise for navigation and applications. Most users have to re-learn how to effectively use Windows. This class provides an overview of using Windows 10 on both touch screen and mouse-driven computers/tablets, including real time examples based on student questions. Instruction in this course is not hands-on, but feel free to bring your device to class to follow along. **Prerequisite:** Familiarity with using a computer.

Bob Davis (bdavisit@swbell.net) is a former chief information officer with many years in technology, business and management consulting.

The Physics of Sound and Music
Performing Arts
Math, Science and Technology
8 weeks: March 20, 27, April 3, 10, 17, 24, May 1, 8
Mondays, 2-4 p.m.

Explore the fascinating subject of sound and its relationship to music through demonstrations and interactive online software. Our interdisciplinary course will cover properties of sound, Lissajous figures, harmonics, Fourier analysis, perception, spectrograms, equal temperament and the circle of fifths. Each class will include a piano performance. No prior experience with physics (or the piano) is necessary.

Michael Ruiz (mjtruiz@gmail.com) is a UNC Asheville professor of physics, holds a doctorate in theoretical physics and has had his physics courses featured on CNN. He is also a pianist and composer with three piano concertos performed by the Winston-Salem Symphony.
Worksheet for College for Seniors Course Selection
This is not a registration form. Use this page to note the courses you want in priority order before selecting them in the online registration system.

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Alternates if any course above is not available

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You may request up to six courses in the initial allocation registration. You will be enrolled in up to three courses and waitlisted if you do not receive three courses. You will be dropped from any courses over three during this initial registration, but you can add more courses during the Add/Drop period, starting on Monday, March 6, 10 a.m.

The CFS Registration Fee for Spring 2017 is $115.
2016-17 Membership ($70 for the period running from August 1, 2016 – July 31, 2017) is required to enroll in College for Seniors courses. Please note that some courses (particularly health and fitness courses) carry an additional $30 fee. You will be responsible to pay this fee after you have received notification (on March 3) that you have been registered. All Health and Fitness fees must be paid by Wednesday, March 15, or you will be dropped from the course.

As you register, be sure to record your username and password in a place where you can find it.

The initial allocation registration opens Thursday, February 16, 10 a.m. and closes Thursday, February 23, noon. Remember that you may come to the Reuter Center for registration help:
- Thursday, February 16 and Friday, February 17, 10 a.m. - 3:30 p.m.
- Monday, February 20 – Wednesday, February 22, 10 a.m. - 3:30 p.m. each day
- Thursday, February 23, 8:30 a.m. - noon
Online Registration Instructions - Spring 2017

Go to our website at www.oliiasheville.com and click on the Online Registration link above the photo on the page. That will take you to the Registration Home page. From that page, follow these steps

Step 1 - Sign in.
- Click on the Sign In link at the top right of the page.
- If you were a member in 2015-16 or joined since August 1, 2016, you have a username and password. Scroll down to “Sign In to Existing Account” and enter your username and password.
- If you are a new member, scroll down to the “Create New Account” box and enter a username and password (write them down for future reference).
- If you have entered everything correctly, at the top of the screen it will say “Welcome [Your Name]”
- Click on Registration Home page to proceed.

Step 2 - Have you purchased your OLLI Annual Membership?
If you took courses in fall or winter, you have; skip to Step 3.
If you have not joined OLLI in 2016-17, purchase an OLLI Annual Membership.
- Scroll down, click on Membership and CFS Fee, then click on OLLI Annual Membership
- Add that fee ($70) to cart.
- Return to Registration Home page.

Step 3 - Put the CFS Registration Fee in your cart. You MUST do this before you may add any courses.
- Scroll down, click on Membership and CFS Fee, then click on CFS Registration Fee.
- Add that fee ($115 for the Spring 2017 term) to cart.

Step 4 - Request Your College for Seniors Courses and add them to cart.
- If you know what courses you want to take, click on Search Catalog at the top left of the page.
- You can look up a course by typing the title (or part of it) into the Keyword box, or you can select the instructor, or you click on the box for the day of the week of the course. Then click on Search.
- When you see the title for the course you want, click on the title.
- Review course information and click on the Request Course button to add it to your cart.
- Return to the Search Catalog page and repeat the process. During the initial registration period, you may request up to six courses. You will be enrolled in the top 3 available priorities (see Step 6).
- Another way to view and select courses is to click on the Registration Home link at the top of the page. Under College for Seniors a list of topic areas will appear. You can click on the topic you want and then see the titles of the courses in that topic. Click on the course title to review the course information and click on the Request Course button if you want to select that course.

Step 5 - Purchase the items in your cart.
- Click on the View Cart link to review your purchases, then click on Check Out. Be sure the billing address for the credit card you use is correctly entered. Follow the instruction steps to pay by MasterCard or Visa.
- If there is an error in processing your payment, the system may not allow further attempts at payment. If that occurs, you will need to mail or bring in a check (or cash - exact change, please) for your purchases.

Step 6 - Prioritize your College for Seniors requested courses after your purchase.
- After you see your payment receipt, click on the My Account link at the top of the page.
- Click on the Course Priorities link and choose the #1 for your first priority course, #2 for second priority, etc.
- Click on Save Priorities to save your selections.
- 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.
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Mondays, 2-4 p.m. continued

**Stay Fit**
Health and Fitness
6 weeks: March 20, 27, April 3, 10, 17, 24
Mondays, 2-4 p.m.

We will focus on preventive medicine and learn about many physiological/medical changes that come with the aging process. We will engage in balance training, nutrition and different types of exercises including floor exercises, rubber band exercises and flexibility. You are encouraged to bring your own exercise mats or towels to do floor exercises, as you are able. OLLI has yoga mats to borrow.

Originally from Japan, **Keiko Merl** (keikomerl@att.net) was a downhill racer in high school and college. She began her career as an athletic trainer and has been working in Emergency Medical Services (EMS) for the last 10 years, including seven with Mission Hospital.

**Women You Want to Know More About**
History
First 4 weeks: March 20, 27, April 3, 10
Mondays, 2-4 p.m.

Women have made enormous contributions throughout history but are often omitted from textbooks. Through lecture, discussion, letters, diaries and videos, we will explore the lives of influential but mostly unknown women in the areas of politics, activism, the arts and math/science/medicine. The course will include women from the 18th to 20th centuries from the U.S. and around the world.

**Sylvie Horvath** (horvathwms@gmail.com) was an educator for 31 years holding various positions both in and out of the classroom. **Cindy Berryman-Fink** (berrymanfink@gmail.com) served for 31 years as a professor of communication and as a university administrator at the University of Cincinnati.

Mondays, 2-4:30 p.m.

**More Genesis Stories**
Religion and Philosophy
First 4 weeks: March 20, 27, April 3, 10
Mondays, 2-4:30 p.m.

Genesis provides the origination stories for Judeo-Christian culture. These stories cover the full range of the human condition—temptation, jealousy, family dysfunction, murder, and exile. In this course, anchored by the Bill Moyers’ video series *Genesis: A Living Conversation* (circa 1997), we will listen to and discuss four stories not covered in Bob’s Fall 2016 College for Seniors course. In his series, Moyers conversed with eight major thinkers from various disciplines and faith backgrounds for a stimulating discussion of the Genesis stories. This course requires no preparation or expertise—only your thoughts and enthusiasm.

**Bob Falanga** (robertjfalanga@gmail.com) has taught older adults for several years, both at OLLI at UNC Asheville and in Paramus, New Jersey. Bob holds a Master of Arts in psychology and studied religion for three years in a joint doctorate program at Columbia University and Union Theological Seminary in New York City. Bob is a lifelong student of theology. Origination stories and Genesis in particular are a major fascination.

**The Power of Myth**
Religion and Philosophy
Second 4 weeks: April 17, 24, May 1, 8
Mondays, 2-4:30 p.m.

Since the Renaissance, modern human thought has been dominated by rational, materialist, mechanistic science. Myth holds little place in this world. An excellent teacher and author of the influential *The Hero with a Thousand Faces*, Joseph Campbell was the major proponent of the power of myth in our generation. As Carl Jung before him, Campbell expertly promotes the notion that we all suffer from the loss of mythic identity. *The Power of Myth* is a small group discussion class. In each session, we will watch a one-hour DVD video of Bill Moyers’ interview of Joseph Campbell discussing a major aspect of myth. We will follow the video with our own discussion of that week’s topic. See the course web page for the course outline.

**Bob Falanga** (robertjfalanga@gmail.com) holds a Master of Arts in psychology from the New School for Social Research. As a youth, he completed all but his dissertation at a joint doctorate program in psychology and religion at Columbia University and Union Theological Seminary where he studied the work of Carl Jung.
The word “hillbilly” evokes a range of responses yet conjures up a pretty standard visual image in the minds of most people who are not in contact with the people who have lived for years in the geographical area known as “Appalachia.” We will look at how this image was created by cartoons, television and movies.

Barbara Weitz (weitzb@fiu.edu) taught in the English department at Florida International University from 1983 to 2014. She was director of film studies from 2000 until her retirement. Barbara was a programmer and presenter for many years with a number of international film festivals.

The trails planned are Laurel River, Catawba Falls, School Loop at Bent Creek and Rattlesnake Lodge.

Hiking leaders: Lori Postal (loripostal@gmail.com) and Lee Orowitz (leeporowitz@gmail.com).

Engage your body and brain with this playful exercise 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. Course fee: $30 Health and Fitness fee payable to OLLI.

Carol V. Gerson (agelessgracecarol@gmail.com), certified Ageless Grace educator and trainer and certified dementia validation worker, is passionate about wellness. She enthusiastically teaches people of all abilities the benefits of staying functionally and mentally active and healthy for life. Carol has a Bachelor of Science in business from the University of Maryland.
In this course designed to help women build self-confidence and gain broad knowledge and awareness of financial and investment matters, we will create a safe platform for group discussions and share common experiences in the world of personal finance. Participants will gain a greater understanding of fundamental financial terminology and instruments as well as the confidence and ability to have knowledgeable discussions about their current finances and their future financial decisions. Prerequisite: This is a beginning finance course for those who want and/or need to learn the basics.

At Altavista Wealth Management, Jacqui Friedrich (jfriedrich@altavistawealth.com) is a lead relationship manager for approximately 50 clients. She is the director of financial planning for the firm, leading the efforts to fulfill clients' financial planning needs. Jacqui is also a member of Altavista's Investment Committee.

Long known for architectural splendor, Asheville has been fortunate in attracting many eminent architects including Douglas Ellington, Richard Sharp Smith, James Vester Miller and Tony Lord. We will review the historical designs and varied styles that have made this busy city a wealth of architectural delights like the Jackson Building, the Grove Park Inn, the City Building of Asheville and Biltmore House. In addition to covering the many historic buildings of Asheville, other American and European architects and their buildings will be presented to provide historic and stylistic context. Recommended text: Asheville’s Historic Architecture by Richard Hansley, ISBN-13: 978-1609491079.

Dick Hansley (hansleym@aol.com) has lived in the Asheville area for more than 40 years and has taught at Asheville High School. He holds graduate and undergraduate degrees from Western North Carolina University.

Have you taken Intermediate Bridge, and do you want to further improve your skills? We will address playing the hand by declarer, defending against the opposition, when and where to better use bridge “maxims” and other relevant topics such as hold-up plays and attitude signals. Lectures will be followed by play of the hand illustrating the weekly topic. Required texts: Play of the Hand as Declarer and Defender by Shirley Silverman, ISBN-13 978-0939460694; Fingertip Bridge by Keith Hanson. Materials fee: $8 payable to the instructor on the first day of class.

Bob Evans (Mickkeybob2@aol.com) earned a doctorate in education and has taught Beginning, Intermediate and Play of the Hand Bridge classes for more than 25 years. Marilyn Evans was an assistant professor at Cuyahoga Community College in Cleveland, Ohio, and has assisted in Bob’s classes. Bob and Marilyn have played bridge for more than 55 years.
A Change Is Gonna Come: The Civil Rights Movement and American Culture
History
Social Sciences
6 weeks: March 21, 28, April 4, 11, 18, 25
Tuesdays, 9-11 a.m.

Is social change a cause or a result of the cultural climate in which it occurs? Did the music of Sam Cooke and the literature of Ralph Ellison and the arrival of Jackie Robinson influence the rise of the civil rights movement? Did the rise of the civil rights movement lead to a revolution in the music, literature and sports of the time? Beginning with an historical perspective of the civil rights movement, we will examine each of these fields to explore our core question.

Carol Rogoff Hallstrom (crhesq@gmail.com) is a retired attorney with deep roots in the civil rights movement. She worked with the Student Nonviolent Coordinating Committee (SNCC) as a staff member and field secretary, participating in sit-ins, freedom rides and voter registration campaigns before the passage of the Civil Rights and the Voting Right Acts. Carol maintains her anti-racism work in Asheville. Carol will present with Marvin Chambers, an Asheville native and participant in the Asheville Student Committee on Racial Equality (ASCORE), a group of high school students who desegregated local public accommodations in the 1960s. Other presenters: Catherine Frank holds three degrees in English from UNC Chapel Hill and is executive director for OLLI at UNC Asheville. Larry Griswold worked at Sports Illustrated for much of his magazine publishing career and has taught sports history courses at College for Seniors since 2011. Jim Lenburg is a retired professor of history and humanities at Mars Hill University and began teaching courses at College for Seniors in 2009—and loves every minute of it. Joe Sasfy spent more than 30 years in the music business as a writer and consultant.

Where Does English Come From—and Where’s It Heading?
Language, Literature and Writing
6 weeks: March 21, 28, April 4, 11, 18, 25
Tuesdays, 9-11 a.m.

We will engage in a fact-and-example-filled survey of our language from its 5,000-year-old roots, through its historical stages, on to its current dynamic and sometimes frustrating current state. What has English been—and why so? Where’s it going—and why that way? We’ll also discuss how infants learn to speak, including those who speak more than one language. The course will be offered in lecture format with plenty of opportunity for questions, comments and participation in exercises.

Peg Downes (pegdownes@gmail.com) retired as UNC Asheville professor emeritus in literature and language, taught several dozen different courses in English and interdisciplinary humanities, including courses for the Master of Liberal Arts program for adult learners. She directed many university programs and twice served as associate vice chancellor for academic affairs. This century, she’s consulted frequently at universities in many parts of Asia.

Tuesdays, 11:30 a.m.-1:30 p.m.
The Art of Transforming Everyday Life
Personal Development
8 weeks: March 21, 28, April 4, 11, 18, 25, May 2, 9
Tuesdays, 11:30 a.m. - 1:30 p.m.

Ready to make a shift? Discover how to move away from a consciousness of isolation, lack, self-limiting ideas and fears toward authenticity, connection, expansion and compassion. Learn more about conscious aging by integrating inspirational ideas, exploring best practices and harvesting the collective wisdom of a group. This challenging, experiential class will help you reveal all you’ve come to be! 


A lifelong student, teacher and practitioner of spiritual metaphysics, Susan Trammell (susanttrammell@gmail.com) has more than 40 years of experience teaching adults. She has led management training, communication and writing skills, conscious living/conscious aging courses and workshops.
Bob Dylan and the Boomers: Forever Young
Performing Arts
8 weeks: March 21, 28, April 4, 11, 18, 25, May 2, 9
Tuesdays, 11:30 a.m.-1:30 p.m.

Kris Kristofferson once said about Bob Dylan, “He has so many sides, he’s round.” Dylan is a musician, singer, songwriter, poet, artist, author and movie director. Many of us consider him the voice of our generation. For the past 55 years, Bob Dylan has entertained us. Each week we will explore one or more of the periods through which Dylan has traveled in a life and career filled with profound changes.

Margaret Davis (margaretwd@charter.net) is the coordinator for instructor development for the College for Seniors Committee. She fell in love with Bob Dylan as a teenager and has followed his career for the last 55 years.

Carl Jung’s Answer to Job—Section 2
Religion and Philosophy
8 weeks: March 21, 28, April 4, 11, 18, 25, May 2, 9
Tuesdays, 11:30 a.m.-1:30 p.m.

We will discuss Carl Jung’s Answer to Job. In this thought-provoking work, the Swiss psychotherapist sketched out his understanding of the continuing self-discovery within God or the collective unconscious, a development occasioned by the inadequacy of the answer given by God to Job in the Biblical book and played out in subsequent Jewish and Christian scriptures and religious thought. This is a reading and discussion course, limited to 15 participants per section. Required text: Answer to Job by Carl G. Jung, ISBN-13: 978-0691150475.

Farley Snell (snellfarleyw@netscape.net) has been teaching courses at College for Seniors in religious thought since Winter 2009. His doctorate is from Union Theological Seminary in New York City.

John Updike’s Rabbit At Rest
Language, Literature and Writing
8 weeks: March 21, 28, April 4, 11, 18, 25, May 2, 9
Tuesdays, 11:30 a.m.-1:30 p.m.

We will read and discuss this fourth novel of Updike’s Rabbit tetralogy, including a brief overview of the three earlier novels. We will examine the life and ideas of John Updike. Required text: Rabbit At Rest by John Updike ISBN-13: 978-0449911945.

Paul Spivey (Spiveymtn7@gmail.com) has a Bachelor of Arts from Northwestern University and led Great Books discussion groups for eight years. This will be his 14th College for Seniors course.

More Topics in Astronomy
Math, Science and Technology
8 weeks: March 21, 28, April 4, 11, 18, 25, May 2, 9
Tuesdays, 11:30 a.m.-1:30 p.m.

We will cover the subjects dark matter, dark energy, the structure of the universe, the history of the Sun and its impact on climate change and, of course, the Great American Eclipse coming in August 2017. The theme of this course is the same as the course in the fall 2015 term, but the topics will be different.

Mark Whipple (mark.whipple77@gmail.com) has been an instructor at College for Seniors since 2013 and a science teacher for his entire adult life. This is his sixth astronomy course taught at College for Seniors.

Pair Wine and Lunch from Asheville’s Favorite Restaurants
Personal Development
6 weeks: March 21, 28, April 4, 11, 18, 25
Tuesdays, 11:30 a.m.-1:30 p.m.
Location: Metro Wines
169 Charlotte St, Asheville, NC

Each week we will enjoy lunch from a local restaurant. The lunches will cover many styles of cuisine including Italian, Mexican, Asian and Middle Eastern fare. With every lunch we’ll pair several different types and styles of wines and put pairing theories to the test. You’ll learn as well as experience why certain wines pair well with different cuisines and ingredients. We’ll serve a few of the classic pairings that made some wines famous, and we will pour a couple of pairing disasters to show why certain wines pair well or don’t. Lectures provide you the basic and advanced guidelines to food and wine pairing so that you are ready for any restaurant or dinner party. Course fee: Estimated to be about $27 per class for a $15 meal and $12 for several samples of wine (tax is included in the fee). The total is roughly estimated at $216.

Andy Hale (andy@metrowinesasheville.com) joined Metro Wines to combine his expertise in wine and teaching. Andy was a sommelier at Jasmine Porch and the Ocean Room on Kiawah Island. He began his teaching career at Appalachian State University. John Kerr (john@metrowinesasheville.com) grew up in wine country, and moved his wine business to Asheville in 2013. John has taught classes on wine and finance for more than 20 years.
Tuesdays 11:30 a.m.-1:30 p.m. continued

**Theater at Play:**
**Acting without a Script**
Performing Arts
6 weeks: March 21, 28, April 4, 11, 18, 25
Tuesdays, 11:30 a.m.-1:30 p.m.

In this six-week exploration, we will rediscover what it is to engage the imagination to create, connect and surprise ourselves. Starting with exercises to free up spontaneity, we will move on to create scenes based in real life experiences. No theatre experience is required, and beginners are encouraged. Bring an openness and a sense of play.

**Nels Arnold** (pikwik@bellsouth.net) has been co-leading College for Seniors acting classes since 2007 and was an original member of the Asheville Playback Company. She has performed in community theaters in Atlanta and Asheville and with The Autumn Players Readers Theatre of the Asheville Community Theatre.

**Pilates: Foundational Mat**
Health and Fitness
6 weeks: March 21, 28, April 4, 11, 18, 25
Tuesdays, 1-2 p.m.

Location:
RISE Authentic Pilates Studio
60 Biltmore Ave, Suite 002, Asheville, NC

We will work through the exercises developed by Joseph Pilates, focusing on developing core strength, flexibility, coordination, alignment and posture. Pilates will be introduced as an exercise regimen and also as a support for other activities such as hiking, running, yoga, gardening and everyday pursuits. Pilates is an exceptional workout regardless of current fitness level because all exercises are easily adapted or modified to meet individual physical needs. **Recommendations:** Participants should be able to get down to and up from the floor comfortably. **Course fee:** $30 fee to be paid to RISE Studio on the first day of classes

**Elise Beckstett** (Ebeckstett@me.com) is a classical Pilates instructor, certified through a 700+ hour Pilates training program based on Joe Pilates’ original work. Her focus is working with active seniors. Elise continues to refine her skills through continuing education with some of the foremost practitioners around the country.

**Intermediate Hiking in Western North Carolina (Section 1)**
Health and Fitness
First 4 weeks: March 21, 28, April 4, 11
Tuesdays, 1-5:30 p.m.

See p. 49 for course description and bios of hiking leaders.

Section 1 will include hikes to lands protected by the Southern Appalachian Highlands Conservancy, some of which are not typically open to the public. We plan to culminate the course with a Wildflower Extravaganza hike for the last outing on April 11.

**Hiking leaders:** **Haley Smith** (haley@appalachian.org) and **Keith Viglietta** (keithviglietta@gmail.com).

**Introduction to Adobe Lightroom**
Visual Arts
6 weeks: March 21, 28, April 4, 11, 18, 25
Tuesdays, 2-4 p.m.

Adobe Lightroom is the go-to post-production software used by serious amateur and professional photographers. We will use the Library and Develop modules of Lightroom to manage and edit digital photos and introduce Adobe Lightroom Mobile for editing across platforms. Class members will shoot RAW format images that will be used and discussed as we gain hands-on experience with these complex tools and software. Participants should have Lightroom installed on a laptop by the second session if they wish to take part in the hands-on aspects. **Prerequisite:** In order to enroll in the course, you must be shooting in RAW format and have a computer that has the necessary RAM and processor. See course description on the web page or contact the instructor if you have questions.

**Peggy Baker** (peggy.baker@gmail.com) is an avid amateur photographer (and very amateur banjo player) who has taught technology classes for many years and led seminars for teachers and others around the country. Peggy has lived in East Asheville since relocating from Chicago six years ago.
**Texas Hold’em Poker**  
Personal Development  
8 weeks: March 21, 28, April 4, 11, 18, 25, May 2, 9  
Tuesdays, 2-4 p.m.  
We will cover the rules of the game and basic strategies. This course is designed for new players or those with limited experience. Each class will be half lecture and half game play.  
**Bruce Jones** (bruce_e_jones@yahoo.com) is a long-time game enthusiast and has previously taught Texas Hold’em Poker and backgammon at College for Seniors.

**Two-Step for Beginners**  
Health and Fitness  
6 weeks: March 21, 28, April 4, 11, 18, 25  
Tuesdays, 2-4 p.m.  
**Location: Sherrill Center 306**  
Two-step is a partnered country-western dance with some similarity to ballroom foxtrot. It is fun, aerobic, social and the heart of country-style dancing. The course will cover all the basics, footwork, turns and partnering, with an emphasis on having fun while mastering beginner level skills. Confidence will be built up layer by layer along with gradually increasing tempos until all are comfortable asking anyone for a turn on the dance floor! In College for Seniors dance courses, appropriate ballroom dance footwear is required.  
**Prerequisite:** Participants must be able to stand and move up to two hours. Participants must be able to maintain a moving balance and keep up at least a moderate pace as appropriate for the dance.  
**Debbie Belles** (dabinavl@charter.net) began dancing two-step in 1988 when her growing passion led to teaching at local dances, participation in three troupes over a ten-year period and amateur competitions through 2005 with instruction and choreography from nationally renowned coaches Dean and Dawn Garrish from Washington, D.C.

**William Faulkner’s**  
*The Sound and the Fury*  
Language, Literature and Writing  
8 weeks: March 21, 28, April 4, 11, 18, 25, May 2, 9  
Tuesdays, 2-4 p.m.  
Faulkner said of *The Sound and the Fury* that it was the novel he loved most. The novel’s four sections probe the hearts and minds of Benjy Compton, an idiot; Quentin Compton, a Harvard man; Jason Compton, a corrupt business man; and Dilsey, their housekeeper, who “endured.” Each section is presented in the voice of its main character, making the novel challenging but immensely rewarding to read.  
**Mario A. DiCesare** (dicesare1@mindspring.com) has been teaching at College for Seniors almost every term since Summer 1998. He received his doctorate from Columbia University in 1960. With more than 40 years of university teaching experience, his major interests are Shakespeare, 17th century poetry and modern literature—particularly Joyce, Faulkner and Hopkins.

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**Developing Your Interpersonal Effectiveness**  
Personal Development  
6 weeks: April 4, 11, 18, 25, May 2, 9  
Tuesdays, 2-5 p.m.  
**Note late start date**  
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. In this course, you will 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 sharing.  
**Prerequisite:** Attendance at the first session is mandatory and includes a commitment to attend all following sessions unless you have an emergency or pre-planned trip.  
**Course fee:** A $21 fee for the Thomas-Kilman Conflict Mode Questionnaire that assesses your preferred mode for dealing with conflict.  
**Esther Pittman** (esteken@aol.com) holds a doctorate from Harvard University, was a professor of organizational behavior and management and published numerous scholarly articles in her field. In her organizational consulting, Esther helps people in organizations build their communication and influence skills, and in her individual consulting, she works with individuals and couples on their relationship issues.

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**Tuesdays 2-5 p.m. continued**
The Met at the Movies
Performing Arts
8 weeks: March 21, 28, April 4, 11, 18, 25, May 2, 9
Tuesdays, 2-5 p.m.

We will explore the operas to be shown this spring at the Hi-Def Live from the Met series. The productions are Verdi’s La Traviata, Mozart’s Idomeneo, Tchaikovsky’s Eugène Onegin and Strauss’s Der Rosenkavalier.

Patricia Heuermann (patruschka@charter.net), a graduate of the Curtis Institute of Music, has directed opera, theatre and cabaret performances throughout the United States and Europe. She has taught at Emory University, Manhattan School of Music, Hofstra University and the American Institute of Musical Studies in Graz, Austria. Since moving to Asheville, Pat has directed productions for Asheville Lyric Opera, Opera Creations and Asheville Community Theatre. Bill Heuermann filmed, edited and created DVDs of Patricia Heuermann’s many opera productions from 1996 to 2008, including inserting subtitles in many cases. He has co-taught The Met at the Movies from 2009 to the present.

Steve Martin: Comedic Genius
Performing Arts
8 weeks: March 21, 28, April 4, 11, 18, 25, May 2, 9
Tuesdays, 2-5 p.m.

The life and film career of Steve Martin begins with his overwhelmingly successful stand up career, including multiple performances on Saturday Night Live. Suddenly abandoning the genre in 1981, he continued and grew his legend in film. We will see eight of his classic movies and appreciate the eclectic brilliance that marks his career.

Randy Robins (robnest09@yahoo.com) is a retired special education teacher whose primary passion is stand-up comedy and comedians. He has performed comedy in New York as well as WNC. He has taught performing stand-up comedy classes and hosted "graduation" shows at OLLI. He has also taught film classes on the lives and careers of Mel Brooks, Sid Caesar, Woody Allen and Billy Crystal.

Go Take A Hike —For Beginners (Section 3)
Health and Fitness
Second 4 weeks: April 18, 25, May 2, 9
Tuesdays, 2-5:30 p.m.

See p. 48 for program description and bios of hiking leaders.

The trails planned are Laurel River Trail, Catawba Falls Trail, Warren Wilson River Trail and Rattlesnake Lodge Trail.

Hiking leaders: Rebecca Banner (becca-banner@gmail.com) and Meridith Miller (mlmiller1020@gmail.com).

Pilates, Personal Power and Everyday Tasks
Health and Fitness
8 weeks: March 22, 29, April 5, 12, 19, 26, May 3, 10
Wednesdays 9-10:30 a.m.

We will learn exercises of the classical Pilates mat series and be able to do them independently using proper technique. Our goals will be to increase the fitness level of the entire body, learn how a strong powerhouse is critical in performing everyday movements (like sitting) and discover, explore and develop the skill and insight to connect physical powerhouse with personal power. The course will include discussion, journaling and/or written exercises to connect the experience of strengthening the physical powerhouse with embodying personal power. Course fee: $30 Health and Fitness fee payable to OLLI.

Stephanie Biziewski (msstephaniebiz@gmail.com) is a multiple-career woman who earned her Pilates certification at the age of 65. She is particularly attuned to the needs, limitations and capabilities of seniors from having learned—and healed—through her own personal Pilates experience. Stephanie earned a Masters of Education in Arts and Learning in 2001.
In this second part of a geologic tour of U.S. National Parks, discussion in class may include Glacier, Rocky Mountain, Badlands, Bryce, Canyonlands, Death Valley and Carlsbad Caverns. We will focus on how geologic factors had an impact on topography and scenery. Neither attendance in National Parks 1 nor a science background is required. We will take an optional field trip on a weekend morning.

Richard Wiener (richwiener@gmail.com) has a doctorate in geology with 30 years of technical geoscience experience at ExxonMobil. He has taught geology courses at College for Seniors for four years and previously taught at SUNY Oneonta. Rich has numerous geologic publications to his credit.

We will follow the rivers of freethinking through two of the greatest voices in American history: Elizabeth Cady Stanton and Robert Green Ingersoll. We will focus on the heretical humanist and human rights streams that challenged orthodoxy’s resistance to reform in the arenas of abolition, human rights and religion. Our format will be lecture, presentation and discussion. No prerequisites; no required texts. All readings will be provided by the instructor at www.naturalfreethought.wordpress.com.

Chris Highland (chris.highland@gmail.com) is an author who taught and served as an interfaith chaplain in the San Francisco Bay Area for many years. He holds a Bachelor of Arts in philosophy and religion from Seattle Pacific University and a Master of Divinity through the Graduate Theological Union in Berkeley. Chris has taught at Dominican University, Cherry Hill Seminary, College of Marin and College for Seniors. Currently a Freethinker, Chris is a former Protestant minister.

In mid-career, Shakespeare seems to inquire into the difficult issues of race, class, peace and war. Influencing him were new political and intellectual developments in 16th-century England. Racial/ethnic representatives in Shakespeare’s plays are paradoxically stereotyped, but also there is similar ambivalence toward menial workers and oppressed women. Tensions lead to war’s horror or glory but also to peacemaking. The only required reading is the play Henry V, but we will compare Henry IV Part 1, Othello, Merchant of Venice and As You Like It, plus additional context from historians of England and the poem Poly-Olbion. Refer to the extensive outline on the course web page for further details. Required text: Henry V by William Shakespeare; any edition, but the suggested version is Pelican 1999, ISBN-13: 978-0140714586.

Bill Moore (srwmoore@comporium.net) is professor emeritus of humanities, Austin College, and has a doctorate from Harvard University. He is a teacher of literature (especially Medieval and Renaissance), writing and Western cultural history who retired to Brevard in 2002.

2017 marks the 100th anniversary of the Russian Revolution. Silent cinema played a key role in the development of the Soviet Union. This eight-week course will feature several films from the 1920s including works by the top three Soviet directors Eisenstein, Pudovkin and Dovzhenko. Movies to be screened include October, End of St. Petersburg, Earth, Aelita and a newly restored Battleship Potemkin.

Chip Kaufmann (jjk44@bellsouth.net) has been a classical music announcer at WCQS since 1983. He is a member of the Southeastern Film Critics Association and lectures on composers for the Asheville Symphony. Chip has been an instructor at College for Seniors since 2008.
Wednesdays 11:30 a.m.-1 p.m.

Tai Chi for Balance and Agility
Health and Fitness
8 weeks: March 22, 29, April 5, 12, 19, 26, May 3, 10
Wednesdays, 11:30 a.m.-1 p.m.
Sherrill Center Room 306A

We will focus on the 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.

Requirements: Participants must be able to stand for 45 minutes without discomfort and should have free movement in the hip joint area. Course fee: $30 Health and Fitness fee payable to OLLI.

Terry Call (tfcall@icloud.com) has studied and taught tai chi for 20 years. He has trained in several styles of hand form, push hands and weapons forms. Terry’s special interest is tai chi as an exercise and lifestyle for active seniors.

Qigong: The Art of Breathing
Health and Fitness
8 weeks: March 22, 29, April 5, 12, 19, 26, May 3, 10
Wednesdays, 11:30 a.m.-1 p.m.
Sherrill Center Room 306B

All of us breathe. In this class we will explore how to breathe more effectively in order to enhance our overall health and well-being. We will explore the ancient Chinese practice of qigong that integrates simple body movements with proper breathing techniques. These short, easy, flowing exercises will help keep the body’s joints pain-free and limber, unblocking constrictions while providing an increased supply of nourishing oxygen. We will also examine the latest in modern medical research about the positive effects of deep abdominal breath work. We will do this in a relaxed, fun and accepting atmosphere. No previous experience is required. Course fee: $30 Health and Fitness fee payable to OLLI.

Since the 1980s, Bill Muerdter (bobag@charter.net) has practiced and studied qigong (the ancient Chinese practice of combining breathing and movement for health and healing), tai chi and pranayama (the yoga breathing tradition). He has also followed the breathing programs of Dr. Andrew Weil and Dr. Gay Hendricks and evaluated the recent Harvard medical studies on breathing.

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

Crimes, Conflicts, Quirks and Other Mysteries of History
History
Second 4 weeks: April 19, 26, May 3, 10
Wednesdays, 11:30 a.m.-1:30 p.m.

Enjoy a collection of entertaining, historically accurate stories ranging from clever cons to crimes of the century; scandalous sex to unscrupulous science; quick-witted women to wild weapons; dreadful disasters to mind-numbing mysteries—all lavishly illustrated with drawings, photos and videos. Sample stories: Barbie Doll's Immoral Past; When Mailing Children Was Legal; Inventions That Killed their Creators; Men, Wigs and Syphilis; The Most Idiotic Wars Ever; and When Chocolate Was Medicine.

Ron Schon (schonad@gmail.com) is an avid collector of human interest stories. His background includes broadcasting, marketing and animation. Ron and wife Ellen researched and produced a mini-series, The History of Tampa Bay, for a CBS television affiliate. This is a continuing journey, combining Ron’s and Ellen’s love of historical research and the pleasure of sharing it.

Folk Music’s Transformation Into Folk-Rock
Performing Arts
8 weeks: March 22, 29, April 5, 12, 19, 26, May 3, 10
Wednesdays, 11:30 a.m.-1:30 p.m.

Folk music forms the basis of many musical genres, including folk-rock. Using lectures, videos and recorded music, we’ll explore the evolution of folk-rock by beginning with its early folk music roots, adding some 1950s rock ‘n’ roll and combining the influences of the folk music revival with the British Invasion to form folk-rock in 1965. Along the way, we’ll discover the people who spearheaded this progression and their stories.

Bob Mellor (BM.OLLI@Charter.net) has been interested in and followed folk, folk-rock and popular music since his mid-teens. As a fan of the evolving music scene of the 1960s, he especially appreciates folk, folk-rock and the variety of musical genres available today.
## Fun, Exploration and Stretching with Readers Theater

### Performing Arts
### 6 weeks: March 22, 29, April 5, 12, 19, 26
### Wednesdays, 11:30 a.m.-1:30 p.m.

We will explore reading correctly and well for an audience—drawing from poetry, monologues, scenes and anecdotes. We will renew and stretch our intuitive, creative and playful nature, using some short improvisations and theater games. Please come with an open attitude, ready to participate, explore and have fun!

**Kermit Brown** (kermitbrown@bellsouth.net) has been a professional (Equity) actor since 1966 and has taught at College for Seniors for seven years. He has worked locally with NC Stage Company, Flat Rock Playhouse, Southern Appalachian Repertory Theatre and The Autumn Players.

## Pulp Magazines: A Cultural History
### Languages, Literature and Writing
### First 4 weeks: March 22, 29, April 5, 12
### Wednesdays, 11:30 a.m.-1:30 p.m.

We will explore the pulp magazines of the late-19th through the mid-20th century—the creative writers and artists, adept publishers and imaginative readers. The “pulps” provided entertainment, adventure, stimulation and pleasure to millions. Together we will take a spirited tour with the adventurers, sleuths, ghouls, gals and warriors accompanied by the graphics that decorated newsstands and gave birth to pop culture.

**Bill Cosgrove** (olli.billcosgrove@gmail.com) has been an active member of OLLI at UNC Asheville for more than a dozen years. Before moving to Asheville, Bill did online marketing, was an independent publisher’s representative and a longtime retail bookseller.

## Transitioning to Whole Foods/Plant-Based Living
### Health and Fitness
### 6 weeks: March 22, 29, April 5, 12, 19, 26
### Wednesdays, 11:30 a.m.-1:30 p.m.

Using video, lecture and discussion, we will investigate why a plant-based diet is healthful for the individual and sustainable for the planet. We will transition to a whole foods/plant-based (WFPB) diet developed by the Physicians Committee for Responsible Medicine under the leadership of Neal Barnard, M.D. We will follow the Kick Start diet at home and discuss our experiences. If you have health issues, consult your physician prior to making dietary changes.

**Bonnie Wheeler** (bonniewhee@gmail.com) has a passion for whole foods/plant based nutrition as a path to optimal personal health and the health of the planet. She and her husband Warren have followed a whole foods/plant based diet for the past six-plus years.

## Untold Stories of WNC’s Past
### History
### First 4 weeks: March 22, 29, April 5, 12
### Wednesdays, 11:30 a.m.-1:30 p.m.

We will consider all-new stories that shaped some of Western North Carolina’s intriguing past. The course includes stimulating information and humor. Stories are enhanced with illustrations, photos and videos. Class members are encouraged to add their knowledge of historical events and to perform instructor-prepared scripts. **Note:** For those who attended Ron’s courses in the earlier terms, this course will include material not delivered previously.

**Ron Schon** (schonad@gmail.com) is an avid collector of human interest stories. His background includes broadcasting, marketing and animation. Ron and his wife Ellen researched and produced a mini-series, *The History of Tampa Bay,* for a CBS television affiliate. This is a continuing journey, combining Ron’s and Ellen’s love of historical research and the pleasure of sharing it.
Strength Training for Healthy Aging
Health and Fitness
8 weeks: March 22, 29, April 5, 12, 19, 26, May 3, 10
Wednesdays, 2-3 p.m.
Location: Woodfin YMCA
40 Merrimon Ave, Asheville NC

Strength Training for Healthy Aging will help participants find ease in the activities of daily living, improve range of motion and increase confidence and self-efficacy in movement. 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. Course fee: $30 fee to be paid to the YMCA on the first day of classes ($20 for YMCA members).

Stacie Smith (trainwithstacie@gmail.com) is a Healthy Living Instructor specializing in yoga, cycling and functional strength training at the YMCA of Western North Carolina. She is a certified personal trainer through the American Council on Exercise (ACE), a certified yoga teacher, a certified group fitness instructor and a cycling instructor. Stacie has taught College for Seniors courses at the Woodfin Y since Spring 2016.

Continuing Beginning French 1D
Language, Literature and Writing
8 weeks: March 22, 29, April 5, 12, 19, 26, May 3, 10
Wednesdays, 2-4 p.m.

We continue building on competency in French grammar and structures beyond the very basics. Participants are expected to have studied the equivalent of one semester of college French or about a year and a half of high school French. If your language skills are very rusty, please contact the instructor for links to brush up before the course starts. A variety of visual and listening activities are used to build language skills in a non-threatening and relaxed atmosphere. Homework is suggested, and answers are given in class or online. We will use both French and English to ensure comprehension. Prerequisite: Students should be familiar with the present tense of basic high frequency verbs in French such as être, avoir, aller, faire and the patterns of -er verbs like parler. Required text: Points de Départ (first edition) by Cathy Pons et al, ISBN-13: 978-0135141120 and its website practice tools.

Renée Raffini (raffinir@gmail.com) has studied and worked in French-speaking Cameroon. She changed careers from government economist to teacher and taught French in the Maryland suburbs of Washington, D.C. for 20 years. She received a bachelor’s degree in French and economics at the University of Wisconsin in Madison, and holds a Master of Arts in economics and a Master of Education from George Washington University in D.C. Renée has taught French at College for Seniors for the past four years.

Jazz: From Origins Through Cool Jazz
Performing Arts
8 weeks: March 22, 29, April 5, 12, 19, 26, May 3, 10
Wednesdays, 2-4 p.m.

Sit back and enjoy an introduction to jazz: how to listen to it and the history of jazz from its origins through cool jazz. We’ll examine the traits of a jazz style and highlight important musicians from each style and their contributions to the evolution of jazz. We will include lecture, lots of musical examples and live demonstrations through piano and jazz performances. If you simply like jazz or want to know more about the genre, this is your chance. Class discussion will be an important facet of the experience and encouraged.

Warren J. Gaughan (warren.gaughan@gmail.com) has a Bachelor of Arts, Master of Music and doctorate in music. He recently retired as professor emeritus after teaching 42 years at Warren Wilson College. In addition to teaching jazz, Latin and classical music at the college, he has been performing with jazz groups since high school, Latin jazz groups for 25 years and has given numerous solo classical recitals. Warren enjoys sharing, exploring and explaining music.
The superfluous man, a 19th century Russian character type influenced by the Byronic hero, is a cynical and existentially bored individual at odds with society. Pushkin’s *Eugene Onegin*, Lermontov’s *A Hero of Our Time* and Chekhov’s *The Duel* all dramatize the figure. We’ll read excerpts from two of these fun and fascinating stories and all of the third, then watch a film based on Chekhov’s *The Duel*.

**Doug Cooper** (cdoug38@gmail.com) has taught college English courses in the United States and overseas as well as many courses at College for Seniors since 2003. A number of these were literature courses. Others were film courses on English and American authors, film genres, foreign film directors and various topics.

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The spring wildflowers of the Southern Blue Ridge Mountains offer an amazing display that includes trilliums, orchids and many spring ephemerals. In four classroom sessions, participants will learn to identify wildflowers through study of plant morphology and plant family characteristics. Four plant walks will follow on Saturday mornings. **Prerequisite:** Students should be comfortable walking uphill on rocky surfaces for two to three miles.

**Bernard Arghiere** (arghiere@gmail.com) has been studying the wildflowers and plant communities of the southern Blue Ridge for more than 20 years. He completed the Blue Ridge Naturalist program in 2013, and he has taught at College for Seniors since 2006. **Marianne Mooney** (mooney.marianne@gmail.com) served as president of the Potowmack Chapter of the Virginia Native Plant Society for 10 years. She has led many plant walks, propagated native plants and presented programs on native flora.

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**Yoga for Stress Management** focuses on gentle movement in preparation for relaxation, as well as the more subtle aspects of yoga – progressive relaxation, guided meditation, breathing techniques, guided imagery and working with the mind’s thought patterns. We include an educational piece on the effects of stress on the body and how yoga may reduce or even reverse these effects. **Course fee:** $30 Health and Fitness fee payable to OLLI.

**Lydia Michaels** (lydiajaneyoga@gmail.com) has more than eight years of teaching experience and 1,300 hours of advanced training. Her wealth of knowledge is the foundation for her work, while the teachings continually unfold in the present moment—connected, intuitive, deeply spiritual, yet practical and relevant.
**Wednesdays, 2-4:30 p.m.**

**ThreadZ and ZentangleZ**  
Visual Arts  
8 weeks: March 22, 29, April 5, 12, 19, 26, May 3, 10  
Wednesdays, 2-4:30 p.m.

When *Curved Stitching* and *Zentangle* merge, the result is like yoga for your brain! These compatible art forms will yield unique, interesting and individualized results. Creating zentangle patterns, combined with whimsical stitched frames and bases, will improve eye-hand coordination, focus and attention and foster self-esteem. You will find your comfort zone, and your creativity will be released. Taught by a pair of experienced instructors, this course will be a new experience for everyone. Visit the instructors’ web page for pictures of proposed projects. **Materials fee:** $20 per person ($15 for the zentangle kit and $5 for the needles, thread and 110 pound cardstock that is used for the stitching and the subsequent drawing).

**Barbara Mueller** (bmueller66@yahoo.com) has been sharing and exploring art forms that are fun and stimulate brain functioning for several years. **Michelle Marshall** (michelle@marshallartsavl.com) was introduced to zentangle three years ago. The freedom of knowing she couldn’t make a mistake released her creativity. Michelle is a certified zentangle instructor.

**Wednesdays, 2-5:30 p.m.**

**Go Take A Hike —For Beginners (Section 4)**  
Health and Fitness  
First 4 weeks: March 22, 29, April 5, 12  
Wednesdays, 2-5:30 p.m.

See page 48 for program description and bios of hiking leaders.

The trails planned are Warren Wilson River Trail West, Bent Creek Loop, Craven Gap on the Mountains to Sea Trail and Rattlesnake Lodge.

**Hiking leaders:** **Bobbi Powers** (bobbipowers23@gmail.com) and **Susan Canale** (susan3742@yahoo.com).

**Go Take A Hike—For Beginners (Section 5)**  
Health and Fitness  
Second 4 weeks: April 19, 26, May 3, 10  
Wednesdays, 2-5:30 p.m.

See p. 48 for program description and bios of hiking leaders.

The trails planned are trails at Biltmore Lake with a lakeside fire at the conclusion for those interested in staying. Week two at Bent Creek we will hike Explorer Loop, a four-mile trail (with a short cut for those who need it) that includes beautiful rhododendron tunnels. Week three will be along the Laurel River near Hot Springs and week four will be Catawba Falls.

**Hiking leaders:** **Bobbie Rockwell** (bobbiemayrockwell@gmail.com) and **Terry Peters** (terryptrs@yahoo.com).

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

**Walk and Tone**  
Health and Fitness  
8 weeks: March 22, 29, April 5, 12, 19, 26, May 3, 10  
Wednesdays, 3:15-4:15 p.m.  
**Location:** Woodfin YMCA  
40 Merrimon Ave, Asheville NC

This course is for those who would like to build a fitness program around walking. For those who are new to exercise or would like to make their walking program more effective, we will focus on improving walking pace in order to increase heart rate and cardiovascular efficiency. By adding weight training at intervals, we will build functional strength and rev our metabolisms for more energy and effectiveness. Weather permitting, we will be taking this class outside. Please wear closed-toe shoes and comfortable clothing and bring water. **Course fee:** $30 fee to be paid to the YMCA on the first day of classes ($20 for YMCA members).

**Stacie Smith** (trainwithstacie@gmail.com) is a Healthy Living Instructor specializing in yoga, cycling and functional strength training at the YMCA of Western North Carolina. She is a certified personal trainer through the American Council on Exercise (ACE), a certified yoga teacher, a certified group fitness instructor and a cycling instructor. Stacie has taught College for Seniors courses at the Woodfin Y since Spring 2016.
Beginning Intermediate Spanish
Language, Literature and Writing
8 weeks: March 23, 30, April 6, 13, 20, 27, May 4, 11
Thursdays, 9-11 a.m.

A continuation of Spanish 7, in this interactive course we will focus on improving grammar and sentence structuring skills through the use of vocabulary themes, games and group discussions. Homework is encouraged. The ability to speak some Spanish is recommended for this course. **Recommended text:** ¡Buen viaje! Glencoe Spanish 2 by Protase E. Woodford and Conrad J. Schmitt. ISBN-13: 978-0078619700.

**Bill Tucker** (w_tucker@msn.com) has a Master of Business Administration from George Washington University where he studied international business with a minor in developmental economics following two years in the Peace Corps. He then worked in the field of microfinance for 37 years (1977-2014) while living in Colombia, Peru, Bolivia, Egypt and El Salvador before retiring to Asheville in 2014. Bill has worked or taught in 60 countries.

Creative Cross Stitch
Visual Arts
6 weeks: March 23, 30, April 6, 13, 20, 27
Thursdays, 9-11 a.m.

In this creative, fun class for folks interested in trying needlework, we will complete a minimum of six small, inexpensive projects while learning types of materials, layout, design and finishing. Students choose their patterns for projects from multitudes available. Some of the projects will be small things like bookmarks, greeting cards, ornaments, etc. using plastic, fabric, paper and floss. No previous experience is necessary. **Materials fee:** $10 for supplies which consist of fabrics, plastic, needles, floss, cardstock and gadgets to make projects easier.

**Jill Breaux** (chimovr@gmail.com) studied art, design and feng shui in the United States and Canada. She lives in-balance and harmony with nature’s seasons. Jill is an Embroiderers’ Guild of America (EGA) member and has enjoyed needlework for more than 40 years.

Fascism, Nazism and Authoritarianism Between the World Wars
History
Social Sciences
8 weeks: March 23, 30, April 6, 13, 20, 27, May 4, 11
Thursdays, 9-11 a.m.

Most Americans are familiar with democracy and communism as political systems but are usually confused about other kinds of non-democratic ones. After World War I, Fascist, Nazi and diverse authoritarian regimes overwhelmed weakened democracies and semi-democracies throughout Europe and Latin America, culminating in World War II and making the 20th century the most destructive in human history. To understand this tragic period in our near past, we will explore many examples including Italy, Germany, Spain, Portugal, Hungary, Poland, Yugoslavia, Brazil and Argentina.

**Tom Sanders** (tsanders.avl@gmail.com) holds a Bachelor of Arts from Duke University and a doctorate from Columbia University. During a career as a Latin American specialist and professor of political science, Tom has lived under, focused on and written numerous articles analyzing non-democratic regimes.

Poetry at the Edge
Language, Literature and Writing
8 weeks: March 23, 30, April 6, 13, 20, 27, May 4, 11
Thursdays, 9-11 a.m.

All poetry can change readers and the poet. Some skills become especially important when the poet sets out to evoke change in ideas, awareness, justice or moral judgment. We will examine poems of witness, protest, transformation and advocacy by a wide range of poets. Class members will be invited to create poems exploring their commitment to change, and we will consider these in a supportive environment. All experience levels are welcome.

**Bill Petz** (mtnmystic@zoho.com) had careers in ministry, higher education, public health and criminal justice. He began writing poetry seriously after his retirement. Bill has studied poetry at OLLI and The Great Smokies Writing Program and published poetry and essays.
**Intermediate Hiking in Western North Carolina (Section 2)**  
Health and Fitness  
First 4 weeks: March 23, 30, April 6, 13  
Thursdays, 9 a.m.-3 p.m.  
See p. 49 for program description and bios of hiking leaders.  
Hikes will vary by distance and elevation gain, but most will have a payoff such as a waterfall or view. Meeting place will vary depending on the direction of the hike.  
**Hiking leaders:** Randy Fluharty (rfluharty54@gmail.com) and Nancy Gordon (nordicnancy@gmail.com).

**All About the Android OS**  
Math, Science and Technology  
First 4 weeks: March 23, 30, April 6, 13  
Thursdays, 11:30 a.m.-1:30 p.m.  
The Android Operating System (OS) is the most popular in the world—more popular than Apple’s OS which is seen on iPhones and iPads! If you don’t have an iPhone or iPad, your smart phone and/or tablet is probably using Android, and this class is for you. In this four-week course, we will learn what Android is, how to work with its interface, how to install and work with popular applications (apps) and use its many built-in features. The class combines lecture and hands-on demonstrations, so bring your phone or tablet and get ready to learn and have fun.

**Julia Loughran** (jloughranva@gmail.com) has taught computer classes to seniors at the Jewish Council for the Aging’s SeniorTech in Northern Virginia since 1997. She is the former owner of ThoughtLink, Inc., a coaching/consulting company. Julia holds a Master of Science in artificial intelligence from George Washington University.

**The Criminal Justice Revolution That Wasn’t: The Warren Court**  
Business, Law and Finance  
8 weeks: March 23, 30, April 6, 13, 20, 27, May 4, 11  
Thursdays, 11:30 a.m.-1:30 p.m.  
Was the Supreme Court’s attempt to revolutionize the American criminal justice system in the 1960s really a legal revolution that wasn’t? We will analyze and critique policy choices implicit in these efforts along with the various ways they failed over time. The cases we will consider will be drawn from the Court’s fourth, fifth, sixth and eighth amendment jurisprudence. Our main purpose, however, will be to develop analytic skills while having fun participating in class discussion. See the course web page on the OLLI website for specific topics that will be addressed. No prior legal background is needed.

**Stan Ingber** (singber@earthlink.net) is a retired law professor who has taught and written in the fields of constitutional law, criminal law and legal philosophy for more than 43 years at 10 schools in the United States, Canada and Europe. Stan has also served on numerous America Bar Association and government commissions dealing with criminal justice and anti-discrimination.

**Drawing Wildlife**  
Visual Arts  
8 weeks: March 28, 30, April 6, 13, 20, 27, May 4, 11, 18  
Thursdays, 11:30 a.m.-1:30 p.m.  
*Drawing Wildlife with Ink, Color Pencils and Watercolors* is an art class for any level student who loves animals. Regardless of skill level, we will start by drawing an animal from a photo using the grid system, then use ink pens to add values using cross hatching techniques. Optionally, color can be added with water colors or color pencils.

**Charles Speer** (speer.charlie1@gmail.com) taught art and science in middle school and high school for 35 years in Dublin, Ohio. He also worked part time at the Columbus Zoo for 15 years which inspired works of art that depicted the beauty of nature.
In Intermediate French 2D, we will continue to develop the four language skills of listening, speaking, reading and writing, picking up where we left off in French 2C. Any students who have already studied basic French grammar elsewhere are also welcome to take this course. The instructor will loan the textbook to students for the spring session, if desired, and the activity book should be purchased by new students. **Required text:** Discovering French Blanc by Jean-Paul Valette and Rebecca M. Valette, ISBN 13: 978-0669239362. Discovering French Blanc Activity Book, by Jean-Paul Valette and Rebecca M. Valette, ISBN 13: 978-0669239393. **Prerequisite:** Participants should have taken a beginning French course, either at College for Seniors or elsewhere.

*Sue Larmon* (susanlarmon@yahoo.com) has taught French for 19 years, most recently at Western Carolina University. She holds Master of Arts degrees in both French and German, and worked as a French and German linguist for the National Security Agency in Maryland for 20 years.

We will explore many of the groundbreaking discoveries in the science of the aging brain, beginning with the description of Alzheimer’s symptoms by Dr. Alois Alzheimer in 1906. We will pay special attention to those discoveries in physics, chemistry and biology that today are guiding the development of new and more effective drugs for treatment of age-related neurological disorders. Some familiarity with basic biology and chemistry by attendees is desirable.

*Martin Beckerman* (martin.beckerman@gmail.com) has a doctorate in physics and 40 years of industry, university and national laboratory experience in nuclear and biological physics and complex systems science. He is the author of a textbook on the subject of this course.

Are you thinking of planning your next great adventure? Are you tired of hunting for lost emails and scraps of paper with details for your next trip? Luckily, there is a plethora of online websites and applications (apps) that can help you plan your next trip. In this combination lecture and hands-on class, we will be discussing how you can leverage technologies to select your travel destination, shop for competitive airfare, read reviews, find lodging and even send postcards with your own digital photos. We will also discuss and practice using tools to keep all your travel plans at your fingertips and stay in contact with friends and family for free. So, bring your smart phone or tablet (either Apple OS or Android OS), and we’ll start planning your next trip—whether it be real or just something you’ve always imagined.

*Julia Loughran* (jloughran2@gmail.com) has taught computer classes to seniors since 1997 at SeniorTech in Northern Virginia. She is the former owner of ThoughtLink, Inc., a coaching/consulting company. Julia holds a Master of Arts in artificial intelligence from George Washington University.
Spring Wildflower Hikes in the Blue Ridge Mountains
Math, Science and Technology
Four weeks: April 13, 20, 27, May 4
Thursdays, 1:30-5:30 p.m.
Note late start date

We will focus on identifying and learning about the many spring wildflowers that bloom in our area. We will visit areas that are known for a diversity of wildflowers and are considered the best places to see the most flowers in bloom. The first class will meet at or near the Reuter Center and include a trip to the Botanical Gardens. Subsequent hikes will end in the field as far as one hour’s distance from the Reuter Center. Prerequisite: Participants need to wear hiking boots, use a hiking stick and be able to walk at least three miles. Recommended text: *Wildflowers of Tennessee, the Ohio Valley and the Southern Appalachians* by Dennis Horn and Tavia Cathcart. ISBN-13 978-1551054285. Required fee: $5 entrance fee to Pearson’s Falls botanical area.

Marilyn Kolton (ldwmkd@aol.com) and Louis Dwarshuis are certified Blue Ridge Naturalists with a special interest in wildflowers, birds and hiking.

Advanced French Grammar and Conversation 2B
Languages, Literature, Writing
8 weeks: March 23, 30, April 6, 13, 20, 27, May 4, 11
Thursdays, 2-4 p.m.

In this advanced French course, taught entirely in French for those who have a solid background in French (minimum French 2 course at College for Seniors), grammar will be taught as a review, including some finer points of the language. We will use internet resources to provide listening comprehension practice, vocabulary expansion and as a basis for discussion. Prerequisite: Contact the instructor to determine French proficiency, for further information and instructions for ordering the text. Required text: *Une Fois pour Toutes* by Hale Sturges II, Linda Cregg Nielsen and Henry L. Herbst, ISBN-13: 978-0801308253 (2nd edition) or 978-0133611205 (3rd edition).

Betty Carver (bcarver1@charter.net) taught French at Spartanburg High School for 30 years and has traveled and lived in France. She holds a Bachelor of Arts in French from Winthrop University and a Master of Arts in French from Middlebury College in Vermont.

A Docent’s Journey of Western Civilization of Art
Visual Arts
8 weeks: March 23, 30, April 6, 13, 20, 27, May 4, 11
Thursdays, 2-4 p.m.

Art is more than paintings on canvas, architectural structures or figures chipped from stone. Western art mirrors its cultural forces, historical events and the social changes that define each period. We will study different periods of Western art with a virtual stroll through world famous museums and locations using lectures, slides and DVDs. Recommended resources: See the instructor’s course web page for a summary of the focus of each week’s class and a list of specific art history books used by the presenter. Scholarly works and materials on each period are abundant and available on the internet for free.

Ari Landau (arilandau629@hotmail.com) received his Bachelor of Science in history/education, his Master of Arts in history, and his Juris Doctorate cum laude in law. He has completed formal instruction as a docent and received his certifications as a docent from the Dallas Museum of Art and the Dallas Holocaust Museum. Ari has given hundreds of museum guided tours in European and American museums.

The Feldenkrais Method: Awareness Through Movement
Health and Fitness
8 weeks: March 23, 30, April 6, 13, 20, 27, May 4, 11
Thursdays, 2-3:30 p.m.
Location: Sherrill Center 468

We will experience a series of movement lessons in the realm of somatic education. Students will be in a personal greenhouse of discovery while they learn to calmly and slowly move from familiar patterns of movement to those less familiar. The result is effortless release of holding patterns, more comfort with increased range of motion and improved posture and balance. We will work on floor mats for the greatest outcome.

Jacquie Wollins (jwollinsS@gmail.com) earned her certification from The Feldenkrais Guild in 1991, layering upon her career as a physical therapist and later added craniosacral therapy. She has been teaching self-help classes at College for Seniors for the last four years and enjoys the whole gestalt of it.
Finding the Voice Inside You
Language, Literature and Writing
8 weeks: March 23, 30, April 6, 13, 20, 27, May 4, 11
Thursdays, 2-4 p.m.

For many people, poetry is something that they love and admire but not something they ever imagine writing. The notion that only specially gifted writers are blessed with the skills to write poetry, however, is a myth. Anyone can write good poetry; people need to know how to use the tools of a poet. We will read poems from different contemporary writers and learn how the writers craft their poems. We will practice ways to use figurative language and add brush strokes to the language to color it and then to condense the language so the poem shimmers like a diamond. We will write poetry in a workshop format, using feedback from the instructor as well as other participants.

Bruce Spang (bspang4@gmail.com) is a former poet laureate of Portland, Maine, and an English teacher who recently published a novel The Deception of the Thrush. He has taught literature, speech and creative writing and wrote a libretto, Charlie! Bruce is the author of seven books of poems, and a list of his publications is accessible on the course web page.

The Folk Music Revival in America
Performing Arts
8 weeks: March 23, 30, April 6, 13, 20, 27, May 4, 11
Thursdays, 2-4 p.m.

Did you hang out in Greenwich Village in the early Sixties? Have you ever been to a hootenanny? Did you sing along with Blowing in the Wind and If I Had a Hammer? This course will examine the folk music revival: the historical roots, the causes, the songs, the performers and the lasting effects.

Lewis Wills (lewiswills2011@gmail.com) has a doctorate in education from Georgia State University and a Master of Arts in folklore and mythology from UCLA. Lewis plays old-time and Irish music and played in a number of folk groups during the 1960s.

The Political Will to Seek Solutions: A Seminar
History
Current Events and Regional Cultures
8 weeks: March 23, 30, April 6, 13, 20, 27, May 4, 11
Thursdays, 2-4 p.m.

Our country today is at a critical crossroads, and Americans have divergent concerns for our nation and divergent expectations for solutions to problems in American life. If you relish getting caught up in vibrant discussions of our current problems, this seminar is for you. Enrollees admitted to the seminar will select any one of myriad problems that plague American society today and research workable solutions. We will present and defend written papers in a peer review. See the course details on the OLLI website.

Prerequisite: This is a seminar style course that requires homework, active participation and submission of a paper one week before the first session.

Mary Lasher (mlelasher.avl@gmail.com) has taught history at universities and, after retiring in Asheville, more than 30 courses at College for Seniors, most of which were histories of 20th century United States, modern Europe, the Middle East and Central Asia. Mary has a Master of Arts in history from Duke University.

Dancing Path to Freedom: 5Rhythms Movement
Meditation
Health and Fitness
8 weeks: March 23, 30, April 6, 13, 20, May 4, 11, 18
Thursdays, 5-7 p.m.

Whitesides Hall, Room 103
No class will be held on April 27; Make-up session on May 18.

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

Course fee: $30 Health and Fitness fee payable to OLLI.

Karen Chapman (karenchapman237@yahoo.com) has a master’s degree in expressive arts therapy from Lesley University in Cambridge, Massachusetts. Karen discovered The Ecstatic Dance Group in Asheville, which is inspired by the 5Rhythms Movement Meditation, and fell in love with the process of teaching and leading workshops. She is a certified 5Rhythms teacher.
### Fridays 9-11 a.m.

#### Cryptic Crosswords
Personal Development  
8 weeks: March 24, 31,  
April 7, 14, 28, May 5, 12, 19  
Fridays, 9-11 a.m.  
No class April 21

Do you enjoy wordplay? Like challenging crosswords? Think creatively? Then cryptics are for you! These puzzles are popular in England and growing in popularity in the United States. Clues are clever anagrams, charades, homophones and other ways to disguise an answer. Surprisingly, there’s also a straightforward definition just like regular crosswords! You’ll learn all the tricks to solve cryptics and be amazed by our playful English language and the word wizards who create these puzzles!

Cryptics have fascinated **Jacob Cohen** (jacobwoodworker@gmail.com) all his life, although he was intimidated by their strange clues for nearly 40 years! When he turned 50, Jacob decided to figure them out. He loves teaching other word-lovers about this entertaining and challenging diversion.

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#### Basic Drawing: Still Life to Portrait
Visual Arts  
6 weeks: March 24, 31, April 7, 14, 28,  
May 5  
Fridays, 9-11 a.m.  
No class April 21

We will invest 24 hours—12 hours over six class sessions plus 12 hours practice time. During that time we will learn to draw. Really! Participants will produce pictures from life and understand the principles and practice of drawing. They will continue to improve those skills with constructive criticism and practice. We will use simple tools: pencil or pens and a paper sketchbook. Erasers are optional.

**Bill LaRocque** (boomrbill@gmail.com) is a lifelong cartoonist, caricaturist and illustrator. His work has appeared in *The Washington Post, Asheville Citizen-Times* and *Mountain Xpress*. He illustrated a best-selling children’s book, *Where Do Missing Things Go*. Bill has taught art courses for 16 years.

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#### Gardening for the Joy of It!
Personal Development  
8 weeks: March 24, 31,  
April 7, 14, 28, May 5, 12, 19  
Fridays, 9-11 a.m.  
No class April 21

We will learn the basics of practical, joyful gardening in North Carolina. The following subjects will be covered: landscape design, vegetable and fruit gardening, container gardening, annuals and perennials, mulch and compost, tree care and hardscape.

**Patricia Grace** (pegrace@vt.edu) taught all aspects of horticulture for the University of Florida for 17 years. She holds a Bachelor of Science in landscape design, a Master of Agricultural Education and Communications, and a doctorate in agricultural education. Patricia has trained hundreds of Master Gardeners over the years and enjoys sharing her love of gardening with others.

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#### Great Art Collections of the Southeast
Visual Arts  
First 4 weeks: March 24, 31, April 7, 14  
Fridays, 9-11 a.m.

Forget long, expensive trips to New York or Europe—you don’t need to travel more than a half-day’s drive from Asheville to see great art at great museums! We will preview some of the best museums in the Southeast, all boasting hidden art gems, the world’s best artists and surprising collections. Prepare to make the most of your weekend road-trips with an artful feast for the eyes and soul!

**Kristi McMillan** (kmcmillan@ashevilleart.org) is the adult programs manager at the Asheville Art Museum. She coordinates talks, films, classes, trips and more for college students through senior adults. Kristi also directs the museum’s internship program and trains volunteer gallery teachers.
Fridays 9-11 a.m.  
Tap Dancing for Fun  
8 weeks: March 24, 31, April 7, 14, 28, May 5, 12, 19  
Fridays, 9-11 a.m.  
No class April 21  
In this course for people who have always wanted to tap, we will go over steps and learn a routine. The main goal of the class is to have fun and get some exercise. Both beginners and those with some knowledge of tap are welcome.  
Mary Walker (20mlwalker14@gmail.com) is a graduate of Ohio University, with 30 years of experience as a teacher/librarian. For six years she taught English in Japan, China and Slovakia. Mary has had extensive experience as a tap dancing teacher and has performed with two groups.

Therapeutic Yoga  
Health and Fitness  
$30  
8 weeks: March 24, 31, April 7, 14, 28, May 5, 12, 19  
Fridays, 9-11 a.m.  
No class April 21  
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. 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. 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. Course fee: $30 Health and Fitness fee payable to OLLI.

Ellen Morrissey (LNMyogatherapy@gmail.com) is a certified yoga teacher who specializes in gentle and therapeutic yoga. She has been practicing yoga since 2000. You can learn more about her and about therapeutic yoga at www.LNMyoga.com.

Fridays 11:30 a.m.-1 p.m.

GROOVEing and Moving  
Healthy and Fitness  
$30  
8 weeks: March 24, 31, April 7, 21, 28, May 5, 12, 19  
Fridays, 11:30 a.m.-1:00 p.m.  
Location: Sherrill Center 306A  
Note: Class will not meet April 14; make-up date on May 19  
GROOVE is simple, easy and fun! We take simple movements, set them to different styles and genres of music both old and new, fun and funky. Through a common movement we unify as a group and then explore our own creative, authentic way to express this movement. We remember the wonder and joy of being fully alive and establish vibrant holistic health for the mind, body, heart and soul. It’s great exercise while having delicious fun! Course fee: $30 Health and Fitness fee payable to OLLI.

JoAnna Fireman (jfirewoman@gmail.com) is a certified GROOVE facilitator. She has a master’s degree in education and as a counselor she has more than 20 years of experience conducting workshops in the art of living. At the core of JoAnna’s passionate, fun-loving approach is integrating mind, body, heart and soul.

Fridays 11:30 a.m.-1:30 p.m.

High Beginner Line Dance  
Healthy and Fitness  
$30  
8 weeks: March 24, 31, April 7, 14, 21, 28, May 5, 12  
Fridays, 11:30 a.m.-1:30 p.m.  
Location: Sherrill Center 306B  
This class is to help the beginner dancer develop new skills. If you know the fundamental steps and want to learn slightly more complex dances, this class is for you. Course fee: $30 Health and Fitness fee payable to OLLI.

Denna Yockey (denna.yockey@gmail.com) has taught line dancing for 20 years and owned her own club for eight years. She currently teaches for several retirement centers, Asheville recreation centers and at AB Tech.
Seven Hiking Courses in Spring 2017

During Spring 2017, College for Seniors offers five sections of *Go Take A Hike—For Beginners* and two sections of *Intermediate Hiking in Western North Carolina*. All seven courses will be four weeks, and participants will meet together for an introductory orientation on Saturday, March 11, 9-11 a.m. at the Reuter Center.

Led by different group leaders, each section will be slightly different. During initial registration, you may request more than one hiking course, but initially you will be enrolled in no more than one. If openings in other sections remain during Add-Drop, you may add another at that time.

**Go Take A Hike—For Beginners** (Sections 1-5)

These five hiking courses for beginners will start out at three miles and gradually increase in length and elevation over the four weeks. Hikes will commence within a 30- or 40-minute drive from the Reuter Center, and we will carpool from an off-campus location. **Prerequisite:** You must be able to walk three miles on uneven terrain before courses begin.

### Section 1
First 4 weeks: March 20, 27, April 3, 10
Mondays, 2-5:30 p.m.
See page 28.

### Section 2
Second 4 weeks: April 17, 24, May 1, 8
Mondays, 2-5:30 p.m.
See page 28.

**Lori Postal** (loripostal@gmail.com) has worked in healthcare administration for the past 30 years and took up hiking when she moved to Asheville in 2013. Lori is a member of the Carolina Mountain Club and various other hiking groups. **Lee Orowitz** (leeorowitz@gmail.com) is a retired podiatrist who fell in love with the mountains when relocating to Asheville more than five years ago. Lee leads two hiking groups, is a member of the Carolina Mountain Club and strives to hike two to three times a week.

### Section 3
Second 4 weeks: April 18, 25, May 2, 9
Tuesdays, 2-5:30 p.m.
See page 34.

**Rebecca Banner** (beccabanner@gmail.com) worked in education for 27 years prior to retiring in 2007. Rebecca is a member of the Carolina Mountain Club and several other hiking groups. **Meridith Miller** (mlmiller1020@gmail.com) retired to Asheville in 2012. She is a member of the Carolina Mountain Club and volunteers with other educational, environmental and land conservancy advocacy organizations and OLLI programs. Enjoyment of nature and commitment to sustainable lifestyle are inseparable values that motivate Meridith to share the pleasure of hiking with others.

### Section 4
First 4 weeks: March 22, 29, April 5, 12
Wednesdays, 2-5:30 p.m.
See page 40.

**Bobbi Powers** (bobbipowers23@gmail.com) is a retired high school English teacher who did her first hike after moving to Asheville 11 years ago and now regularly leads hikes for Carolina Mountain Club. **Susan Canale** (susan3742@yahoo.com) retired from a regional park district in the San Francisco Bay Area, so she was no stranger to hiking when she moved to Asheville four years ago. Joining Carolina Mountain Club gave her the opportunity to get into the beautiful Blue Ridge Mountains at least once a week.

### Section 5
Second 4 weeks: April 19, 26, May 3, 10
Wednesdays, 2-5:30 p.m.
See page 40.

**Bobbie Rockwell** (bobbiemayrockwell@gmail.com) is a past member of the Board of Directors of the Smoky Mountain Hiking Club in Tennessee. She has extensive experience leading hikes. **Terry Peters** (terryptrs@yahoo.com) worked in education for 30 years, is a past member of the Appalachian Mountain Club where she volunteered doing trail maintenance in the White Mountains, a current member of the Carolina Mountain Club and a MELT instructor at College for Seniors.
Intermediate Hiking in WNC (Sections 1-2)
See pages 32 and 42 for hiking leaders and details.

In these two intermediate hiking courses, hikers with experience will hike on uneven footpaths with varying levels of elevation gain. Location and difficulty will vary each week, but all hikes should be within 30-45 minutes of Asheville and enjoyable. Participants do not have to be regular hikers but should have hiking experience. **Prerequisite:** You must be able to hike at least four miles with an elevation gain of up to 1,000 feet before courses begin.

**Section 1**
First 4 weeks: March 21, 28, April 4, 11
Tuesdays, 1-5:30 p.m.
See page 32.

**Haley Smith** (haley@appalachian.org) is an Asheville native currently serving as an AmeriCorps member with the Southern Appalachian Highlands Conservancy where she focuses on outreach through leading educational hikes, volunteer workdays and assisting with special events. Haley is an avid hiker, traveler and lifelong nature lover. **Keith Viglietta** (keithviglietta@gmail.com) is a retired psychiatric recreation therapist who moved from Chicago to Western North Carolina in 2009. Keith is an avid local hiker, wildflower enthusiast and volunteer at several environmental non-profits. Two of Keith’s favorite places to hike are Rocky Mountain National Park and Red Rock Country in the Southwest USA.

**Section 2**
First 4 weeks: March 23, 30, April 6, 13
Thursdays, 9 a.m.-3 p.m.
See page 42.

**Randy Fluharty** (rfluharty54@gmail.com), a retired marketing and business executive, is a native of Asheville and grew up hiking in the local mountains. He is currently a hike leader for and vice president of the Carolina Mountain Club. **Nancy Gordon** (nordicnancy@gmail.com) is a retired high school teacher and Nordic ski instructor and coach. She has hiked extensively in the Sierra Nevada mountains, climbed more than 250 named peaks and also summited Denali. Nancy loves introducing others to the joys of hiking.

Two Wildflower Courses in Spring 2017, too

College for Seniors offers two courses on wildflowers of the Blue Ridge Mountains during Spring 2017. Both begin in mid-April, the ideal time for an amazing display that includes trilliums, orchids, lady slippers, the elusive jack-in-the-pulpit and many other spring ephemerals. One course will hold four classroom sessions on Wednesdays combined with four plant walks on Saturday mornings. The second choice on Thursday afternoons offers hikes into areas that are known for a diversity of wildflowers. Participants should be comfortable walking uphill on rocky surfaces for up to three miles.

*Spring Wildflowers of the Southern Blue Ridge* (see page 39) will be led by **Bernard Arghiere** (arghiere@gmail.com) and **Marianne Mooney** (mooney.marianne@gmail.com). *Spring Wildflower Hikes in the Blue Ridge Mountains* (see page 44) will be led by **Marilyn Kolton** (ldwmkd@aol.com) and **Louis Dwarshuis**.
College for Seniors and the YMCA of Western North Carolina are teaming up once again for the CFS Spring 2017 term. The program consists of two great fitness classes at the Woodfin YMCA offered exclusively for OLLI members. These two fitness courses are part of the regular Spring CFS curriculum and can be part of your first three choices.

**College for Seniors health and wellness classes at the Woodfin YMCA**

- **Strength Training for Healthy Aging** – This course will help participants find ease in the activities of daily living, improve range of motion and increase confidence and self-efficacy in movement. We will learn 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. 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-toe shoes. For more information see page 38.

- **Walk and Tone** – This course is for those who would like to build a fitness program around walking. Whether you are new to exercise or would like to make your walking program more effective, this class will focus on improving your pace to increase heart rate and cardiovascular efficiency. By adding weight training at intervals, we will build functional strength and rev our metabolisms for more energy and effectiveness. Weather permitting, we will be taking this class outside. Please wear closed-toe shoes and comfortable clothing, and bring water. For more information see page 40.

**Required fees:** $30 fee to be paid to the YMCA on the first day of classes ($20 for YMCA members).

**ACBL SANCTIONED DUPLICATE BRIDGE GAMES**

**WOODFIN YMCA**

Join us each Friday from 12:30 to 4:30 p.m.
All levels are welcome and snacks will be provided
An RSVP helps us plan ahead, so please do so.
Member pricing is $3 with RSVP and $4 without RSVP

For more information contact Ashley Merrill, amerrill@ymcawnc.org or 828 575 2926