

North Carolina Center for Creative Retirement

We are pleased to announce that the NC Center for Creative Retirement has been awarded a \$100,000 grant. We anticipate being awarded \$2 million in endowments from the Osher Foundation of San Francisco, that, over time, should generate additional income of \$80,000-\$100,000 per year to allow us to continue to offer high quality programs at a relatively low cost to our members. The new source of funding will sustain the work of the Center but will also allow us to take some risks on new programming directions.

Bernard Osher, the founder and treasurer of the Osher Foundation, grew up in southern Maine, where his family operated a hardware store and a summer amusement park. He attended Bowdoin College and began his career in New York as a financial analyst. In 1963 he purchased the two-branch savings and loan association which ultimately became one of the largest savings institutions in the US. In 1970, Mr. Osher purchased the fine art auction house Butterfield and Butterfield, and, under his leadership, it became the fourth largest auction house in the world. He sold Butterfield and Butterfield to eBay in 1999. In 2006, Mr. Osher was listed as the 746th richest man in the world and the 11th most generous philanthropist. The Osher Foundation focuses on improving the quality of life for residents of California, Maine and elsewhere through student scholarships (specifically a national program to target the needs of people between the ages of 25 and 50 who wish to return to college to finish a degree) and arts, cultural, and educational grants and support of programs in integrative medicine and lifelong learning.

Mr. Osher came to his interest in lifelong learning as the result of personal experience. Sometime around the year 2000, when he was in his late 70s, he visited Maine and found that many of the people he had grown up with were active and engaged, while others were feeling isolated and without direction or purpose in their "golden years." It turns out that those who were thriving were part of the University of Southern Maine's Senior College, a program for lifelong learning very much like NCCCR's College for Seniors. Mr. Osher turned his philanthropy to funding institutes for learning in retirement, initially setting out to sponsor two in every state. At this time, there are 121 Osher Lifelong Learning Institutes (OLLIs) across the country; in North Carolina, Duke and UNC Wilmington have OLLI-sponsored programs. Each program is very different, but all have the mission to help participants thrive in life's second half.

Within the next couple of years, the Center for Creative Retirement will be re-named the Osher Lifelong Learning Institute at UNC Asheville. The Reuter Center will still be the name of the building where we are housed, and all of our programs will be free to retain or re-think their names. The Osher Foundation allows the staff and members of each individual program to design their program offerings to meet their unique needs and enhance their unique strengths. We will be free to register students as we wish and to govern the organization as we see fit. In other words, the Foundation gives complete autonomy to programs, so long as they focus their efforts on providing programming to people who are 50 or older. But the Foundation and the Osher Lifelong Learning Institutes National Resource Center also offer significant support to members of the "network." NCCCR gains not just income by joining the network; we become part of a national dialogue with colleagues and peers who provide programming to adults in life's second half. Many organizations will be anxious to learn best practices from us, but we will also be able to raise questions and engage in debate in new ways as we seek to meet the needs of Baby Boomers as they approach this stage of life. The financial support for the Center and the support provided by the Foundation and the National Resource Center mean that we will be able to sustain the ground-breaking work and forward-thinking vision of our first 25 years and to continue to dream big and act boldly.

Fall 2011



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Mission

Creating opportunities for people to thrive in life's second half through learning, leadership, service and research, the North Carolina Center for Creative Retirement was established in 1988 as an integral part of UNC Asheville.

Center participants help develop and implement programs and policies through the Center Steering Council in collaboration with NCCCR's professional staff. NCCCR is supported by a combination of participant fees, public funding, consulting services, gifts and foundation grants.

Center Steering Council 2011 – 2012

Chair	Dick Murray
Chair-elect	Cindy Berryman-Fink
Secretary	Darlene Colmar
Ex officio	Mike Sena
NCCCR director	Catherine Frank
CFS director	Susan Poole
Campus rep	William Spellman

Committee Chairs

Civic Engagement.....	Open
College for Seniors Sandra Brown, Charlotte Moore
Facilities.....	Nelson Sobel
Finance.....	Larry Haas
Health & Wellness.....	Sally Mundt
Life Transitions	Lynn Brailsford
Marketing	Carol Gillen
Membership Babs Guardenier, Kathy Rouse
Nominating	Cindy Berryman-Fink
Planning.....	Barry Mundt
Research.....	Steve Schleifer

www.ncccr.com

EVENTS CALENDAR

August

- 18 Fall Registration, 8 am
- 21 Autumn Players Readers Theatre, 3 pm

September

- 1 Astronomy Club of Asheville, 7 pm
- 2-4 Paths to Creative Retirement Workshop Weekend —
All other NCCCR events cancelled
- 5 Center closed for Labor Day
- 6 World Affairs Council, 7 pm
- 8 Faculty Luncheon, 11 am (Invitation only)
- 9 Classical Guitar concert, 7 pm
- 13 Faculty Development Workshops (Registration required)
- 14 Blue Ridge Orchestra Open Rehearsal, 6:30 pm
- 16 New Member Welcome, 10 am
- 16 New to Medicare Info Session, 2 pm (Registration required)
- 16 Symphony Talk with Daniel Meyer, 3 pm
- 18 Autumn Players Readers Theatre, 2 pm
- 19 College for Seniors Fall 2011 classes begin
- 22 Celebrating Life in the Mountains, 7 pm
- 23 New to Medicare Lecture, 2 pm (Registration required)

October

- 1 Healthy Living Day Health Fair, beginning at 9 am
- 4 World Affairs Council, 7 pm
- 6 Astronomy Club of Asheville, 7 pm
- 11 Advanced Care Planning Workshop, 7 pm
- 14 Symphony Talk with Daniel Meyer, 3 pm
- 20 Asheville Chamber Music Pre-Concert Lecture, 4 pm

November

- 1 World Affairs Council, 7 pm
- 3 Astronomy Club of Asheville, 7 pm
- 11 College for Seniors Fall 2011 classes end
- 11 Veteran's Day Observance, 3:30 pm
- 13 Autumn Players Readers Theatre, 2 pm
- 14 *Y'all Come*: Course and Teaching Idea Exchange, 4:30 pm
- 16 Blue Ridge Orchestra Open Rehearsal, 6:30 pm
- 17 Asheville Chamber Music Series Pre-Concert Lecture, 4 pm
- 18 Symphony Talk with Daniel Meyer, 3 pm
- 21 Winter catalog mails

Adverse Weather Policy

NCCCR classes, events and activities will be cancelled or delayed when UNC Asheville classes are cancelled or delayed for adverse weather. NCCCR members may access the UNC Asheville website at www.unca.edu to receive the latest information regarding the University Adverse Weather and Emergency Bulletins. You may also call the university's Snow Line at **828-259-3050** or follow local media like WLOS-TV13 for reports of closings and delays. By 7 am on bad weather days the staff of NCCCR will post information specific to the Center on our outgoing messages at **828-251-6140** or **828-251-6188**. We will also, if at all possible, send an email to active members of the Center by 7 am regarding specific NCCCR cancellations, closings and delays.

Center Membership

Your gateway to **North Carolina Center for Creative Retirement** programs and events is annual membership. A fee of \$60 covers the period of August 1 to July 31. Member benefits include:

- ★ **UNC Asheville Parking Pass**
- ★ **UNC Asheville Photo ID (OneCard)**
- ★ **UNC Asheville Library borrowing privileges**
- ★ **Quarterly course catalogs**
- ★ **NCCCR electronic newsletter—eNautilus**
- ★ **Rental use of Reuter Center for personal events after you have been a member for one year**
- ★ **Use of Reuter Center computer lab**
- ★ **Use of UNC Asheville wireless internet connection**
- ★ **Access to:**
 - Special Interest Groups (SIGs, p. 5)**
 - Activities, Programs and Special Events (p. 5-9)**
 - College for Seniors (p. 12-37)**
 - Leadership Asheville Seniors (p. 9)**
 - UNC Asheville Health & Fitness Center (p. 5)**

PARKING: NCCCR members may park in any white-lined space on campus, provided they display a parking sticker on their rear window. Complete a parking form in the Reuter Center office to obtain your permit.

SHUTTLE: A free UNC Asheville shuttle provides transportation around campus from 7:30 am to 5:30 pm, Monday through Friday, except for holidays and UNC Asheville breaks. It picks up and drops off at most parking lots, buildings, and places of interest on campus. There is a shuttle stop outside the Reuter Center upper level entrance; the shuttle typically arrives every 20 minutes.

NAMETAGS: Leave 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 Center events and classes helps people get to know who you are.

ONECARDS: NCCCR members may obtain a OneCard, the official UNC Asheville photo ID card, in Highsmith Union, room 120 (ground floor). With a OneCard you may receive UNC Asheville discounts at local businesses and at UNC Asheville special events. You may also deposit funds on the OneCard either in the OneCard office or in Automatic Deposit Machines in Highsmith Union or Ramsey Library to be used in any of the campus dining services, including the Reuter Café. Finally, if you obtain an annual sticker through Campus Police, you may ride Asheville Transit at no cost.

RAMSEY LIBRARY: NCCCR members may receive borrowing privileges at UNC Asheville's Ramsey Library. The OneCard is also your library card.

WIRELESS INTERNET ACCESS: If your laptop or PDA is set up for WiFi, you may register to use the campus wireless network by stopping by the Reuter Center front desk and asking for instructions and a password. You will have to do this procedure each term, as the passwords will change.

EATING ON CAMPUS: The Reuter Café on the Center's lower level is open during College for Seniors Fall, Winter, and Spring terms, from mid-morning to mid-afternoon. You are welcome to use the UNC Asheville dining hall, the Highsmith Food Court and Ramsey Café in the Library.

NEED MORE INFORMATION? Check out these resources:

- Center Website: www.ncccr.com
- Membership Handbook: Click on "Membership"
- Campus Map: www.unca.edu/campusmap
- UNC Asheville Events: www.unca.edu/calendar

Reuter Center Office—Open Weekdays, 8 am to 5 pm
828-251-6140



Registration for Fall Term

- 1 INITIATE or RENEW** your Center membership (proceed to Step 2 if you're already a 2011-12 member)
 - Complete membership form, p. 19 or 21
 - Pay \$60 membership fee and receive membership through July 31, 2012
 - Mail in or drop off at Reuter Center office **anytime** (check payable to NCCCR or cash—**we do not accept debit or credit cards**)
- 2 REGISTER** for classes **starting Thursday, August 18 at 8 am** for best availability.
Note: Registration forms will be processed in order of date received at Reuter Center on or after August 18. Members who drop off registrations on August 18 will be processed before mail received prior to August 18.
 - View catalog (hard copy or online at www.ncccr.com)
 - Complete registration form, p. 19 or 21
 - Mail in or drop off at Reuter Center office with payment (check payable to NCCCR or cash—**we do not accept debit or credit cards**)
 - To apply for a scholarship for Center program fees, submit scholarship application with your registration form. See p. 12 for details.
- 3 RECEIVE** registration confirmation around September 2
 - Registration and drop/add continues through first week of classes

Appalachian Studies



Through the college for Seniors, the Appalachian Studies program offers courses and events during the year that will broaden our knowledge of this wonderful region. To find these courses, look for the tree logo next to listings. Appalachian Studies courses offered in Fall 2011 are: **An Appalachian Sampler II** (p. 24), **Cataloochee, Echoes, and Elk** (p. 24), **Appreciating Asheville's Acoustic Music** (p. 28), and **Gardening in the Mountains** (p. 31).



Small Group Learning Circles



Learning Circles are courses designed to encourage participants to share their life experiences in a facilitated conversation group. Each member of a Learning Circle is both a learner and a teacher; the emphasis is on the individual's experience as it relates to the topic. Learning Circles encourage exploration of different points of view and use dialogue in a format distinct from discussion and debate. To find courses that are Learning Circles (as opposed to those that are lecture and discussion courses), look for the circle logo next to each course. Learning Circles offered in Fall 2011 are: **Understanding Modern China and Our Own Assumptions** (p. 23), **Art of Facilitating** (p. 30), **Growing Old Gratefully** (p.31), and **Women in Transition** (p. 32).



Parking Crunch!

Allow extra time to find parking when coming to campus, or better yet, car pool, take the bus, walk or ride a bike. You may also park in gravel lot A (near the Campus Drive entrance off Broadway) and take the CAMPUS SHUTTLE to Reuter Center. The shuttle picks up passengers at lot A every 20 minutes.



UNC Asheville faculty and students and their cars return to campus in mid-August. UNC Asheville faculty, staff and students may park in the Reuter Center lots, meaning NCCCR members may need to look for more distant spaces or take a shuttle from a remote lot at "peak times" (mid-morning to mid-afternoon).

Activities & Programs

Involving yourself with the Reuter Center community of learners is stimulating, challenging and fun. Some enjoy volunteering to make the programs and activities happen. Others enjoy participating in a variety of programs and a chance to meet new friends.

Seniors' Health Insurance Information Program

Senior citizens 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 needs you. Contact NCCCR member Kenn Haring at kennharing@charter.net for more information; this project is part of NCCCR's Civic Engagement Committee.

Health and Fitness Center Membership

Fee: \$350

NCCCR members are invited to join the UNC Asheville Health and Fitness Center. Use the registration form on page 20 or 21 to join. You will also be asked to fill out an additional form outlining the terms of the membership. Membership is valid for one year from date of enrollment. For more information, call Ann Cadle at 828-251-6384.

Artists & Writers Quarterly

NCCCR members are invited to submit writings and art work in the areas of poetry, fiction/nonfiction, art and photography. The winning entries are published on the Center's website each quarter. Visit www.ncccr.com and click on *Artists & Writers Quarterly* under "Membership" for more information.

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 pm and perform regularly. Register by calling 828-251-6140 (\$40 fee for music, \$30 for those registered for CFS course during fall 2011 payable to the RC Singers treasurer. See p. 30 for more details).

Special Interest Groups—SIGs

Once you're an NCCCR member, you can 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 membership committee and are member-organized. If you want to initiate a SIG or need additional information on SIGs, call 828-251-6140 or visit the website at www.unca.edu/ncccr/membership/sig.html.

Backgammon

Tuesdays, 1:00 pm

Information: Bruce Jones,
338-0265, bruce_e_jones@yahoo.com

Bridge Buddies

Wednesdays, 2:15-5 pm

Information: Debra Benjamin,
650-0311, debrabenjamin100@gmail.com

Bridge Grads

Thursdays, 2-5 pm

Information: Nina Hansen,
299-7711, hansenn@bellsouth.net

Creative Singles: Potluck, Movies, Restaurants and More!

1st Wednesdays, 5:30 pm at the Reuter Center, 3rd Wednesdays, 5:30 pm at a restaurant. Information: Linda Lewandowski, 665-1787, themerrywanderer@yahoo.com

The Forum: Dialogue to Challenge our Thinking

Fridays, 1 pm

Information: Louis Millin,
298-3863, lmillin@bellsouth.net

Intermediate Bridge

Fridays, 1:00-3:30 pm

Information: Jacque Morgan,
658-9738, myoldmthome@gmail.com

MAC Users

2nd Fridays, 1:30-3:30 pm

Information: Paula Withrow, 350-8406,
pvwithrow@aol.com or Bob Mellor,
253-5031, bm.ncccr@charter.net

Men's Wisdom Works

Call or email for meeting times

Information: Chuck Fink, 713-2112,
chuck@ascentleadership.com

Poetry Lovers

2nd Tuesdays, 2-4 pm

Information: Peter Olevnik,
281-0774, olevnik@att.net

Reuter Center Rollers (Lane Bowling)

Mondays, at AMF Bowling Center, 491 Kenilworth Road, Asheville

Information: Jan Guichard, 253-8776,
lifebegins70001@yahoo.com

Skeptical Inquirers

2nd Fridays, 1:30-3 pm

Information: Carl Ricciardelli,
242-3071, cfr666@bellsouth.net

Stock Market Investment Study Group

3rd Mondays, 3:30 pm

Information: Malcolm Douglas,
684-6326, madmal@charter.net

Tile Clickers (Mah Jongg)

Wednesdays, 2-5 pm

Information: Rosemary Walton,
667-8979, rh680@bellsouth.net

The Wild Bunch

Meeting times to be announced

Information: Mary Scott, mac8@psu.edu

Wine Tasting

2nd Sundays, 7 pm, members' homes

Information: Ulana Mellor, 253-5031,
Ulana.Mellor@charter.net

Activities & Programs *continued*

Special Events—Fall 2011 These events are open to the public, most are free and take place at the Reuter Center unless otherwise indicated. • Call 828-251-6140 for additional details

Advanced Planning Workshop

This workshop will feature a panel whose members are experienced in addressing end-of-life issues. Discussion will include communicating your treatment wishes to loved ones and to medical personnel, ethical and legal issues, and the uses of advance directives. Ample time will be reserved for questions. Assistance will be provided for anyone wishing to complete a legally valid advance directive, including the notarization required in North Carolina, using the Five Wishes format. This workshop is a project of NCCCR's Health & Wellness Committee and is free and open to NCCCR members, UNC Asheville staff, and the public. **Tuesday, October 11, 7-9 pm.**

Asheville Chamber Music Series Lecture

Come to the Reuter Center for these fascinating pre-concert lectures on **Thursdays at 4:15 pm October 20 and November 17.**

Asheville Community Theatre's Readers Theater

The Autumn Players is a troupe of seasoned actors dedicated to taking the theatre experience into the community. Readings of great literature by experienced performers can spark deep understanding and kindle lasting interest. As words jump from the page with conviction and emotion, stories come to life. Performances begin at **2:30 pm**, and tickets are available at the door for \$5.

Sunday, August 21 *Beau Jest*, a warm-hearted comedy by Chicago-based playwright and teacher James Sherman, is under the direction of NCCCR member Roselynn Katz.

Sunday, September 18 British dramatist Patrick Hamilton's *Angel Street* (the basis for the film *Gaslight*) tells the story of a husband who tries to convince his wife that she going mad in order to cover up his own crimes.

Sunday, November 13 Edward Albee's Pulitzer Prize-winning *A Delicate Balance* explores what happens to an upper middle class couple when their life is disrupted by old friends and a daughter fleeing personal demons.

Astronomy Club of Asheville

The Astronomy Club of Asheville meets the 1st Thursday of each month, **August 4, September 1, October 6, and November 3, 7-9 pm**, and welcomes Reuter Center members into the club to advise and assist them in the basics of astronomy and techniques of observing celestial phenomena. Participation in all of the club's events and activities is free to NCCCR members.



Blue Ridge Orchestra

Led by music director Milton Crotts, the Blue Ridge Orchestra is a local, volunteer ensemble of over 50 accomplished community musicians who have a passion for the performance of quality symphonic repertoire. The group is committed to presenting a series of quality concerts throughout the year to the public and to school children throughout the Asheville area. Join this talented group of musicians for an inside peek at the creative process at open rehearsals in the Manheimer Room on **Wednesdays, September 14 and November 16, at 7 pm.** For more information, visit their website at www.blueridgeorchestra.org.



Celebrating Life in the Mountains

This fascinating series continues on **Thursday, September 22 at 7 pm**, with a focus on "Points West." The opportunities in the areas surrounding Asheville abound! Don't miss this exciting program which will introduce some of the points of interest in the areas west of Asheville. Lynn Collins, Executive Director of the Haywood County Tourism Development

Authority, will outline the many attractions in nearby Haywood County from Cold Mountain to Cataloochee. Emily Darling, PhD, will highlight some of the many new and diverse programs available in the Great Smoky Mountains National Park which covers 800 square miles and is the most visited national park in the country. Enjoy an informative evening with the experts; a Q&A session will follow.

Classical Guitar Concert

The Asheville Classical Guitar Society presents Paul Bowman in concert on **Friday, September 9 at 7 pm**, with a program of transcribed pieces by Brahms, Hadyn, Bach, and Janacek. Dr. Bowman studied at the Manhattan School of Music (BM and MM) and at UC San Diego (DMA) and has given master classes, concerts, and workshops encouraging the writing of new music for guitar. The Asheville Classical Guitar Society is an organization dedicated to promoting the art of the classical guitar. Concert admission is free and open to the public.

Elisha Mitchell Audubon Society

The mission of the Elisha Mitchell Audubon Society (EMAS) is to promote an awareness and appreciation of nature, to preserve and protect wildlife and natural ecosystems, and to encourage responsible environmental stewardship. EMAS next general meeting at the Reuter Center is **Tuesday, September 20 at 7 pm.** For more information, visit their website: www.emasnc.org

Activities & Programs *continued*

Special Events—Fall 2011 *continued*

f/32 Photography

f/32 is a diverse group that shares an appreciation and love of photography. Members range from the amateur to the advanced, from those who like to just take pictures to professional photographers. At monthly meetings, they share their work, learn new methods, and keep abreast of the latest industry news and equipment. NCCCR members are offered free membership in f/32. Attend on **Wednesdays, August 10, September 14, October 12, November 9, December 14**; all meetings begin at 7 pm. For more information visit the group's website: www.f32nc.com



Healthy Living Day

Take part in a community-wide celebration of Active Aging Week during a "Healthy Living Day" at the Reuter Center on **Saturday, October 1 from 8:30 am to 2 pm**. The event includes a full schedule of health-related presentations, demonstrations, and classes. Keynote speaker Dr. Carl Eisdorfer, a co-founder of The Alzheimer's Association and current Director of the Center on Aging at the Miller School of Medicine at the University of Miami, will speak on "Predictors of Successful Aging." Healthy "Grab & Go" food will be available for purchase for lunch or snack. The Park Ridge Wellness on Wheels (WOW) Van will offer diabetes screening, blood pressure and BMI testing. The program is free and open to the public.

New Member Welcome

Are you new to NCCCR? Returning after being gone awhile? Come to the New Member Welcome event on **Friday, September 16 at 10 am** to learn about all the Center has to offer and ways to get involved. Meet other members and get answers to your questions before the Fall Term begins.

New to Medicare?

Are you new to Medicare? Are you confused by the many choices? Unbiased and accurate information is available from trained volunteers from the North Carolina Seniors' Health Insurance Information Program, in partnership with NCCCR's Civic Engagement Committee. Free classes will be held on successive **Fridays, September 16 & 23 from 2-4 pm** in the Reuter Center. The first session will be an overview (plans, parts and policies) of Medicare. The second session will be in the computer lab learning how to use the resources on the Internet to compare benefits, answer questions and enroll when you are ready. Spaces are limited, so reserve your place by calling Sybil French at the Council on Aging, 277-8288.

Retired & Senior Volunteer Program (RSVP)

Retired & Senior Volunteer Program (RSVP) is a national program of the Corporation of National and Community Service and assists our membership in finding volunteer opportunities in the greater community. Locally sponsored by the Land-of-Sky Regional Council, RSVP assists our 55+ population with finding meaningful and rewarding volunteer opportunities in Buncombe, Madison, Henderson and Transylvania Counties. Come join us **Friday, August 4th, from 9:30-11am** in Room 205 as RSVP holds monthly Information Sessions. Each session will include a short orientation to RSVP and assistance with volunteer placement. Attendees are encouraged to contact Vicki Jennings at 251-6622 or vicki@landofsky.org to reserve a spot. For those not able to attend, a personal orientation can be arranged.



Symphony Talk 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 lead sessions on:

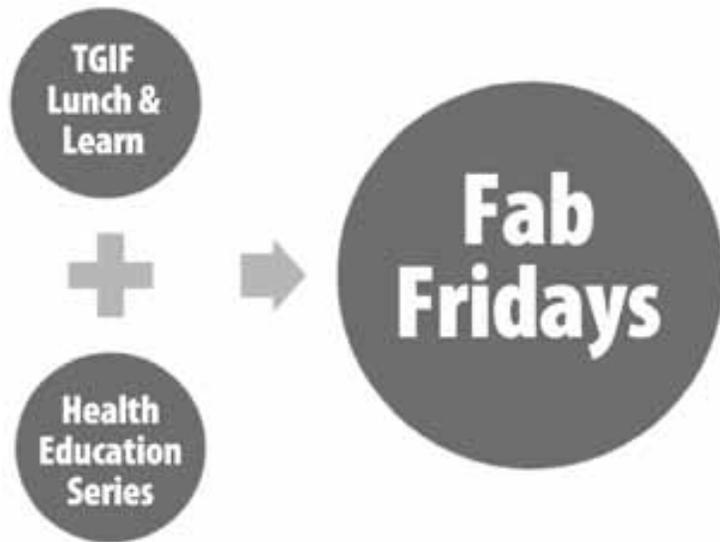
- **Friday, September 16, 3 pm** Tchaikovsky's *Symphony No. 5*, American minimalist composer John Adams' *Lollapalooza* and Ravel's *Piano Concerto in G* with Simone Dinnerstein on piano
- **Friday, October 14, 3 pm** Paul Dukas' *Sorcerer's Apprentice*, Prokofiev's *Violin Concerto No. 2* with Jason Posnock on violin, Debussy's *Prélude à "L'après-midi d'un faune"*, and Benjamin Britten's *Variations and Fugue on a Theme of Purcell*
- **Friday, November 18, 3pm** Gustav Mahler's *Resurrection Symphony (No. 2)* featuring Kendall Gladen, mezzo-soprano, and Shannon Kessler Dooley, soprano, with the Asheville Symphony Chorus

World Affairs Council

Come to the Reuter Center for these fascinating lectures and panel discussions that aim to advance international awareness and foster Western North Carolina's global ties. NCCCR members receive a discount on WAC annual membership fee. All non-WAC members pay \$8 per lecture at the door. Meetings are scheduled for **Tuesdays, September 6, October 4, November 1, and December 6; doors open at 7 pm and lectures begin at 7:30 pm**.

Activities & Programs *continued*

Fabulous Fridays Members and guests are invited to enjoy stimulating presentations and dynamic question-and-answer sessions from local experts, about everything from music to travel and medications to wellness. Purchase lunch in the Reuter Café or bring your own brown bag. End your week and start your weekend with Fab Fridays! **Fridays, 11:45 am-1:15 pm • Reuter Center Manheimer Room (102A) • Free**



September 23

A Balanced Approach to Fitness

Ellen Garrison, MEd in kinesiology, will discuss the thoracic and lower back and outline steps you can take to strengthen your lower extremities thereby helping to develop balance, avoid falls, ease lower back discomfort and/or pain, and become more flexible...all within your home...and will also address the benefits of massage therapy.

September 30

What Makes Images Powerful

Dr. Alan Hantz, UNC Asheville professor of mass communications, presents advances in photographic technology and education that have resulted in a flood of images of all sorts. Print and Internet publications are increasingly visual, and consumer sites overwhelm us with new images daily. Flickr, the online photo venue, houses millions of images submitted from all parts of the globe. Yet we remember only a few of these. This talk will examine why, among this deluge of images, some photos become memorable, even iconic, in our culture.

October 7

Dermatologic Issues in Seniors

Dr. David Cogburn, MD an Asheville dermatologist, will discuss ways to maintain a healthy looking appearance in connection with living a healthy lifestyle. In his presentation he will review changes in appearance as we age and will emphasize how to maximize one's appearance at this stage of life through diet, exercise and over-the-counter medications. He will also focus on advancement and progress in dealing with skin cancer and melanomas.

October 14

Environmental Sustainability

Dr. Lenny Bernstein and members of the Blue Ridge Sustainability Institute will present information on how individuals and the WNC community as a whole can lessen their environmental impact and improve sustainability. Bernstein earned a PhD in chemical engineering at Purdue University in 1969 and then spent 31 years working on environmental issues for the petroleum industry.

October 21

Common GI Problems of Seniors

Dr. David Mouw, MD, PhD, will speak to things we all find ourselves talking about as we age: acid indigestion, constipation, diverticulitis, GI bleeding, colon cancer...a stomach churning litany we'd all like to avoid. What can we do to prevent them? It turns out, quite a bit. Come hear what you can do, and why it often works. This presentation will also include a brief discussion on the shingles vaccine, something we should all consider.

October 28

Recital on Classical, Jazz, and Popular Piano Music

Dr. Michael Ruiz, a UNC Asheville professor of physics, former department chair, and popular CFS instructor, analyzes and performs a sampling of music from the classical, jazz, and popular traditions. Experience the rich variety of musical forms with live piano performances. Dr. Ruiz is a pianist and composer and has had three piano concertos performed by the Winston-Salem Symphony.

November 4

Eye Illnesses of Seniors

Dr. Brian Smith, MD, an ophthalmologist with Asheville Eye Associates, will discuss eye disorders such as cataracts, macular degeneration and glaucoma. He will share information about the latest treatment for these conditions and suggestions for ways to maintain healthy eyes as we age.

November 11

The Coming Battle

Dr. Bill Sabo of UNC Asheville's Political Science Department joins us once again to shed some light on the political landscape. With the economy still in the doldrums, Republicans have a golden opportunity to build on the momentum they generated in the 2010 election. Success will depend on their ability to overcome internal divisions and generate a ticket capable of broadening the party's appeal. This talk will examine the challenges the party faces and the potential for winning in 2012 and establishing an enduring governing coalition.

Leadership Asheville Seniors

Leadership Asheville Seniors

9 weeks

Wednesdays, September 14-November 9

8:30 am-3:30 pm

Fee: \$400

Fee covers all materials and lunches during the nine program days.



Understand and appreciate the complexity and inner workings of Asheville and Buncombe County. Discuss issues with civic leaders, researchers, visionaries and others dedicated to making our region an excellent place to live. Gain insight into the people, neighborhoods, history, traditions, and spirit of the community. Figure out what special contributions you can make while forging friendships with 35 fellow class participants.

Leadership Asheville Seniors ("LAS"), in its 25th year, will meet on Wednesdays for nine weeks this fall. Each session will take place

in a different location around the county and provide an in-depth exploration of a topic vital to the future of our community within general themes such as government, environment, arts, health and education. Over 700 LAS graduates have used their experiences and connections gained in the program to make a meaningful impact on their community. Each year a committee of LAS graduates and community leaders plans the program for the newest class.

For more information, contact Michelle Rogers at mrogers@unca.edu or 250-3871.

Life Transition Programs

Design a Creative and Fulfilling Life in Retirement



Creative Relocation Exploration Weekend Memorial Day Weekend May 25-27, 2012

Interested in relocating in retirement? www.AshevilleCREW.com

Paths to Creative Retirement September 2-4, 2011 • April 13-15, 2012 • August 31-September 2, 2012

Design your next life stage: www.PathstoCreativeRetirement.com

Creative Relocation Exploration Weekend

Memorial Day Weekend May 25-27, 2012

Location: Reuter Center, UNC Asheville

Considering moving in retirement? Come to the 21st annual Creative Relocation Exploration Weekend (CREW). This program offers a distinctive learning experience for those considering relocating (whether to western North Carolina or elsewhere) as their next step. Lively seminars, stimulating discussions, tours and social events combine to help you discover why you and others like you may choose to move at a time in your life when you have the freedom to make these decisions.

For more information, contact Michelle Rogers at 828-250-3871 or mrogers@unca.edu or visit www.AshevilleCREW.com

Paths to Creative Retirement

September 2-4, 2011 (waitlist only)

April 13-15, 2012 (space available)

August 31-September 2, 2012

(space available)

Location: Reuter Center, UNC Asheville

Discover in a few days what could take years! For many, the question is not whether to retire, but what to do next. What are the best choices? What are potential hurdles? Take the first steps to create a meaningful retirement that matches your values and priorities at the Paths to Creative Retirement workshop (Paths).

For more information or to register, contact Michelle Rogers at 828-250-3871 or mrogers@unca.edu or visit www.PathstoCreativeRetirement.com.



Center members: Do you have friends or family who would benefit from our Life Transition Programs? Please tell them about Paths and CREW and refer them to our websites! Want to help others design a creative and fulfilling retirement for themselves? Willing to share your own journey to retirement with others? Help plan and implement either Paths to Creative Retirement or the Creative Retirement Exploration Weekend. Call Michelle Rogers at 828-250-3871 or email mrogers@unca.edu for more information.

Workshops

Welcome fall with one day and weekend workshops that fit your interests and schedule. NCCCR membership is not required to register, and workshops are open to people of all ages. Workshops have limited space. Register using the forms on page 19 or 21. For additional information or to register by phone, call Ann Cadle at 828-251-6384. Credit cards are accepted for workshop payment. Refunds are available until 14 days before the workshop; \$10/person fee is non-refundable.

Winter Growing in Hoop Houses & Low Tunnels

CRN # 60008

Saturday, September 10

9 am – 12 pm

Fee: \$35/person



Enjoy home-grown fresh vegetables year round. Discover how many cool-weather crops can be grown in simple structures that are easy and inexpensive to build. Did you know that winter-grown vegetables are delicious and healthier than those grown during the traditional growing season? This workshop highlights crops that grow best in winter. You will also learn about types of structures suitable for winter growing, discuss soil preparation and amendments and explore techniques for starting seeds, planting, harvesting, and natural pest control.

Mike Adams (joan@winter-green.org) is an experienced farmer and site manager at Winter Green and has successfully grown a wide variety of cool season crops. For more information visit the Winter Green website: www.winter-green.org

A Primer in Appalachian Ribbed Basketry: The Potato Basket

CRN # 60002

Saturday & Sunday, September 17 & 18, 10 am - 5 pm

Fee: \$155/member

\$165/non-member

Learn the basics of ribbed basketry while you create your own traditional potato basket. This technique can be your springboard to other sizes and styles of baskets. Learn tips and tricks of weaving, basketry terms and the rich heritage of crafts in our region.

Materials Fee: \$18/person payable to instructor. Instructor will provide tools & handouts.

Carla Filippelli, (cranberryc@bellsouth.net) a studio artist for over 30 years, delights in sharing her passion for creative basketry. Her work has been exhibited at galleries and exhibitions worldwide. For more information visit her website: <http://www.southernhighlandguild.org/pages/members/member-detail.php?id=113>

Weave a Gathering Basket: Introducing Creative Basketry

CRN # 60005

Saturday, October 15, 9 am – 5 pm

Fee: \$90/person



Learn the twining method of weaving, beginning with an easy to master garlic storage basket. Explore the basic techniques and gain the skills to try more ambitious twined baskets. Within a few hours you will be immersed into the world of creative basketry. Materials Fee: \$10/person payable to instructor. Instructor will provide tools & handouts.

Carla Filippelli, (cranberryc@bellsouth.net) a studio artist for over 30 years, delights in sharing her passion for creative basketry. Her work has been exhibited at galleries and exhibitions worldwide. For more information visit her website: <http://www.southernhighlandguild.org/pages/members/member-detail.php?id=113>

Workshops *continued*

WILD WORDS! A Pain-free Writing Workshop

CRN # 60003

Saturday, September 24, 9 am – 4 pm

Fee: \$75/person



Honor your own stories, feelings, and desire to write. No matter what your writing experience, you're welcome here. Learn exercises that help you discover what you care about, why you care, and then write courageously. You'll write, share, and receive feedback in a safe, supportive space. Prepare to be surprised and enriched by a variety of voices, including your own.

Victoria Rose (torrose@gmail.com) has an MA in education and over 10 years' experience leading workshops in the Hudson River Valley and Asheville.

Introduction to Woodturning

CRN # 60004

Saturday, September 24,

8:30 am - 4:30 pm

Fee: \$105/member

\$115/non-member



Learn the basics of woodturning and safety while completing at least two projects: a ball & cup toy and a tea light holder. The workshop is taught in an encouraging atmosphere with an emphasis on fun.

Materials Fee: \$5/person payable to instructor. Each participant will work at a wood turning lathe, and use tools that are provided.

Joe Ruminski (Joe@thegiftturningstudio.com) started woodturning at the age of 13 and has refined his technique and art while studying with master craftsmen. His work has been displayed at national symposiums, and he has educated students at woodworking clubs across the country. For more information visit his website: www.thegiftturningstudio.com

Having Fun with Color in Painting Pastels

CRN # 60006

Friday, Saturday & Sunday,

November 18-20,

9 am – 4 pm each day

Fee: \$170/member

\$180/non-member

Study a unique technique of applying pastel to paper that breathes life into your paintings. After a short demonstration in the art studio, weather permitting, travel to an outdoor location where we will paint, discuss methods, and have fun. On Sunday afternoon, there will be a brief critique of the work done in the class as well as other work you may want to be reviewed.

Materials Fee: Estimate \$100 for participants to purchase recommended supplies at www.aswexpress.com. A list of supplies will be provided by the instructor. Recommended reading, Bill Creevy, *The Pastel Book*, a primer on pastel painting.

Karen Chambers (karenpaints@hotmail.com.) is an experienced teacher of art, with a goal of making the pastel medium fun. For more information visit her website: www.karenchambers.com.

Writing from the Body

CRN # 60007

Saturday, December 3,

10 am – 4 pm

Fee: \$50/person

Experience how poetry and prose can be rooted in the body and the senses as much as in the logical brain. Learn how physical activity can be an entrée to enhancing your creative writing and how the mind and body are interconnected. This is a great opportunity to explore images and ideas from a body-centered perspective. We will show you how to engage in simple yoga and other meditative movement to find space between head and hand, between the breaths, between the thoughts and heighten the senses. No yoga experience is necessary.

Materials Fee: None. Bring writing materials, yoga mat and 2 to 3 blankets or bath towels. Recommended reading, Jeff Davis: *The Journey to the Center of the Page: Yoga Philosophies and Practices as Muse for Authentic Writing*.

Fran Ross (frani@charter.net) is a published writer and poet, certified yoga instructor, and registered expressive arts therapist. She has taught a "Writing from the Body" workshop and a course by the same name.

College for Seniors

The largest program at NCCCR is College for Seniors (CFS), a lifelong learning program in its 23rd year, offering more than 280 courses to 1600 members annually, during four terms:

Fall	September 19- November 11, 2011
Winter	January 9- February 20, 2012
Spring	March 26- May 18, 2012
Summer	June 18- July 30, 2012

Fall 2011

September 19-November 11, 2011

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

Fee: \$115 for the term

This flat fee allows you to **register for up to 3 courses**, listed on pp. 19-22 during the initial phase of registration. Confirmation will be mailed on Sept. 2. After you receive your schedule, you may add additional courses without cost. Courses may be added prior to the start of the second class period in the course.

If you cannot attend a course, please notify the office staff and drop the class so someone else can enroll.

NCCCR Membership is required

Refunds: Cancellation must be received by September 16 for a full refund. This applies to ALL fees for CFS classes.

Course Information

In addition to the course descriptions in this catalog, there are details for many CFS courses on instructor web pages on the NCCCR web site. To reach the listing of instructors with web pages, go to: www.unca.edu/ncccr/about/instructors/index.html From here you can click on an instructor's name and find information such as course outlines, reading lists, materials lists and instructor's background.

Class Reps

If you are interested in helping newer members get acclimated, assisting instructors in class and insuring that classes operate smoothly, consider being a class rep. Check the spot for being a Rep in the CFS Section on the registration form. For more information contact Anita Shields at 828-253-5624 or Jacque Morgan at 828-658-9738.

Scholarships

Scholarships are available to partially cover the expense of the term; the annual NCCCR membership fee is the member's responsibility. Applications are available in Room 208 of the Reuter Center and on the Center's website. For best choice of courses, scholarship applications should be submitted along with your registration form as early as possible in the registration process. For additional information, call 828-251-6873.

Teaching in 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 have successfully facilitated learning experiences centered on their areas of passionate interest or expertise. To best orient the first time instructor and to enhance the skills of experienced teachers, a number of guides and programs are available:

Y'All Come: Course & Teaching Idea Exchange

The Faculty Development Subcommittee of CFS hosts a meeting each quarter to provide information for potential instructors and to hear their ideas for new courses. Members of the Curriculum subcommittee are on hand to discuss course topics and to advise on course proposal preparation and related matters. Upcoming meetings are scheduled:

Monday, November 14, 2011 4:30-6:30 pm
Monday, February 13, 2012 4:30-6:30 pm

Guides

An instructor guidebook and a facilitator handbook have been prepared by CFS committees. For information or a copy of the guide, contact Anne Mock at 828- 251-6198.

Course Proposal Due Dates:

October 15 for Spring 2012
January 15 for Summer 2012
April 15 for Fall 2012

Proposal forms are available on the NCCCR website at www.ncccr.com/forms

QUESTIONS ABOUT CFS? SUGGESTIONS?

Contact CFS director Susan Poole: 828-251-6873

College for Seniors

Architecture

Courses with this symbol  are part of the new Appalachian Studies program.

Architectural History of Asheville

CRN # 60009



8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25,
Nov. 1, 8
Tuesdays, 2-4 pm

Beginning with an overview of world architectural styles and progressing through American historical styles, we will examine Asheville's historical buildings and identify their architectural sources. Through slide presentations we will look closely at the Biltmore House and its architects, Richard Morris Hunt and Richard Sharp Smith, as well as the many buildings designed by Douglas Ellington.

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

Arts & Crafts

Basic Drawing

CRN # 60010

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25,
Nov. 1, 8
Tuesdays, 2-4 pm

This course is designed to give students more confidence in their ability to draw, perhaps as a foundation for painting, or just for the pleasure of drawing. We will practice line drawing, space drawing, creative volumes, using light and dark, shades and shadows in drawing, creating textures, and basic perspective.

Susan Kibler (susankibler@frontier.net) has taught watercolor courses at the College for Seniors. She teaches using the Art Student League technique, i.e., a loosely structured approach, putting the emphasis on one-on-one teaching.

Basic Jewelry Making

CRN # 60011

1 day: Sept. 24
Saturday, 9 am-4 pm

Explore your creativity through the art of jewelry making. Choose from a cornucopia of semi-precious stones, freshwater pearls, pendants, Czech glass, crystals and sterling silver. You will learn to "listen" to what design is present in the moment and let this influence your creation. You'll make two sets of necklaces and earrings or a matching set with a bracelet. No experience necessary. **Materials fee:** \$45, payable to the instructor at the first class.

Tiffany Bussard (bussardt0910@yahoo.com) has worked in all facets of the performing arts, as a costumer and designer for theatre and opera productions. She has been an opera singer, vocal instructor, and is a CPA.

Beginning Watercolor

CRN # 60012

8 weeks: Sept. 23, 30, Oct. 7, 14, 21, 28,
Nov. 4, 11
Fridays, 9 am-12 pm

This course offers a thorough presentation of essential watercolor techniques for the novice and experienced painter. Skills are taught progressively in a positive learning environment. Understanding how the medium works and "learning how to see" encourages independent proficiency. Short demonstrations are followed by ample practice time with one-on-one instruction provided.

Passionate about teaching, **Jane Snyder** (janesnyder57@charter.net) instructs beginner to advanced watercolor classes and workshops. She is represented at the Asheville Gallery of Art and Woolworth Walk Gallery in Asheville. You may see her work at her website: janesnyderart.com.

Contemporary Landscape Quilting

CRN # 60013

6 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26
Wednesdays, 2-4:30 pm

Students will choose a design for a landscape quilt and using sewing skills (hand or machine), will create, fabricate, and complete an 18"X18" contemporary landscape quilt. This is a beginner to intermediate art quilting course. Students must bring their sewing machine, manual, bobbins, thread, and fabric to class. Teaching methods include examples, discussions, lectures, demonstrations, hands-on, and critique and peer suggestions.

Julie Simpson (julesjoy@yahoo.com) has an MS in education. She has been quilting for many years and is a board member-at-large for the Asheville Quilt Guild.

MONDAYS

9:00 – 11:00 am

Beginning Bridge.....	35
Gardening in the Mountains.....	31
German Emigration to America in the 19th Century.....	25
Growing Old Gratefully.....	31
iWork '09 Overview.....	18
Take Charge of Your Health.....	37

9:00 am – 12:00 pm

Cooking With Mars and Venus.....	30
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11:30 am – 1:30 pm

Dickens Children.....	26
Early Native Americans.....	24
Geezer Psychology.....	33
George Washington & the Continental Army.....	25
Islam: Religion & Politics, Myths & Realities.....	33
Women in Transition.....	32

2:00 – 3:30 pm

Beginning Ballroom.....	35
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2:00 – 4:00 pm

Acting Out; Acting Up & Reacting.....	35
Advanced Home Computing.....	17
Asheville on the Cheap.....	30
College Planning.....	17
Forgotten Composers.....	29
Haiti & the US.....	25

4:30 – 5:30 pm

Beginning Guitar.....	29
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4:30 – 6:30 pm

How to Get the Income You Need in Retirement.....	17
Navigating Your Way to Lower Airfares.....	31
Writing to Discover Life's Meaning.....	28

6:15 – 8:15 pm

Reuter Center Singers.....	30
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TUESDAYS

9:00 – 10:30 am

T'ai Chi for Arthritis.....	37
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9:00 – 11:00 am

America in the Cold War Era.....	24
Crime Fiction: American Detectives.....	26
Dancing on the Edge of the Abyss.....	31
It Takes a Woman.....	27
Photographing Mindfully.....	32
Turning Your Life Into Literature.....	28

11:30 am – 12:30 pm

Zumba Gold.....	37
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11:30 am – 1:30 pm

Augustine and Luther.....	32
Free Alternative to Photoshop.....	18
Introduction to Computer Usage.....	18
Meditation.....	31
Stretching the Truth.....	27

2:00 – 3:00 pm

Parkinson's Disease.....	36
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2:00 – 4:00 pm

Architectural History of Asheville.....	13
Basic Drawing.....	13
Better Balance.....	35
The Complexity of Relationships.....	33
Elder Care and the Elder Team.....	17
Introduction to Computer Usage.....	18
The Magnificent Telescope.....	34

4:30 – 6:00 pm

Continuing Yoga.....	36
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4:30 – 6:30 pm

Even Deadlier: Sinful Stories.....	26
Introduction to Elementary Algebra And Geometry.....	34
Jewish Existentialists.....	34

WEDNESDAYS

9:00 – 11:00 am

Homer's Odyssey.....	26
Sailing Into Word 2007.....	23
Understanding Modern China.....	23
Use Your Stash.....	16
Yoga With Wrinkles.....	37

11:30 am – 1:00 pm

T'ai Chi for Back & Balance.....	37
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11:30 am - 1:30 pm

Appalachian Sampler II.....	24
The Art of Facilitating.....	30
Drawing-For the Fun of It.....	16
Silence is Golden.....	23

12:00 – 1:45 pm

Continuing Piano.....	29
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2:00 – 3:30 pm

Re-Creative Retirement Yoga.....	36
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2:00 – 4:00 pm

Basic Photo Editing.....	17
Cataloochee, Echoes, and Elk.....	24
Contemporary Issues: Dialogue & Debate.....	23
Turning the Mind Into an Ally.....	32

2:00 – 4:30 pm

Contemporary Landscape Quilting.....	13
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2:00 – 5:00 pm

Met at the Movies.....	30
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2:15 – 4:00 pm

Beginning Piano.....	29
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4:30 – 5:30 pm

Beginning Guitar.....	29
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4:30 – 6:30 pm

Women in Greek Tragedy.....	28
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2011 Fall Calendar

THURSDAYS

9:00 – 11:00 am

The Beauty of Chamber Music.....	29
Global Super Powers.....	25
Intermediate French D.....	26
Intermediate Piano.....	30
Macintosh for the Advanced Beginner.....	18

11:30 am – 1:30 pm

18th Dynasty Egypt.....	24
Football for the New Fan.....	36
Intermediate PowerPoint.....	18
Masque Making.....	16
The Principal Teachings of Buddhism.....	34
The Two Faces of Robert Louis Stevenson.....	28

2:00 – 4:00 pm

Advanced French.....	25
Intermediate Line Dance.....	36
Shakespeare: Three Roman Plays.....	27
Music in Poetry.....	27

2:00 – 4:30 pm

Intermediate Hammered Dulcimer.....	29
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2:00 – 5:00 pm

The Civil War.....	24
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4:30 – 6:30 pm

Creative Living & Higher Purpose.....	32
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FRIDAYS

9:00 – 11:00 am

Appreciating Asheville's Acoustic Music.....	28
Continuing Tap.....	36
Enhance Your Mojo.....	33
Political Development in the Arab World.....	23

9:00 am – 12:00 pm

Beginning Watercolor.....	13
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SATURDAYS

9:00 am – 12:00 pm

Quilted Water Bottle Bag.....	16
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9:00 am – 4:00 pm

Basic Jewelry Making.....	13
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SUNDAYS

9:00 am – 4:00 pm

Intermediate Jewelry Making.....	16
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**Don't forget to add
these programs to
your schedule...**

Fabulous Fridays

See page for details.



WORKSHOPS

Saturday, September 10

9:00 am – 12:00 pm

Winter Growing in Hoop Houses and Low Tunnels.....	10
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Saturday & Sunday September 17 & 18

10:00 am – 5:00 pm

A Primer in Appalachian Ribbed Basketry: The Potato Basket.....	10
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Saturday, September 24

8:30 am – 4:30 pm

Introduction to Woodturning.....	11
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Saturday, September 24

9:00 am – 4:00 pm

Wild Words! Pain-Free Writing Workshop.....	11
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Saturday, October 15

9:00 am – 5:00 pm

Weave a Gathering Basket: Introducing Creative Basketry.....	10
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Friday, Saturday, & Sunday November 18 – 20

9:00 am – 4:00 pm

Having Fun with Color in Painting Pastels.....	11
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Saturday, December 3

10:00 am – 4:00 pm

Writing from the Body.....	11
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SAVE THE DATE!

**New Member
Welcome & Orientation
Friday, September 16, 10 am**

**Learn about programs
& activities. Find ways
to participate in our
community of learners!**

- **Meet new friends**
- **Ask questions**
- **Get involved**



Drawing – For the Fun of It

CRN # 60014

1st 4 weeks: Sept. 21, 28, Oct. 5, 12
Wednesdays, 11:30 am-1:30 pm

This basic drawing course will teach and guide the student to create better drawings. Simple materials are used to reduce stress and concerns with technique. Emphasis is placed on seeing instead of thinking. Daily rough sketching is stressed. Feedback is positive to reduce the inner critic. Drawing should be enjoyable. Only then will the student continue to practice and improve.

Bill LaRocque (boomrbill@yahoo.com) is a lifelong cartoonist, caricaturist, and illustrator. His work has appeared in the *Washington Post*, *Asheville Citizen-Times*, and *Mountain Xpress*. He has taught art courses for twelve years.

Intermediate Jewelry Making

CRN # 60015

1 day: Sept. 25
Sunday, 9 am-4 pm

This course is designed for those students who would like to take their jewelry making skills to the next level. The course will focus primarily on wire wrapping techniques using headpins to make standard earrings, dangle clusters for necklaces and earrings, and clustered pendants. While the Basic Jewelry Making Course is not a required prerequisite, it is highly recommended that students have some previous experience with jewelry making and design. **Materials fee:** \$45, payable to the instructor at the first class.

Please contact the instructor before the first class for a list of items needed.

Tiffany Bussard (bussardt0910@yahoo.com) has worked in all facets of the performing arts, as a costumer and designer for theatre and opera productions. She has been an opera singer, vocal instructor, and is a CPA.

Masque Making

CRN # 60016

6 weeks: Sept. 22, 29,
Oct. 6, 13, 20, 27
Thursdays, 11:30 am-1:30 pm

Beginning with paper, we will make masques, followed by two of clay, a plaster gauze masque on our face, and one using all natural materials. Clay, plaster gauze, and acrylics are supplied. **Materials fee:** \$10, payable to the instructor at the first class. **Please contact the instructor before the first class for a list of items needed.**

Nels Arnold (pikwik@bellsouth.net) is a potter and clay sculptor. She was artist-in-residence at the WNC Arts Council from 1985-2000. She has taught art courses in the College for Seniors since 2008.

Quilted Water Bottle Bag

CRN # 60017

2 days: Oct. 29 & Nov. 5
Saturdays, 9 am-12 pm

This course is for the intermediate sewer and/or quilter who would like to try to make something different – a quilted water bottle bag. The bag is quilted on the outside, has a water-resistant lining and a pocket for driver's license, cell phone, and/or tissues, fits across your body so it won't slip off your shoulder, and is very light. This is all you need for shopping or a short hike in the woods. Students must bring sewing machine, rotary mat and cutter, material and thread to class. If needed, the Center's sewing machine may be borrowed by contacting Jan Guichard. **Materials fee:** \$2 payable to instructor at the first class.

Ulana Mellor (UlanaCFS@charter.net) discovered her twin passions for beading and quilting, especially contemporary quilting and wearable art, since moving to Asheville.

Jan Guichard (janelleguichard@gmail.com) has been sewing since she was twelve years old and teaches a sewing alterations CFS course. She had a sewing practice which included alterations and new outfits, including bridesmaid dresses.

Use Your Stash

CRN # 60018

8 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26,
Nov. 2, 9
Wednesdays, 9-11 am

Use your stash of fabrics to make great gifts and learn sewing techniques to make sewing easier. We will make pillows, quilted table runners, placemats, Christmas tree napkins, pot holders, casserole carriers, pouches and more. Participants must have previous sewing experience. Bring your own sewing machine and supplies. **Please contact the instructor before the first class for a list of items needed.**

Sheila Murphy (murphy.sheila.a@gmail.com) earned a BS in home economics from California Polytechnic Institute. She taught high school and university extension and worked at the Singer Sewing Machine Company and Stretch and Sew. **Ulana Mellor** (UlanaCFS@charter.net) discovered her passion for beading and quilting, especially contemporary quilting and wearable art, after moving to Asheville.

Business, Law and Finance

College Planning: Bridging the Generation Gap

CRN # 60070

8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7
Mondays, 2-4 pm

Education is a critical component for success in life. Rising costs make *planning* for one's education essential. Grandparents can play an integral role in this process, once they know how. This course examines a variety of issues associated with college planning, from family issues to financials. This broad scope offers multiple tools with which to strengthen family ties and support success.

Two women with two generations between them, **Sheila Jamison** (sjamison@skyrunner.net) and **Amy Saunders** (asaunders@investorscapital.com), provide an inside look into the "generation gap."

Elder Law & the Elder Team

CRN # 60069

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8
Tuesdays, 2-4 pm

This course will address the complex issues facing elders and caregivers. Specifically, it will cover the documents necessary to protect the elders' interests, living arrangements and how to pay for them, scams and other ways elders are exploited, care giving, and legislative issues involving elders.

Attorney **Cathie St. John-Ritzen** (cathie@asheville-elderlaw.com), whose primary area is elder law, was a registered nurse and family caregiver. She is an active member in local elder care organizations, including being on the CarePartners Ethics Committee.

How To Get the Income You Need in Retirement

CRN # 60071

6 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24
Mondays, 4:30-6:30 pm

For many retirees, the over-riding and crucial investment objective is getting the income they need in retirement—without risking they will outlive their assets. This course will provide a framework participants can use for making critical investment decisions. We will develop a superior "distribution strategy": a practical and realistic solution to the problem of how to get sustainable income from your investment portfolio.

Jonathan Sackson (jonathan.sackson@gmail.com) is currently senior vice president/financial advisor at Morgan Stanley Smith Barney, and has worked in the investment business since 1992. Jonathan has his MBA in finance from Wharton Business School.

Computing

Please note that following the description of each course, there are **Minimum Requirements** listed. You must meet those requirements in order to participate in the course. If you enroll in the course and do not meet those requirements, the instructor has the prerogative to ask you to drop the course so that a qualified person can attend. If you have any questions about your skill level, please contact the instructor before registration.

Advanced Home Computing

CRN # 60031

6 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24
Mondays, 2-4 pm

Through lecture, discussion, and real-time examples, we will gain a more in-depth understanding of using a Windows-based personal computer at home. The focus will be a working understanding of the PC, use of the Internet and email, information security, connections, and networking. Bring your favorite or current question to class to discuss and troubleshoot. **Minimum Requirements: Not** intended for inexperienced users. Basic Internet access and email or equivalent experience. **Not** hands-on.

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

Basic Photo Editing and Enhancement

CRN # 60032

8 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26, Nov. 2, 9
Wednesdays, 2-4 pm

In this hands-on course for beginners and intermediate users, taught on the CS Photoshop software but applicable to Elements users as well, we will learn strategies to edit and enhance our photographic images. While doing so, we will explore the capabilities of the Photoshop software and its tools. Basic portrait retouching will be covered as well as special effects such as collage, brush frames, and use of clipping masks. **Minimum Requirements:** Familiarity with computer, access to photo editing software outside of class. Please bring a flash drive with photo files to class.

A Photoshop student herself for over fifteen years, **Judy Piotrowski** (piotrowski@mac.com) has taught courses on photo restoration and Photoshop basics at NCCCR.

Free Alternative to Photoshop

CRN # 60033

6 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25
Tuesdays, 11:30 am-1:30 pm

GIMP (GNU Image Manipulation Program) is a free, open source application that has the same advanced functionality as Photoshop and is available for Windows, Mac OS, and Linux. This course will provide an overview of GIMP, its features and functions, and examples of using it instead of Photoshop. It will be a lecture-discussion with examples to be worked at home after each class. **Not** hands-on. **Minimum Requirements:** Familiarity with using a computer to view and/or edit photos.

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

Introduction to Computer Usage

CRN # 60035

Sept. 20, 27, Oct. 4, 11

1st 4 weeks: Tuesdays,
11:30 am-1:30 pm

CRN # 60036

Sept. 20, 27, Oct. 4, 11

1st 4 weeks: Tuesdays, 2-4 pm

This course will be a *hands-on* introduction to the hardware and software of personal computers as well as the Windows operating system. Also discussed will be the creation and manipulation of files/forms, Microsoft Office, the Internet and emailing. Several popular web sites will be explored. Usage and misuse will be stressed as well as computer security. **Note: You may sign up for either session, but not for both.** **Minimum Requirements:** Little or no experience with computers is necessary. Access to an email account and a flash drive for data exchange will be required. Class size will be limited to six.

Jim Lester (antares598-mathtutor@yahoo.com) is a retired software engineer with over thirty-seven years experience in the development, installation, and maintenance of computer systems for military, medical/hospital, and industrial applications. He teaches basic computer usage locally.

iWork '09 Overview

CRN # 60037

6 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24
Mondays, 9-11 am

Extend your creativity to use Mac's answer to Office for the Mac. Learning the basics of Pages, Numbers, and Keynote software will enable you to quickly create and edit documents and flyers, develop spreadsheets, and create dynamic presentations. This is a demonstration/lecture course, not hands-on. **Minimum Requirements:** Basic computer skills and familiarity with Mac OS and mouse or trackpad are required.

Recommended text: *iWork '09, The Missing Manual*, Josh Clark, ISBN: 978-0-596-15758-6. Cost: \$27.00 (new), from \$20.00 (used).

Art Keller (arthurkeller@charter.net) has a strong interest in how people learn and in teaching. He has taught courses for both Mac and PC users.

Macintosh for the Advanced Beginner

CRN # 60038

6 weeks: Sept. 29, Oct. 6, 13, 20, 27,
Nov. 3

(Note late start date)

Thursdays, 9-11 am

Harness the power of your Mac computer using the Snow Leopard operating system. Explore how to "play nice" and share with other Mac computers including the Cloud and portable devices like iPhones and iPads, how to use and share advanced digital media, understand backup strategies, as well as how to select and update software with recommendations. An overview of OS 10.7 Lion will be included. **Minimum Requirements:** Must be fluent with basic Mac operating system functions and **regularly** use core applications (e.g., mail, browser, and at least one other application). This class is a lecture/demonstration class – **not** hands on.

Joe Baum (baumjoe@me.com) has used Macs for over twenty years and has assisted in Mac classes and SIG demonstrations. A Macster since 1987, **Larry Fincher** (larryfincher@mac.com) has taught many Macintosh computer courses at CFS.

Power Up Your PowerPoint: Intermediate PowerPoint

CRN # 60034

8 weeks: Sept. 22, Oct. 6, 13, 20, 27,
Nov. 3, 10, 17

(No class Sept. 29)

Thursdays, 11:30 am – 1:30 pm

Improve your PowerPoint presentation in order to hold your audience's interest so they can better understand the information you want to convey. If you have a few PowerPoint slides or a Word outline, you will be able to animate bullets and texts, use design templates, create links, make transitions between slides, bring in graphics and animate them, bring in sound, and sharpen your delivery. **Minimum Requirements:** The ability to make text slides in PowerPoint, or an outline for a presentation. Participants must bring a flash drive.

As a computer applications teacher at the high school level, **Gail Sobel** (gnsobes@charter.net) worked with PowerPoint for over seven years. Over the last five years she has instructed and assisted individuals in developing and enhancing their PowerPoint presentations in Microsoft Office 2003 and 2007.

NCCCR Fall 2011 Registration

OFFICE USE ONLY

Banner ID: _____ Enrolled by: _____ Verified by: _____ Amt: \$ _____ Ca/Ck #: _____

Check here if your postal or email address has changed

Name _____
Last First MI Name for nametag, if different

Address _____
Street/PO Box City State ZIP

Phone ____/____/____ Birth Date ____/____/____/____ E-mail address _____

Emergency Contact _____
Name Relationship Daytime phone

College for Seniors (CFS): NCCCR Membership is required to register for CFS classes. You may initially register for up to **3 CFS courses**. Submit your registration starting August 18 for best availability. Your schedule will be mailed to you on September 2. After you receive your schedule, you may drop or add courses without cost. Complete a Drop/Add Form available in Reuter Center office.

I volunteer to be a CLASS REP in one of my CFS courses

Priority	Course Name	5-Digit CRN #	PRINT CLEARLY!
1.	<i>Example course name</i>	<u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u>	DOUBLE CHECK CRN #!

Priority	College for Seniors Course Name	5-Digit CRN#	Staff use only
1.	_____	___ _ _ _ _	1. E N
2.	_____	___ _ _ _ _	2. E N
3.	_____	___ _ _ _ _	3. E N

If any of the above courses are not available, try these alternates:

4.	_____	___ _ _ _ _	4. E N
5.	_____	___ _ _ _ _	5. E N
6.	_____	___ _ _ _ _	6. E N

I am listing several options above and want to take this final number of courses:



Your registration will not be processed without your final number of courses written in box above.

Add \$20 to your \$115 CFS fee for each CFS Wellness & Recreation course marked with a \$20

Fall College For Seniors Fee – \$115.
 (Carry forward your CFS SUBTOTAL to the next page)

CFS SUBTOTAL \$ _____

Fall College For Seniors Fee – \$115.
(From previous page)

CFS SUBTOTAL \$ _____

Workshops, NCCCR Membership NOT REQUIRED (see p. 7-8)

- 60008 _____ Winter Growing in Hoop Houses & Low Tunnels (\$35/person)
- 60002 _____ A Primer in Appalachian Ribbed Basketry: The Potato Basket (\$155/members, \$165/non-members)
- 60005 _____ Weave a Gathering Basket: Introducing Creative Basketry (\$90/person)
- 60003 _____ WILD WORDS! A Pain-Free Writing Workshop (\$75/ person)
- 60004 _____ Introduction to Woodturning (\$105 /members, \$115/non-members)
- 60006 _____ Having Fun with Color in Painting Pastels (\$170 /members, \$180/non-members)
- 60007 _____ Writing from the Body (\$50/person)

Workshop SUBTOTAL \$ _____

Become a 2011-12 NCCCR Member for \$60

Membership SUBTOTAL \$ _____

Membership year is August 1-July 31.

New members enroll now and receive membership good through July 31, 2012

Health and Fitness Center Membership - (\$350)

HFC SUBTOTAL \$ _____

NCCCR Membership REQUIRED

Add SUBTOTALS and enter TOTAL PAYMENT

- Bring or mail this form with your payment
- Attach your Scholarship application (if applicable)

TOTAL PAYMENT ENCLOSED \$ _____

Bring or Mail to:
NCCCR, Reuter Center
UNCA, CPO# 5000
One University Heights
Asheville, NC 28804-8516

Cash or checks only
Make checks payable NCCCR

Check box at left to go paperless and no longer receive a printed catalog in the mail.
We'll email you when the catalog is available on the NCCCR website-www.unca.edu/ncccr



Get Involved! BECOME A CENTER VOLUNTEER

One of the most unique strengths of NCCCR is the involvement of its members in every aspect of programming and operations. We need you – your time, talent and enthusiasm.

- I currently volunteer at NCCCR Yes, I would like to volunteer at NCCCR (complete below)

My interests include:

(subject: _____)

Other interests or expertise:

- Committee/group work
- Short term/events (<month)
- Ongoing (3-12 months)
- Marketing
- Strategic planning
- Membership
- Teaching

- Office work
- Finance
- Planning programs
- Civic Engagement
- Planning events
- Health & Wellness
- Reuter Center facility

NCCCR Fall 2011 Registration

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Check here if your postal or email address has changed

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Last First MI Name for nametag, if different

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Priority	College for Seniors Course Name	5-Digit CRN#	Staff use only
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TOTAL PAYMENT ENCLOSED \$ _____

Bring or Mail to:
NCCCR, Reuter Center
UNCA, CPO# 5000
One University Heights
Asheville, NC 28804-8516

Cash or checks only
Make checks payable NCCCR

Check box at left to go paperless and no longer receive a printed catalog in the mail.
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- Marketing
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- Membership
- Teaching

- Office work
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- Civic Engagement
- Planning events
- Health & Wellness
- Reuter Center facility

Computing *continued*

Sailing Into Word 2007 (Beginner)

CRN # 60039

6 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26
Wednesdays, 9-11 am

This is an introductory course on Word '07, exploring some of the most useful parts of the program. Join us and we'll sail through Word without any major shipwrecks! Familiarity with the computer and word processing software is a necessity. Please bring a flash drive to class to save documents that you will be creating. **Minimum Requirements:** Familiarity with the keyboard and mouse are essential. **Recommended text:** *Microsoft Office Word 2007: Teach Yourself Visually*, Marmel, ISBN: 978-0-470-04593-0. Cost: \$16.32 (new), from \$8.83 (used).

Marilyn Evans (Mickeybob2@aol.com) taught for thirty years as an assistant professor in the Information Technologies Department at Cuyahoga Community College in Cleveland, Ohio, before moving to Weaverville.

Contemporary Issues

Contemporary Issues: Dialogue and Debate

CRN # 60042

2nd 4 weeks: Oct. 19, 26, Nov. 2, 9
(Note late start date)
Wednesdays, 2-4 pm

We will discuss six contemporary issues in US society: media credibility, US policy in the Middle East, public education reform, sustainable energy, alternative/traditional medicine, and federal government reform. Suggested short readings will guide discussion. The last class session will be devoted to formal debates on contemporary issues by course members who volunteer to debate.

Both **Cindy Berryman-Fink** (berrymanfink@gmail.com) and **Chuck Fink** (Charlesfink1@gmail.com) are trained facilitators who have led discussion groups in higher education, corporate, and nonprofit organizations.

Political Development in the Arab World

CRN # 60044

8 weeks: Sept. 23, Oct. 7, 14, 21, 28,
Nov. 4, 11, 18
(No class Sept. 30)
Fridays, 9-11 am

We shall consider twentieth-century forces like colonialism, socialism, and pan-Arabism which shaped the diverse political systems in Arab countries of North Africa and the Middle East. We will analyze democratic potential in modernizing monarchies like Morocco and Saudi Arabia, bureaucratic authoritarian regimes like Egypt and Yemen, and semi-democracies like Iraq and Palestine.

Tom Sanders (tsanders.avl@gmail.com) has taught political science and international studies at the University of Connecticut, Earlham College and the University of Tulsa. He has also taught many courses in the College for Seniors including courses on Turkey, the Kurds, and Islam and politics.

Understanding Modern China and Our Own Assumptions

CRN # 60043

6 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26
Wednesdays, 9-11 am



China's population is four times the United States', yet we have little understanding of their culture, religions, economy, and government. With over 1.3 billion people, China is quickly becoming a dominant world force that is inextricably intertwined with our future. By looking outward to learn more about modern China, we will understand more about our own assumptions and attitudes. **Please note:** The facilitators request that only those who have taken their previous China courses enroll. **Recommended text:** *China Shakes the World: A Titan's Rise and Troubled Future—and the Challenge for America*, James Kynge, ISBN:0-618-70564-3. Cost: \$5.98 (new).

A former Peace Corps volunteer, **Dorothy Routh** (routhdk@gmail.com) experienced firsthand transformational learning that comes from comparing another culture to her own. **Jim Lenburg** (jlenburg@mhc.edu) taught about China during his career at Mars Hill College. He has visited China on many occasions beginning in 1978, and was a visiting professor at Jilin University in Changchun, China.

Film

Silence is Golden: Favorite Dramas from the Silent Era

CRN # 60055

8 wks: Sept. 21, 28, Oct. 5, 12, 19, 26,
Nov. 2, 9
Wednesdays, 11:30 am-1:30 pm

This new course will feature several of my favorite silent dramas from around the world with background on each film and the reasons why I chose them. Films to be screened include *Laugh, Clown, Laugh* with Lon Chaney, Fritz Lang's *Destiny*, Sergei Eisenstein's *Strike*, and the French crime thriller, *Fantomas*.

Chip Kaufmann (jkk44@bellsouth.net) is currently president of the Hendersonville Film Society, a regular contributor to *Rapid River* magazine, and a classical music announcer at WCQS. This is his tenth course for NCCCR.

History

History courses with this symbol  are part of the new Appalachian Studies curriculum.

America in the Cold War Era

CRN # 60047

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25,
Nov. 1, 8
Tuesdays, 9-11 am

This course will explore the economic, political and social history of the United States from the end of World War II through the presidency of Ronald Reagan, known as the Cold War era. Among the topics covered are the Red Scare and civil rights, as well as the women's, anti-war, and conservative movements.

Jim Lenburg (jlenburg@mhc.edu) is a retired history professor. He has taught several courses for the College for Seniors. He has a PhD in history from Penn State University.

An Appalachian Sampler II

CRN # 60105



8 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26,
Nov. 2, 9
Wednesdays, 11:30 am-1:30 pm

This course is in response to NCCCR's overwhelmingly positive reception of last fall's *Appalachian Sampler*. This eight-week session will feature music, dance, Cherokee culture/history, storytelling, and add some new topics including NASCAR and moonshine, religion, Thomas Wolfe, and a look at Appalachian families. Once again, our goal is to pique your curiosity, whet your appetite--start your engines!--to seek more information about the wonderful place in which we live.

Doug Agor (agrdgl@aol.com) is a retired teacher of excellence having taught both high school and college English classes. He has been at NCCCR for five years as a student, instructor, committee member, and committee co-chair. **Dayle Boyd** (magistra.cfs@bellsouth.net) is a master teacher and museums consultant. She has taught at colleges, museums, and universities in the United States and was a learning officer for the National Trust in England for over four years.

Cataloochee, Echoes, and Elk

CRN # 60045



1st 4 weeks: Sep. 21, 28, Oct. 5, 12
Wednesdays, 2-4 pm

Through a PowerPoint presentation, the historical life of Cataloochee Valley will be examined. Homesteading, stories, elk and their re-introduction into the valley will be covered. One of the last two classes will be a five-six hour field trip to the valley to visit the houses and hopefully hear the elk bugle during the rut, their mating season.

Wilma Durpo's (wilma@durpo.com) passion for nature and the Smoky Mountains National Park, especially Cataloochee Valley and the re-introduction of elk, is evident in her study, photography and exploration of the area.

The Civil War:

A Film Series by Ken Burns

CRN # 60051

9 weeks: Sept. 22, 29, Oct. 6, 13, 20, 27,
Nov. 3, 10, 17
Thursdays, 2-5 pm

At 4:30 am on April 12, 1861, Confederate gunners opened fire on Fort Sumter. The following day the fort surrendered. There was only one casualty—a Confederate horse. In the ensuing four years, Americans killed each other in incredible numbers and the underlying issue changed from Union/states' rights to what was meant by freedom in America. In each session we will view and discuss one film in the series.

Jim Kehoe (jkehoe11@charter.net) holds degrees from the College of the City of New York and Polytechnic Institute of Brooklyn. He has been a student of the Civil War since 1953.

Early Native Americans

CRN # 60048

1st 4 weeks: Sept. 19, 26, Oct. 3, 10
Mondays, 11:30 am-1:30 pm

This four-week course will focus on four regions of early North American Indian tribes: their societal, religious, and cultural practices, their tribal structure, the wars they fought, and their assimilation versus separation. The first half of each class will be a lecture. The second will be a class discussion about the differences and similarities among the tribes, comparing them to our own society.

Betty Mack (mackbetty8@yahoo.com) is a long time discussion group facilitator.

Paula Withrow (pvwithrow@aol.com) is a self-described history buff.

Eighteenth Dynasty Egypt: The Revised Edition

CRN # 60046

6 weeks: Sept. 22, 29, Oct. 6, 13, 20, 27
Thursdays, 11:30 am-1:30 pm

People often think there is nothing new in history, but scientific experiments have proven that's not true, especially in terms of Eighteenth Dynasty Egypt. We might now have proof of how Tutankhamen died, and his genealogy has become clearer. We will sift through the sands via lectures, slides and discussions, and uncover more about this fascinating period of kings and queens in Egypt's past.

With an MS in history from Colorado State University, **Paula Withrow** (pvwithrow@aol.com) loves learning and teaching about the Wild West or the medieval world, but thinks the Egyptian Dynastic Era is most intriguing.

History *continued*

George Washington and the Continental Army

CRN # 60049

8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7

Mondays, 11:30 am-1:30 pm

The American Revolution was a war between societies that had grown apart. Only a few Americans initially saw it as leading to independence. Thomas Jefferson, six months after Lexington and Concord, wrote that he was "looking with fondness towards a reconciliation with Great Britain." Only gradually did this conflict become a war for independence. We will discuss the events, the battles, the people, and the myths that have grown up surrounding the revolution.

Bert Lockwood (kelockwood@mindspring.com), in addition to being an automotive engineering graduate from the University of Michigan, has been a long time student of military history and a College for Seniors instructor.

German Emigration to America in the Nineteenth Century

CRN # 60052

6 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24
Mondays, 9-11 am

The migration of nearly five million German people to the United States in the nineteenth century is one of the great stories of German and American history. This course tells this story, examining the reasons for the emigration, who the emigrants were, and from what regions they came. The experience of their travel to and settlement in the United States will be described.

Barbara Weatherall (bwweather@bellsouth.net) has a degree in German language and literature, with a minor in European history. She has been researching her family's German genealogy for several years.

Global Super Powers

CRN # 60050

9 weeks: Sept. 22, 29, Oct. 6, 13, 20, 27, Nov. 3, 10, 17

Thursdays, 9-11 am

If human history interests you, kick back and indulge in some long-held intellectual curiosities, such as sorting out major civilizations and empires in the last 5,000 years. With a sweeping view we will look at their achievements, influences, and vulnerabilities, with special attention to four powers that rose to the level of global super powers. We will wrap up with a discussion of several leading theories of history, including the recent controversial theories of Fukuyama and Huntington.

Mary Lasher (mlelasher.avl@gmail.com) has taught dozens of courses at College for Seniors in the past fourteen years, including topics from world, American and European history, and the Muslim world. She has degrees in history from Duke University.

Haiti and the United States: Historical and Contemporary Issues

CRN # 60053

8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7

Mondays, 2-4 pm

This course examines the impact that Haiti and the United States had on each other beginning with the earliest contacts and concluding with current relations between the two countries. It looks at relations from political, cultural, psychological, and geopolitical perspectives. Particular attention will be paid to the Haitian struggle for independence, Haiti's influence on Antebellum America, the 1915-1934 US occupation of Haiti, the Duvalier's dynastic rule, and the promise and pitfalls of the Aristide-Preval presidencies.

Steve Brown (sdbleb@hotmail.com) earned a PhD in history from the University of Wisconsin-Madison, concentrating on US diplomatic and Latin American history. He was a senior US Army Special Operations Command (USASOC) Caribbean analyst at Fort Bragg, NC, responsible for Haiti duties. He has taught international relations courses in Webster University's masters program for twenty years.

Language & Literature

Advanced French: Trésors du Temps D

CRN # 60056

8 weeks: Sept. 22, 29, Oct. 6, 13, 20, 27, Nov. 3, 10

Thursdays 2-4 pm

This course will include readings in French history and literature as well as a comprehensive grammar review. Activities will also include listening, speaking and writing. It is intended for those who have previously taken Advanced French or who have similar advanced skills. If in doubt, email the instructor to discuss your experience with the language.

Betty Carver (bcarver1@charter.net) taught French at Spartanburg High School for thirty years and has traveled and lived in France.

Language & Literature *continued*

Crime Fiction: American Detectives CRN # 60057

6 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25
Tuesdays, 9-11 am

This survey course focuses on three types of American detective fiction: police detectives, tough guy private eyes, and women private investigators. The course will consist of brief lectures to describe the genre at the beginning of each class, followed by extensive group discussion and sharing on the day's topic. There is a suggested reading list for each of the subgenres, and participants will be expected to read at least two books from each list (and hopefully, tell the group about others that aren't on the list). Many of the books on the lists will be available for borrowing from the instructor's personal library.

Elizabeth Lynne Pou (elizpou@gmail.com) is a retired lawyer/consultant/Peace Corps volunteer with a lifelong interest in crime fiction and a collection of over 5000 first edition hardback books. A North Carolina native, she spent most of her adult life in New York City where at one point she was a pay-free intern at The Mysterious Bookshop, the oldest surviving mystery store in the United States (and probably the world).

Dickens's Children CRN # 60058

8 weeks: Sept. 19, 26,
Oct. 3, 10, 17, 24, 31, Nov. 7
Mondays, 11:30 am-1:30 pm

Charles Dickens's treatment of childhood, especially the theme of childhood innocence in a corrupt world, is central to understanding his novels. The course will examine two of the many novels that center on child protagonists, one from early in his writing career, one written much later. By comparing the two novels, *Oliver Twist* and *Great Expectations*, participants in the course will try to understand Dickens's message to a corrupt and materialistic world, a world many people find still recognizable today. The class will be able to view substantial excerpts from several classic movies of the two texts. **Required text:** *Oliver Twist*, Charles Dickens, ISBN:1593080301. Cost:\$4.95. *Great Expectations*, Charles Dickens, ISBN: 1587260638. Cost: \$3.85.

David Barratt (dandjbarratt@netscape.net) has lectured in the United Kingdom, Pakistan, and the United States, especially on the nineteenth-century novel. He has also written on C.S. Lewis, and created various website study guides for high school and undergraduate students.

Even Deadlier: Sinful Stories from Great Books CRN # 60059

8 wks: Sept. 20, 27, Oct. 4, 11, 18, 25,
Nov. 1, 8
Tuesdays, 4:30-6:30 pm

Participants will read (before class) and discuss sixteen wicked tales from some of the world's best writers, all guaranteed to ignite your moral imagination! There are no lectures, and everyone is encouraged to participate. Stories include *Torch Song* by John Cheever, *Babylon Revisited* by F. Scott Fitzgerald, *The Custard Heart* by Dorothy Parker, and *Nuns at Luncheon* by Aldous Huxley. **Required Text:** *Even Deadlier: A Sequel to The 7 Deadly Sins Sampler*, published by the Great Books Foundation, ISBN: 978-1-933147-45-1. Cost: \$19.95 (new).

Holding both undergraduate and advanced degrees from the University of Chicago, **Bob Wiley** (rlw303@bellsouth.net) was formally trained in Great Books leadership techniques. He has led many courses at the College for Seniors, Blue Ridge Community College, and the Brevard Library.

Homer's Odyssey CRN # 60060

8 weeks: Sept. 21, 28, Oct.5, 12, 19, 26,
Nov. 2, 9
Wednesdays, 9-11 am

The epic tale of Odysseus' adventures as he travels from the Trojan War back to his family and kingdom is a feast for the mind and the imagination. As we journey along with him, we shall explore the epic's many pleasures as well as its monumental influence on Western civilization's ideas, values and art. **Required text:** *Homer: The Odyssey*, Robert Fitzgerald, ISBN: 0-679-72813-9. Cost: \$13.00

Nancy Lewis (rlnl@charter.net) is a retired English professor who taught world literature and directed the honors program at a community college. She has taught literature courses at the College for Seniors for many years.

Intermediate French D CRN # 60061

8 weeks: Sept. 22, 29, Oct. 6, 13, 20, 27,
Nov. 3, 10
Thursdays 9-11 am

This course is a continuation of Intermediate French C and is intended for those who have taken those courses or have a similar background in French (approximately equivalent to high school French II or college French 102). If in doubt, email the instructor to discuss your experience with the language. We will continue to develop listening, speaking, reading and writing skills. A textbook will be provided. You may wish to buy the accompanying workbook.

Betty Carver (bcarver1@charter.net) taught French at Spartanburg High School for thirty years and has traveled and lived in France.

Language & Literature *continued*

It Takes a Woman

CRN # 60068

1st 4 weeks: Sept. 20, 27, Oct. 4, 11
Tuesdays, 9-11 am

This course will offer biographical and critical information about several women of historical importance, with discussion concerning each woman's contributions to the arts, society, and other areas as well. A list of websites, readings, books, etc., will be provided by email.

Facilitated by **Brenda Painter** (ddecimal@frontier.com), we will become acquainted with women outstanding in their areas of expertise. Presented by **Angela Baisley** (enkidu37@yahoo.com), **Irene Nemirovsky** published widely in France in the 1930s and early 1940s until she was rounded up by the Nazis and sent to Auschwitz, where she died in 1942. **Catherine Frank** (cfrank@unca.edu) will (re)introduce us to the **Bronte sisters**, those young, single women who lived an isolated, seemingly sheltered life in a parsonage in Yorkshire, but could write books that were angry, revolutionary, and, yes, sexy. **Fusako Krummel** (fusako@bellsouth.net) will tell us more intimate details of the life of Mary Anne Evans who chose to use a masculine pen name of **George Eliot**, because she wanted to be taken seriously as an author. **Theodate Pope Riddle**, one of America's first architects and cousin to "the father of modern architecture," Philip Johnson, will be presented by **Sarah Larson** (sarahlarson@gmail.com).

Music in Poetry: Sense Follows Sound

CRN # 60054

8 wks: Sept. 22, 29, Oct. 6, 13, 20, 27,
Nov. 3, 10
Thursdays, 2-4 pm

This poetry/writing course will explore the "music of poetry"—patterns of vowels and consonants that expand meaning. We will examine how music works in successful poems by modern masters. Then we will devise strategies to make our own poems more musical, more accessible and stronger. You will be asked to write a poem a week.

Mike Ross's (ubifil@charter.net) poems have appeared in *Potomac Review*, *The Evansville Review*, *Waterways*, and others. He has studied with Sharon Olds, Joan Murray, Eamon Grennan, and Robert Bly, among others.

Shakespeare: Three Roman Plays

CRN # 60062

8 weeks: Sept. 22, 29, Oct. 6, 13, 20, 27,
Nov. 3, 10
Thursdays, 2-4 pm

The Roman plays are different from each other. *Julius Caesar* raises questions about government, rebellion, loyalty, and rhetoric. *Coriolanus* abounds in powerful characters and demanding themes. The great *Antony and Cleopatra* is a tragic love story on many levels, combining history and politics with powerful unforgettable characters. All are distinguished by great poetry. Some film versions of the plays will be included. **Recommended text:** Any good text of Shakespeare's plays.

Mario Di Cesare (dicesare1@mindspring.com), retired Distinguished Professor of Literature, taught many years, mainly at SUNY Binghamton. He is the author/editor of twenty books and many articles. His interests include classical, modern, and Renaissance literatures, especially Herbert, Milton, and Shakespeare.

Stretching the Truth: Creating Fiction From Life

CRN # 60067

6 weeks: Sept. 20, 27, Oct. 4, 11, 18,
Nov. 1
(No class on Oct. 25)
Tuesdays, 11:30 am-1:30 pm

Our lives are a kaleidoscope of memories: moments both happy and sad. In this course, those memories will be refracted through the prism of imagination to create their fictional counterparts. With the freedom that fiction allows, what was once fact can be set loose to roam wherever we wish. There will be no required reading, but you will have the option of bringing in a brief passage of either fiction or memoir that strikes you, to read to the class and tell why you chose it. There will also be free-writing from a prompt which will trigger a recollection. That memory will be used as a base for an exercise that will take it into the realm of fiction—perhaps uncovering the underlying meaning behind the reality that inspired the fantasy. Throughout the course, participants will work on a completed story based on in-class writing, to be read at the last class.

Marjorie Klein (magicklein@frontier.com) is a novelist, a freelance writer for several publications, and has taught creative writing at the University of Miami, Florida International University, Warren Wilson College and UNC Asheville's Great Smokies Writing Program.

Language & Literature *continued*

Turning Your Life Into Literature

CRN # 60064

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25,
Nov. 1, 8

Tuesdays, 9-11 am

The purpose of this course is to motivate you to write stories from your past, the events and people who created you. It's exhilarating! And, someone after you will thank you profoundly. You will write stories of 750 words or fewer. Learn tips from the leader, write at home, then read your stories in class. This is a window on a past that only you know; start now!

For eight years, **Jim Chatham** (jamesochatham@gmail.com) has lead seminars in Kentucky and in Asheville on writing personal stories. "When people tell their stories, the sacred enters the room." It's true!

The Two Faces of Robert Louis Stevenson

CRN # 60063

2nd 4 wks: Oct. 20, 27, Nov. 3, 10
(Note late start date)

Thursdays, 11:30 am-1:30 pm

Stevenson's star, long in eclipse, still shines brightly in one of the most famous characters in literature. We'll examine the story which many people only think they know—the novella *The Strange Case of Dr. Jekyll and Mr. Hyde*—and appreciate its richness, ambiguity, and historical milieu. We will also read a few related short stories and consider "The Double" in late nineteenth-century literature. **Required text:** *The Strange Case of Dr. Jekyll and Mr. Hyde and Other Stories*, Robert Lewis Stevenson, ISBN:1593081316. Cost: \$4.95 (new), from \$0.01 (used).

Doug Cooper (cdoug38@gmail.com) has taught college English courses in his native Michigan as well as in Missouri, Louisiana, Pennsylvania, Turkey and China.

Women in Greek Tragedy

CRN # 60065

8 weeks: Sept. 21, 28,
Oct. 5, 12, 19, 26, Nov. 2, 9

Wednesdays, 4:30-6:30 pm

We'll focus on justice as portrayed in the stories of four women of Greek tragedy: Iphigenia, Electra, Antigone, and Medea. After a general introduction to Greek tragedy and specific background on the plays, we'll view the Greek films, *Electra*, *Iphigenia*, and *Antigone* (in Greek with English subtitles) and the modern English film, *Medea*. Each viewing will be followed by class discussion. **Recommended text:** *Seven Famous Greek Plays*, edited by Whitney J. Oates and Eugene O'Neill, Jr., ISBN numbers: ISBN-10: 0394701259 and ISBN-13: 978-0394701257. Cost \$4.15 (new), from \$0.01 (used).

Carl Ricciardelli (cfr666@bellsouth.net) holds an undergraduate degree in mathematics and an MS in counseling psychology. He has been fascinated for many years with the impact of new ideas on his own changing views of the world.

Writing as a Journey to Discover Life's Meaning

CRN # 60066

8 weeks: Sept. 19, 26,
Oct. 3, 10, 17, 24, 31, Nov. 7

Mondays, 4:30-6:30 pm

This course will encourage participants to examine the meaning of one's life journey through the process of writing. Activities will include reflections on childhood and adolescent experiences, creating a roadmap on one's life, and finally, writing a paper that reflects some notion of the meaning or purpose of one's life journey.

Recommended text: *The Story of Your Life*, Dan Wakefield, ISBN: 0-8070-2709-X. Cost: \$2.99 (used).

Bobbie Rockwell (bobbiemayrockwell@gmail.com) is a retired teacher with over forty years' experience in teaching elementary through high school students. Her primary focus has been gifted education and writing.

Music

Appreciating Asheville's Acoustic Music

CRN # 60019



8 weeks: Sept. 23, 30,
Oct. 7, 14, 21, 28, Nov. 4, 11

Fridays, 9-11 am

You're always seeing acoustic musicians around Asheville, but what kind of music are they playing? Celtic, old-time, and bluegrass music all use many of the same instruments and sound somewhat alike, so how can you differentiate them? Through film, music examples, and live performances, this course will enhance your enjoyment of each genre.

Lewis Wills (lewisandkatie@charter.net) has a PhD in education from Georgia State University and an MA in folklore and mythology from UCLA. He also plays old-time and Irish music.

The Beauty of Chamber Music

CRN # 60028

1st 4 weeks: Sept. 22, 29, Oct. 6, 13
Thursdays, 9-11 am

We will listen to and examine a number of classic chamber music works from Haydn, Mozart, Beethoven, Brahms, Dvořák, Schubert, and Shostakovich. All levels of musical interests and abilities are welcome, but no musical background is necessary,

As a (very) young violinist, **Chuck Briedis** (bcb31nic@aol.com) discovered the joys and beauty of chamber music. Come listen as he shares this wonderful and absorbing music with those who want to learn more about this genre.

Beginning Guitar

CRN # 60020

8 weeks: Sept. 19, 21, 26, 28, Oct. 3, 5,
10, 12, 17, 19, 24, 26, 31, Nov. 2, 7, 9
Mondays & Wednesdays, 4:30-5:30 pm

This eight-week course in basic guitar playing will introduce you to chords to use while accompanying familiar songs as well as teach simple music reading. You will also learn how to write your own lead-sheet for copyrighting your original songs.

Owen Middleton (owenmiddleton@gmail.com) has taught music for decades, most recently at the University of South Alabama in Mobile where his classes have included music theory.

Beginning Piano

CRN # 60022

8 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26,
Nov. 2, 9
Wednesdays, 2:15-4:00 pm

This course starts from the very beginning and is for those students who have always wanted to play the piano or for those students who haven't played for many years and would like to reacquaint themselves with the piano. A keyboard, preferably one with eighty-eight keys, is required in order to take this course. Books that are used in this course may be purchased at SoliClassica at 1550 Hendersonville Road, 828-277-4111.

Cost of materials: \$10 for new students that covers the cost of a three-ring binder of materials provided by the instructor.

Location: Lipinsky Hall Keyboard Lab 013

Marla Woekener (Marla4Musi@aol.com) graduated from the University of Colorado with a BM degree. She has been teaching piano classes in the College for Seniors since the fall of 1999.

Continuing Piano

CRN # 60023

8 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26,
Nov. 2, 9
Wednesdays, 12:00-1:45 pm

This is a continuation of the 2010-2011 Beginning Piano course as well as a course for those students who have experience playing the piano or have taken a previous beginning course. New students must get the approval of the instructor before registration. A keyboard, preferably one with eighty-eight keys, is required in order to take this course. Books that are used in this course may be purchased at SoliClassica at 1550 Hendersonville Road, 828-277-4111. **Cost of materials:** \$10 for new students that covers the cost of a three-ring binder of materials provided by the instructor.

Marla Woekener (Marla4Musi@aol.com) graduated from the University of Colorado with a BM degree. She has been teaching piano courses in the College for Seniors since the fall of 1999.

Forgotten Composers

CRN # 60027

8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24,
31, Nov. 7
Mondays, 2-4 pm

We will study a number of composers who are not household names: Johann Jacob Froberger, Jan Ladislav Dussek, Fanny Mendelssohn Hensel, Clara Wieck Schumann, Anton Arensky, Amy Beach, and David Diamond. We will hear their music on the keyboard, on CDs and on YouTube, and discuss their careers and why they are "forgotten."

Ted McIrvine (McIrvine@aol.com) used his PhD in physics to manage industrial research. From 2001 to 2008, he wrote "Arts Spectrum," a Sunday column on the arts in the *Hendersonville Times-News*. He reviews concerts for *Classical Voice of North Carolina* and studies creative writing in the Great Smokies Writing Program.

Intermediate Hammered Dulcimer

CRN # 60024

8 weeks: Sept. 22, 29, Oct. 6, 13, 20, 27,
Nov. 3, 10
Thursdays, 2-4:30 pm

Increase your command of this magical ancient instrument! Apply hammered dulcimer styling to a variety of musical selections from old-time to classical. **Minimum Requirements:** An instrument, case, dulcimer stand, hammers, tuner, tuning wrench, the ability to read standard musical notation, and to practice sixty minutes/day. Cost: \$175 rental. \$550 purchase (less for used instruments).

Janet Parkerson (janetparkerson@att.net) was an accomplished professional musician who had a large home-based wedding business for many years in San Diego. She has taught traditional music in Western North Carolina since 2007.

Music *continued*

Intermediate Piano

CRN # 60025

8 wks: Sept. 22, 29,
Oct. 6, 13, 20, 27, Nov. 3, 10
Thursdays, 9-11 am

Location: Lipinsky Hall Keyboard Lab 013

This course is for students who have completed the Beginning and Continuing Piano courses. Any new student who would like to take this course must have the approval of the instructor before registering for this course. A keyboard, preferably one with eighty-eight keys, is required in order to take this course. Books that are used in this course may be purchased at SoliClassica at 1550 Hendersonville Road, 828-277-4111. **Cost of materials:** \$10 for new students that covers the cost of a three-ring binder of materials provided by the instructor.

Marla Woekener (Marla4Musi@aol.com) graduated from the University of Colorado with a BM degree. She has been teaching piano courses in the College for Seniors since the fall of 1999.

The Met at the Movies/Opera Speaks

CRN # 60026

8 wks: Sept. 21, 28,
Oct. 5, 12, 19, 26, Nov. 2, 9
Wednesdays, 2-5 pm

The format of this course is the same as previous "Met at the Movies" courses but the repertoire differs. This fall we will review and discuss Gounod's *Faust*, Handel's *Rodelinda*, Donizetti's *Anna Bolena*, Mozart's *Don Giovanni*, Wagner's *Siegfried*, Phillip Glass' *Satyagraha* (the story of Ghandi), and American Contemporary Opera (TBD).

Patricia Heuermann (patruschka@mindspring.com) is a stage director, founder of the Atlanta Opera and former president of the National Opera Association. She has taught at NYU, the Manhattan School of Music, Hofstra University and the American Institute of Musical Studies in Graz, Austria.

Reuter Center Singers

CRN # 60029

Weekly through Nov 7
Mondays, 6:15-8:15 pm

The Reuter Center Singers is the resident choral ensemble of NCCCR. No audition is required, but singing a wide array of musical styles and public performance is on the agenda. Those enrolled in CFS courses pay a discounted music fee of \$30 per term.

Chuck Taft (cwstaft@aol.com) is director for the Asheville Lyric Opera and Haywood Arts Repertory Theatre.

Personal Development

Art of Facilitating

CRN # 60072



8 weeks: Sept. 21, 28,
Oct. 5, 12, 19, 26, Nov. 2, 9
Wednesdays, 11:30 am-1:30 pm

Have you ever been frustrated during a group discussion? This course will identify ways to become effective discussion leaders with each participant taking a turn leading the group. Designed for learning circle facilitators, it also is for anyone wanting to be a better discussion leader and better class participant. Participants will learn and practice active listening, question-crafting, and orchestrating the flow of discussion.

Pat Harvey (patricia_harvey@bellsouth.net) is a retired anthropologist, still in love with learning and doing, a grateful realist. **Ann Karson** (akarson57@gmail.com) has a background in clinical social work and has facilitated groups of various kinds.

Asheville on the Cheap

CRN # 60073

1st 4 weeks: Sept. 19, 26,
Oct. 3, 10
Mondays, 2-4 pm

We'll seek out the best of Asheville's offerings, using printed material, websites and the discoveries of fellow participants. The emphasis will be on free (and almost free) venues and great deals. All will be encouraged to share their tips on arts and crafts, music festivals, restaurants, day trips, museums, outdoor activities and everything else. Come help us uncover Asheville's best-kept secrets!

Linda Orowitz (AshevilleDeals@yahoo.com) moved from Pennsylvania to Asheville in January 2010. Since arriving, she has devoted some of her considerable energies to researching Asheville's resources and volunteering at NCCCR and the Chamber of Commerce Visitors Center.

Cooking With Mars and Venus

CRN # 60081

1st 4 weeks: Sept. 19, 26, Oct. 3, 10
Mondays, 9 am-12 pm
Location: Meets at instructors' home,
about 5 miles from UNC Asheville

Mars and Venus have been cooking together for over forty years and have attended cooking classes in various parts of the world. Via demonstrations and hands-on practice, learn all about food safety, basic knife skills, slicing/dicing/chopping, brining, etc. Menus will be different from the summer course; we will be making yeast breads, roasting, braising, and saucing. (Must be able to stand for 2-1/2 hours at a time and move about in tight quarters). **Participants must commit to attend all four classes. Food fee:** \$75, payable to the instructors at the first class. Instructors are **Dennis** (dwmur@frontier.com) and **Sheila Murphy** (murphy.sheila.a@gmail.com).

Personal Development *continued*

Dancing on the Edge of the Abyss

CRN # 60074

2nd 4 weeks: Oct. 18, 25, Nov. 1, 8

(Note late start date)

Tuesdays, 9-11 am

"In a dark time the eye begins to see" (Theodore Roethke). Dying can be a time not only of darkness, but also of insight, transformation, and even humor. Hear what employees of CarePartners Hospice have learned from dying patients, how to live until you die, and how to make peace with dying. Participants will explore their own thoughts on mortality and what gives life meaning.

Debbie Ward (dwardbsn@hotmail.com) is course coordinator. Other instructors are **Debbie Aiton**, former CarePartners Executive Director, and Hospice staff members **Linda Carroll**, CAN, **Cindy Coleman**, MDiv, **Lauren Dimaio**, Music Therapist, **Tyra Goodman-Levine**, MSW, **Dr. John Langlois**, **Marie Langlois**, MSW, **John Snell**, MSW, and **Dr. Charlie Vargas**, CarePartners Medical Director.

Gardening in the Mountains

CRN # 60075



8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7

Mondays, 9-11 am

Western North Carolina is a wonderful and challenging place for gardeners. This course features Buncombe County Master Gardeners and Extension Agent Linda Blue discussing garden topics including fall and winter gardening, backyard composting, soil amending, design on a slope, edible landscapes, native alternatives to exotics, container gardening, trees and shrubs, weeds, pests and diseases, and more.

Joyce Weinburg (jkwfnld@aol.com), course coordinator, became a Buncombe County Extension Master Gardener when she moved to Asheville in 2003 after having been an Illinois Master Gardener for over seven years. She is currently chair of the Master Gardeners' Speakers Bureau. She also volunteers at the North Carolina Arboretum.

Growing Old Gratefully

CRN # 60076



6 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24

Mondays, 9-11 am

Join this learning circle to explore and share with one another the beneficial events and circumstances throughout our lives for which we have reason to be grateful, to define the ways in which they have bettered us, and to take stock of our current situations and the resources with which we may realistically and positively face them.

Pat Harvey (patricia_Harvey@bellsouth.net) is a retired anthropologist, still in love with learning and doing; she is a realist, with much to be grateful for.

Meditation

CRN # 60080

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8

Tuesdays, 11:30 am-1:30 pm

This course will offer an overview to the practice of meditation and many opportunities to experience various approaches. Each session will have presentation material, some gentle movement, and several different meditations. No prior experience is needed. Please wear comfortable clothing. Yoga blankets and blocks will be provided: please bring yoga mats.

Linda Morse (LindaMorseYoga@yahoo.com) has been a yoga and meditation practitioner most of her life, and has taught for the last fifteen years. She hopes her relaxed and enjoyable approach will be inspiring.

Navigating Your Way to Lower Airfares

CRN # 60077

8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7

Mondays, 4:30-6:30 pm

With the growth of book-your-own air travel via the Internet, finding the cheapest fares and best connections is a challenge for anyone regularly traveling by air, especially from Asheville. While this course can't guarantee you'll always find the lowest price, it will teach you how to navigate airline and non-airline web sites as well as hotel and car rental sites to locate available options. It will also review current airfare ground rules, puncture myths, and provide numerous travel tips.

Margaret W. Davis (margaretwd@charter.net) is currently an independent consultant who develops and conducts training around the country for staff involved in the juvenile justice system. Her travel knowledge comes from years "on the road." She received an MS from the State University College at Oneonta, New York, and a BS from Brooklyn College. **Bob Weinberg** (rweinberg@rwconsulting.net) spent more than thirty-five years as a consultant helping a diverse array of companies to analyze and improve their database marketing programs. Bob has taught at Northwestern and DePaul Universities and conducts seminars on mathematical and financial applications in direct marketing. He recently started traveling to developing countries to work on marketing and strategic plans for small agricultural co-ops and producers.

Personal Development *continued*

Photographing Mindfully

CRN # 60078

2nd 4 weeks: Oct. 18, 25, Nov. 1, 8
(Note late start date)
Tuesdays, 9-11 am

Mindfulness traditionally means paying attention without interference to the flow of moment-to-moment experience. In photography, the cultivation of mindful or conscious “seeing” can lead to timeless moments of deep clarity and immersion. This influences the quality of photographs – and often has an impact on other areas of our lives as well. This course assumes basic digital camera experience. **Required text:** *The Tao of Photography*, Gross and Shapiro, ISBN: 1-58008-194-0. Cost: \$16.49 (new), from \$9.75 (used). **Recommend text:** *Wherever You Go, There You Are*, Jon Kabat-Zinn, ISBN: 1-56282-769-3. Cost: \$9.29 (new), from \$2.87 (used).

Jacquelyn Schechter (jschech@earthlink.net) PhD, is a psychologist and meditation student in the Vipassana or Mindfulness tradition. She has been photographing, exhibiting, and teaching photography since the early 1990s. Find more information at MindfulPhotography.com.

Turning the Mind Into an Ally

CRN # 60082

8 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26,
Nov. 2, 9
Wednesdays, 2-4 pm

This course is intended to introduce a Tibetan school of meditation, Shamatha or Peaceful Abiding Meditation, and to open students into a transformative relationship with their own minds, one that brings deepened personal peacefulness and effectiveness in their lives while opening deeper capacities for wisdom and compassion. This course will contain lecture, discussion and meditation practice. The course will be built around the text *Turning the Mind into an Ally* by Sakyong Mipham. **Required text:** *Turning the Mind Into an Ally*, Sakyong Mipham, ISBN: 1-57322-206-2. Cost: \$14.04.

Bill Walz (healing@billwalz.com) has evolved from a career as a clinical psychologist into teaching meditation and evolving consciousness as a path to personal healing and growth. He taught meditation and consciousness at UNC Asheville, in public forums, and with a private clientele. He also writes a consciousness column.

Women in Transition

CRN # 60079



2nd 4 weeks: Oct. 17, 24, 31, Nov. 7
(Note late start date)
Mondays, 11:30 am-1:30 pm

The years after fifty are a time of major transition for many women. Children move on, careers change or end, and relationships often need adjusting. Share concerns, thoughts, ideas and feelings with other women discussing highlights, low points, regrets and successes in terms of past, present and future. We can learn from each other as we reflect on our lives.

Ann Karson (akarson57@gmail.com) has a background in clinical social work and has facilitated a wide variety of groups. She has been through her share of transitions. **Perien Gray** (gray.perien090@gmail.com) has been facilitating learning circles at the College for Seniors since 2003 and teaches group facilitation skills.

Religion, Philosophy, & Psychology

Augustine and Luther: A Tale of Two Worlds

CRN # 60089

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25,
Nov. 1, 8
Tuesdays, 11:30 am-1:30 pm

Using writings and recent biographies, the instructor will provide an introduction to and contrast of the life and thought of two of Western Christianity's most influential thinkers, the times in which they lived and thought and their relevance to our time.

Farley Snell (snellfarleyw@netscape.net) has regularly taught courses in religion at the College for Seniors for several years. His PhD is from Union Theological Seminary in New York.

Creative Living and Higher Purpose

CRN # 60083

8 weeks: Sept. 22, 29, Oct. 6, 13, 20, 27,
Nov. 3, 10
Thursdays, 4:30-6:30 pm

A major paradigm shift of the sort we are experiencing today challenges us to revisit the basic questions of humanity: Who are we? Why are we here? What are we to do? The good news is that our collective answers seem to hold great promise in creating the new consciousness that Einstein said we need to solve today's complex problems. This course, especially through discussion, is intended to be very informative, understandable in practical terms, and inspiring.

Gaya Erlandson (gerlandson.phd@gmail.com) is a psychologist and playful pragmatist who has been exploring these questions for years, offering workshops on communication, relationships skills and community collaboration, as well as couple, group, and individual counseling.

Religion, Philosophy, & Psychology *continued*

The Complexity of Relationships

CRN # 60090

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25,
Nov. 1, 8
Tuesdays, 2-4 pm

Who are we and how are we connected? We will carefully read works from seminal sources and then discuss them, Great Books style, with the goal of gaining greater understanding of how we are related to one another, to the society we find ourselves in, and to the larger world. All readings may be downloaded from the instructor's web site. Topics include: them and us; man and God; man and duty; black and white; man and woman; man and morality; parent and child; man and the State.

Holding both undergraduate and advanced degrees from the University of Chicago, **Bob Wiley** (rlw303@bellsouth.net) was formally trained in Great Books leadership techniques. He has led many courses at the College for Seniors, Blue Ridge Community College, and the Brevard Library.

Enhance Your Mojo

CRN # 60087

6 weeks: Sept. 23, 30, Oct. 7, 14, 21, 28
Fridays, 9-11 am

This course will explore quality of life issues through the use of an inventory that addresses areas including learning, friendships, creativity, etc. The learner will select a specific life change target from the inventory and apply cognitive behavioral principles within a group setting. A final retaking of the inventory will document the changes that the learner has been able to achieve.

George Lindenfeld (glindy123@aol.com) is a diplomate in clinical psychology practicing in Asheville. His specialty is neuropsychology, including neurofeedback and biofeedback procedures.

Geezer Psychology: Explorations in Positive Aging

CRN # 60088

6 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24
Mondays, 11:30 am-1:30 pm

The course will look at the psychology of aging well. Presentations will examine the characteristics and correlates of healthy and happy seniors. We will discuss how our lifestyle choices during retirement can enhance our psychological health, happiness and resilience. Film clips and biographies will be used to exemplify positive aging and enhance our understanding of the keys to aging gracefully.

Dale Wachowiak (dalegw@gmail.com), PhD, is a retired counseling psychologist and professor of psychology. After a teaching/counseling career at UNC-Charlotte and UNC Asheville, he has taught courses related to positive psychology in the College for Seniors.

Islam: Religion and Politics, Myths and Realities

CRN # 60085

8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24,
31, Nov. 7
Mondays, 11:30 am-1:30 pm

The topic of Islam as religion and politics is misunderstood by many of its followers and non-followers. Myths are bandied about by many pundits, as well as others. This course will explore the distortions and realities, the text and context, the relevant and the archaic teachings in the twenty-first century world. Asked by Gallup what they admired about Islam, 57% of Americans responded "nothing" or "I don't know."

Ahmad Amara (aamara@bellsouth.net) was born in Jaffa, Palestine and maintains interest in Islamic issues, particularly women's rights and status, the future of international religions, and political developments. He holds degrees from the University of Edinburgh, American University of Beirut, London University (Portsmouth) and the Official College of Languages in Madrid.

Religion, Philosophy, & Psychology *continued*

Jewish Existentialists: Buber, Heschel, Rosenzweig and Soloveitchik

CRN # 60086

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25,
Nov. 1, 8
Tuesdays, 4:30-6:30 pm

Explore the impact of nineteenth century Danish philosopher Søren Kierkegaard's religious existentialism on the modernizing movement within early twentieth century European Judaism. Discover the historical, philosophical and theological influence of existentialism on renowned Jewish thinkers Martin Buber, Franz Rosenzweig, Joseph Soloveitchik, and Abraham Heschel as their writings throw light on contemporary issues in Jewish theology, Israeli politics, responses to the Holocaust, the mystery of the divine, and the nature of faith. This course is relevant to interfaith dialogue concerning faith, love, identity, authority, mortality and mysticism. The course will include lectures, reading assignments and discussion. Students may be asked to keep a journal of their responses to all three elements, with optional sharing in class. **Recommended text:** *Between Man and Man*, Martin Buber, ISBN:0-415-27825-9. Cost: \$4.76 (used). *Franz Rosenzweig: His Life and Thought*, Nahum Glatzer, ISBN:0-87220-428-6. Cost: \$9.50 (used). *A Passion for Truth*, Abraham Joshua Heschel, ISBN:10-9781879045415. Cost: \$6.00 (used). "Confrontation," Soloveitchik, on line free at http://www.bc.edu/dam/files/research_sites/cjl/texts/center/conferences/soloveitchik/index.html#2

Ron Manheimer (ronaldmanheimer@gmail.com), who holds a PhD in philosophy from UC Santa Cruz, is the author of several books on philosophy including *Kierkegaard As Educator* and *A Map to the End of Time* (works that have been translated into Korean and Chinese). He is currently writing a book on philosophers' autobiographies. He is the founding director of the NC Center for Creative Retirement.

The Principal Teachings of Buddhism

CRN # 60084

8 weeks: Sept. 22, 29, Oct. 6, 13, 20, 27,
Nov. 3, 10
Thursdays, 11:30 am-1:30 pm

Lama Tsongkapa (fourteenth century) is widely considered the greatest Buddhist master and author of ancient Middle Asia. Among his prolific writings is a fourteen verse poem, *The Three Principal Paths*, that conveys the essence of the steps on the path to enlightenment. This scripture, together with the nineteenth-century commentary by Pabongka Rinpoche, provide an excellent introduction to Buddhist thought. Class time will include discourse on the key ideas of Buddhist worldview, question and answer time, and engaged critical discussion. **Recommended text:** *The Principal Teachings of Buddhism*, Tsongkapa, ISBN: 0-918753-09-0. Cost: around \$10.00.

John Muecke (jcmuecke@gmail.com) holds an MA in religious studies from Stanford University, BA from the University of Tennessee and is a graduate of the Geshe studies (Master of Buddhist Studies) program of the Asian Classics Institute.

Math & Science

Introduction to Elementary Algebra and Geometry

CRN # 60040

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25,
Nov. 1, 8
Tuesdays, 4:30-6:30 pm

Often algebra and geometry are studied for the feeling of accomplishment and satisfaction one gets when successfully solving an equation, proving a theorem, or using math to solve a practical problem at home. This course will challenge and stimulate your mind while we review arithmetic and learn basic algebra and geometry. Each class will include a practical application portion where we will use arithmetic, algebra and geometry to solve problems common in everyday life.

Jeffrey Wasserman (jbwass47@gmail.com) is a retired high school mathematics teacher with over thirty years of teaching and administrative experience. He was honored by the state of New York with an award for his teaching methods.

The Magnificent Telescope

CRN # 60041

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25,
Nov. 1, 8
Tuesdays, 2-4 pm

Learn the history of the telescope, its current technology and its future. Discover how a telescope works, the types, the mounts and accessories, and basic telescope operation and maintenance. With an experienced astronomer, you will learn about and use the three most common telescope types available today for amateurs, as well as explore telescope innovations like digital-setting-circles and go-to telescope control. **Recommended text:** *Secrets of Stargazing*, Becky Ramotowski, ISBN: 1-931559-40-6. Cost: \$12.00.

Bernard Arghiere (BArghiere@charter.net) has been studying the day and nighttime skies for forty years. He has traveled worldwide chasing astronomical events, using telescopes of all types, and has built two observatories. Artist and writer **Leslie Ann Keller** (leslie@leslieannkeller.com) studies the intersection between art and science. She is particularly interested in how astronomy changes our perspective on everything.

Theatre Arts

Acting Up and Out and Reacting

CRN # 60030

1st 4 weeks: Sept. 19, 26, Oct. 3, 10

Mondays, 2-4 pm

CRN # 60106

2nd 4 weeks: Oct. 17, 24, 31, Nov. 7

Mondays, 2-4 pm

Have you ever wanted to be on the stage? Here's your chance to learn some acting techniques without having to memorize a single line. We'll study scenes and practice character development. The course will include theater games and staged readings of dialogues and monologues. No acting experience required. **Please note: You may sign up for either session, but not for both.**

Kermit Brown (kermitbrown@bellsouth.net) is an Equity actor with forty years' experience as a professional actor. He has worked with the Alabama Shakespeare Festival and toured with Jackie Gleason, Helen Hayes and Louis Jourdan. **Nels Arnold** (pikwik@bellsouth.net) has performed in theatre and improvisation in Asheville since 1985.

Wellness & Recreation

Wellness & Recreation courses with this symbol  require that you pay a \$20 fee when you submit your registration form, in addition to your College for Seniors fee of \$115. Failure to pay this fee when you submit your registration form will result in delayed processing of your course requests. These fees offset the cost of paid CFS instructors who must be certified to teach. **Please Note:** You may be asked to sign a liability waiver at the first class for some of the courses listed below. It is recommended that you check with your physician before you begin any new physical activity.

Also note that this term some of our courses (*Beginning Ballroom Dancing*, *Continuing Tap*, *Intermediate Line Dance*, *Parkinson's Disease and the Art of Movement*, and *Yoga with Wrinkles*) **will be conducted at the new Wilma M. Sherrill Center on the UNC Asheville campus.** Please check the course description carefully to identify courses to be held at the Sherrill Center.

Beginning Ballroom Dancing

CRN # 60091

8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7

Mondays, 2-3:30 pm

Location: Sherrill Center

This course will consist of four weeks of rumba lessons and four weeks of swing lessons. No partner is required. The goal of this course is to provide students with the basic skills to make them feel comfortable and look good on the dance floor!

Sherry Lubic (lubic@msn.com) is a professional ballroom, Latin, and rhythm instructor. Dancing is her passion, and her desire is to instill that same passion for dance in those she teaches.

Beginning Bridge

CRN # 60093

8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7

Mondays, 9-11 am

You will learn the point count method with upgrades known as Standard American. You'll be playing a hand by the end of the first session! Each lesson begins with a lecture and discussion of the assigned topic, followed by play of appropriate hands. This course is **not** for experienced players. **Cost of materials:** \$8 fee payable to the instructor at the first session.

Bob Evans (mickeybob2@aol.com) earned his PhD in education. He has taught beginning and intermediate bridge for seventeen years and has played bridge socially for more than forty-five years. **Marilyn Evans** (mickeybob2@aol.com) has had various careers in education at all levels and has enjoyed playing bridge for over fifty years. The Evanses have been teaching bridge courses in CFS since 2001.

Better Balance: Developing Skill and Confidence

CRN # 60094

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8

Tuesdays, 2-4 pm

 \$20

Learn how better posture, strength, reflexes, and mindfulness lead to better movement and balance. The course covers aging's effects on balance and factors leading to falls, as well as strategies to compensate for these threats to stability and safety. Through a variety of fun exercises and gentle challenges in a safe environment, develop greater mobility and confidence.

A certified yoga instructor teaching older adults since 2003, **Chas Jansen** (cjansen@mtsu.edu) understands balance as a set of skills. Recently upgrading his knowledge, he offers a practical program for better balance.

Wellness & Recreation *continued*

Continuing Tap

CRN # 60092

8 weeks: Sept. 23, 30, Oct. 7, 14, 21, 28,
Nov. 4, 11

Fridays, 9-11 am

Location: Sherrill Center

This is a class for those with some knowledge of basic tap steps. The emphasis will be on having fun and developing a tap routine. Tap shoes, or shoes with leather soles, are necessary.

Mary Walker (mwalkertap@yahoo.com) is a graduate of Ohio University, with thirty years experience as a teacher/librarian. For six years she taught English in Japan, China, and Slovakia. She has had extensive experience as a tap dancing teacher, and has performed with two groups since 1990.

Continuing Yoga

\$20

CRN # 60095

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25,
Nov. 1, 8

Tuesdays, 4:30-6 pm

This is a course for people who have had some yoga experience. It will include instruction in basic poses and sequences, breath work, and meditation. It will be helpful to bring your own yoga mat and any other props you own, although College for Seniors can supplement these. **NOTE: Due to topic popularity, participants may take only one yoga course per term.**

Since 2001, **Fran Ross** (franiji@charter.net) has taught Hatha yoga from a blend of several traditions. She is certified by the Kripalu Yoga Teachers Association and by the National Yoga Alliance.

Intermediate Line Dance

\$20

CRN # 60096

8 weeks: Sept. 22, 29, Oct. 6, 13, 20, 27,
Nov. 3, 10

Thursdays, 2-4 pm

Location: Sherrill Center

If you enjoyed the beginning line dance course, step up to the intermediate level. These dances are a little more challenging, and lots of fun!

Denna Yockey (denna.yockey@yahoo.com) teaches line dance at Givens Estates and Harvest House. She has taught line and partner dancing for about twelve years and had her own dance club in Kansas for eight years.

Parkinson's Disease and the Art of Movement

\$20

CRN # 60097

1st 4 weeks: Sept. 20, 27, Oct. 4, 11

Tuesdays, 2-3 pm

Location: Sherrill Center

People with Parkinson's disease have to learn to move and speak consciously. They are literally forced into conscious action to function and stay vital. You can curtail the major symptoms of Parkinson's disease through yoga and Pilates-based conscious movement. You'll also learn vocalization exercises (simple soundings and reciting of verses), gain heightened awareness, and learn to pay attention to the so-called small things.

Jennifer Gianni (info@fusionpilates.com) is a certified instructor in Gyrotonic and Gyrokinesis and is a master Pilates instructor.

Pro Football for the New or Fairly New Fan

CRN # 60104

1st 4 weeks: Sept. 22, 29, Oct. 6, 13

Thursdays, 11:30 am-1:30 pm

This course will be centered around the basics of pro football. We will discuss the plays, the field, offense and defense, as well as many other aspects of the game.

Chuck Schultz (chuck.schultz1@gmail.com) is an avid Green Bay Packers fan. He has taught and coached at the high school and junior college level.

Re-Creative Retirement Yoga

\$20

CRN # 60098

8 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26,
Nov. 2, 9

Wednesdays, 2-3:30 pm

Enjoy a synthesis of gentle physical postures (asana), breathing techniques (pranayama) and self reflection to awaken optimal physical, mental and emotional capacity for living well. Regular participants will notice increased strength, muscle tone and bone density, improved flexibility, balance and coordination, better respiratory efficiency, decreased blood pressure and a strengthened immune system. Benefits also include an increase in overall sense of well being. Self reflection techniques will be used to engender curiosity about exploring re-creative ways of BEing in retirement. **NOTE: Due to topic popularity, participants may take only one yoga course per term.**

Kelly McKibben (goodyoga@charter.net) is a certified professional Kripalu yoga instructor and integrative yoga therapist. Her commitment to physical, emotional and mental well-being has been inspired by a seventeen-year practice and teaching of hatha yoga, creative self-expression, wilderness hiking, and ongoing personal and spiritual growth.

Wellness & Recreation *continued*

T'ai Chi for Arthritis

\$20

CRN # 60099

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25,
Nov. 1, 8

Tuesdays, 9-10:30 am

Sun style T'ai Chi for Arthritis (TCA) is beneficial for range of motion, balance, posture and relaxation. Each class will include warm-ups incorporating T'ai Chi principles, work on the basic twelve moves of TCA, and cool-down exercises. The course will be taught in two tracks, standing and seated, for those with compromised balance. This course is Arthritis Foundation promoted. Wear comfortable, loose clothing and supportive shoes. **Please note: Due to topic popularity, participants may take only one T'ai Chi course per term.**

Nancy Chatham (taichichatham@gmail.com) has taught arthritis exercise courses for ten years. A nationally certified T'ai Chi for Arthritis instructor, she teaches group as well as individual lessons.

T'ai Chi for Back and Balance

\$20

CRN # 60100

8 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26,
Nov. 2, 9

Wednesdays, 11:30 am-1 pm

The principles and movements of T'ai Chi have evolved over the centuries to improve health and balance. Practice gentle, meditative movements that relax and strengthen. You can incorporate these exercises into a daily routine to develop flexibility, integration and stability. **Please note: Due to topic popularity, participants may take only one T'ai Chi course per term.**

Crayton Bedford (cbtaichi@charter.net) holds an MS in somatic psychology and has been teaching T'ai Chi since 1999 and practicing since 1994 under the guidance of teachers descended directly from Professor Cheng Man-Ching, who introduced T'ai Chi to the western world in the twentieth century.

Take Charge of Your Health

CRN # 60101

8 weeks: Sept. 19, 26, Oct. 3, 10, 17, 24,
31, Nov. 7

Mondays, 9-11 am

What can you do to help yourself be healthy as you "age actively"? This course presents eight sessions, each of which is focused on a current area of health and wellness: motivation, nutrition, digestion/enzymes, stress and the brain, balance and flexibility, hormone changes (male and female), orthopedic challenges, and the holistic body. Instructors are local health care professionals whose expertise will be shared in a combination of lecture, demonstration and question and answer sessions.

Course coordinator **Sally Mundt** (theveryidea@charter.net) is a former physical therapist with a passion for health and wellness. The chairperson of the Health and Wellness Committee of NCCCR, Sally is intent on providing information on "aging well." Instructors for the course include **Barbara Marlowe, Orisia Haas, Mark Hoch, Ronald Parks, Ellen Garrison, Pam Shuler, S. David Jarrett, and Junie Norfleet.** Additional biographical information is available at www.ncccr.com

Yoga With Wrinkles

\$20

CRN # 60102

8 weeks: Sept. 21, 28, Oct. 5, 12, 19, 26,
Nov. 2, 9

Wednesdays, 9-11 am

Location: Sherrill Center

Yoga, appropriately and safely adapted for older bodies, is a creative, intelligent, and health-supporting practice for living better longer. Movement is medicine for body, mind, and spirit. Learning new movement "vocabulary" helps replace habitual patterns with body awareness, good posture, better balance, and fewer aches and pains. Each class will combine movement and yoga instruction with lecture and discussion on topics of self care. Please bring a yoga mat, if you have one. **NOTE: Due to topic popularity, participants may take only one yoga course per term.**

Renate Ridders (Reridders@aol.com) is a registered yoga and movement therapist specializing in program development for older adults.

Zumba Gold

\$20

CRN # 60103

8 weeks: Sept. 20, 27, Oct. 4, 11, 18, 25,
Nov. 1, 8

Tuesdays, 11:30 am - 12:30 pm

Ditch the workout and join the party! You'll do fun moves to hot Latin music. This is a great course for beginners and anyone young at heart who loves to dance. You'll samba, cha-cha and salsa your way to better fitness. Everyone is welcome and encouraged to go at your own pace. Wear comfortable clothing and lightweight shoes; bring bottled water.

Judi Lampert (judilusa@charter.net) holds several fitness certifications and has taught group fitness classes in community and university settings across the country for over twenty years.



Healthy Living Day 2011

“Expand Your Experience”

Saturday, October 1, 2011

8:30 a.m. – 2:00 p.m.

Park Ridge Wellness on Wheels (WOW) van at 8:30 a.m.

Diabetes screening, blood pressure and BMI testing

Healthy muffins and juice to follow

The Reuter Center on the UNC Asheville campus

Open to the public – free admission

Health-Related Presentations, Classes and Activities will begin at 9:15 a.m.

“Grab and Go” Lunch/Snack available for purchase

Keynote Address by Dr. Carl Eisdorfer “Predictors of Successful Aging”

***Dr. Eisdorfer is a co-founder of the Alzheimer’s Association and
Knight Professor and Director of the Center on Aging,
Miller School of Medicine, University of Miami,
and has taught courses in NCCCR’s College for Seniors***



A Pisgah View

Our work here at the Center teaches us to look both to the future and to the past during times of change and transition. As we look to the future and our relationships with the Osher Lifelong Learning Institutes National Resource Center and the network of institutes for learning in retirement across the country, we should reflect on the dreams and hard work that have brought us to this point and to commit ourselves to preserve the qualities and programs that distinguish the Center from other lifelong learning institutes.

The Center is very fortunate in having had people of great vision who saw the potential in finding ways to address the needs and talents of a growing population of older adults. David Brown was chancellor of UNC Asheville from 1984 to 1990 when he envisioned a Center that would “match the wants, needs and resources of communities with the talents, needs and resources of older Americans seeking to lead creative and productive lives in their later years.” He gathered advice from experts on campus and throughout the nation to plan for an organization that would break new ground in improving the quality of life through enhancement of the talents and resources of retired persons. He envisioned programs to help with retirement planning, a senior wellness center to promote “enhanced understanding and experience of the relationship between physical, emotional and intellectual well-being” and a Senior Service League to nurture those retirees who wanted to “become informed, committed and involved citizens of the community in which they are retired.” Lin Brown served as the first director of the College for Seniors, a program that continues to offer an opportunity “through intellectual and cultural activities in a university environment [for] men and women of diverse backgrounds [to] come together to share a common interest in learning.” The Browns made the right connections among diverse groups of stakeholders to make the Center a reality. It is my hope that with new sources of funding and changing resources on the UNC Asheville campus we will be able to revive and refresh some of the unrealized goals the Browns articulated to extend productivity and purpose in an ever-longer and healthier life course.

The Center has been lucky to find energetic and knowledgeable professionals to sustain and implement the Browns’ vision. Ron Manheimer, the Center’s founding director, and Denise Snodgrass, the Center’s assistant director for almost 20 years, broadened and directed the national dialogue about the changing life course of older adults. They have shared their expertise about the forward-thinking way that programs have been crafted here at the Center and have continued to ask hard questions that keep us thinking not only about the “hows” of programming but the whys and why nots. When the Reuter Center was dedicated, Ron wrote that “The truth is that while we will make plans for the future, no one really knows how our plans will unfold. When we look back 20 or 30 years, we see how ideas about aging, later life and the possibilities of older adult education have changed. How much more may those ideas change over the next 20 or 30 years?” Ron noted that the key to the Center’s success is to “remain a magnet for new ideas”; becoming part of a vital network of other institutes will ensure that we are a magnet and a conduit for good ideas and will challenge us to continue to distinguish our programming.

The Center has remained a magnet for good ideas and for talented volunteers who have seen the Center as a “place to call home.” I have been warmly informed by people like Walter Adamson, an early volunteer leader of the College for Seniors, who has told me about being part of the early group of “kindlers” who were “sparked” by the vision of Dave Brown to try to make a challenging idea into a rewarding reality. Alice Green and Dorothy Murphree worked tirelessly to raise the funds to build the Reuter Center. In the last weeks of her struggle with acute leukemia, Dorothy sent me documents detailing the history of the campaign to build the building, but more important to me, she assured me of her confidence and hopes that I would have a part in leading the Center to new opportunities and accomplishments. Alice has been careful to remind me of the promises made about the building and its relationship to the rest of the university, and she has inspired me to think about ways we might extend the reach of the Center to continuing care retirement communities like Deerfield. I could and should name hundreds of other volunteer leaders who have taken the time to welcome me and to share both their understanding of our past and their hopes for our future. We will continue to honor the commitment and ideas of past leaders and will have complete autonomy to be member-driven and member-led in the future.

The symbol most often associated with the Center is the nautilus; the spiral pattern symbolizes expanding opportunities made possible by a longer life course and reminds us that we make our present life while connected to the past. As we look forward to this new phase, I am reminded of the symbolic meaning of the Roman god Janus, often depicted with one face to the past and a second visage facing the future. Janus is the god of beginnings and transitions; and at the Center, the view of the past or to the future is something we are lucky to be able to experience together.

Catherine Frank

Don't Use Email?



Correct email addresses save trees and money.

If you don't use email, please call or visit the Center frequently to stay informed about Center happenings.



NCCCR
 Reuter Center, CPO #5000
 UNC Asheville
 One University Heights
 Asheville, NC 28804-8516

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www.ncccr.com



CAMPUS MAP KEY

CAMPUS BUILDINGS

1. Campus House
2. Carmichael Hall (CH)
3. Carol Bell Theatre (CBT)
4. Glasshouse (G)
5. Highsmith University Union (HU)
6. Humanities Lecture Hall (HLH)
7. Justice Gym (JG)
8. Korpey Hall (KH)
9. Lipinsky Hall (LH)
10. New Hall (NH)
11. Owen Hall (OH)
12. Phillips Hall (PH)
13. Piggoh House (PGH)
14. Ramsey Library (RL)
15. Senter Center (SC)
16. Hodder/Robinson Hall (RH)
17. Sam Miller Facilities Mgmt. Complex (SM)
18. Student Recreation Center (SRC)
19. University Hall (Dining Hall) (UH)
20. University Communication & Marketing (UCM)
21. Vance Hall (VH)*
22. Weizenblat Health Center (WHC)
23. Wilma M. Sherrill Center (SC)
24. Zogler Hall (ZH)
25. Zain Hall (ZSH)

CAMPUS OPEN SPACES

26. A.C. Reynolds Green
27. Botanical Gardens
28. Greenwood Field
29. Mullen Park
30. Ropes Course
31. Reed Plaza
32. Strass Track
33. University Quadrangle

RESIDENCE HALLS

24. Ash Hall*
25. Founders Hall
26. Gardner Hall*
27. Governors Hall
28. Governors Village
29. Hoey Hall*
40. Mills Hall
41. Moore Hall*
42. Scott Hall*
43. South Ridge
44. West Ridge

*Governors Village includes Ash, Gardner, Hoey, Moore, Scott, and Vance Halls.

PARKING INFORMATION

VISITORS & VENDORS: Obtain parking permit from University Police (see 21); 7:30 a.m. to 5 p.m., Monday-Friday except holidays and breaks

NON-RESIDENTIAL STUDENTS: Lots 5, 7b, 9, A, C, D; Vivian St. Lot; ZH parking deck

RESIDENTIAL STUDENTS: Lots 1, 3; Vivian St. Lot; Ridges parking deck; Ridge Drive

FACULTY/STAFF: Lots 4, 6, 7a, 11, 12, 14, 16, A, B, C, D, I, UH parking deck (see 19)

KEY LOCATIONS

- 1 Admissions
- 2 Bookstore
- 3 Campus Information
- 4 Dining
- 5 Human Resources
- 6 University Police

Campus Information

(828) 251-6600

University Police

(828) 251-6710

For more information

www.unca.edu

MAP KEY SYMBOLS

- Buildings
- Residence Halls
- Faculty/Staff lot
- Non-Residential Student Lot
- Residential Student Lot
- Construction Zone
- Campus Information
- Kiosk/Campus Map
- University Police
- Emergency Phone
- Bus/Shuttle Stop

Parking permits are required on all vehicles. Visitors may register vehicles at the Reuter Center reception desk, room 208.