Surgeon General Vivek Murthy has stated that people in the US are “facing an epidemic of loneliness and social isolation.” When people feel that they do not have the quantity or quality of relationships to sustain themselves, they experience health problems (including cardiovascular health risks, compromised immune systems, interruptions of restorative sleep, impaired cognitive performance and cognitive decline, increased risk of Alzheimer's Disease and increased depressive symptoms) that increase the probability of early death by 20%, about the same risk imposed by obesity. Once one feels lonely, it can be harder to connect with other people, since loneliness can lead to an increased vigilance for threat and a heightened sense of vulnerability that further isolates us. Some studies estimate that 35% of older adults experience loneliness.

We often assume that older people are inevitably lonely, as they outlive spouses, partners, colleagues and friends and as they leave behind the connections that sustain us in the workplace. Many people in the first months of retirement experience some depression as they are cut off from the easy satisfactions of casual water cooler conversations and friendships. At OLLI, however, we hear that members experience deeper friendships in later life than they have ever known. Outside the competition and endless deadlines and details of the workplace or the challenges of managing a family, they form bonds that have the power to add unanticipated quality and depth to their lives. Connections formed through lifelong learning are based on ideas and shared interests rather than shared neighborhoods or shared cubicle space. Lifelong learners share their passion, whether they teach a course, organize a special interest group or serve as a mentor to a student athlete. While loneliness can be a challenge as we age, the possibility of finding meaningful community through lifelong learning is profound.

As I think about the potential for OLLI to alleviate loneliness, I recognize that only a few of us build lives that keep us connected, although it’s never too late to start connecting. At the 90th birthday celebration for my Chapel Hill neighbor Charlotte Adams, over 100 people of all ages and all walks of life gathered to celebrate. One woman, probably in her 70s, was standing by a wall and said to me in a melancholy way, “I can’t imagine being lucky enough to have all of these people come to a party for me.” I recognized that Charlotte had not set out to avoid loneliness, but through decades of speaking against segregation, war and socioeconomic disparity she created a rich life that kept her connected to people and ideas. During the civil rights movement Charlotte picketed outside movie theaters and monitored courts to make sure that young people and people of color received fair treatment. She built friendships with her allies at the time and with their children and grandchildren as times changed.

Charlotte helped to found the Chapel Hill branch of the Women’s International League for Peace and Freedom in 1935 and was a fixture of the organization until she was in her 90s. For seven years she led a weekly vigil in front of the downtown post office protesting the Vietnam War. Many longtime Chapel Hill residents recall seeing a prim woman in a straw hat and a polyester pant suit marching, talking and laughing with the unkempt hippies who shared her outrage at the persistence of the war. Long after the hippies left, she continued weekly vigils for decades, dismayed but unwavering in her commitment to the need for peaceful resolutions to conflict around the world and always happy to have new generations of students join her. Her passion for peace also led her to help start the first dispute settlement center in North Carolina in 1977, and she continued to mediate cases for years.

For most of her 102 years, Charlotte maintained a youthful, some might even say reckless, passion for the causes important to her. The story runs that she offered her house (without telling her husband) as bond to bail out a draftee for the Vietnam War who refused to serve. Charlotte’s husband Raymond Adams taught in UNC’s English department for almost 50 years. He occasionally worried about whether it was seemly for a faculty wife to be arrested during a sit-in, but he never stood in Charlotte’s way. After all, he wrote one of the first dissertations on Henry David Thoreau, a proponent of civil disobedience and the importance of striving to “live deliberately.” After Raymond passed away, Charlotte entertained scholars who helped catalog her husband’s library, that is now housed at the Thoreau Institute Library in the Walden Woods. Charlotte frequently wore a sweatshirt with Thoreau’s “Simplify, simplify” motto.

Henry David Thoreau writes in Walden “To be in company, even with the best, is soon wearisome and dissipating. I love to be alone. I never found the companion who was so companionable as solitude.” Researchers note that people can live relatively solitary lives and not feel lonely, and scholars note that even Thoreau needed an accepting and stimulating circle of friends and supporters like Ralph Waldo Emerson to thrive in the Concord of his day. In the chapter in Walden titled “Reading,” Thoreau offers a blueprint for an ideal lifelong learning institute. He says, “It is time that we had uncommon schools, that we did not leave off our education when we begin to be men and women. It is time that villages were universities, and their elder inhabitants the fellows of universities, with leisure — if they are, indeed, so well off — to pursue liberal studies the rest of their lives.” We can all use moments of solitude, but we can and should find fulfillment in the company of others who inspire us with their ideas and support us with their fellowship. Not all of us will be lifelong champions for social justice, but all of us at OLLI have the opportunity to be lifelong learners, greeting each new day with curiosity that connects and elevates.

Catherine Frank
Executive Director, OLLI at UNC Asheville
### Winter 2018 Events Calendar

#### November
1. Midday Music with Pan Harmonia, 1:30 p.m.
2. The Autumn Players *We’re Not Done Yet!* 2:30 p.m.
3. World Affairs Council, 7:30 p.m.
4. Winter 2018 CFS online allocation registration begins, 10 a.m.
5. Art Bazaar, 11 a.m.-4 p.m.
6. Art Bazaar, 11 a.m.-3 p.m.
7. Carolinas’ Nature Photographers Association, 5:30 p.m.
8. Winter 2018 CFS online allocation registration ends, noon
9. Symphony Talk, 3 p.m.
10. Death Café, 5 p.m.
11. Elisha Mitchell Audubon Society, 7 p.m.
12. NOVEMBER 8-10 OLLI Office and the Reuter Center closed for Thanksgiving

#### December
1. NC Stage Behind the Scenes, 1 p.m.
2. WNC Historical Association Lecture, 2 p.m.
3. Online open registration for Winter 2018 CFS term begins, 10 a.m.
4. World Affairs Council, 7:30 p.m.
5. Astronomy Club of Asheville, 7 p.m.
6. Death Café, 5 p.m.
7. Reuter Center Singers Holiday Concert, 7 p.m.
8. f/32 Photography Group, 6:30 p.m.
9. NOVEMBER 1-2 OLLI Office and the Reuter Center closed for winter break

#### January
5. New Member Welcome, 10 a.m.
8. College for Seniors Winter 2018 term begins
10. f/32 Photography Group, 6:30 p.m.
12. Fab Friday Lecture, 11:30 a.m.
12. The Confident Caregiver, 2 p.m.
14. Carolinas’ Nature Photographers Association, 5:30 p.m.
15. OLLI Office and the Reuter Center closed for Martin Luther King, Jr. Day
18. STEM Lecture, 4:30 p.m.
19. Fab Friday Lecture, 11:30 a.m.
19. NC Stage Behind the Scenes, 1:30 p.m.
19. Death Café, 5 p.m.
26. Fab Friday Lecture, 11:30 a.m.
26. Medicare Choices Made Easy, 2 p.m. (registration required)

#### February
1. Astronomy Club of Asheville, 7 p.m.
2. Fab Friday Lecture, 11:30 a.m.
3. WNC Historical Association Lecture, 2 p.m.
6. STEM Lecture, 4:30 p.m.
9. World Affairs Council, 7:30 p.m.
9. Fab Friday Lecture, 11:30 a.m.
9. The Confident Caregiver, 2 p.m.
9. Symphony Talk, 3 p.m.
11. Carolinas’ Nature Photographers Association, 5:30 p.m.
13. World Affairs Council, 7:30 p.m.
14. f/32 Photography Group, 6:30 p.m.
14. Spring 2018 Catalog available
16. Fab Friday Lecture, 11:30 a.m.
16. Death Café, 5 p.m.
19. College for Seniors Winter 2018 courses end
20. Spring 2018 CFS allocation registration begins, 10 a.m.
20. STEM Lecture, 4:30 p.m.
20. World Affairs Council, 7:30 p.m.
22. Advance Care Planning Workshop, 4:30 p.m.
27. March Madness Lecture, 3 p.m.
27. Spring 2018 CFS allocation registration ends, noon
27. World Affairs Council, 7:30 p.m.

### OLLI Steering Council 2017-2018
- **Chair:** Kirk Borland
- **Chair-Elect:** Bobbie Rockwell
- **Secretary:** Kathleen Mainardi
- **Past Chair:** Catherine Jordan
- **OLLI Executive Director:** Catherine Frank

### Committee Chairs
- **Civic Engagement:** Sarah Reincke
- **College for Seniors:** Cindy Berryman-Fink, Erik Vedeler and Paula Withrow
- **Communications:** David Langdon
- **Facilities:** Terry Liles
- **Finance:** Terry Reincke
- **Hospitality:** Sandy Bowles
- **Inclusion:** contact Jane Callis
- **Life Transitions:** Dave Castel
- **Nominating:** Bobbie Rockwell
- **Planning:** Barbara von Hauzen
- **Research:** Patrick Chitwood

### Mission
OLLI at UNC Asheville’s mission is to provide opportunities to thrive in life’s second half through programs in lifelong learning, leadership, community service and research.
Your gateway to OLLI at UNC Asheville (OLLI) programs and events is membership. The membership fee of $75 covers the membership period from August 1, 2017 to July 31, 2018. Member benefits include:

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

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

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

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

Vehicle Registration and Parking: OLLI members may park in campus parking lots designated as “non-resident student,” provided they display a current OLLI parking decal on their rear window. To get your parking decal, go to olliasheville.com/forms and click on the link for Vehicle Registration Form. Fill out the form (you’ll need your driver’s license number and car license plate number). When you have submitted your information online, please bring your driver’s license and car registration to the OLLI office to pick up your decal.

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

Please be aware that several construction projects are underway on the UNC Asheville campus that affect parking near our building. There may be times when parking spaces are in short supply or when roadways in some parts of campus are blocked. Campus security will be checking parking stickers and giving tickets for parking violations.

Shuttle: Non-resident lots P01 and P02 are at the entrance to campus off Broadway on Campus Drive. There is shuttle service to take people to various places on campus, including the Reuter Center’s upper level. Please check the OLLI Observer newsletter for updates on the shuttle schedule or contact the OLLI office with questions. OLLI staff will call to request a shuttle between 8 a.m. and 5 p.m. if necessary. After 5 p.m., you may call 828-251-6710 and work with campus police to get back to your car.

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

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

OLLITalk: OLLITalk is an online forum for OLLI members to exchange information about programs and topics of interest and to ask for and send recommendations or referrals. The forum is monitored and should not be used to distribute political or religious information or to offer negative reviews of goods or services. To sign up to be a part of the OLLITalk, send an email to olli@unca.edu.

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

Need more information? Check out these resources:
OLLI Website: olliasheville.com
Campus Map: maps.unca.edu
UNC Asheville Events: events.unca.edu
The OLLI Office—open weekdays, 8 a.m. to 5 p.m.
828.251.6140 | olli@unca.edu

Health and Fitness Center Membership
Fee: $350 annually
OLLI members are invited to join the UNC Asheville Health and Fitness Center with facilities in the Sherrill Center, Justice Center and the Student Rec Center on campus. You will be asked to fill out an additional form outlining the terms of membership, including information on hours of access. Health and Fitness membership is valid for one year from the date of enrollment and you must maintain a current OLLI membership. For more information, contact Ann Cadle at 828.251.6384 or acadle@unca.edu.
Once you’re an OLLI member, you may join Special Interest Groups (SIGs) as another way to learn and develop friendships based on shared interests. All SIGs are approved and evaluated by the Hospitality Committee and are member-organized. To find detailed information about SIGs and information about how to initiate a SIG, call 828.251.6140, or visit our website at olliasheville.com and look for SIGs under “OLLI Groups and Volunteers.” To join a Special Interest Group, please contact the person listed for that group.

### Bridge Grads
Thursdays, 2-5 p.m. Contact: Nina Hansen, 828.299.7711, hansenn@charter.net or Kay Harrold, 828.257.4027, karonharrold@gmail.com

### Conversing in Spanish
First and third Wednesdays, 4 p.m. Contact: Harv Wechsler, wechsler7@hotmail.com

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

### Gardening
Second Tuesdays, 4:15 p.m. Contact: Patricia Grace, 828.505.0046, pegrace@vt.edu

### History Book Lovers
Third Fridays, 3 p.m. Contact: Jane White, 828.274.9354, jwcantare1@charter.net

### Intermediate Bridge
Fridays, 1-4 p.m. Contact: Ruth Hall, 541.490.6460, ruth2458@gmail.com

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

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

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

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

### Thriving in Community
Varied Fridays, 3:30 p.m. Contact: Amy Davison, adavison2ndtime@gmail.com

### Whole Foods/Plant-Based Living
Varied Fridays. 3 p.m. Contact: Bonnie Wheeler, bonniewhee@gmail.com

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

### Reuter Center Singers
is OLLI’s community chorus. The group meets each Monday at 6:15 p.m. to sing under the direction of Chuck Taft, make new friends and have a good time. No auditions! Membership in OLLI, a $45 music fee and a love of singing are required. Concerts throughout the year incorporate a variety of musical styles and eras. For more information, call Bob Dutnell at 828.484.8327 or 828.231.7807.

### Seniors’ Health Insurance Information Program
Older adults need accurate information about Medicare and insurance. If you would like to help seniors in our community with these often confusing and intimidating issues, the Seniors’ Health Insurance Information Program (SHIIP) needs you. Contact OLLI member Kenn Haring at kennharing@charter.net for more information; this project is provided in partnership with the Council on Aging of Buncombe County.
Advance Care Planning (ACP) 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, and assistance will be provided for anyone wishing to complete a legally valid advance directive, including the notarization required in North Carolina, using the NC ACP “Short Form.”
• Thursday, February 22, 4:30-6:30 p.m.

Art Bazaar
At the Fifth Annual Art Bazaar you will discover a showcase of members’ talents in painting, photography, jewelry, textiles and much more. Member exhibitors will have a wide variety of handcrafted items on display and for sale. This is a perfect opportunity to find one-of-a-kind items and to begin holiday shopping!
• Friday, November 10, 11 a.m.-4 p.m.
• Saturday, November 11, 11 a.m.-3 p.m.

Astronomy Club of Asheville
The Astronomy Club of Asheville meets the first Thursday of the month (except January and July) with an interesting lineup of speakers and topics. OLLI members may attend the club meetings and star gazes, with club members on hand to advise and assist them in the basics of astronomy and the techniques of observing celestial phenomena. For more information on the Astronomy Club of Asheville, visit their website at astroasheville.org. Meetings are scheduled as follows:
• Thursday, December 7, 7-9 p.m. Annual Holiday Social and Auction
• Thursday, February 1, 7-9 p.m. Speaker and program to be announced

The Autumn Players Special Performance: We’re Not Done Yet!
Plan to attend a special Autumn Players performance of We’re Not Done Yet: Fearless Folk Over 55 directed by RoseLynn Katz. Watch honeymooners Ralph and Alice Kramden battle it out for a humorous dose of nostalgia from the Jackie Gleason days, hear a selection of original poetry that showcases the ups and downs of later life with razor sharp wit and see for yourself how a creative outlook can spark the spirits of those over 55. Tickets are $7 at the door.
• Sunday, November 5, 2:30 p.m.

Carolinas’ Nature Photographers Association
Founded in 1992, Carolinas’ Nature Photographers Association (CNPA) promotes nature photography in the Carolinas, helps conserve and preserve the diverse natural ecosystems in the Carolinas and educates people interested in nature and wildlife photography. The CNPA-Asheville Region’s goal is to develop a group that will more fully experience the beauty of Western North Carolina through photography. Activities in the Asheville Region include monthly meetings, photo outings, seminars, workshops, exhibits, photo contests and image critiques. For more information visit cnpa-ashville.org.
• Sundays, November 12, January 14 and February 11, 5:30-8 p.m.

The Confident Caregiver
Offered through the Alzheimer’s Association Western Carolina Chapter, The Confident Caregiver series provides family caregivers with resources and strategies in providing quality care for their loved ones living with Alzheimer’s disease or other memory related dementia. It covers topics such as symptoms and changes in care needs in the middle stages of the disease, how to maximize safety in the home, handling difficult behaviors and accessing respite care.
• Friday, January 12, 2 p.m. Mid Stages I - Communication, Relationship Changes, Personal Care and Hospitalizations.
• Friday, February 9, 2 p.m. Mid Stages II - Behavior Changes, Medications, Home Safety, Driving, Living Alone and Wandering
• Friday, March 9, 2 p.m. Mid Stages III - Day Services, In-Home Care Services, Senior Living Options and Caregiver Needs

Death Café
Come experience an engaging gathering with storytelling and conversation about a subject that too often alienates people in our death phobic culture. A new movement, a shift, is at play in recovering the rituals of death and dying through personal storytelling of fears and loss. A deepening ritual emerges, and we build a culture of dying wisely. Join us at our next Death Café experiences, facilitated by Thirdmessenger’s Karen Sanders, Greg Lathrop and Sa’id Osio. Learn more at deathcafe.com.
• Fridays, November 17, December 8, January 19 and February 16, 5-6:30 p.m.

Elisha Mitchell Audubon Society
The Elisha Mitchell chapter of the National Audubon Society was formed in Asheville in 1986. Its mission includes promoting birding and an appreciation of all nature and helping to preserve wildlife and natural ecosystems. Note: There are no meetings in December, January or February. Learn more at emasnc.org.
• Tuesday, November 21, 7-9 p.m.
f/32 Photography Group
f/32 is a diverse group that shares an appreciation and love of photography. Members range from amateurs who like to take point-and-shoot snapshots to working professional photographers. At monthly meetings, they share their work, learn new methods and keep abreast of the latest industry news and equipment. OLLI members are offered free membership in f/32.
• Wednesdays, November 8, December 13, January 10 and February 14, 6:30 p.m.

March Madness Lecture
Bubble teams and brackets. Upsets and Cinderellas. Blocks, dunks, layups and buzzer beaters. Bitter defeats, thrilling wins and “one shining moment.” They’re all elements of the “big dance” we call March Madness, the NCAA Basketball Tournament. Learn more about this annual college sports ritual from a couple of UNC Asheville experts. Larry Griswold, popular instructor for sports history courses at College for Seniors, will offer an overview of the history of college basketball championship tournaments and the evolution and growth of the NCAA tournament. Janet Cone, UNC Asheville’s athletics director and the only woman currently serving on the NCAA Division I Men’s Basketball committee, will give us an insider’s view of the selection and seeding process. Feel free to wear your college colors, if you remember that here at UNC Asheville we are all Bulldogs!
• Tuesday, February 27, 3 p.m.

Medicare Choices Made Easy
Are you confused by the many choices of Medicare plans? Unbiased and accurate information is available from trained volunteers from the North Carolina Senior Health Insurance Information Program (SHIIP). The Council on Aging of Buncombe County, in partnership with OLLI, offers a free class that provides an overview (plans, parts, and policies) of Medicare. Spaces are limited, and registration is required. Reserve your space by calling the Council on Aging of Buncombe County, 828.277.8288.
• Friday, January 26, 2 p.m.
• Friday, January 26, beginning at noon, representatives from the Social Security Administration will be available to answer questions about Social Security benefits and Medicare enrollment. They will also provide detailed instructions for access to the Agency’s online services at socialsecurity.gov.
• Friday, January 5, 10 a.m.

NC Stage Behind the Scenes
Join NC Stage Artistic Director and Co-Founder Charlie Flynn-McIver as he takes you behind the scenes of the professional productions of NC Stage. We’ll look into the themes of the plays, the rehearsal process, the design process, talk to actors, directors and designers and even view a scene or two from the upcoming show. Get an insider’s view of the workings of a professional theatre. For more information, visit ncstage.org.
• Friday, December 1, 1-2:30 p.m. 12 Dates of Christmas/All is Calm
• Friday, January 19, 1:30 p.m., Jeeves Takes a Bow

New Member Welcome
Are you new to OLLI at UNC Asheville and the Reuter Center? Are you returning after being gone awhile? Come to the New Member Welcome to learn about all that OLLI has to offer and about ways to get involved. Meet other members and learn what it means to “grow through life.”
• Friday, January 5, 10 a.m.

Reuter Center Singers Holiday Concert
The Reuter Center Singers, directed by Chuck Taft, study and perform classical, popular and show tunes. Come to the Holiday Concert to enjoy music of the season and sing along with traditional carols. Light refreshments will be served. This concert is free and open to the public; donations are welcome.
• Monday, December 11, 7 p.m.

STEM Series Lecture
The STEM Lecture Series is interdisciplinary with a focus on science, technology, engineering and mathematics. The winter 2018 theme is “Women in STEM” highlighting the scientific achievements and barriers to success for women in the STEM disciplines.
• Thursday, January 18, 4:30 p.m. Women in Mathematics
• Tuesday, February 6, 4:30 p.m. Women in Physics
• Tuesday, February 20, 4:30 p.m. Women in Nursing

Symphony Talk
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 conductor candidates will introduce themselves and the upcoming concerts, and local music aficionado Chip Kaufmann will speak about the composers. For more information about the Asheville Symphony Orchestra, visit ashevilleSymphony.org.
• Friday, November 17, 3-4:30 p.m. Darko Buterac, conductor candidate
• Friday, February 9, 3-4:30 p.m. Garry Walker, conductor candidate, and guest artist violinist Elena Urioste
WNC Historical Association Lectures
Come early for a seat at these two presentations on Western North Carolina history. Tickets sold at the door; $5 donation; WNCHA members free.

**Saturday, December 2, 2-3:30 p.m.**  
**A Great American Tapestry, The Many Strands of Mountain Music**
David Weintraub, filmmaker director and producer of *A Great American Tapestry*, a seventy-minute film documentary, tells the story of the southern mountains’ musical birth and evolution through the strands of the Scots-Irish legacy as well as the oft-overlooked African-American influence and traditions. The film features the leading luminaries of the ballad tradition including Sheila Kay Adams, Joe Penland and Bobby McMillon. Additionally, the Grammy-winning founders of the world renowned black string band the Carolina Chocolate Drops, along with members of the Eastern Band of Cherokee and folk musician David Holt, tell the story of the great melting pot that became Appalachian music.

**Saturday, February 3, 2-3:30 p.m.**  
**Hazel Creek: The Life and Death of an Iconic Mountain Community**
Dan Pierce, National Endowment for the Humanities Distinguished Professor, UNC Asheville, will tell the tale of Hazel Creek. Located within the boundaries of the Great Smoky Mountains National Park, Hazel Creek has experienced an extraordinary history. Home to the writer Horace Kephart, the community experienced periods of booming mining and lumber interests throughout the 1920s. With the construction of Fontana Dam in 1942, the Hazel Creek area was flooded by the dam’s extensive reservoir. Promises were made by the federal government to help those displaced - promises to this day not realized.

World Affairs Council
The World Affairs Council (WAC) presents fascinating lectures and discussions to advance international awareness and foster Western North Carolina’s global ties. OLLI members receive a discount on WAC annual membership. These lectures are free to WAC members and students and $10 at the door for all other participants. For more details about programs, consult the WAC website, www.main.nc.us/wac

**Tuesday, November 7, 7:30 p.m.**  
**Germany and Europe after the German Election**
Helga Welsh, a German speaking native and Wake Forest University faculty member, will present

**Tuesday, December 5, 7:30 p.m.**  
**Turkey and the Middle East with Erdogan’s New Expansion of Power**
by Ali Demirdas, a Turkish citizen who now teaches international politics at the College of Charleston.

**Tuesdays, February 6, 13, 20, 27, 7:30 p.m.**  
**Great Decisions Lecture Series**

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**Adverse Weather Policy**

OLLI classes, events, meetings and other activities will be canceled or delayed when UNC Asheville classes are canceled or delayed for adverse weather. By 8 a.m. on bad weather days, the OLLI staff will post specific program information on our outgoing message at 828.251.6140 and on our website at olliasheville.com. We will, if possible, send an email to OLLI members by 8 a.m. explaining how weather will affect events scheduled on bad weather days.
January 12, Muscle and Joint Injuries
Aaron Vaughan, M.D., will offer a review of the more common injuries to muscles and joints as we age. He will help you understand why these pains present more frequently as we age and what we can do to reduce their frequency and severity. Learn how you can best develop self-care strategies and identify when you need to call in help from medical and other health care providers. Dr. Vaughan is board certified in family medicine and sports medicine, practices at Asheville Orthopedic Associates and serves as the primary care sports medicine fellowship director at MAHEC; he is team physician to many local athletic teams including UNC Asheville, the Asheville Tourists and Asheville High School and has served as team physician to the Carolina Hurricanes and UNC Chapel Hill. This lecture is part of the Health Education Series.

January 19, Film is Like a Battleground
American director Samuel Fuller famously declared that “A film is like a battleground” during his cameo in Jean-Luc Godard’s 1965 film, Pierrot Le Fou. These words aptly describe the career of this World War II veteran who began directing movies in 1949. Whether World War II, the Korean War or the Cold War, war and its consequences were the subjects Fuller obsessively returned to throughout his long career. Drawing from her extensive archival and historical research, Dr. Marsha Gordon will discuss how war films really got made during the Studio Era. Her talk will be illustrated with film clips from Fuller’s films as well as with behind-the-scenes documents from the Departments of Defense and the Army, the FBI and the Production Code Administration. Attendees will learn what a real battle it was to make war films in Hollywood! Marsha Gordon is professor of film studies at North Carolina State University and the author, most recently, of Film is Like a Battleground: Sam Fuller’s War Movies (Oxford University Press, 2017). Gordon has a monthly show, Movies on the Radio, with Laura Boyes & Frank Stasio, on WUNC’s The State of Things, which airs locally on Asheville’s Blue Ridge Public Radio WCQS.

January 26, Medical Ethics: What Do I Need to Know?
Ethics is about doing the right thing. Medical ethics is about doing the right thing with regard to our health care. How do we know what is the right thing? The issues we encounter are complex and fascinating; many of them involve end-of-life concerns and decision-making. How can we ensure that our wishes will be honored when the time comes? We will briefly consider ethical theory and principles. We will learn about the work of a clinical ethicist in a hospital. There will be time for questions and conversation. Mary Caldwell is a clinical ethicist at Mission Health in Asheville. She has worked in the hospital for nearly 30 years, teaching ethics and conducting ethics consultations. She has taught ethics at OLLI several times. This lecture is part of the Health Education Series.

February 2, Asheville Race Relations: Black and White, Past and Present
This panel presentation will focus on black and white race relations in Asheville from the days when desegregation happened in the schools to what is happening today. Panelists include Al Whitesides, Buncombe Country Commissioner, and Marvin Chambers, both instrumental in the desegregation of Asheville public schools in the 1960s and ’70s, and still making strides for change. Panelists Keynon Lake and Tracy Green-Washington are the next generation who are carrying on the role of social activism for race relations in the Asheville area. As high school students during the civil rights era, Whitesides and Chambers were part of ASCORE (Asheville Student Committee on Racial Equality), a group that worked to desegregate schools and businesses in Asheville. The younger panelists have another perspective and are leading actions and movements to improve the lives of African-Americans in the Western North Carolina. The task is not done. Come listen and learn what these movers and shakers have to say.

February 9, Keeping Your Skin Healthy: An Overview of Skin Cancer and Common Skin Lesions
Mark Hutchin, M.D. will offer a review of the more common forms of skin cancer and benign growths that we experience as we age with a special focus on physiological and environmental threats to our skin. He will help you understand the most common types of lesions and why they occur more frequently in older adults. Of special interest will be a focus on skin cancers and what you can do to prevent or reduce their impact. Attention will be given to when you should consult with your dermatologist and what to expect when seeking such medical care. Dr. Hutchin is a board-certified dermatologist and practices at Dermatology of North Asheville. This lecture is part of the Health Education Series.

February 16, American Meets Arabia
The Arab world is much in the news these days, and likely to be for decades to come. Larry Wilson will give an “insider’s” view of living and working in the heart of Arabia, the United Arab Emirates (UAE), where he lived for more than a decade and worked for nearly twenty years. In 1998, Larry Wilson was invited by His Excellency, Sheikh Nahayan Mabarak al Nahyan, the Minister of Higher Education in the United Arab Emirates, to be a part of a three-person team to design and launch Zayed University, a new government university for Emirati female students. He served as Deputy Vice President and Provost for twelve years, with a year out to design, launch and direct reform of all the public schools in the UAE. Dr. Wilson, a former provost and interim chancellor at UNC Asheville, will describe Arab culture and traditions, the education system, the status of women in the Arab world, the impact of extremism and lower oil prices on the social and political system, some features of Islam, how Arab views toward the West and each other are changing and how American views of the Arab world do not always comport with his experiences.
Local Programming - Open to OLLI members only

The Gift of Time
The Gift of Time program encourages participants to think about how to plan and communicate end-of-life wishes to spouses, partners, children and parents. Experienced facilitators and expert speakers, combined with the support of a group of peers, make this program truly unique.
Registration opens in early 2018; open to OLLI members only
Dates: May-June 2018
Cost: $30 per person

Exploring CCRCs
Exploring Continuing Care Retirement Communities (CCRCs) helps participants assemble the relevant information and ask the right questions to see whether the CCRC is a living option that meets their needs. The course includes expert speakers and site visits to local CCRCs.
Registration opens in Spring 2018; open to OLLI members only
Dates: August 2, 9, 16, 23, 30, September 6, 13, 14, 2018
Cost: $150 per person
More Information: www.olliasheville.com/exploring-ccrcs

National Programming - Open to anyone

Paths to Creative Retirement
Paths to Creative Retirement (Paths), held twice each year, helps participants create a meaningful retirement based on their values and priorities. Sessions are facilitated by trained OLLI members in large and small groups.
Dates: April 20-22, 2018
August 24-26, 2018
Cost: $850 per person
More Information: www.PathsToCreativeRetirement.com

Creative Retirement Exploration Weekend
The Creative Retirement Exploration Weekend (CREW) focuses specifically on relocating in retirement—whether to Asheville or anywhere else. Our optional Sunday program is for those who are considering Asheville for relocation.
Dates: June 1-3, 2018
Cost: $500 per person
More Information: www.AshevilleCREW.com

Members and staff of OLLI at UNC Asheville collaborate to offer unique and innovative programs to help participants navigate major life transitions. Register online. Visa or MasterCard accepted. For questions contact 828.250.3871.
Leadership Asheville Seniors

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

When: Weekly sessions, September - November, 2018

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

Payment: Visa or MasterCard

Registration: Registration will open in Spring 2018. Open to OLLI members only. Visit www.olliasheville.com/LAS for more information.

Questions? Call 828.250.3871.

Why take LAS? Ask the alumni...

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

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

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

Workshops

Workshops will be on hiatus during Winter Term but will return with an exciting lineup of new workshops & excursions in Spring 2018.

Workshops are open to the public. Come join the fun!

www.olliasheville.com/workshops

For more information, to teach a workshop or to join the committee, contact 828.250.3871.
# 10 Ways to Make a Difference!

<table>
<thead>
<tr>
<th>Education</th>
<th>Food Insecurity</th>
<th>Housing &amp; Homeless</th>
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<tbody>
<tr>
<td>Tutors &amp; Teacher Assistants</td>
<td>Food Bank &amp; Food Pantry Volunteers</td>
<td>Supporting Affordable Housing &amp; Homeless Services</td>
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<tr>
<td>Asheville City Schools</td>
<td>MANNA FoodBank</td>
<td>Veterans Restoration Quarters</td>
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<td>Buncombe County Schools</td>
<td>Asheville Terrace Apartments</td>
<td>Habitat for Humanity</td>
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<td>Homework Diner</td>
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<td>Homeward Bound</td>
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<td>Music Works</td>
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<td>Steadfast House</td>
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## VOLUNTEERS NEEDED

Get Involved. Become an OLLI Volunteer.

Contact Sarah Reincke at sarahreincke@gmail.com for more information.
Join OLLI at UNC Asheville and Register for College for Seniors – Winter 2018

Initial allocation registration period is Wednesday, November 8, 10 a.m. to Wednesday, November 15, noon

Use the online registration system to purchase OLLI membership and College for Seniors (CFS) courses. You may use a credit card to pay online, or you may pay in the OLLI office using a check or cash (exact change, please). Go to our website at www.olliasheville.com and click on the Online Registration link. That will take you to the Registration Home page.

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

**Step 2: Purchase an OLLI Annual Membership if you are not already a member**
- Click on My Account, then Membership to see if you are a member for 2017-18. If the expiration date is 7/31/18, you do not need to purchase another membership. If you are not a member, follow the next steps.
- Click on Membership and CFS Registration Fee, then click on OLLI Annual Membership. Click on Add to Cart to add the $75 fee.
- Click on Registration Home. Go to Step 3 if you want to sign up for CFS courses. If not, go to Step 5.

**Step 3: Purchase the College for Seniors Term Fee**
- Click on Membership and CFS Registration Fee.
- Click on CFS Registration Fee. Click on Add to Cart to add the $90 fee. **You must do this before adding any courses to your cart.**
- Click on Registration Home or Search Courses to find the College for Seniors courses you want to take.

**Step 4: Request your College for Seniors Courses**
- Find the course you want and click on Request Course to add it to your cart. Repeat this step for additional choices.
- You may request up to six courses in the initial registration. You will be registered in up to three courses and dropped from any courses over three.

**Step 5: Purchase the items in your cart**
- When your cart is complete, click on Check Out. Follow the steps, clicking next after you have completed each request. If you are using a credit card to pay for your order, be sure your name and billing address exactly matches the information on file with your credit card provider. If you have a middle initial on your card, please include it on the billing information and check the charge information.
- If you are paying with check, cash, scholarship or voucher, contact the OLLI office to alert us to the non-credit card payment method and get instructions on how to complete the request.
- Note: if there is an error in processing your payment by credit card, the system may not allow further attempts to provide credit card information. If that occurs, you will need to mail or bring in a check or cash (exact change please) for your purchase. All payments must be received by November 14. If you can not get to the office, call 251.6140 to make other arrangements.

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

**Notification**
- If you register during the initial allocation registration period, you will receive confirmation of your schedule by email on Friday, December 1, 4:30 p.m.
- Please note that some health and fitness courses carry an additional $30 fee. You will be responsible to pay this fee after you have received notification that you have been enrolled in that course. **All health and fitness fees must be paid by December 15 or you will be dropped from the course.**
Add-Drop opens Monday, December 4, 10 a.m.

- If you missed the initial registration period, you can register for courses with available openings during this time.
- If you have already registered for courses, you may add any courses in which seats are available or add your name to a waitlist through the online registration process. Add-Drop ends after the second meeting of a course, unless otherwise noted.
- To drop a course, send an email to chan@unca.edu; include your name and the name of the course(s) you wish to drop.
- To drop all courses and receive a full refund, please submit your request by Friday, January 5, 3 p.m.

Registering for Local Life Transitions Programs
You may register for these programs or add yourself to a waitlist at the same time you register for College for Seniors.

Membership is required. Sign in. Add the membership fee to cart if you are not already a member. Select the program you want and click on Add to Cart. Proceed to payment as usual.

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

<table>
<thead>
<tr>
<th>Priority</th>
<th>Course Name</th>
<th>Day/Time Meets</th>
<th>Instructor/ Catalog pg.</th>
<th>Has Fee</th>
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As courses are allocated, you will be enrolled in your highest priority courses where seats are available. If you are enrolled in three courses, you will be dropped from all other choices. If you are not enrolled in three courses, you will be waitlisted on your remaining choices unless there is a time conflict with a registered course. If seats are available, you may add a course to your schedule during Add-Drop.

Registration schedule
- Initial allocation registration opens Wednesday, November 8, 10 a.m.
- You may come to the Reuter Center for registration help on November 8, 9, 10, 13, 14, 10 a.m.-3:30 p.m. and on Wednesday, November 15, 8:30 a.m. – noon.
- College for Seniors Registration is closed during the allocation process, Wednesday, November 15, noon to Monday, December 4, 10 a.m. You may purchase an OLLI membership, but you will not be able to add College for Seniors fee or courses to your cart.
- Notification of College for Seniors enrollment (courses registered, waitlisted or dropped) will be sent by email on Friday, December 1, 4:30 p.m.
- Add-Drop opens Monday, December 4, 10 a.m. At this time you can register or add more College for Seniors courses or add your name to a waitlist if a course is full. Add-Drop closes after the second meeting of the course.
COLLEGE FOR SENIORS (CFS) is your opportunity to learn something just for the fun of it. Courses in this program are taught by members who have passion and professional expertise as well by UNC Asheville faculty and independent scholars in our area. Courses range from Hollywood dancers to PeyongChang Olympics, Eudora Welty to elder law, aircraft carriers to Chopin and much more. We offer four terms throughout the year, each one different, with stimulating, entertaining and relevant courses. See pages 18 to 32 for course descriptions.

Winter: January 8 – February 19, 2018 (initial registration November 8-15)
Spring: March 26 – May 18, 2018 (initial registration February 20-27)
Summer: June 18-August 3, 2018 (initial registration May 17-23)
Fall: September 19 – November 19, 2018 (initial registration August 9-16)

Winter 2018
January 8 – February 19
NOTE: Check dates listed for each course.

CFS Registration Fee: $90 for the term
OLLI membership is required to enroll in CFS classes
Additional fees may apply; see course descriptions for details

$30

Fees for courses with a $30 health and fitness fee must be paid to OLLI by Friday, December 15, or we will drop your enrollment from that health and fitness course.

See page 13 for information on how to register.

Refunds:
Cancellation must be received by Friday, January 5, 3 p.m. for a full refund

Scholarships are available to partially cover the expense of the term fees (the annual OLLI membership fee is the member’s responsibility). Scholarship applications are available in Room 208 of the Reuter Center and on the OLLI website in the “Forms” section. Scholarship applications must be submitted by November 14. For more information, call 828.251.6140.

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

Teaching at College for Seniors:
At the heart of the College for Seniors program are dedicated volunteer instructors. See page 34 for more information or contact CFS Program Manager Herb Gunn at hgunn@unca.edu or 828.251.6873. Download the term proposal form at http://olliasheville.com/college-seniors-1. Deadline for proposals for the summer term is February 1, 2018.

Need more information about College for Seniors courses? Go to the OLLI website olliasheville.com/courses to find more detailed course information and biographies of instructors for the winter courses.
<table>
<thead>
<tr>
<th>Time</th>
<th>Mondays</th>
<th>Tuesdays</th>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>Classical Pilates (9:30-10:30)</td>
<td>Art and History of Renaissance Florence</td>
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<tr>
<td>9-11 a.m.</td>
<td>Becoming an Informed Advocate for Your Own Healthcare</td>
<td>Dying to Live</td>
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<td>Elec-trickery and Magic-ism</td>
<td>Good Science, Bad Science &amp; Fun Science</td>
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<td>Reading Mark Twain</td>
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<td>Spark Your Life: The Art and Science of Creating a Vision</td>
<td>Max Perkins’ Golden Boys: Fitzgerald, Hemingway and Wolfe (Section 1)</td>
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<td>Whole Foods/Plant Based Living: A Second Helping</td>
<td>Meditation for Beginners</td>
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<td>Sweden Studies</td>
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<tr>
<td><strong>Midday</strong></td>
<td>Therapeutic Yoga for Healthy Backs (11:30 a.m.-1 p.m.)</td>
<td>Asheville on the Cheap</td>
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<tr>
<td>11:30 a.m.</td>
<td>Atul Gawande’s <em>Being Mortal: Medicine and What Matters</em></td>
<td>Eudora Welty: Two Short Novels</td>
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<td>in the End</td>
<td>Intuitive Painting</td>
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<td>Dancin’ Dames of Hollywood</td>
<td>Making a Difference as a Way of Life</td>
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<td>Gentle Yoga</td>
<td>Stories of WNC’s Past: Sex, Greed and Violence, Part 2</td>
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</tbody>
</table>
|            | Kurds and Kurdistan                                      |                                                           *
|            | Prints and Printmaking: A Brief History                  | Beginning Piano Level 2 - Session 1 (noon-1)               |
|            | Welcome Home Agamemnon: In Search of Justice             |                                                           |
| **Afternoon**| Boris Karloff: Six Character Studies 1932-1968           | Good Yoga for the Elder Being (2-3:30)                     |
| 2-4 p.m.   | Brain Wellness in the 21st Century                        | Pilates, Personal Power and Everyday Tasks (2-3:30)       |
|            | Frédéric Chopin: His Life and Music                      | Beginning Needlepoint                                      |
|            | Give Painting a Chance: Six Ways to Abstract Art (2-4:30)| Coping Strategies in a Complex World                       |
|            |                                                           | National Parks: What to See and When to Go                |
|            |                                                           | Plantations of the South Carolina Low Country              |
|            |                                                           | Beginning Hiking in Western North Carolina (2-5:30)       |

* Course meets twice a week
### Wednesdays

- Yoga to Start Your Morning (9-10:30)
- Celtic Spirituality
- Creating Fiction From Your Life Experience
- Social Security: Past, Present and Future
- The US-China Relationship: Then and Now
- Where Does English Come From-And Where’s It Going

### Thursdays

- Aristotle to Hawking: A History of Physics
- Beginning Mountain Dulcimer
- Hiking the Camino de Santiago in Spain
- Max Perkins’ Golden Boys: Fitzgerald, Hemingway and Wolfe (Section 2)
- A Sampler of Knitting Techniques
- Tai Chi Chih: Joy Through Movement

### Fridays

- Elder Law and Legal Planning
- Exploring Healthy Habits for Body and Mind
- National Parks Geology: Alaska and Hawaii
- Therapeutic Yoga
- 400 Years of Opera Staging (9-11:30)

*Beginning Piano Level 2 - Session 2 (noon-1)*

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### Don’t forget to add Fab Friday lectures to your schedule

**Every Friday, January 12-February 16**

11:30 a.m. – 1:15 p.m.

*in the Manheimer Room*

See page 9 for details

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### New Member Welcome

**Friday, January 5, 10 a.m.**

Learn about programs & activities

Find ways to participate in our community of learners

Meet new friends

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**Winter 2018 Calendar**

This is a quick reference for course days and times; see course listings for full titles and details. For changes that occur after the catalog goes to print, see “Catalog Corrections” at www.olliasheville.com
Monday Morning

**Classical Pilates**
Health and Fitness
6 weeks: January 8, 22, 29, February 5, 12, 19
(no class on January 15)
Mondays, 9:30-10:30 a.m.

We will study the foundation of the Pilates method for those who are new to Pilates or wish to focus on core principles. Core strength, alignment, stretching, breathing and control are taught using mat exercises. No prior experience is required. Participants must be comfortable working on the floor and able to get up and down without assistance. Bring your own exercise mat (OLLI has extras). Comfortable clothing is suggested.

**Instructor:** Nancy Grojean (nzgrojean@gmail.com)

**Becoming an Informed Advocate for Your Own Healthcare**
Life Transitions
4 weeks: January 8, 22, 29, February 5
(no class on January 15)
Mondays, 9-11 a.m.

When considering the health and well-being of you or your family, have you ever wondered if you should use the Minute Clinic, an urgent care center, an MD office or the ER? Do you understand Medicare so that you can get what you need when you need it? We will identify principles and strategies to becoming a better consumer of the healthcare system as well as how to understand Medicare billing and, when necessary, appeal Medicare claims that are denied.

**Instructors:** Karen Sanders (kcsanderella@gmail.com); Greg Lathrop (gregorio1212@att.net)

**Elec-Trickery and Magic-ism**
Math, Science, Technology
6 weeks: January 8, 22, 29, February 5, 12, 19
(no class on January 15)
Mondays, 9-11 a.m.

Did you ever wonder how the ubiquitous invisible thing we call electricity and its close sibling magnetism was ever understood and harnessed by humans to become one of the most important tools of our time? Our use of electricity fueled the industrial revolution through the 19th century and drove unprecedented technological and economic growth through the 20th. There is almost no aspect of modern life that is not touched by our use of electricity. From the Napoleonic era to the rise of our young nation’s leadership on the world stage, we explore how early scientists discovered the foundations of electricity and magnetism in the context of their contemporary society. A technical background is not necessary for participants in this class, only a zest for history and science!

**Instructor:** Erik Vedeler (vedelererik@gmail.com)

**Reading Mark Twain**
Languages, Literature, Writing
6 weeks: January 8, 22, 29, February 5, 12, 19
(no class on January 15)
Mondays, 9-11 a.m.

Many critics consider *Adventures of Huckleberry Finn* (1884) Mark Twain’s masterpiece and count it among the greatest of American novels. The book has also been banned and criticized for its coarseness, irreverence, use of dialect, confused ending and racism. Far fewer readers have encountered Mark Twain’s 1894 novel *Pudd’nhead Wilson*, but some critics have called it “an unrecognized classic” and “one of the most honest books in our literature.” We will read and discuss these two books to see what they tell us about the persistent themes in Twain’s work and in American literature. **Required texts:** *Adventures of Huckleberry Finn* by Mark Twain, ISBN-13: 978-0486280615; *Pudd’nhead Wilson* by Mark Twain, ISBN-13: 978-0486408859. Both are available at no cost in online editions.

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

**Spark Your Life: The Art and Science of Creating a Vision**
Personal Development
6 weeks: January 8, 22, 29, February 5, 12, 19
(no class on January 15)
Mondays, 9-11 a.m.

Is there something you’ve wanted to do and haven’t done? Some contribution you want to make and haven’t made? We will explore the process of discovering how to create a life that you love, create a blueprint for what’s possible, identify roadblocks, learn tools to help you make changes and move with velocity. This is a hands-on course; participants will create a written vision and take action toward their goal in a safe and relaxed environment.

**Instructor:** Nancy Grojean (nzgrojean@gmail.com)
Monday Morning continued

**Whole Foods/Plant-Based Living:**
*A Second Helping*

Health and Fitness
5 weeks: January 8, 22, 29, February 5, 12
(no class on January 15)
Mondays, 9-11 a.m.

Through lecture, discussion and video, we will go beyond the basics of whole foods/plant-based living. We will learn about the early pioneers of the whole foods/plant-based movement, human physiology and diet, food politics, food myths, health issues and the impact of our food choices on animals and the environment.

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

**Monday Midday**

**Therapeutic Yoga for Healthy Backs**

Health and Fitness
6 weeks: January 8, 22, 29, February 5, 12, 19
(no class on January 15)
Mondays, 11:30 a.m.-1 p.m.

**Location:** Sherrill Center 306A

Do you have pain, stiffness, or the dreaded *iHunch*? Lost your posture somewhere? This is for you if *“stand up straight”* is not so easy anymore or you experience occasional aches, cricks, sciatica or chronic back and neck pain. Get back in action! You will learn healing postures, breathing techniques and other tools to reduce chronic pain, improve posture and build strength, balance and flexibility so you can live a healthier, more active life and enjoy the things you love. More information may be found at bluebirdyoga.net.

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

**Atul Gawande’s Being Mortal: Medicine and What Matters in the End**

Life Transitions
5 weeks: January 8, 22, 29, February 5, 12
(no class on January 15)
Mondays, 11:30 a.m.-1:30 p.m.

We will use stories about patients from Gawande’s *Being Mortal*, other publications and the instructor’s experiences to illustrate societal roadblocks to our preferences for how we age and die and conflicting goals of elders, families and doctors. Each week, the instructor will pose discussion questions for assigned chapters of *Being Mortal*. Through the readings and classroom discussions, participants will learn how they can better deal with “being mortal.”


**Instructor:** David Mouw (davidmouw@charter.net)

**Dancin’ Dames of Hollywood**

Performing Arts
6 weeks: January 8, 22, 29, February 5, 12, 19
(no class on January 15)
Mondays, 11:30 a.m.-1:30 p.m.

Talented and glamorous women lit up the silver screen during the heyday of movie musicals. We’ll explore the lives and movie roles that immortalized many dancing legends including Rita Hayworth, Cyd Charisse, Ann Miller, Ginger Rodgers, Leslie Caron and others. We’ll enjoy movie clips that showcase their artistry during the Golden Age of Hollywood from the 1930s into the mid-1950s.

**Instructor:** Beth Davey (dunloegap@yahoo.com)

**Gentle Yoga**

Health and Fitness
Last 5 weeks: January 22, 29, February 5, 12, 19
Mondays, 11:30 a.m.-1:30 p.m.

We progress from meditative breathing to gentle stretching and strengthening exercises to more energetic poses, all the while coming back to awareness. We practice without judgment, letting go of preconceived notions of what yoga might be and keeping in mind that we can all do yoga, if we approach it gently and respectfully. **Recommendations:** Bringing your own yoga mat(s), yoga blankets or bath towels and yoga strap is recommended. Ideally, you should be able to get down to and up from the floor and remain seated for several minutes.

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

**Kurds and Kurdistan**

History
6 weeks: January 8, 22, 29, February 5, 12, 19
(no class on January 15)
Mondays, 11:30 a.m.-1:30 p.m.

The fourth largest language group in the Middle East, the Kurds are the least understood even among Americans who try to keep up with events there. Located in the heart of the region, the Kurds have been major actors throughout their long history, especially during the 20th century in the four countries where they are today a significant minority. In the course we will give special emphasis to understanding how the Kurds fit into current developments in the Middle East. Several documentary films will be shown to provide additional insight.

**Instructor:** Tom Sanders (tsanders.avl@gmail.com)
**Prints and Printmaking: A Brief History**
Visual Arts
6 weeks: January 8, 22, 29, February 5, 12, 19
(no class on January 15)
Mondays, 11:30 a.m.-1:30 p.m.

Do you want to learn what an etching is? A woodcut or a wood engraving? A drypoint or an aquatint? We will learn about all these techniques and more, in a survey of more than 500 years of printmaking. We will examine master prints by Dürer and Rembrandt, Blake and Whistler, Daumier and Delacroix, Picasso, Jasper Johns and many others. We will also look at more humble prints, those made by and for the people for many purposes, from religious devotion to political activism. This course includes a private visit to the Asheville Art Museum to examine selected prints from their collection.

**Instructor:** Jenny S. Wilker (jswilker@charter.net)

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**Welcome Home Agamemnon: In Search of Justice**
Languages, Literature, Writing
6 weeks: January 8, 22, 29, February 5, 12, 19
(no class on January 15)
Mondays, 11:30 a.m.-1:30 p.m.

Unbeknownst to Agamemnon, when he sacrifices his daughter, Iphigenia, to the Goddess Artemis in order to defeat the Trojans, his action sets off a chain reaction of blood vengeance. His wife, Clytaemnestra, waits 10 years to give him “a special homecoming.” Aeschylus’s *The Oresteia* dramatizes the bloody family fallout that ends with a jury trial. Then Euripides’s *Iphigenia in Aulis* takes us to the scene of the crime where Agamemnon wrestles with that fateful decision. We will study these plays to understand how Greek society explored difficult social and political issues through Greek tragedy as a form of political discourse. We will discuss how these Greek works have influenced our form of government and justice system. **Required texts:** *The Oresteia* by Aeschylus, Translator Robert Fagles, ISBN-13: 978-0140443332 (Penguin); *Iphigeneia at Aulis* by Euripides, Translators Holly Eckhardt & John Harrison, ISBN-13: 978-1107601161 (Cambridge University Press).

**Instructor:** Brenda Bryant (brendashameem@yahoo.com)

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**Brain Wellness in the 21st Century**
Math, Science, Technology
6 weeks: January 8, 22, 29
February 5, 12, 19
(no class on January 15)
Mondays, 2-4 p.m.

Over the last several decades, a new story about the human brain and nervous system has been emerging, one that includes the concept of “neuroplasticity” or the idea that the brain can physically change based on experience and that this can happen throughout the human lifespan. We will examine some of the science behind this revelation, how this understanding is beginning to affect clinical practice in the world of mental health, and most importantly, how anyone can leverage this new knowledge and some of the technologies that have developed alongside it to stimulate healthy and positive brain change for themselves and their loved ones.

**Instructor:** Stephen Barnard (Stephen@NeuroTransformationCenter.com)
Monday Afternoon  continued

Give Painting a Chance:  
Six Ways to Abstract Art  
Visual Arts  
6 weeks: January 8, 22, 29,  
February 5, 12, 19  
(no class on January 15)  
Mondays, 2-4:30 p.m.

It’s fun, demanding and satisfying to express yourself in paint. In this course for anyone who wants to create abstract paintings, we will focus on the elements of art using acrylic paint with various techniques while we explore the role of chance in painting. Come and discover your favorite painting techniques. No previous painting or drawing experience is required. Visit olliasheville.com/courses for a description of techniques to be covered and materials needed. **Materials fee: $45**, to be paid to the instructor at the first session.  
**Instructor: Angelika Wagar** (awagarart@gmail.com)


Tuesday Morning

Art and History of Renaissance  
Florence  
Visual Arts  
5 weeks: January 9, 16, 23, 30,  
February 6  
Tuesdays, 9-11 a.m.

We will review the rise of the Renaissance in Florence, focusing on the patronage of art and architecture within the framework of the Medici family’s acquisition of power and wealth. From this remarkable era of the 10th to the 18th centuries, we can now enjoy works from Donatello to Michelangelo and virtually visit palaces and cathedrals adorned with glorious works of art.  
**Instructor: Mark Gordon Smith** (mgordonsmith@hotmail.com)

Dying to Live  
Life Transitions  
6 weeks: January 9, 16, 23, 30,  
February 6, 13  
Tuesdays, 9-11 a.m.

We will investigate how consciously considering the phenomenon of death, as one of our greatest teachers in this life, contributes to our well-being and happiness while we are still living. In so doing, we begin to notice how we may experience dying in each day of our life. We live through not just our physical death, but also our loss of relationships, loss of career, loss of who we thought we were. By definition, death is simply a *moment in time*. Death is *not* the opposite of life. Death is the opposite of birth. Life has no opposite. We will engage in the principles of conscious living and dying. We will use a coaching model known as “The Best Three Months of Life.” Through reflective questions and group discussion, we will explore the five domains of self: physical, mental (life purpose), emotional, spiritual and practical. We will honor our *own stories* as they relate to our experiences of death and how it empowers our life. **Course fee: $10** payable to the instructor at the first class for a copy of *The Best Three Months of Life* text.  
**Instructor: Greg Lathrop** (gregorio1212@att.net)

Good Science, Bad Science and Fun Science  
Math, Science, Technology  
6 weeks: January 9, 16, 23, 30,  
February 6, 13  
Tuesdays, 9-11 a.m.

We will examine the basis and evolution of good science, with historical examples. With this grasp, we look at science gone wrong. We will stress the physical, biological and medical sciences, use global climate change as a case study and examine where science communication helped and failed us. We then survey fun science, based on experiences of the instructor, students and others. Guest scientist instructors with high levels of international research experience will share their knowledge and expertise in their fields.  
**Instructor: Hermann Gucinski** (hermg66@gmail.com)

Max Perkins’ Golden Boys:  
Fitzgerald, Hemingway and Wolfe  
(Section 1)  
Languages, Literature, Writing  
6 weeks: January 9, 16, 23, 30,  
February 6, 13  
Tuesdays, 9-11 a.m.

Maxwell Perkins, the famous Scribner editor commemorated in the recent film *Genius*, guided the careers of three of America’s most important novelists: F. Scott Fitzgerald, Ernest Hemingway and Thomas Wolfe. We will analyze three of their most important works, *The Great Gatsby*, *The Sun Also Rises* and *The Lost Boy*, consider the relationships among the three authors and probe how Perkins served to shape and promote their literary output. Because this is a seminar course, reading and active participation are expected. **Required texts:** *The Great Gatsby* by F. Scott Fitzgerald, ISBN 13: 978-0743273565; *The Sun Also Rises* by Ernest Hemingway, ISBN 13: 978-0743297332; *The Lost Boy* by Thomas Wolfe, ISBN 13: 978-0807844861.  
**Instructor: Tom Hearron** (thearron@charter.net)
### Sweden Studies
Social Sciences
6 weeks: January 9, 16, 23, 30, February 6, 13
Tuesdays, 9-11 a.m.

Sweden has transformed from an impoverished nation in the early 20th century into a Nordic economic engine and world leader in education, science, technology, innovation, the environment, etc. What is the “secret sauce” of modern Sweden’s success? What is unique about the Swedish model? What does it mean to be Swedish in today’s multi-cultural society? How are the United States and Sweden building on diplomatic and grassroots ties to address global challenges? Modeled on the Foreign Service Institute’s area studies courses, we will examine these issues in the context of Sweden’s history, geography, politics, economy, business, defense, security, culture and much more.

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

### Meditation for Beginners
Personal Development
6 weeks: January 9, 16, 23, 30
February 6, 13
Tuesdays, 9-11 a.m.

We will learn to meditate through practicing breathing techniques, focusing our mind and directing our energy. During this course, we will discuss our energy centers, often called chakras or energy wheels, and learn their impact on our physical body and mind. We will also discuss physical techniques such as balancing, grounding and other methods to redirect energy. Each class will include the practice of meditation and discussion. Beginners and experienced meditators are welcome. **Prerequisite:** A willingness to learn about meditation.

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

### Tuesday and Friday Midday

#### Beginning Piano, Level 2
Performing Arts
12 sessions:
January 9, 12, 16, 19, 23, 26, 30
February 2, 6, 9, 13, 16
Tuesdays and Fridays, noon-1 p.m.
**Location:** Lipinsky Hall 013 Piano Lab

This course is appropriate for members who completed the College for Seniors Beginning Piano Instruction last summer or those who are already able to play simple piano music. Lessons will be focused on playing in the keys of D and F major and D and E minor. **Required text:** Adult Piano Adventures Book 2 by Nancy and Randall Faber, ISBN-13: 978-1616773342. **Materials needed:** Headphones for use in the piano lab. **Prerequisite:** Participants should have completed the Summer 2017 Beginning Piano course or have equivalent skill level; check with the instructor to see if this class is appropriate for you.

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

### Asheville on the Cheap
Personal Development
6 weeks: January 9, 16, 23, 30
February 6, 13
Tuesdays, 11:30 a.m.-1:30 p.m.

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

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

### Tuesday Midday

#### Eudora Welty: Two Short Novels
Languages, Literature, Writing
6 weeks: January 9, 16, 23, 30
February 6, 13
Tuesdays, 11:30 a.m.-1:30 p.m.

We will read two critically acclaimed short novels by Eudora Welty: *Delta Wedding*, about a wedding in a Mississippi Delta family in the 1920s and *The Optimist’s Daughter*, her Pulitzer Prize winning novel about a dying father and his daughter. We will supplement our readings with biographical, historical and literary articles. Class time will feature group discussion. **Required texts:** *Delta Wedding* by Eudora Welty and *The Optimist’s Daughter* by Eudora Welty; available separately and both are included in *Eudora Welty: Complete Novels*, editors Richard Ford and Michael Kreyling, ISBN-13: 978-1883011543.

**Instructor:** Ronna Bloom (ronnalbloom@gmail.com)
Intuitive Painting
Visual Arts
Last 5 weeks: January 16, 23, 30
February 6, 13
Tuesdays, 11:30 a.m.-1:30 p.m.
Intuitive painting is not a technique, but a way for us to get into painting without the usual roadblocks—mostly, thinking that we can’t paint! No experience in painting is required—only a willingness to show up and experiment playfully. Each week we will have a different starting inspiration—a piece of music, an image, a poem, a meditation, simple yoga stretches, a walk in nature. The rest of each class we will devote ourselves to painting, with time for sharing at the end. Materials fee: $15 for the cost of paper, paint and other supplies, payable to instructor at first class.
Instructor: Fran Ross (franiji61@gmail.com)

Making a Difference as a Way of Life
Personal Development
6 weeks: January 9, 16, 23, 30
February 6, 13
Tuesdays, 11:30 a.m.-1:30 p.m.
This is not a course about changing the world out there. It is about addressing the so-called small stuff of life that exists in and around us, and we will build on the premise that knowing, expanding and fine-tuning who we are is the most effective way to make a difference for other people. The course will be highly experiential as we begin with learning to receive from others and ask for what we need. We will move into making a difference for others through service by strengthening our active listening skills, setting boundaries, examining how we treat others and how we allow ourselves to be treated. We will also explore living through the heart (with some physiological experiences) as the primary pathway of kindness and compassion. See a complete outline of the course at olliasheville.com/courses.
Instructor: Judy Ray (judyray333@gmail.com)

Stories of WNC’s Past:
Sex, Greed and Violence, Part 2
History
4 weeks: January 9, 16, 23, 30
Tuesdays, 11:30 a.m.-1:30 p.m.
We will explore entertaining true stories that shaped Western North Carolina’s past. This course focuses on three universal themes, along with a touch of humor. Stories are illustrated with engravings, photos and videos. Ron’s favorites contain intriguing historical nuggets—what broadcaster Paul Harvey used to call “The Rest of the Story.” Participants are encouraged to volunteer and perform instructor-prepared stories. You do not have to have attended previous versions of this course to enjoy this one.
Instructor: Ron Schon (schonad@gmail.com)

Tuesday Afternoon

Good Yoga for the Elder Being
Health and Fitness
6 weeks: January 9, 16, 23, 30
February 6, 13
Tuesdays, 2-3:30 p.m.
Location: Sherrill Center 306A
We will explore a gentle synthesis of adaptive yoga postures, breathing techniques and self-awareness to revitalize optimal functionality and affirm a healthy body-mind perspective. Carefully designed for the maturing body, heart and mind, each class session offers practices to gently cultivate and maintain flexibility, strength and balance anatomically, physiologically and energetically. Class sequence includes use of both chair and floor. Prerequisite: Participants must be able to get up from and down to the floor. Materials required: Bring your own yoga mat.
Instructor: Kelly McKibben (goodyoga@charter.net)

Pilates, Personal Power and Everyday Tasks
Health and Fitness
6 weeks: January 9, 16, 23, 30
February 6, 13
Tuesdays, 2-3:30 p.m.
Using the Magic Circle, participants will learn exercises of the Classical Pilates mat series and be able to do them on their own using proper technique. You will increase your overall fitness by strengthening your Powerhouse muscles, learn to initiate everyday movements (like sitting) from a strong Powerhouse, discover, explore and develop insight through group discussion to connect personal power with your physical Powerhouse. Prerequisite: Participants should be able to get up and down on the floor on their own. Required equipment: Pilates Magic Circle; see olliasheville.com/courses for information on purchasing.
Instructor: Stephanie Biziewski (msstephaniebiz@gmail.com)
Beginning Needlepoint
Visual Arts
5 weeks: January 9, 16, 23, 30
February 6
Tuesdays, 2-4 p.m.
We will learn basic stitches of needlepoint. Stitches will include tent, scotch, mosiac, goblein, Parisian, cross, Byzantine, nobuko, rice and more. We will use embroidery thread, perle cotton, Persian wool and some fancy yarns from the instructor’s collection.
**Materials fee:** $30 to be paid to the instructor at the first class for all materials needed.
**Instructor:** Sheila Murphy (murphy.sheila.a@gmail.com)

Coping Strategies in a Complex World
Personal Development
6 weeks: January 9, 16, 23, 30
February 6, 13
Tuesdays, 2-4 p.m.
Our world has become an increasingly complex and confusing place in which to live. The rate of change has accelerated for some of us to an overwhelming pace. Working together in this learning circle, we will explore how to live life in a way that is better for ourselves, for others and for the planet. We will examine ways of finding happiness, meaning and peace in our lives. We will explore concepts of time, distraction and mindfulness, coping with advances in technology, current values in a materialistic society and issues related to over-consumption—both personal and societal. **Required text:** *A Different Way: Living Simply in a Complex World*, Northwest Earth Institute, Portland Oregon (2017). See olliasheville.com/courses for information on how to purchase the text.
**Instructor:** Patricia Grace (pegrace@vt.edu)

National Parks: What to See and When to Go
Personal Development
6 weeks: January 9, 16, 23, 30
February 6, 13
Tuesdays, 2-4 p.m.
We will look at 48 National Parks located within the contiguous U.S. as close as the Great Smoky Mountains and as far away as Acadia in Maine and Olympic in Washington. In each session we will discover what to see and do while traveling to cooler places during summer and warmer places in winter. We will examine several parks during each class, based on proximity to one another, similarity of environmental characteristics and travel considerations.
**Instructor:** Chester Pankowski (cjpankowski@gmail.com)

Plantations of the South Carolina Low Country
History
4 weeks: January 9, 16, 23, 30
Tuesdays, 2-4 p.m.
Only a half-day’s drive from Asheville lies another world: Charleston and the South Carolina Low Country. We will explore this intriguing world and the history of the plantations that made South Carolina the richest of the American colonies. We will look at life and work on the plantations from colonial days through the post-Civil War era and what the visitor might see touring this world today.
**Instructor:** Barbara Weatherall (barbweather65@gmail.com)

Beginning Hiking in Western North Carolina, Level 1
Health and Fitness
5 weeks January 9, 16, 23, 30
February 6
Tuesdays 2-5:30 p.m.
**Location:** off campus
We will start this hiking course for beginners with an easy trek over three miles and gradually increase the length and elevation over the four weeks. Hikes will commence within a 30- or 40-minute drive from the Reuter Center. The trails planned include Warren Wilson River Trail West (3.4 miles, flat); Bent Creek loop (3.3 miles, little elevation gain); Craven Gap on the Mountain to Sea Trail (4 miles, 400 foot ascent); and Rattlesnake Lodge (4.4 miles, 830 foot ascent). **Prerequisite:** You must be able to walk three miles on uneven terrain before classes begin.
**Instructor:** Rebecca Banner (beccabanner@gmail.com)

Yoga to Start Your Morning
Health and Fitness
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 9-10:30 a.m.
We will explore yoga through mind/body awareness, physical asanas/poses and guided meditation. Yoga is an excellent way to improve muscular strength, endurance, flexibility and concentration. Yoga helps release stress and tension through asanas and pranayama (breath control and meditation) as well as increasing flexibility and balance. It’s a perfect workout to start the morning. No previous yoga experience is needed.
**Prerequisite:** Participants must be able to get up from and down to the floor.
**Instructor:** Barbara Rapchak (beinthemomentyoga@gmail.com)
Celtic Spirituality
Religion and Philosophy
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 9-11 a.m.

The Celtic Moral Code says, “Live from deep inner knowledge of heart and soul, manifest it by physical action and be true to one’s word.” We’ll explore earth-centered Celtic spirituality which respected the land and the spirits of land. We’ll consider how to search within oneself for guidance and how to use the Spirit Wheel, celebrations and ceremonies of the Eightfold Celtic calendar. We will delve into the world of faeries, goddesses, druids, the ancestors, the Sidhe, and the Otherworld. The last session will include the hands-on activity of creating our own personal icons. Materials fee: $15 for creating a personal icon, collage, painting, etc.

Instructor: Peggy Moore (pegnolia@gmail.com)

Creating Fiction from Your Life Experience
Languages, Literature, Writing
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 9-11 a.m.

Writers must know how to transform life’s experience into stories. Everyone has stories hidden inside, wanting to find their fictional form. We will explore the basic “moves” that writers use to create an exciting story. We’ll learn how to plot a story, use engaging dialogue, ferret out motivation, paint lively characters and use different points of view. Using our own life experiences as a jumping off point, we’ll change what actually happened into what makes great fiction. Recommended text: The Best American Short Stories 2016, selected by Junot Díaz ISBN-13: 978-0544582897.

Instructor: Bruce Spang (bspang4@gmail.com)

Social Security: Past, Present and Future
Business, Law, Finance
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 9-11 a.m.

Is Social Security a Ponzi scheme or the second most successful government program in U.S. history? Do you get your “money’s worth” from the FICA taxes you paid? Find out whether some common beliefs about Social Security are true or false. Learn objective facts about Social Security’s finances, impact on poverty and relationship to the U.S. budget and National Debt. Lastly, do something in real time that Congress refuses to do—solve Social Security’s 75-year deficit!

Instructor: Bob Rietz (dabtuary@hotmail.com)

The US-China Relationship: Then and Now
History
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 9-11 a.m.

Most international experts agree that the US-China relationship is the most important in the world today. The theory known as Thucydides’s Trap suggests that war is almost inevitable when a rising power challenges the dominant power. Is conflict inevitable or can the two nations escape Thucydides’s Trap?

Instructor: Jim Lenburg (leroynitny@aol.com)

Where Does English Come From—And Where’s It Going?
Languages, Literature, Writing
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 9-11 a.m.

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

Instructor: Peg Downes (pegdownes@gmail.com)

Wednesday and Thursday Midday

Beginning Mah Jongg
Personal Development
12 sessions:
January 10, 11, 17, 18, 24, 25, 31
February 1, 7, 8, 14, 15
Wednesdays and Thursdays, 11:30 a.m.-1:30 p.m.

Mah Jongg is a classic game of skill and chance that has become part of mainstream America. This course is the perfect place to learn the set-up of the game with emphasis on learning to choose a hand and the confidence to carry out the execution of the hand. Come learn the rules, etiquette and rituals of Wright Patterson Mah Jongg—a game that has been around for thousands of years. Required text: Wright Patterson Mah Jongg Rule Book, revised 2015, $6 payable to instructor.

Instructors: Rosemary Walton (rh68@bellsouth.net); Kenn Haring (kennharing@charter.net)
The Art of Solving Crosswords, Level 2
Personal Development
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 11:30 a.m.-1:30 p.m.

A History of Aircraft Carriers
History
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 11:30 a.m.-1:30 p.m.

Process Theology
Religion and Philosophy
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 11:30 a.m.-1:30 p.m.

Science and Technology, In-depth Lectures
Math, Science, Technology
Last 4 weeks: January 24, 31
February 7, 14
Wednesdays, 11:30 a.m.-1:30 p.m.

The Tao of Dishwashing
Personal Development
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 11:30 a.m.-1:30 p.m.

Strength Training for Healthy Aging, Level 1
Health and Fitness
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 2-3 p.m.
Location: Woodfin YMCA
40 Merrimon Ave, Asheville, NC

Strength Training for Healthy Aging - Level 1 will help participants find ease in the activities of daily living, improve range of motion and increase confidence and self-efficacy in movement. This introduction to strength training will include detailed instruction on proper form and body alignment. We will learn movements to work muscles in a safe and effective way and work with a variety of weights to maintain muscle mass, increase motor neuron recruitment and build functional strength. The knowledge gained in this course will empower participants to continue a strength-based fitness routine beyond the end of the term. Please wear clothing that you can move in comfortably and closed-toed shoes. Participants may be shifted to the other time slot, based on experience and readiness for Level 2. Course fee: $30 fee to be paid to the YMCA on the first day of classes ($20 for YMCA members).
Instructor: Stacie Smith (trainwithstacie@gmail.com)
Strength Training for Healthy Aging, Level 2
Health and Fitness
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 3:15 – 4:15 p.m.
Location: Woodfin YMCA
40 Merrimon Ave, Asheville, NC

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

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

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

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24 Form Tai Chi Advanced Movements
Health and Fitness
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 2-3:30 p.m.

This course is for people who have either completed 24 Form Tai Chi Beginning Movements or people who are familiar with basic Tai Chi movements such as brush knee, part the horse’s mane and repulse monkey. We will start at movement # 9, and we will progress to the end of the form.

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

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Arab Spring: From Bedouin Roots to 21st Century Terrorism
History
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 2-4 p.m.

We will explore aspects of Arab heritage and social conditions across the Middle East-North Africa region that led to the development of Islam and have influenced its practices today. These concepts will provide context for discussion of current issues such as dissatisfaction with government, uneven distribution of wealth, youth unemployment, social conditions, lower petroleum prices and Western colonialism. We will consider the impact these issues have on the launch, spread and outcomes of the “Arab Spring” uprisings and to linkages with the more prominent extremist groups such as Al Qaeda and ISIS. We will discuss the international impact of terrorism, Israeli-Palestinian tensions, refugee-related issues, the splitting of traditional Arab alliances and the projected outcomes of US administrative actions and policies upon prospects for peace in the Middle East.

**Instructor:** Larry Wilson (larrywilson45@gmail.com)

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History of Lighthouses: Bonfires to Satellites
History
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 2-4 p.m.

In this overview of lighthouses of the world and history of United States’ lighthouses, we will look at the life of a lighthouse keeper, the architecture and technical aspects of lighthouses, such as lens and fog signals, and lighthouse administration. We will examine the creative re-use of light stations, lightships and minor aids to navigation, all with humor, music and visuals. We will also spend time exploring the seven lighthouses that dot the coast of North Carolina.

**Instructor:** Wayne Wheeler (wswheeler3@yahoo.com)

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Older, Wiser, Sexually Smarter – Part I
Personal Development
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 2-4 p.m.

Participants will be encouraged to identify the sexual issues they experience, re-think their old scripts and consider how to create new and positive ways of being sexual as they age. Topics covered include: intimacy and communication, self-pleasuring, body image, cyber-sex and the internet, online dating and sex and technology. This course is Part I, different from Part II. Participants do not have to take the courses in order.

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

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West Coast Swing for Beginners
Health and Fitness
6 weeks: January 10, 17, 24, 31
February 7, 14
Wednesdays, 2-4 p.m.

**Location:** Sherrill Center 306A

West Coast Swing is a funky, fun, partner dance almost identical to shag, which is popular because it can be danced in almost any venue. Having a partner is recommended but not required. West Coast Swing for Beginners is a great follow-up dance to East Coast Swing. Although this is beginner level, it is not recommended for those who have never had any kind of dance instruction. In College for Seniors dance courses, appropriate dance footwear is required. Participants must be able to stand and move up to two hours. Participants must be able to maintain a moving balance and keep up at least a moderate pace appropriate for the dance.

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

**Aristotle to Hawking: A History of Physics**
Math, Science, Technology
6 weeks: January 11, 18, 25
February 1, 8, 15
Thursdays, 9-11 a.m.

What we now call physics is a collection of often apparently unrelated topics such as motion, forces, gravity, electricity, energy and matter. Understanding the laws that govern these phenomena is a process as old as mankind itself, and in this course we will trace the historical development of that quest. Along the way we will see the evolution of science itself, including the contributions of Galileo, Newton, Maxwell, Planck and Einstein as well as some of the blunders that have taken place. No expertise in, understanding of or aptitude for physics is expected.

**Instructor:** Mark Whipple (mark.whipple77@gmail.com)

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**Beginning Mountain Dulcimer**
Performing Arts
6 weeks: January 11, 18, 25
February 1, 8, 15, *Section 1*
Thursdays, 9-11 a.m.

**Section 2, same dates held 11:30 a.m. - 1:30 p.m.**

Come learn a little history of the mountain dulcimer and how to play some simple tunes from a variety of genres. We will cover equipment, strumming, fretting and tuning your instrument, chords for accompanying others, timing and rhythm as it applies to the dulcimer. No previous music experience is required. If you do not yet have a dulcimer, let the instructor know. She has several available for loan.

**Prerequisite:** Participants should have the strength and ability to use multiple fingers on both hands.

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

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**Hiking the Camino de Santiago in Spain**
Personal Development
6 weeks: January 11, 18, 25
February 1, 8, 15
Thursdays, 9-11 a.m.

The Camino de Santiago (Way of St James), a pilgrimage trail for more than a thousand years, is traveled by young and old. What makes it feasible for seniors? What makes it fun and worthwhile? We consider the joys of hostel-to-hostel hiking and examine techniques of lightweight hiking. We will use lots of guest lecturers, discussion, slides and videos and will try to present as diverse a picture of the many trails as is possible. We will look at the gear, the logistics, preparation and the psychological and philosophical aspects of such an undertaking.

**Instructors:** Hermann Gucinski (hermann66@earthlink.net); Tom Sanders (tsanders.avl@gmail.com); Don Walton (donwalton7074@me.com); Chris Slater (crslater@bellsouth.net)

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**Max Perkins’ Golden Boys: Fitzgerald, Hemingway and Wolfe (Section 2)**
Languages, Literature, Writing
6 weeks: January 11, 18, 25
February 1, 8, 15
Thursdays, 9-11 a.m.

This is a repeat of Section 1. See page 21 for the course description.

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

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**A Sampler of Knitting Techniques**
Visual Arts
6 weeks: January 11, 18, 25
February 1, 8, 15
Thursdays, 9-11 a.m.

Participants will have an opportunity to explore a different knitting technique in each session. Techniques included are one-row patterns, mosaic knitting, mitred squares, entrelac, cables and knitting with beads. There will be an introduction to the technique, an opportunity to practice the technique, a discussion of how to use the technique in a project and possible patterns to use. **Materials fee:** $3 for the bead knitting kit. See the full list of materials needed at olliasheville.com/courses.

**Prerequisite:** Participants need to be able to knit and purl, cast on and cast off and read knitting patterns.

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

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**Tai Chi Chih: Joy Through Movement**
Health and Fitness
6 weeks: January 11, 18, 25
February 1, 8, 15
Thursdays, 9-11 a.m.

Tai Chi Chih is a moving meditation, not a martial art or exercise program. The practice of 19 slow movements and one pose reduces stress, improves balance and flexibility and can even lower blood pressure. Many people feel that regular practice of Tai Chi Chih brings a sense of clarity, centering and joy. Each class will begin with a review of previous movements and include time for silent reflection and sharing.

**Instructor:** Steve Stevens (stevens9757@bellsouth.net)
Thursday Midday

**Acting the Bard: Looking for Richard**
Performing Arts
6 weeks: January 11, 18, 25
February 1, 8, 15
Thursdays, 11:30 a.m.-1:30 p.m.

Al Pacino spent years working on the film *Looking for Richard*. The film chronicles the attempt of this great actor to plumb the depths of Shakespeare’s character Richard III along with other fine thespians such as Kevin Spacey. We will discuss the film, but the primary emphasis will be on acting the most significant scenes in *King Richard III*. We will compare our insights with those of the players in the film. **Required text:** *King Richard III* by William Shakespeare, ed. James R. Siemon, ISBN-13: 978-1903436899.

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

**Editing Your Photos Using a Free Alternative to Photoshop**
Math, Science, Technology
6 weeks: January 11, 18, 25
February 1, 8, 15
Thursdays, 11:30 a.m.-1:30 p.m.

GIMP (GNU Image Manipulation Program) is a free, open source application that has similar advanced functionality as Photoshop and is available for Windows, Mac OS and Linux. An overview of GIMP, its features and functions and examples of using GIMP instead of Photoshop will be provided. Sessions will include lecture, discussion and examples to be worked at home between classes. This is NOT a hands-on course, but feel free to bring your laptop to class to follow along. **Prerequisite:** Participants should be comfortable using applications in Windows, Mac OS or Linux operating systems.

**Instructor: Bob Davis** (bdavisit@swbell.net)

**Monuments Men and Women**
History
6 weeks: January 11, 18, 25
February 1, 8, 15
Thursdays, 11:30 a.m.-1:30 p.m.

In the last few years there has been revived interest in the rescuing of the treasures of art and architecture in the world. We will explore the history of objects as the spoils of wars. The major focus will be on the looting and destruction during World War II in Europe, but previous wars and current events also play into this topic. We will be looking at the who, what and why (as well as the when and where), the people involved, the motivations, the conflicts and the solutions.

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

**Overpopulation: The Human Asteroid?**
Social Sciences
6 weeks: January 11, 18, 25
February 1, 8, 15
Thursdays, 11:30 a.m.-1:30 p.m.


**Instructor: A. Clark Peters** (clarkandleslie@earthlink.net)

**A Paper Buffet**
Visual Arts
6 weeks: January 11, 18, 25
February 1, 8, 15
Thursdays, 11:30 a.m.-1:30 p.m.

Explore creating with paper! Origami, kirigami, weaving and German stars will be our focus. By folding, cutting, manipulating and perhaps even mutilating paper, we will transform paper into lovely objects. This will surely whet your appetite for more paper crafting opportunities. Participants must be willing to follow basic directions and then use the directions as a basis for own creations. **Course resources:** See olliasheville.com/courses for a description and list of materials and supplies needed.

**Instructor: Barbara E. Mueller** (bmueller66@yahoo.com)
Classical Yoga
Health and Fitness
6 weeks: January 11, 18, 25
February 1, 8, 15
Thursdays, 2-3:30 p.m.

We will explore the classical yoga style of the Sivananda Lineage, a repetitious style that has five points of practice: proper breathing, relaxation, exercise, diet and positive thinking meditation. Each session is 75-90 minutes and includes this traditional routine to some degree, with a special focus on the five points of practice, mobility and flexibility, balance and emotional awareness. Open to all levels.

**Instructor:** Wes Sparks (wesley_sparks@hotmail.com)

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Abbruzzo is Where? The Less Known Wine Roads of Italy
Personal Development
4 weeks: January 11, 18, 25
February 1
Thursdays, 2-4 p.m.
**Location:** Metro Wines
169 Charlotte St, Asheville

Join us as we savor the flavors of wine and enjoy the culture in a road journey across *bella Italia*. From Lago Belluno to Valle dell’Acate, we will be enjoying history and sites along the roads which bring oenophiles to unforgettable wineries across the breadth and length of the Italian Peninsula and Sicily, most of them little known to American travelers. **Course fee:** $50 for wine and food, payable to instructor.

**Instructors:** Andy Hale (andy@metrowinesasheville.com); Mark Smith (mgordonsmith@hotmail.com)

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Comedy? Twelfth Night and The Merchant of Venice
Languages, Literature, Writing
6 weeks: January 11, 18, 25
February 1, 8, 15
Thursdays, 2-4 p.m.

*Twelfth Night* and *The Merchant of Venice* strain the usual definition of comedy, with its emphasis on the happy ending. *Twelfth Night* is a sunny, lively and often funny play, its delight dampened occasionally by Malvolio’s baleful presence. The play is full of hilarious exploits and a happy ending which even Malvolio’s nastiness cannot spoil. Conversely, *The Merchant of Venice* verges on tragedy. While it has an odd kind of happy ending, there is a central problem: how to cope with the nature and trials of Shylock. That Shylock is finally malevolent is clear, but it is also clear that the Christian world in which he must labor is a hostile, even malicious world in which, it may be argued, even Portia, beloved of almost all commentators, exercises an offensive meanness. We will complement our class discussions with a film of each play. **Required texts:** The Folger Shakespeare Library *Twelfth Night*, ed. by Barbara Mowat and Paul Werstine, ISBN-13: 978-0743484961; The Folger Shakespeare Library *The Merchant of Venice*, ed. by Barbara Mowat and Paul Werstine, ISBN-13: 978-0808508953.

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

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Introduction to the Fun and Fundamentals of Bridge
Personal Development
6 weeks: January 11, 18, 25
February 1, 8, 15
Thursdays, 2-4 p.m.

The fundamentals of the challenging game of bridge will be introduced in an easy-to-understand and fun format. Participants will learn the basic fundamentals of bridge, including bidding, defense, declarer play, strategies for winning, how to play a hand and bridge etiquette. Bridge is a social game that can be played at home with friends, as well as in competitive groups. The course will include actual playing of hands. The most popular card game in the world, bridge is an activity for all ages, and famous players include Bill Gates, Warren Buffet, President Eisenhower, Omar Sharif and Chico Marx. **Recommended text:** *Bridge Basics 1: An Introduction* by Audrey Grant, ISBN-13: 978-0939460908.

**Instructor:** Peter Schoen (zydeco956@aol.com)

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The Path to PyeongChang: Winter Olympics 1924-2014
History
5 weeks: January 11, 18, 25
February 1, 8
Thursdays, 2-4 p.m.

Like the *Road to Rio* course taught at College for Seniors before the 2016 Summer Olympics, the instructor will start this course with a brief description of the ancient Olympic Games and then move forward in subsequent sessions with a review of every Winter Olympics from the first one in 1924. At the final class, we will preview the 2018 Games scheduled to open in PyeongChang, South Korea on February 9, 2018.

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

**Ultra Beginner Line Dance**
Health and Fitness
6 weeks: January 11, 18, 25
February 8, 15, 22
Thursdays, 2-4 p.m.
(No class February 1)
Location: Sherrill Center 306A

This course is for the NEW line dancer. We will learn the basic fundamental steps and Ultra Beginner dances. It’s great for the body and mind: good exercise to great music.

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

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**Five Pieces of the Puzzle of Healthy Aging**
Health and Fitness
6 weeks: January 11, 18, 25
February 1, 8, 15
Thursdays, 2-4:30 p.m.

We will explore five pieces of the “puzzle” of healthy aging: sleep, activity/exercise, stress, foods and toxins. We will incorporate information from a variety of sources including the instructor’s 30+ years of experience with clients plus various YouTube videos, self-assessments, books and tastings of healthy foods brought in by participants. Participants will be motivated to improve the overall quality and frequency of positive lifestyle choices and improve the quality of their lives. **Required text:** *The End of Alzheimer’s: The First Program to Prevent and Reverse Cognitive Decline* by Dale Bredesen, MD, ISBN-13: 978-0735216204.

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

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**The Woman’s Film 1933-1948**
Performing Arts
6 weeks: January 11, 18, 25
February 1, 8, 15
Thursdays, 2-4:30 p.m.

An emotionally stirring “woman’s film” could bring a tear to the eye and a throb to the heart. Strong suffering female protagonists who surmounted their problems with sacrifice and bravery were portrayed by some of the finest actresses of the day who reigned supreme in Hollywood’s 1930s and ’40s. We’ll watch six of the best films of this era and discuss their stories and their treatment of women. Visit olliasheville.com/courses for a list of films to be shown.

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

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**Basic Oil Painting, Especially for Guys!**
Visual Arts
6 weeks: January 11, 18, 25
February 1, 8, 15
Thursdays, 2-5 p.m.

We will learn to translate what we see into an oil painting on canvas. This course is not limited to male participants. Men and women, however, do approach elementary learning differently and that will be taken into consideration in this course that is designed for men. The instructor will explain color value, composition, lighting and accurate limited palette color. She will also cover different painting materials such as brushes, oil paints and media and demonstrate preparation of painting surfaces. We will work from photographs and introduce the concept of *plein air* painting. This course is meant for beginning painters only. If you are skilled in another medium like watercolor or acrylics, please consider not taking this class so true beginners can!

**Recommended text:** *Oil Painting with a Basic Palette* by Morgan Samuel Price, ISBN-13: 978-0891348825. **Materials fee:** $40 payable to the instructor at the first class. Additional materials to be purchased by the participants will be approximately $100. See the full materials list at olliasheville.com/courses.

**Instructor:** Nancy Nehls Nelson (n3carolina@gmail.com)

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**Friday Morning**

**Elder Law and Legal Planning**
Life Transitions
Business, Law, Finance
6 weeks: January 12, 19, 26
February 2, 9, 16
Fridays, 9-11 a.m.

In an overview of important elder law issues, we will review vital estate planning legal documents and medical advance directives and will discuss topics like long-term care, Medicare, Medicaid, veteran’s benefits, incompetency and guardianships, retirement income tax planning and elder abuse and financial exploitation. Guest speakers will provide additional expertise.

**Instructor:** Nicki Applefield (nla@psrmlaw.com)
Exploring Healthy Habits for Body and Mind
Health and Fitness
4 weeks: January 12, 19, 26
February 2
Fridays, 9-11 a.m.
Practicing simple, healthy habits can make life more enjoyable. You will discover practical tips for nutrition, exercise, brain and emotional health. The emphasis will be on promoting fun, positive addictions! The only prerequisite is a willingness to explore healthy habits appropriate to your own lifestyle.
Instructor: Lenore Baum (lenore@lenoresnatural.com)

National Parks Geology: Alaska and Hawaii
Math, Science, Technology
Last 5 weeks: January 19, 26
February 2, 9, 16
Fridays, 9-11 a.m.
This is the third College for Seniors course on the geology of National Parks in celebration of the 100 year anniversary of the creation of the National Park system. We will discuss the geology of national parks in Alaska and Hawaii, focusing on how geologic factors such as plate tectonics, earthquakes, volcanoes, tsunami, bedrock and glaciation impact topography and scenery. Geologic evolution of the regions will be discussed as well. There will be a brief introduction to geology basics, so that neither attendance in previous National Parks classes nor a science background is required.
Instructor: Richard Wiener (richwiener@gmail.com)

Therapeutic Yoga
Health and Fitness
6 weeks: January 12, 19, 26
February 2, 9, 16
Fridays, 9-11 a.m.
We will engage in a gentle introduction to yoga using standing and chair poses (no floor work) for people with some physical limitations that might preclude floor exercises. Please wear loose comfortable clothing in which it is easy to move. A yoga mat, which can be provided, is preferred for the standing poses (or you may wear secure closed-toe shoes with good grip). This course is great for people who want to work on balance, flexibility, mobility and relaxation. As long as you can stand up and sit in a chair, this class is for you! No prior yoga experience is necessary.
Instructor: Ellen Morrissey (LNMyogatherapy@gmail.com)

400 Years of Opera Staging
Performing Arts
6 weeks: January 12, 19, 26
February 2, 9, 16
Fridays, 9-11:30 a.m.
In an historical overview of 400 years of opera, we will examine the opera houses, evolution of staging opera, operatic stage and costume design and the advancement of theater technology. Emphasis will be placed on key opera houses in Austria, France, Germany and Italy. References to the Metropolitan Opera House in New York and the Royal Opera in Covent Garden in London will be included as well. We’ll use video excerpts for comparing and contrasting different productions—some outrageous, some traditional—of a single opera. After viewing, we’ll have a lively discussion of the pros and cons of the productions.
Instructor: Evan Baker (opus492@yahoo.com)

Coming in Spring 2018: College for Seniors First “Theme Term”
In Spring 2018, College for Seniors will offer its first “theme term.” Every one of the CFS curriculum committees has been encouraged to solicit one course with a focus on race in the US and particularly relations between whites and African Americans. We are currently reviewing proposals for courses on African American literature, art and cinema, the blues and jazz, the civil rights movement and the history and politics of the 1960s and the African American tradition in the visual arts.
In creating theme terms we plan to focus on one topic presented from a variety of different perspectives so that our participants, our instructors and our curriculum committees will benefit from intentional ways of planning across varied disciplines, various course delivery methods and instructional styles. We hope that we will encourage our current instructors to explore new territory and work with other instructors in ways that will enrich their experience and create bonds as a community of teachers. By agreeing to focus on challenging subjects together we hope to overcome the temptation to ignore them. We might tackle issues like climate change, aging or the impact of socioeconomic class on culture. We might focus on the impact of an important historical event, including the anniversaries of war, important legislation or court decisions, important scientific discoveries or the legacy of important historical figures. We will continue to offer a rich variety of courses in all disciplines, but we hope that theme terms will encourage us to explore new ideas and create a sense of community not because we all will agree but because we recognize the conversation and learning is richer when we entertain many different points of view.
## Winter 2018 College for Seniors Index by Subject

### Business/Law/Finance
- Elder Law and Legal Planning .......................................................... 31
- Social Security: Past, Present and Future ............................................. 25

### Health and Fitness
- 24 Form Tai Chi Advanced Movements ................................................. 27
- Beginning Hiking in Western North Carolina, Level 1 .......................... 24
- Classical Pilates .................................................................................. 18
- Classical Yoga ................................................................................... 30
- Exploring Healthy Habits for Body and Mind ......................................... 32
- Five Pieces of the Puzzle of Healthy Aging .......................................... 31
- Gentle Yoga ....................................................................................... 19
- Good Yoga for the Elder Being ............................................................. 23
- Pilates, Personal Power and Everyday Tasks ........................................... 23
- Strength Training for Healthy Aging, Level 1 ......................................... 26
- Strength Training for Healthy Aging, Level 2 ......................................... 27
- Tai Chi Chih: Joy Through Movement ................................................ 28
- Therapeutic Yoga .............................................................................. 32
- Therapeutic Yoga for Healthy Backs .................................................... 19
- Ultra Beginner Line Dance ................................................................... 31
- West Coast Swing for Beginners ............................................................ 27
- Whole Foods/Plant-Based Living: A Second Helping .............................. 19
- Yoga to Start Your Morning ................................................................. 24

### History
- Arab Spring: From Bedouin Roots to 21st Century Terrorism .................. 27
- A History of Aircraft Carriers ................................................................ 26
- History of Lighthouses: Bonfires to Satellites ........................................ 27
- Kurds and Kurdistan ........................................................................... 19
- Monuments Men and Women ............................................................... 29
- The Path to PyeongChang: Winter Olympics 1924-2014 ....................... 30
- Plantations of the South Carolina Low Country ..................................... 24
- Stories of WNC’s Past: Sex, Greed and Violence, Part 2 ......................... 23
- The US-China Relationship: Then and Now ........................................... 25

### Languages/Literature/Writing
- Comedy? Twelfth Night and The Merchant of Venice ............................. 30
- Creating Fiction from Your Life Experience .......................................... 25
- Eudora Welty: Two Short Novels ......................................................... 22
- Max Perkins’ Golden Boys: Fitzgerald, Hemingway and Wolfe (Section 1) 21
- Max Perkins’ Golden Boys: Fitzgerald, Hemingway and Wolfe (Section 2) 28
- Reading Mark Twain ........................................................................... 18
- Welcome Home Agamemnon: In Search of Justice .................................. 20
- Where Does English Come From—And Where’s It Going? ...................... 25

### Life Transitions
- Atul Gawande’s Being Mortal: Medicine and What Matters in the End .... 19
- Becoming an Informed Advocate for Your Own Healthcare .................... 18
- Dying to Live ..................................................................................... 21
- Elder Law and Legal Planning ............................................................. 31

### Math/Science/Technology
- Aristotle to Hawking: A History of Physics ............................................. 28
- Brain Wellness in the 21st Century ..................................................... 20
- Editing Your Photos Using a Free Alternative to Photoshop .................. 29
- Elec-Trickery and Magic-ism ............................................................... 18
- Good Science, Bad Science and Fun Science ........................................ 21
- National Parks Geology: Alaska and Hawaii .......................................... 32
- Science and Technology, In-depth Lectures ......................................... 26

### Performing Arts
- 400 Years of Opera Staging ................................................................. 32
- Acting the Bard: Looking for Richard ................................................... 29
- Beginning Mountain Dulcimer ............................................................. 28
- Beginning Piano, Level 2 ..................................................................... 22
- Boris Karloff: Six Character Studies 1932-1968 .................................... 20
- Dancin’ Dames of Hollywood ............................................................. 19
- Frédéric Chopin: His Life and Music .................................................... 20
- The Woman’s Film 1933-1948 ............................................................. 31

### Personal Development
- Abruzzo is Where? The Less Known Wine Roads of Italy ....................... 30
- The Art of Solving Crosswords, Level 2 ............................................ 26
- Asheville on the Cheap ...................................................................... 22
- Beginning Mah Jongg ......................................................................... 25
- Coping Strategies in a Complex World ................................................ 24
- Hiking the Camino de Santiago in Spain ............................................. 28
- Introduction to the Fun and Fundamentals of Bridge ............................ 30
- Making a Difference as a Way of Life ................................................ 23
- Meditation for Beginners .................................................................... 22
- National Parks: What to See and When to Go ...................................... 24
- Older, Wiser, Sexually Smarter, Part 1 ................................................. 27
- Spark Your Life: the Art and Science of Creating a Vision .................... 18
- The Tao of Dishwashing .................................................................... 26

### Religion/Philosophy
- Celtic Spirituality .............................................................................. 25
- The Tao of Dishwashing .................................................................... 26
- Process Theology ................................................................................ 26

### Social Sciences
- Overpopulation: The Human Asteroid? .............................................. 29
- Sweden Studies .................................................................................. 22

### Visual Arts
- Art and History of Renaissance Florence ............................................. 21
- Basic Oil Painting, Especially for Guys! ............................................... 31
- Beginning Needlepoint ....................................................................... 24
- Give Painting a Chance: Six Ways to Abstract Art .............................. 21
- Intuitive Painting .............................................................................. 23
- A Paper Buffet .................................................................................... 29
- Prints and Printmaking: A Brief History ............................................. 20
- A Sampler of Knitting Techniques ....................................................... 28

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WWW.OLLIASHEVILLE.COM | 33
Teaching at College for Seniors

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

**Course Proposal Form and Instructor Guide**

A term-specific course proposal form is found on the Forms page of the OLLI website. An instructor guidebook is available to orient the first-time instructor and to enhance the skills of experienced teachers. To view resources for College for Seniors instructors, visit: http://olliasheville.com/college-seniors-1

**Course Proposal Due Dates:**

- **Summer Term 2018**
  - February 1, 2018
- **Fall Term 2018**
  - May 1, 2018
- **Winter Term 2019**
  - August 1, 2018
- **Spring Term 2019**
  - November 1, 2018

**Interested in Teaching?**

The College for Seniors Committee will hold an information session on teaching

- **Thursday, February 15, 2018**
  - 4:15 – 5 p.m.
  - in Room 102B of the Reuter Center

**Workshops and Skills Development Opportunities**

For information on how to register for any of these learning opportunities, see olliasheville.com/college-seniors-1 under **Workshops and Skills Development**

**Learn to use the SmartBoard**

- **Tuesday, November 28, 1-3 p.m.**
  - A workshop overview on how to use the SmartBoard in Room 207, which gives you a virtual endless white board, as well as hands-on experience to become familiar with the technology.

**Slides Presentations—The Free Alternative to Microsoft PowerPoint**

- **Tuesdays, November 28 and December 5**
  - 9 a.m. – noon (two consecutive weeks)
  - A workshop designed to benefit current or future College for Seniors instructors on how to use the powerful cloud tool set from Google for your classroom presentations.