SUMMER 2014 CLASSES & EVENTS
from the director

OLLI at UNC Asheville will host the 2014 Southern Regional Meeting for Lifelong Learning July 30 – August 1 at the Reuter Center. Regional meetings allow OLLIs and independent lifelong learning institutes (ILLIs) to come together to share best practices and to exchange ideas to make our programs inviting and stimulating. We are designing meeting sessions to allow us to examine and learn about policy issues like strategic planning, financial management, and registration processes. We will address the importance of cultivating better communication and relationships between our institutes and our host organizations, and we will also address the importance of negotiating the relationships between staff and volunteers to keep our organizations vital and sustainable. We will network with staff and volunteers from organizations across the region who celebrate learning, leadership, and service in life’s second half.

OLLI at UNC Asheville takes pride in being one of the largest lifelong learning programs in the country, in having been a model for other programs, and in having our own home at the Reuter Center. We also continue to cultivate all of the opportunities that sustain a creative retirement, by offering opportunities for civic engagement through Leadership Asheville Seniors and the Call to Action. Unlike many lifelong learning programs, we offer programs that address the complexity of life transitions through workshops like Paths to Creative Retirement, Creative Retirement Exploration Weekend, and the recently added Exploring Continuing Care Retirement Communities and The Gift of Time. While we have a justifiable sense of pride, we know we can continue to evolve and to learn from others who are addressing the same issues and meeting the same needs.

It is challenging to continue to meet our high standards for our local and national programs and also to plan a meeting like this. I want to thank all of our members who have stepped forward to offer their help and guidance in planning and executing the program. Thanks also to our wonderful staff members who have added these duties to their already full plates. This meeting will be a way to showcase what we do well and an invitation to all of the participants to continue to grow through life.

Catherine Frank
Executive Director, OLLI at UNC Asheville

about our programs

COLLEGE FOR SENIORS is your opportunity to learn something just for the fun of it. Courses in this program are drawn from members’ experiences and professional expertise as well as from the UNC Asheville faculty and the interests of independent scholars in our area. Courses range from Shakespeare to line dancing, foreign affairs to opera, yoga to history. We offer four terms throughout the year, each one with different courses and opportunities.

LIFE TRANSITIONS PROGRAMS include Paths to Creative Retirement (Paths), Creative Retirement Exploration Weekend (CREW), Exploring CCRCs and The Gift of Time. These programs are structured as thought-provoking seminars and workshops designed to challenge and inspire you to make the retirement phase of your life as fulfilling as you had always hoped and to help you find the tools to navigate change.

WORKSHOPS provide short-term, concentrated, hands-on learning opportunities for those with busy schedules looking for evening and weekend offerings. Whether you want to learn new computer skills or how to make jewelry, there is a workshop for you. You don’t have to be an OLLI member to participate.

LEADERSHIP ASHEVILLE SENIORS is your chance to become engaged within the Asheville community. This program consists of a series of day-long seminars held at various sites in Buncombe County. Each of the sessions in the nine-week program acquaints you with the area’s history, people, institutions, and challenges by providing opportunities to meet with community leaders, activists, and politicians. One of the main goals of the program is to open the door to civic engagement and volunteering for participants eager to bring a lifetime of experience to improve their community.
### May

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 9</td>
<td>Symphony Talk, 3 pm</td>
</tr>
<tr>
<td>May 13</td>
<td>Senior Games Opening Ceremony (registration required), 6 pm</td>
</tr>
<tr>
<td>May 14</td>
<td>Proton Therapy Lecture, 11:30 am</td>
</tr>
<tr>
<td>May 14</td>
<td>Blue Ridge Orchestra Open Rehearsal, 7 pm</td>
</tr>
<tr>
<td>May 14</td>
<td>f/32 Photography Group Meeting, 7 pm</td>
</tr>
<tr>
<td>May 15</td>
<td>Radiation Lecture, 7 pm</td>
</tr>
<tr>
<td>May 16</td>
<td>Fab Friday Lunch and Learn Lecture, 11:30 am</td>
</tr>
<tr>
<td>May 20</td>
<td>Summer Registration, early morning</td>
</tr>
<tr>
<td>May 20</td>
<td>Elisha Mitchell Audubon Society Meeting, 7 pm</td>
</tr>
<tr>
<td>May 21</td>
<td>Blue Ridge Orchestra Open Rehearsal, 7 pm</td>
</tr>
<tr>
<td>May 23-25</td>
<td>CREW Workshop (OLLI office and the Reuter Center closed to all other activities)</td>
</tr>
<tr>
<td>May 26</td>
<td>OLLI office and the Reuter Center closed for Memorial Day</td>
</tr>
<tr>
<td>May 27</td>
<td>Senior Games Silver Arts Exhibit, 6 pm</td>
</tr>
<tr>
<td>May 28</td>
<td>Blue Ridge Orchestra Open Rehearsal, 7 pm</td>
</tr>
<tr>
<td>May 30</td>
<td>Opera Talk, 3 pm</td>
</tr>
</tbody>
</table>

### June

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 1</td>
<td>Autumn Players Readers Theatre, 2:30 pm</td>
</tr>
<tr>
<td>June 3</td>
<td>Class schedules sent</td>
</tr>
<tr>
<td>June 3</td>
<td>Senior Games Closing Ceremony (registration required), 6 pm</td>
</tr>
<tr>
<td>June 4</td>
<td>Add/Drop begins, 8 am</td>
</tr>
<tr>
<td>June 5</td>
<td>Astronomy Club of Asheville, 7 pm</td>
</tr>
<tr>
<td>June 9</td>
<td>Revised class schedules sent</td>
</tr>
<tr>
<td>June 11</td>
<td>f/32 Photography Group Meeting, 7 pm</td>
</tr>
<tr>
<td>June 16</td>
<td>Summer 2014 College for Seniors classes begin</td>
</tr>
<tr>
<td>June 17</td>
<td>Elisha Mitchell Audubon Society Meeting, 7 pm</td>
</tr>
<tr>
<td>June 19</td>
<td>Advance Care Planning Workshop, 7 pm</td>
</tr>
<tr>
<td>June 27</td>
<td>Opera Talk Special Performance, 3 pm</td>
</tr>
</tbody>
</table>

### July

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 4</td>
<td>OLLI and the Reuter Center closed for Independence Day</td>
</tr>
<tr>
<td>July 9</td>
<td>f/32 Photography Group Meeting, 7 pm</td>
</tr>
<tr>
<td>July 11</td>
<td>Opera Talk, 3 pm</td>
</tr>
<tr>
<td>July 16</td>
<td>Membership Roundup Barbeque Social, 4:30 pm</td>
</tr>
<tr>
<td>July 25</td>
<td>Medicare Choices Made Easy Information Session, 2 pm (registration required)</td>
</tr>
<tr>
<td>July 30-Aug. 1</td>
<td>Southern Regional Lifelong Learning Meeting (OLLI and the Reuter Center closed to all other activity)</td>
</tr>
</tbody>
</table>

### August

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 1</td>
<td>Fall 2014 catalog mails and is available online</td>
</tr>
<tr>
<td>August 7</td>
<td>Astronomy Club of Asheville, 7 pm</td>
</tr>
<tr>
<td>August 13</td>
<td>Fall 2014 Registration, early morning</td>
</tr>
<tr>
<td>August 13</td>
<td>f/32 Photography Group Meeting, 7 pm</td>
</tr>
<tr>
<td>August 22</td>
<td>Opera Talk, 3 pm</td>
</tr>
<tr>
<td>August 24</td>
<td>Autumn Players Readers Theatre, 2:30 pm</td>
</tr>
</tbody>
</table>

### Center Steering Council 2014-15

Chair: Judy LaMée  
Chair-Elect: Patrick Chitwood  
Secretary: Jacob Cohen  
Past Chair: Jim Lenburg  
OLLI Executive Director: Catherine Frank  
CFS Director: Susan Poole

### Committee Chairs

Civic Engagement: Chuck Rosenblum  
College for Seniors: Bobbie Rockwell & Gail Sobel  
Facilities: Barry Mundt  
Finance: Maryann Jones  
Life Transitions: Cindy Berryman-Fink  
Marketing: Kirk Borland  
Membership: Sandy Bowles & Kathleen Mainardi  
Nominating: Patrick Chitwood  
Planning: Catherine Jordan  
Research: Martha McKinney & Steve Schleifer

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

Your gateway to **OLLI at UNC Asheville** programs and events is annual membership. A fee of $80 covers the extended membership period of May 1, 2014 to July 31, 2015 for participants who are new to OLLI or have not been members in 2013-14. 2013-14 members may renew for 2014-15 at a fee of $60. Member benefits include:

- **UNC Asheville Parking Pass**
- **UNC Asheville Photo ID (One Card)**
- **UNC Asheville Library borrowing privileges**
- **Quarterly course catalogs**
- **OLLI at UNC Asheville weekly electronic newsletter**
- **Rental use of the Reuter Center for personal events after one year of membership**
- **Use of UNC Asheville wireless Internet connection while in the Reuter Center**
- **Access to:**
  - Special Interest Groups (SIGs, p. 5)
  - Activities, Programs and Special Events (p. 5-9)
  - College for Seniors (p. 12-33)
  - UNC Asheville Health & Fitness Center (p. 5)

**PARKING:** OLLI members may park in any white-lined space (not marked as visitor parking) on campus, provided they display a current OLLI parking decal on their rear window. Complete a parking form in the Reuter Center office to obtain your decal. There is a $20 replacement fee for lost decals or for individual members who need more than one decal. If you join as a new member in May, you will receive a second decal at no additional cost in August for the new academic year. Please be aware of the new parking lot on Campus View Drive, a short walk away from the Reuter Center.

**NAMETAGS:** Leave your name on the list at the desk outside the Reuter Center office, and we will make you a nametag. Wearing a nametag at all 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. You may deposit funds on the OneCard either in the OneCard office or in Automatic Deposit Machines in Highsmith Union or Ramsey Library, to be used in many of the campus dining venues. If you obtain an annual sticker for your OneCard through Campus Police, you may ride Asheville Transit at no cost. Please note there is a fee for replacement of OneCards.

**RAMSEY LIBRARY:** OLLI members may receive borrowing privileges at UNC Asheville’s Ramsey Library. The OneCard is your library card.

**WIRELESS INTERNET ACCESS:** You may register to use the campus wireless network by stopping by the Reuter Center front desk and asking for instructions and a password.

**DINING OPTIONS:** The Reuter Café on the Center's lower level is not open during College for Seniors Summer term, but there are soda and snack vending machines on the Center's lower level. There are only limited dining options on campus during the summer, so this is the season to brownbag or to enjoy one of the restaurants on Merrimon Avenue, only a short drive away.

**NEED MORE INFORMATION?** Check out these resources:
- Center Website: www.olliasheville.com
- Campus Map: www.unca.edu/campusmap
- UNC Asheville Events: www.unca.edu/calendar
- The Reuter Center Office—Open weekdays, 8 am to 5 pm 828-251-6140

**registration—summer term**

**INITIATE or RENEW** your Center membership. For new or lapsed members: Join between May 1 and July 31 for $80, and your membership will run through July 31, 2015. Current 2013-14 members may renew for $60 for 2014-15 membership that runs through July 31, 2015. Parking decals for 2014-15 will not be available until early August 2014.

- Complete membership form, p. 17 or 19
- Pay $80 membership fee (new/lapsed members) or $60 (2013-14 members) and receive membership through July 31, 2015
- Mail in or drop off membership form and payment at the Reuter Center office **anytime**
- Cash or check payable to OLLI only—we do not accept debit or credit cards

**REGISTER** for classes **starting Tuesday, May 20**, early morning for best availability

Note: Registration forms will be processed in order of date received at the Reuter Center on or after May 20. Forms submitted during registration on May 20 will be processed before registrations mailed or received prior to May 20.

- View catalog (hard copy or online at www.olliasheville.com)
- Complete registration form, p. 17 or 19
- Mail in or drop off at the Reuter Center office with payment (cash or check payable to OLLI only—we do not accept debit or credit cards)
- To apply for a scholarship for OLLI program fees (College for Seniors or Leadership Asheville Seniors), submit a scholarship application with your registration form. See p. 9 and 12 for details

**RECEIVE** registration confirmation to be sent Tuesday, June 3; revised schedules reflecting add/drop sent Monday, June 9.

- Add/Drop begins Wednesday, June 4, 8 am, and continues through the second meeting of a course
Involving yourself with the OLLI at UNC Asheville community is stimulating, challenging, and fun. In addition to classes we offer through the College for Seniors and Workshops, there is a wide variety of activities that offer the opportunity to learn and socialize.

**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 part of OLLI’s Civic Engagement Committee and the Buncombe County Council on Aging.

**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 and the Justice Center on campus. Use the registration form on page 18 or 20 to join. You will be asked to fill out an additional form outlining the terms of the membership, including information about hours of access. Membership is valid for one year from the date of enrollment. For more information, contact Ann Cadle at 828-251-6384 or acadle@unca.edu.

**special interest groups—SIGs**

Once you’re an OLLI member, you may join Special Interest Groups (SIGs) as another way to learn and develop friendships based on shared interests. All SIGs are approved and evaluated by the Membership 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 www.olliasheville.com and look for SIGs under “Center Groups”

### Apple Users

2nd Fridays, 1:30-3:30 pm  
Information: Paula Withrow, 350-8406, pwwithrow@aol.com or Bob Mellor, 253-5031, bob.mellor@charter.net

### Backgammon

Tuesdays, 2 pm  
Information: Bruce Jones, 338-0265, bruce_e_jones@yahoo.com

### Bridge Buddies

Tuesdays, 2:15-5 pm  
Information: Gary Soldow, 505-0478, garysanta@charter.net

### Bridge Grads

Thursdays, 2-5 pm  
Information: Nina Hansen, 299-7711, hansenn@bellsouth.net or Kay Harrold, 257-4027, karonharrold@gmail.com

### Conversing in Spanish

1st & 3rd Wednesdays, 4 pm  
Information: Gracemarie Warren, gwc022412@gmail.com

### Creative Singles

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

### Financial Strategies in Retirement

1st Fridays, 1:30 pm  
Information: Kate Beatty, 231-7710, kkbmom@yahoo.com

### The Forum: Dialogue to Challenge Our Thinking

Fridays, 1 pm  
Information: Lou Millin, 298-3863, lmillin@bellsouth.net

### Hooks and Needles

1st & 3rd Mondays, 2-4 pm  
Information: Barbara Stein, 505-0736, barblmbstein.net

### Intermediate Bridge

Fridays, 1-4 pm  
Information: Ruth Hall 541-490-6460, ruth2458@gmail.com

### Making Art Together

Fridays, 1-4 pm  
Information: Barbara Brennen, 505-1544, bbrennan33912@charter.net & Sharon Sandel, 645-5538, sbs787@comcast.net

### Men’s Wisdom Works

Call or email for meeting times  
Information: Chuck Fink, 713-2112, chuck@mwwasheville.com

### Poetry Lovers

3rd Fridays, 3-5 pm  
Information: Perien Gray, 254-2872, gray.perien090@gmail.com

### Reuter Center Bowlers (Lane Bowling)

Mondays, 1 pm  
Information: Jan Guichard, 251-6384, jguichard70001@yahoo.com

### Stories for the Third Act

3rd Wednesdays, 4:30-6 pm  
Information: Debbie Gurriere, 505-7453, funtale@aol.com or Sarah Larson, 450-5462, slarso@gmail.com

### Texas Hold’Em Poker

Mondays, 4:15-6 pm  
Information: Bruce Jones, 338-0265, bruce_e_jones@yahoo.com

### Tile Clickers (Mah Jongg)

Wednesdays, 2-5 pm  
Information: Bruce Jones, 338-0265, bruce_e_jones@yahoo.com

### Wine Tasting

2nd Sundays, 1 pm at a member’s home  
Information: Ulana Mellor, 253-5031, Ulana.Mellor@charter.net

### Wine Tasting II

3rd Sundays, 7 pm at a member’s home  
Information: Kathleen Mainardi, 633-2119, kkmainardi@gmail.com

### Women’s Groups

Call or email for meeting times  
Information: Bobbie Bowen, 693-1523, ravery09@gmail.com

### A Writers’ Gathering

2nd & 4th Thursdays, 4:15 pm  
Information: John Himmelheber, johnhimmelheber@aol.com or Bobbie Rockwell, bobbimayrockwell@gmail.com
special events—Summer 2014

OLLI at UNC Asheville enjoys partnerships with many organizations whose programming has special appeal or relevance to OLLI members; partnerships increase our opportunities to provide learning opportunities and to be part of a larger community. This calendar also includes OLLI events that enhance our program calendars. These events are open to the public, and most are free • Call 828-251-6140 for additional details

Advance Care Planning Workshop
OLLI at UNC Asheville will hold an advance care planning workshop Wednesday, June 19, 7-9 pm at the Reuter Center. The workshop will feature a panel whose members are experienced in addressing end-of-life issues. Discussion will include communicating your treatment wishes to loved ones and to medical personnel, ethical and legal issues, and the uses of advance directives. Ample time will be reserved for questions. Assistance will be provided for anyone wishing to complete a legally valid advance directive, including the notation required in North Carolina, using the Five Wishes format. This event is free and open to the public.

Asheville Community Theatre
Autumn Players Readers Theater
The Autumn Players (part of Asheville Community Theatre) is a troupe of seasoned actors dedicated to taking the theatre experience into the community. Readings of great literature by experienced performers can spark deep understanding and kindle emotion, stories come to life. Tickets are $5 at the door.

• Sunday, June 1, 2:30 pm: Ghosts by Henrik Ibsen, directed by Anita Chapman. In this classic family drama set in Norway in the 1880s, a mother who has devoted her life to keeping up appearances finds herself haunted by the past when her son comes home with a mysterious illness.

• Sunday, August 24, 2:30 pm: The Lion in Winter by James Goldman, directed by Jim Reid. There’s plenty of gamesmanship mixed with driving ambition at the palace of King Henry II when the king, his wife, Eleanor of Aquitane, who has been imprisoned under her husband’s command, and their three sons gather together to determine who shall inherit the throne of England.

Asheville Living Treasures
Asheville Living Treasures (ALT) is an organization whose mission is to honor the elders of Asheville and Buncombe County who have devoted their lives to making our communities a better place to live. ALT publicly honors selected older adults and their achievements and records their stories for future generations. The oral histories of each recipient are archived at UNC Asheville’s Ramsey Library Special Collections department. Any person age 70 or older who resides in Asheville or Buncombe County is eligible for nomination. The next recognition ceremony has been scheduled for Sunday, October 19, 2 pm; mark your calendar to attend. For more information visit ashevillereslivingtreasures.com or contact ALT chair, Marnie Walsh: 828-298-2231, mpescottwalsh@yahoo.com, or committee member Carmen Ramos-Kennedy: 828-423-6476.

Astronomy Club of Asheville
The Astronomy Club of Asheville meets the first Thursday of each month except July, 7-9 pm, with an interesting line-up 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. Participation at club meetings and events is free. For more information on the Astronomy Club of Asheville, visit their website at astroasheville.org

• Thursday, June 5, 7 pm: Topic and speaker to be announced

• Thursday, August 7, 7 pm: Adam Thanz, director of the Bays Mountain Planetarium, Kingsport, TN, “Planetariums—Their Design and Operation”

Blue Ridge Orchestra
The Blue Ridge Orchestra (BRO) will hold open rehearsals on Wednesdays, May 14, 21, and 28, 7 pm, and then the group is taking the summer off. They will again rehearse in the Reuter Center’s Manheimer Room beginning Wednesday, August 27. OLLI members can look forward to the BRO’s October concert, Prelude to All Hallow’s Eve, to be performed in the Manheimer Room on October 25 and 26, 2014. For more information visit blueridgeorchestra.org

Elisha Mitchell Audubon Society
The mission of the Elisha Mitchell Audubon Society (EMAS) is to promote an awareness and appreciation of nature, to preserve and protect wildlife and natural ecosystems, and to encourage responsible environmental stewardship. EMAS will hold meetings at the Reuter Center on the third Tuesday of the month at 7 pm; all meetings held at the Reuter Center are free and open to the public. For more information visit the EMAS website: www.emasnc.org

• Tuesday, May 20, 7 pm: Curtis Smailing on “The Golden-Winged Warbler Project”

• Tuesday, June 17, 7 pm: Ed Hauser on “Ocean Sustainability”

f/32 Photography
f/32 is a diverse group of people who share an appreciation and love of photography. Members range from amateurs who like to take point-and-shoot snapshots to working professional photographers. At monthly meetings, they share their work, learn new methods, and keep abreast of the latest industry news and equipment. OLLI members are offered free membership in f/32. Attend on Wednesdays, May 14, June 11, July 9, and August 13; all meetings begin at 7 pm with a social time beginning at 6:30 pm. For more information: www.f32nc.com
Medicare Choices Made Easy
Are you new to Medicare? Are you confused by the many choices? Unbiased and accurate information is available from trained volunteers from the North Carolina Seniors’ Health Insurance Information Program. In this partnership between the Buncombe County Council on Aging and the OLLI Civic Engagement Committee, a free class will be held on Friday, July 25, 2-4 pm, in the Reuter Center. This session will be an overview (plans, parts, and policies) of Medicare. Spaces are limited, and registration is required. Reserve your space by calling the Council on Aging, 828-277-8288.

Membership Roundup Barbecue Social
Join your OLLI friends for our fourth annual summer barbecue on Wednesday, July 16, 4:30 – 6:30 pm. Bandanas and cowboy hats are optional. Take this opportunity to socialize, enjoy great food, and sign up for your 2014-15 OLLI membership.

Opera Talk
Asheville Lyric Opera (ALO) brings great stories and music to life on Asheville’s premiere theatrical stage, the Diana Wortham Theatre. Come enjoy a behind the scenes journey as ALO General Director David Craig Starkey and a cast of industry professionals guide you through their operatic world. Mark your calendar to attend these lively and informative musical presentations on Fridays, May 30, June 27, July 11, and August 22, 3 pm in the Manheimer Room. See details on p. 34. Free and open to the public.

Proton Therapy: A New Radiotherapy Treatment
On Wednesday, May 14, 11:30 am, Bradlee Robbert, director of patient services at the University of Florida Proton Therapy Facility, will speak about the innovative new treatment option of radiotherapy. Radiation therapy has been around nearly one hundred years, but traditional radiation therapy utilizes x-rays. The advantage of particle or proton therapy is that, in contrast to x-rays, subatomic particles can be accelerated or slowed down to stop the radiation dose inside the human body. Robbert will discuss some of the past, present, and future possibilities of radiation oncology, specifically highlighting proton therapy. The presentation will be followed by a question and answer period. Mr. Robbert is a licensed radiation therapist with nearly fifteen years of medical experience, ten of those in radiation oncology.

Radiation Lecture
On Thursday, May 15, 7 pm, Dr. Perry Sprawls will offer a talk on radiation in our lives today. There are different types of radiation, and with the exception of light, it is invisible. That often gives it a mystic characteristic and a cause for concern because of our natural “fear of the darkness” and things we cannot see. When we become more familiar with radiation, knowing its characteristics, where it comes from, how it is used in modern society, and its effects on the human body, we can make intelligent decisions and live in harmony with this part of our environment. In this program we review the different types and sources of radiation, their benefits to individuals and society, and the actions to minimize risks. Perry Sprawls is Distinguished Emeritus Professor, Emory University Department of Radiology and Imaging Sciences with over 50 years of experience in the use of radiation for medical purposes. This program is sponsored by OLLI in collaboration with the Western North Carolina Institute of Electrical and Electronic Engineers.

Senior Games
The 2014 Asheville-Buncombe Senior Games showcase competitors from around the area for athleticism and fun. The opening ceremony and dinner will be held at the Reuter Center, Tuesday, May 13, 6 pm, for registered competitors and their guests followed by the Silver Arts Exhibit on Tuesday, May 27, 6 pm, and then the Closing Ceremony on Tuesday, June 3, 6 pm. For more information and to register, contact Dee Black at 828-259-5809 or dblack@ashevillenc.gov

Symphony Talk with Daniel Meyer
The best way to enjoy the Asheville Symphony Orchestra’s Masterworks concerts is to come to the Symphony Talk for the inside scoop on the music, composers and soloists. Asheville Symphony Orchestra’s music director and conductor Daniel Meyer will speak on Friday, May 9, 3 pm, about Rachmaninoff’s Piano Concerto No. 2 with piano soloist Mariangela Vacatello and Shostakovich’s Symphony No. 11 “The Year 1905.” For more information about the Asheville Symphony Orchestra, or to find out how to purchase tickets for performances at the Thomas Wolfe Auditorium, visit ashevillesymphony.org
2014 Life Transitions Programs

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. Trained facilitators and expert speakers combined with the support of a group of peers make this program truly unique.

Dates: May 20, 27, June 3, 10, 24, 2014
Cost: $100/member

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 and to help choose among the available options. The course includes expert speakers and site visits to local CCRCs.

Dates: May 22, 29, June 5, 12, 19, 26, 2014
Cost: $150 per person

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

Dates: August 29-31, 2014
Cost: $850 per person

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

Dates: May 23-25, 2014
Cost: $400/person before May 1, 2014
$450/person after May 1, 2014
More Information: www.AshevilleCREW.com

TELL A FRIEND about OLLI’s nationally recognized retirement programs, Paths and CREW! For brochures, call Laurel Jernigan 828-250-3871/ ljerniga@unca.edu
Leadership Asheville Seniors
CONNECT ● ENGAGE ● LEARN

Did you miss Leadership Asheville Seniors last fall? Here are some highlights from the class:

- **MAHEC CEO Jeff Heck** spoke on changes in healthcare
- **MANNA FoodBank Director Cindy Threlkeld** explained the problem of food insecurity in WNC
- **Superintendents** of Asheville City and Buncombe County Schools discussed challenges in education
- The group met at NC Stage during the world premier run of *Stalking the Boogeyman*, and heard from its star, **Charlie Flynn-Mclver**

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.

**Dates:** Wednesdays
September 10 - November 5, 2014

**Cost:** $400. Scholarships are available. Contact Laurel Jernigan (ljerniga@unca.edu) for details.

**Payment:** Cash, checks payable to OLLI, Visa or MasterCard

**Registration:** Registration is now open. Open to OLLI members only. Visit the website at www.olliasheville.com/LAS for details or contact Laurel Jernigan at ljerniga@unca.edu / 828-250-3871.

www.olliasheville.com/LAS
Welcome summer with Workshops that fit your interests and schedule. OLLI membership is not required to register, and workshops are open to the public. Workshops have limited space. Register by calling the OLLI office at 828-251-6140 or find registration forms online at www.olliasheville.com/workshops. Credit cards are accepted, and refunds are available until fourteen days before the workshop. A $10 per person fee is non-refundable.

“Loosen Up!”: A Fast and Fun Watercolor Workshop

CRN# 30073
Saturday & Sunday
June 14 & 15
9 am - 4 pm each day
Fee: $140/member; $150/non-member

This workshop will invite you to “loosen up” by exploring techniques and approaches to watercolor that will make your paint flow. Using the very inexpensive “Ron Ranson Medium Hake Brush,” we will try a variety of wet washes and “Big Brush” techniques that can be applied to any subject. Presentations, demonstrations and personal feedback will be offered throughout the weekend. Previous watercolor experience is recommended but not required. **Materials:** Estimated $150 cost if a student has no art supplies. A limited supply of “Ron Ranson Medium Hake” brushes ($10) and “Arches” watercolor paper ($5/sheet) will be available for purchase at the workshop; payment will be made directly to the instructor.

**Jane Snyder** (janesnyder1957@gmail.com) is passionate about teaching art. She has studied watercolor and drawing for over seventeen years. In addition to instructing all levels of classes, Jane pursues an on-going study of studio and on-location watercolor painting, drawing, and paper art.

A Beginner’s Guide to Brewing Beer at Home

CRN# 30074
Saturdays
June 14 & 21
9 am - 3 pm on June 14
9 am - 12 pm on June 21
Fee: $65/person

**Bruce Jones** (Bruce_e_jones@yahoo.com), **Rich Schumacher**, and **Owen Halpeny** have a combined fifty years of home brewing experience. They have created award winning beers and are excited about sharing their collective knowledge.

Basic Photographic Image Management Workshop

CRN# 30064
Saturday
June 21
9 am - 1 pm
Fee: $55/person

**Tim Barnwell** (barnwellphoto@hotmail.com) has been a professional photographer for over thirty years. His career includes time as a photography instructor and as executive director of Appalachian Photographic Workshops. His images have appeared in dozens of magazines, and he has authored three books of portraits and landscapes.

Slow Cloth: Shibori Scarves and Shirts

CRN# 30068
Saturday
June 28
9 am - 4 pm
Fee: $70/person

Shibori results in “slow cloth” (cloth that develops and evolves over time) using hand stitching, precise dyeing, and a symbiotic relationship with textiles and fiber that honors our creative journey. Students will learn several shibori techniques taking us far beyond tie-dye, including arashi (pole wrapping), mokume (stitching and scrunching), itajimi (folded and bound), and kumo (wrapping around stones). Working with both silk and cotton, we will dye scarves and shirts and marvel at the results. Beginners welcome. **Materials fee:** $25 collected by the instructor at the workshop.

**Judi Jetson** (judi@judijetson.com) is a fool for fiber; she spins, knits, dyes and weaves. Working in bold colors and textures, she loves to teach locally and at John C. Campbell Folk School. Judi is also a fiber activist who founded Local Cloth, a non-profit that promotes growing our fiber economy.
Wild Words Writing Workshop
CRN# 30071
Saturday
July 12
10 am - 3 pm
Fee: $55/person

A safe space is established so writing can be explored and critiqued. All writers are welcome, since we all have valuable stories to share. The flow of the day will include prompts, writing, and group feedback. Guidelines for feedback will provide structure for the workshop. Writing prompts are active and thought provoking, guiding us to reveal our stories.

Victoria Rose (wild.words.artist@gmail.com) has a master of education degree, has published in The Urban News, the Asheville Citizen-Times, Fresh, Hudson River Sampler, and Hudson Valley Literary Magazine. Victoria has facilitated workshops for over twelve years.

Design and Sew a Stylish Purse
CRN# 30072
Saturday
July 19
9:30 am - 4:30 pm
Fee: $70/person

Have fun designing and sewing your own fashionable small purse. In this workshop you will learn basic techniques for designing, foundation piecing (quilting), using stabilizers, and creating pockets, gussets, straps, and linings. With these techniques the possibilities are endless! See sample pictures and more information at http://nancysfiberart.weebly.com. Once you have made one you’ll want to make more! Participants must have sewing experience and bring their own sewing machine and supplies. Materials Fee: $3 for pattern and some materials, collected by instructor at the workshop. A detailed supply list will be sent to students prior to the workshop.

Nancy Rosenberg (nancy@vectorr.com) has been sewing since childhood and quilting for over twenty-five years. She has won awards for her original design quilts at shows in New England and is known for sharing her love of creating with fabric.

Watercolor Resist Painting:
Surprisingly Simple, Amazing Results
CRN# 30065
Saturday
July 26
10 am - 4 pm
Fee: $65/person

This seven step mixed media process is fun and produces amazingly professional results. We begin with a simple pencil sketch, watercolor the image, add gouache and then add India ink over everything. Rinse the ink off and reveal a stunning image. Touch up is then done, and image results look like a woodblock. All levels are welcome. Students will leave with at least two matted pieces ready for framing.

Materials fees: $10/person to be paid to the instructor.

Miriam M. Hughes (artdog@miriamhughes.com) is a medical illustrator, dog trainer, and artist with experience in a variety of media. Miriam teaches drawing, watercolor, and painting at Blue Ridge Community College and Art MoB Studios in Hendersonville. Her pastels are award winning, and her teaching style is energetic and fun.

Enhancing Your Bridge Skills:
Defensive Play
CRN# 30070
Saturday
July 26
1 - 4:30 pm
Fee: $40/person

This workshop is for players who already have a basic knowledge of bidding and playing bridge. Participants will learn to work as a defensive team to analyze each hand and plan appropriate strategies. Players are taught how to maximize their chances of defeating opponents’ contracts. Bridge players are sure to enjoy this hands-on learning experience.

Rory Novell (rorynov@gmail.com), a retired educator, has been an American Contract Bridge League director since 1996. She achieved the rank of Bronze Life Master playing in local clubs and regional and national bridge tournaments. She enjoys mentoring new players.

Luminous Landscapes
CRN# 30069
Saturday & Sunday
August 9 & 10
9 am - 4:30 pm each day
Fee: $140/member; $150/non-member

Create luminous lighting effects in your paintings. Understand how to intentionally manipulate value, color, and temperature to establish radiance in your work. Learn to paint believable shadows to enhance the light. This fun, information-filled workshop includes demonstrations, exercises, and plenty of personalized easel time. Some experience in your medium is requested.

Dawn E. Miller (dawnemillerart@gmail.com) started her painting career in graphite, oil, and watercolor, but became a devotee of soft pastels over twenty years ago and has remained one ever since. She received her BS from Florida State University and her MS from the University of Mississippi. Ms. Miller has been on the faculty of Vero Beach Museum of Art since 2007, where she teaches a wide range of courses including: color theory, composition and design, portraiture, plein air, and pastels. She has been invited to teach throughout the United States and Europe. Ms. Miller is a member of the Pastel Society of America and the American Impressionist Society.
The largest program of OLLI at UNC Asheville is College for Seniors (CFS), a lifelong learning program offering more than 300 courses annually during four terms:

**Summer:** June 16 - July 28, 2014 (registration begins May 20)
**Fall:** September 15 – November 7, 2014 (registration begins August 13)
**Winter:** January 12 – February 23, 2015 (registration begins December 2)
**Spring:** March 23 – May 15, 2015 (registration begins February 25)

**SUMMER 2014**
**June 16 – July 28**

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

**Fee:** $75 for the term
This flat fee allows you to register for up to three courses, listed on pp. 15-33, during the initial phase of registration. Confirmation will be mailed on June 3.

After you receive your schedule, you may add additional courses without cost. Courses may be added prior to the start of the second class period in the course.

**Add/drop begins Wednesday, June 4, 8 am.**

If you cannot attend a course that you enrolled in, please work with office staff to drop the course so someone else may attend.

**OLLI Membership is required to enroll in CFS**

**REFUNDS:** Cancellation must be received by 3 pm, Friday, June 13 for a full refund. This applies to ALL fees for CFS classes.

**Course Information** In addition to the course descriptions in this catalog, there are details for many CFS courses on course web pages on the OLLI website. To reach the listing of courses with web pages, go to: olliasheville.com/courses.

On this page, you can type in an instructor’s name and find information such as course outlines, reading lists, materials lists, and instructor background.

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

**Scholarships**
Scholarships are available to partially cover the expense of the term; the annual OLLI membership fee is the member’s responsibility. Applications are available in Room 208 of the Reuter Center and on OLLI’s website (olliasheville.com/forms). To ensure the best choice of courses, scholarship applications should be submitted along with the registration form as early in the registration period as possible. For additional information, call 828-251-6140.

**Teaching in College for Seniors**
At the heart of the College for Seniors program are dedicated volunteer instructors. While many instructors are retired academics, others with no formal teaching background have successfully facilitated learning experiences centered on their areas of passionate interest or expertise.

**Instructor Guide**
An instructor guidebook has been prepared to best orient the first time instructor and to enhance the skills of experienced teachers. To access the instructor guide, visit:
http://olliasheville.com/college-seniors-1

**Course Proposal Due Dates:**
**July 15** for Winter 2015
**October 15** for Spring 2015
**January 25** for Summer 2015

Proposal forms are available on the OLLI website at: olliasheville.com/forms

**QUESTIONS ABOUT CFS? SUGGESTIONS?** Contact CFS Director Susan Poole: 828-251-6873
mondays

9-11 am
America’s Foreign Policy Since 1940 .. 15
The Female Image in
  Biblical Thought.............................. 15
Investing in Retirement.......................... 15

9 am-12 pm
Cooking With Mars & Venus............... 15
Summer Soups & Salads ..................... 16

11:30 am-12:30 pm
Intermediate Folk Guitar ..................... 16

11:30 am-1:30 pm
The Creative Process:
  Finding Your Musical Spark ............ 16
History of Broadway Sing-Along........ 16
The Seven Sins of Memory ............... 21
Relating Shakespeare to
  Modern Times .............................. 21

2-3:15 pm
Beginner's Yoga............................... 21

2-4 pm
The Adventures of Huckleberry Finn ..... 21
Introduction to Hand Drums &
  Drumming..................................... 22
More Fun with Readers Theatre .......... 22
Weaving a Memory............................ 22

2-4:30 pm
Elementary iPad............................... 22
Six Harold Pinter Films .................... 22

tuesdays

9-10:30 am
Fluid Body Yoga.............................. 27

9-11 am
Frank Lloyd Wright ......................... 28
Road Maps to Increase
  Self Awareness............................. 28
This I Believe................................. 28
Writing the Short Story..................... 28

11:30 am-1:30 pm
Android Tablets & Smartphones .......... 29
Beginning Mah Jongg ....................... 25
The Creative Process:
  Finding Your Musical Spark ............ 16
Fairly Tales & the Second Half of Life .. 29
T'ai Chi Sampler.............................. 29

2-4 pm
American Short Story Masterpieces ..... 29
Drawing for Painters....................... 29
Closed-End Mutual Funds ................. 30
Gentle Yoga................................ 30
Getting the Most From your
  Financial Advisor ......................... 30

2-4:40 pm
Three Silent Film Epics in Two Parts... 30

2-5 pm
Brevard Opera: Live at OLLI.......... 27
Zentangle................................. 27

2-7 pm
Food in Film: An Encore.......................... 33

thursdays

9-11 am
Asheville Master Builders ............... 31
Four-Way Bargello Needlepoint ........ 31
The Heart & Mind of Dementia ........... 31
Mozart: His Life & Music ................. 24

11:30 am-12:30 pm
Intermediate Folk Guitar .................. 16
Pilates for Seniors ......................... 24

11:30 am-1:30 pm
Asheville on the Cheap.................... 31
Beginning Line Dance ....................... 32
The Creative Process:
  Finding Your Musical Spark ............ 16
Hammer Against the Witches............. 32

2-4 pm
Beginning Digital Camera ............... 26
Belly Dance for Wellness................ 32
Solving Sudoku Puzzles.................. 32
Older, Wiser, Sexually Smarter ....... 32
T'ai Chi for Back & Balance .......... 33

2-5 pm
Food in Film: An Encore.......................... 33

fridays

9-11 am
Lawn Bowling................................. 33
Therapeutic Yoga............................ 33

workshops

Saturday & Sunday
June 14 & 15
9 am – 4 pm each day
"Loosen Up!":
  Fast & Fun Watercolor..................... 10

Saturday, June 21, 9 am – 12 pm
A Beginner’s Guide to Homebrewing
  at Home..................................... 10

Saturday, June 28, 9 am – 4 pm
Slow Cloth: Shibori Scarves & Shirts... 10

Saturday, July 12, 10 am – 3 pm
Wild Words Writing Workshop........... 11

Saturday, July 19, 9:30 am – 4:30 pm
Design & Sew a Stylish Purse ........... 11

Saturday, July 26, 10 am – 4 pm
Watercolor Resist Painting: Surprisingly
  Simple, Amazing Results.................. 11

Saturday, July 26, 1-4:30 pm
Enhancing Your Bridge Skills:
  Defensive Play .............................. 11

Saturday & Sunday
August 9 & 10
9 am – 4:30 pm each day
Luminous Landscapes........................ 11

Summer 2014 Calendar

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

WWW.OLLIASHEVILLE.COM  |  13
Summer 2014 College for Seniors Index by Subject

Architecture and Art History
Asheville Master Builders ........................................ 31
Frank Lloyd Wright ...................................................28

Business/Law/Finance
Closed End Mutual Funds ......................................... 30
Getting the Most from Your Financial Advisor ........... 30
Investing in Retirement ............................................. 15

Crafts
Four-Way Bargello Needlepoint ................................ 31

Dance
Beginner Line Dance ..................................................32
Belly Dance for Wellness .......................................... 32

Film
Food in Film ................................................................ 33
Six Harold Pinter Films ............................................. 22
Three Silent Film Epics .............................................. 30

Health and Wellness
Beginner’s Yoga .........................................................21
Fluid Body Yoga ........................................................ 27
Gentle Yoga ............................................................... 30
MELT for Well-Being ...................................................23
Older, Wiser, Sexually Smarter .................................. 32
Pilates for Seniors ...................................................... 24
T’ai Chi for Back & Balance ........................................ 33
T’ai Chi Sampler ........................................................ 29
Therapeutic Yoga ....................................................... 33
Your Body’s Energy Systems ...................................... 26

History
The African American Experience ................................26
America’s Foreign Policy Since 1940 ......................... 15
Hammer Against the Witches .................................... 32

Language and Literature
The Adventures of Huckleberry Finn ............................ 21
American Short Story Masterpieces ......................... 29
Beginning French ...................................................... 23
Every Picture Tells a Story .......................................... 25
Fairy Tales for the Second Half of Life ....................... 29
The Literature of Madison County ................................23
Relating Shakespeare’s Plays to Modern Times .......... 21
Weaving a Memory .................................................... 22
Writing the Short Story .......................................... 28

Music
Brevard Opera: Live at OLLI ....................................... 27
The Creative Process ................................................. 16
The Folk Music Revival in America ......................... 25
History of Broadway Sing-Alongs ......................... 16
Intermediate Folk Guitar .......................................... 22
Introduction to Hand Drums ...................................... 22
Mozart: His Life and Music ....................................... 24

Personal Development
Asheville on the Cheap .......................................... 31
Cooking with Mars and Venus .................................... 15
The Heart & Mind of Dementia .................................. 31
Road Maps to Increase Self-Awareness .................. 28
Summer Soups and Salads ........................................ 16
This I Believe .......................................................... 28

Philosophy and Religion
The Female Image in Biblical Thought .................... 15

Photography
Beginning Digital Camera ......................................... 26
Understanding the Photographic Process .................. 24

Political Science
America’s Foreign Policy Since 1940 ......................... 15

Recreation
Beginning Mah Jongg ............................................... 25
Solving Sudoku Puzzles ............................................ 32
Lawn Bowling ........................................................... 33

Science and Mathematics
The Quantum Enigma .............................................. 25
The Seven Sins of Memory ....................................... 21

Studio Arts
The Art Sampler ...................................................... 25
Drawing for Painters ............................................... 29
Zentangle ............................................................... 27

Technology
Android Tablets and Smartphones ......................... 29
Elementary iPad ...................................................... 22
MS Publisher .......................................................... 26

Theatre Arts
The Art Sampler ...................................................... 25
More Fun and Stretching with Readers Theatre ....... 22
America’s Foreign Policy Since 1940
CRN # 30001
1st 4 weeks: June 16, 23, 30, July 7
Mondays, 9-11 am
Most Americans do not understand United States foreign policy because of the complexity of dealing with over 190 nations on a never-ending agenda of issues. In this course the instructor describes a “golden era” for US foreign policy from 1940 through 2000 and explains why since 2001 the country has experienced major foreign policy problems. A discussion of future diplomatic challenges will conclude the course. Ample time will be allowed for questions.

George Yates (gcylates104@gmail.com) is a UNC Asheville associate professor emeritus in the management and accountancy department. He received a PhD in management from the University of North Texas, an MS in finance from the University of California at Los Angeles, and a BS in structural engineering from California State Polytechnic University. He spent twenty-one years in large corporation management.

The Female Image in Biblical Thought
CRN # 30002
6 weeks: June 16, 23, 30, July 7, 14, 21
Mondays, 9-11 am
We will examine feminine images in the historical, mythological, and wisdom literature of ancient Israel and the surrounding cultures contemporary with ancient Israel. We shall then look at such images in the New Testament. The contemporary part of the course will look at four historically significant women from Western culture to see the influence of the biblical images on these women: Glueckel of Hameln (sixteenth century), Ann Hutchinson (eighteenth century), Angelina Grimke (nineteenth century), and Sarah Grimke (nineteenth century).

Morgan Phillips (mlphilli@charter.net) received his BA from Ohio Wesleyan University, his MDiv from Yale University, and his PhD in the Hebrew bible from Drew University. He was professor of Old Testament studies for thirty-seven years at Ohio Wesleyan. He also did post graduate study in Jerusalem.

Investing In Retirement: Past, Present and Your Future
CRN # 30003
6 weeks: June 16, 23, 30, July 7, 14, 21
Mondays, 9-11 am
We will gain a better understanding of today’s investment choices by understanding how much the past affects the present. We will also follow one of the first stocks through history, war, and corruption. Together we will finish with a clear understanding of where various investments originated and how they might best be used today.

A financial advisor and native of London, England, Stephen Herbert (Stephen.herbert@edwardjones.com) has provided financial advice to individual investors in the United States and the United Kingdom for the past twenty years. Stephen also holds the accredited asset management specialist (AAMS) designation.

Cooking With Mars and Venus
CRN # 30004
1st 4 weeks: June 16, 23, 30, July 7
Mondays, 9 am – 12 pm
Location: Instructors’ home
Via demonstrations and hands-on practice, participants will learn about food safety, basic knife skills, dicing, and chopping. We will also cover brining, olive oils, vinegars, cheeses, and more. We’ll prepare menus, learn to adapt them to our lifestyles, and enjoy healthful nutritious meals together. The course will be held at the instructors’ home, a ten minute drive from the Reuter Center. Students must be able to stand for long periods of time, move about in tight quarters, and must be able to attend all four classes. Food fee: $80, payable to the instructors at the first class.

Dennis Murphy (murphdennisw@gmail) and Sheila Murphy (Murphy.sheila.a@gmail.com) have been cooking together for over forty-five years. They have taken courses all over the world, most recently in Lucca, Italy.
Summer Soups and Salads
CRN # 30005
2 weeks: July 14, 21
(note late start date)
Mondays, 9 am – 12 pm
Location: Instructors’ home

In *Summer Soups and Salads*, we will be making recipes that include vegetarian, meat, fish, and poultry soups and salads. These recipes are suitable for warm weather. We will also incorporate grains in soups and salads. We will cover sanitary cleaning and health and safety standards in the kitchen. **Participants must be able to stand for long periods of time and to attend the two weeks of classes.** Food fee: $50, payable to the instructors at the first class.

Dennis Murphy (murphdennisw@gmail.com) and Sheila Murphy (Murphy.shila.a@gmail.com) have been cooking together for over forty-five years. They have taken courses all over the world, most recently in Lucca, Italy.

Intermediate Folk Guitar
CRN # 30006
1st 4 weeks: June 16, 19, 23, 30,
July 3, 7, 10
(7 sessions)
(no class June 26)
Mondays and Thursdays,
11:30 am – 12:30 pm

This course is for students who have already completed beginning guitar or its equivalent. **Participants must be able to change smoothly from one chord to another without looking to reform chords.** Additionally, students must be able to play a song with three or more chords, be able to sing and play at the same time, and be willing to sing a song in class. This course will aid in finding the proper key in which to sing, as well as helping individuals learn how to play guitar with another person. We’ll cover how to use the capo, techniques of strumming, and some basic music theory. Please check with the instructor if you aren’t sure if you belong in the course.

Lewis Wills (lewiswills2011@gmail.com) has a PhD in education from Georgia State University and an MA from UCLA in folklore and mythology. He plays old-time and Irish music and has played guitar for over forty years.

The Creative Process: Finding Your Musical Spark!
CRN # 30007
1 week: July 7, 9, 10
(note late start date)
Monday, Wednesday, Thursday,
11:30 am – 1:30 pm

How does music work? The instructors guide participants on a journey to create original musical masterpieces. We will explore songs and harmonies from different cultures and sounds from our natural world. Improvisation will lead us to discover our own musical ideas. The last class culminates in an informal performance and will include the instructors’ mothers sharing their experiences growing up together as artists.

Lee Heuermann (blh@vt.edu), composer, singer/pianist and improver, is director of the Floating Feather Band, an international composer/performer collective, and performs in the Brazilian jazz group, Yemanja’s Kitchen. She is on the faculty at the School of Performing Arts at Virginia Tech. Elise Witt (emworld@mindspring.com) creates and connects singing communities around the globe with her Impromptu Glorious Chorus workshops and concerts. Born in Switzerland, raised in North Carolina, now living in Atlanta, Elise is artist-in-residence at the Global Village Project, a school for teenage refugee girls.

History of Broadway Sing-Along
CRN # 30008
6 weeks: June 16, 23, 30, July 7, 14, 21
Mondays, 11:30 am – 1:30 pm

We’ll trace the evolution of the Broadway musical, starting in the mid ’20s, pausing along the way to sing many of the great songs from Rodgers and Hammerstein, Cole Porter, Lerner and Loewe, Frank Loesser, Stephen Sondheim, and more (lyrics provided). We’ll discuss the famous performers and creative artists of Broadway, and share a wealth of backstage anecdotes.

Dave Bates (davebates95@yahoo.com) is a pianist and composer, with a special interest in the Broadway musical. He has written several original musicals, one of which was produced off-off-Broadway. For the past sixteen years, Dave has led a twice-monthly sing-along.
OLLI Summer 2014 registration form

Check here if your postal or email address has changed □

Name __________________________________________________________
Last First MI Phone Birth Date
Address __________________________________________________________
Street/PO Box City State ZIP E-mail address □ I don’t use email

College for Seniors (CFS) Course Registration – See back of sheet for important information.
□ I volunteer to be a CLASS REP in one of my CFS courses □ Go Green/Paperless – no longer receive a paper catalog.

College for Seniors (CFS) Course Registration

Priority CFS Course Name 5-Digit CRN# $20 additional fee Staff use only
1. ___________________________ __ __ __ __ Y 1. E N
2. ___________________________ __ __ __ __ Y 2. E N
3. ___________________________ __ __ __ __ Y 3. E N
4. ___________________________ __ __ __ __ Y 4. E N
5. ___________________________ __ __ __ __ Y 5. E N
6. ___________________________ __ __ __ __ Y 6. E N

Alternates if any course above is not available
Total CFS Fees: Term fee plus course fees CFS Summer Term Fee $75 TOTAL CFS $__________
Total # of classes desired □

Workshops Registration – Workshops are listed on pages 10-11. See back of sheet for important information.

Workshops

Workshop Name 5-Digit CRN# Staff use only Fee
1. ___________________________ __ __ __ __ ___ E N $____
2. ___________________________ __ __ __ __ ___ E N $____
3. ___________________________ __ __ __ __ ___ E N $____

TOTAL Workshops Fee $__________

See back page for further information, membership renewal, H&F membership, etc.

Staff use only / Comments ________________________________

WWW.OLLIASHEVILLE.COM | 17
TOTAL FROM PAGE 1 $____________

Become a 2014-15 OLLI Member for $80 or renew for $60

Membership fee total $____________

Membership year is May 1, 2014 - July 31, 2015.

Health and Fitness (H&F) Center Membership - $350

Membership is REQUIRED.

This is an annual membership and runs from the date of purchase for 365 days

HFC Subtotal $____________

TOTAL PAYMENT ENCLOSED $____________

Registration Information:

• OLLI membership required
• Initial registration is limited to a maximum of three CFS courses
• Submit your registration starting May 20, 2014 for best availability
• Your schedule will be sent on June 3 and June 9, 2014.
• Add/Drop begins on June 4, 2014.
  At this time, you may add as many courses as your schedule will allow.
• Wellness & Recreation courses: Courses with this symbol require a $20 fee in addition to your CFS fee of $75. Because of topic popularity, you may register for one yoga or t’ai chi course during initial registration. You may be asked to sign a liability waiver for some courses. Check with your physician before you begin any new physical activity.

Do you have a friend interested in our programs?

Please provide the name and address of someone you know who would be interested in our programming, and we will send them pertinent information. Check all boxes below that apply to indicate what programs might be of interest.

Name _______________________________________________________________________________________________________

Last First MI Phone

Address _____________________________________________________________________________________________________

Street/PO Box City State ZIP E-mail address

Program of interest: [ ] CFS [ ] Workshops [ ] Paths [ ] CREW [ ] LAS [ ] Life Transitions

In case of an emergency, please list your EMERGENCY CONTACT:

Name _______________________________________________________________________________________________________

Last First MI Phone

Bring or Mail to
OLLI, Reuter Center
UNC Asheville, CPO#5000
One University Heights
Asheville, NC  28804-8516

Cash or checks only, payable to OLLI

18 | SUMMER 2014
### OLLI Summer 2014 Registration Form

**Check here if your postal or email address has changed**

**Name**

Last        First        MI        Phone        Birth Date

**Address**

Street/PO Box City State ZIP E-mail address

- [ ] I don’t use email

### College for Seniors (CFS) Course Registration

- [ ] I volunteer to be a CLASS REP in one of my CFS courses
- [ ] Go Green/Paperless – no longer receive a paper catalog

<table>
<thead>
<tr>
<th>Priority</th>
<th>CFS Course Name</th>
<th>5-Digit CRN#</th>
<th>$20 additional fee</th>
<th>Staff use only</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td>___ ___ ___ ___</td>
<td>Y</td>
<td>1. E N</td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td>___ ___ ___ ___</td>
<td>Y</td>
<td>2. E N</td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td>___ ___ ___ ___</td>
<td>Y</td>
<td>3. E N</td>
</tr>
</tbody>
</table>

**Alternates if any course above is not available**

<table>
<thead>
<tr>
<th>Priority</th>
<th>CFS Course Name</th>
<th>5-Digit CRN#</th>
<th>$20 additional fee</th>
<th>Staff use only</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.</td>
<td></td>
<td>___ ___ ___ ___</td>
<td>Y</td>
<td>4. E N</td>
</tr>
<tr>
<td>5.</td>
<td></td>
<td>___ ___ ___ ___</td>
<td>Y</td>
<td>5. E N</td>
</tr>
<tr>
<td>6.</td>
<td></td>
<td>___ ___ ___ ___</td>
<td>Y</td>
<td>6. E N</td>
</tr>
</tbody>
</table>

**Total CFS Fees**: Term fee plus course fees

**CFS Summer Term Fee $75**

**TOTAL CFS $_______**

**Total # of classes desired**

### Workshops Registration

- Workshops are listed on pages 10-11. See back of sheet for important information.

<table>
<thead>
<tr>
<th>Workshop Name</th>
<th>5-Digit CRN#</th>
<th>Staff use only</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>___ ___ ___ ___</td>
<td>1. E N</td>
<td>$___</td>
</tr>
<tr>
<td>2.</td>
<td>___ ___ ___ ___</td>
<td>2. E N</td>
<td>$___</td>
</tr>
<tr>
<td>3.</td>
<td>___ ___ ___ ___</td>
<td>3. E N</td>
<td>$___</td>
</tr>
</tbody>
</table>

**TOTAL Workshops Fee $_______**

**See back page for further information, membership renewal, H&F membership, etc.**

**Staff use only / Comments**
Become a 2014-15 OLLI Member for $80 or renew for $60
Membership year is May 1, 2014 - July 31, 2015.

Health and Fitness (H&F) Center Membership - $350
OLLI Membership is REQUIRED.
This is an annual membership and runs from the date of purchase for 365 days

TOTAL FROM PAGE 1  $____________

Memebership fee total  $____________

HFC Subtotal  $____________

TOTAL PAYMENT ENCLOSED  $____________

Registration Information:
• OLLI membership required
• Initial registration is limited to a maximum of three CFS courses
• Submit your registration starting May 20, 2014 for best availability
• Your schedule will be sent on June 3 and June 9, 2014.
• Add/Drop begins on June 4, 2014.
  At this time, you may add as many courses as your schedule will allow.
• Wellness & Recreation courses: Courses with this symbol require a $20 fee in addition to your CFS fee of $75. Because of topic popularity, you may register for one yoga or t’ai chi course during initial registration. You may be asked to sign a liability waiver for some courses. Check with your physician before you begin any new physical activity.

Do you have a friend interested in our programs?
Please provide the name and address of someone you know who would be interested in our programming, and we will send them pertinent information. Check all boxes below that apply to indicate what programs might be of interest.

Name _______________________________________________________________________________________________________
Last First MI Phone

Address _____________________________________________________________________________________________________
Street/PO Box City State ZIP E-mail address

Program of interest:   □ CFS    □ Workshops    □ Paths    □ CREW    □ LAS    □ Life Transitions

In case of an emergency, please list your EMERGENCY CONTACT:

Name _______________________________________________________________________________________________________
Last First MI Phone

Bring or Mail to
OLLI, Reuter Center
UNC Asheville, CPO#5000
One University Heights
Asheville, NC  28804-8516

Cash or checks only, payable to OLLI
Mondays, 11:30 am-1:30 pm  

The Seven Sins of Memory  
CRN # 30009  
1st 4 weeks: June 16, 23, 30, July 7  
Mondays, 11:30 am - 1:30 pm  

Together we will explore how our memory works. In this course we will examine the scientific basis for memory and basic memory storage and recall. We will spend most of the course analyzing the ways our memory seems to fail us: transience, blocking, misattribution, suggestibility, bias, and persistence. We will look at examples of each of these memory “failures” and discuss why our brain is designed this way. Suggestions for ways to minimize the failures will also be examined.

Jane Hartsfield (awesome1jh@yahoo.com) has a PhD in the field of computational neuroscience from Rice University with a special interest in the field of learning and memory.

Relating Shakespeare to Modern Times  
CRN # 30010  
6 weeks: June 16, 23, 30, July 7, 14, 21  
Mondays, 11:30 am – 1:30 pm  

We will explore a tragedy and a comedy by Shakespeare and relate their themes to current times. We will explore why the play was produced, what relevance it had at the time, and what relevance it has today. The plays to be examined are Troilus and Cressida and Much Ado About Nothing. Materials fee: $10, to be paid to the instructor at the first class.

Norris Orbach (Norris65orbach@gmail.com) has taught several Shakespeare courses at the College for Seniors, as well as having taught a science fiction short story overview. He has taught English at the college level.

Mondays, 2-3:15 pm  

Beginner’s Yoga  
CRN # 30011  
6 weeks: June 16, 23, 30, July 7, 14, 21  
Mondays, 2 – 3:15 pm  
Location: 213-A Student Recreation Center  

Using breath and body awareness, in this course we will practice gentle yoga which invites oxygen and movement into the body for health and well-being. We will focus on safe alignment in motion, increased balance, flexibility, and breath awareness. Movements can be tailored to individual needs and abilities. Most poses can be done from a chair. Some will require the ability to sit on and rise from the floor; accommodations can be made for those who cannot. Please wear comfortable clothing and bring a yoga mat and blanket (or large towel) to class. Due to topic popularity, participants may take only one yoga course at initial registration.

Willow Allen (willow@theyogagarden.net) is a Yoga Alliance registered yoga therapist and a member of the International Association of Yoga Therapists. Her own yoga experience spans seventeen years of personal practice. Willow teaches private yoga therapy sessions at her studio in Black Mountain, and offers home-visit yoga therapy sessions as well.

Mondays, 2-4 pm  

The Adventures of Huckleberry Finn  
CRN # 30012  
6 weeks: June 16, 23, 30, July 7, 14, 21  
Mondays, 2-4 pm  

“You don’t know about me without you have read a book by the name of …” Thus begins what many consider to be the American Odyssey. Through lecture and class discussion, we will explore Mark Twain’s perspective on society, his humor and use of symbols, while sharing the adventures of a runaway slave and a young boy. As Ernest Hemingway said, “All modern American literature comes from one book by Mark Twain called Huckleberry Finn.” Required text: Any good edition of Huckleberry Finn.

Chuck Schultz (chuck.schultz1@gmail.com) has taught English at the high school and community college level. He has also taught sales presentations and supervisory skills to adults in a manufacturing setting.
**Introduction to Hand Drums and Drumming**
CRN # 30013
1st 4 weeks: June 16, 23, 30, July 7
Mondays, 2-4 pm

This is an introduction to hand-played drums such as bongos, congas and djembes. We will learn several hand strokes to coax a variety of sounds from the drums. We will play all kinds of rhythms (and poly-rhythms) from marching cadences to rock to African and Latin American dance forms. **Please bring your own drum to play.**

**Marvin Eargle** (gmeargle@aol.com) began snare drum lessons in the sixth grade and played drums in marching and concert bands through high school and college. He finds banging on drums to be therapeutic.

---

**More Fun with Readers Theatre**
CRN # 30014
6 weeks: June 16, 23, 30, July 7, 14, 21
Mondays, 2-4 pm

We will explore reading correctly and well for an audience, drawing from poetry, monologues, and short stories. We will renew and stretch our intuitive, creative, and playful nature. Acting experience is not necessary. Please come with an open attitude, ready to explore and have fun.

**Kermit Brown** (kermitbrown@bellsouth.net) has been a professional (Equity) actor for forty-plus years. He has taught at the College for Seniors for six years and has worked locally with the North Carolina Stage Company, the Southern Appalachian Repertory Theater, Flat Rock Playhouse, and the Autumn Players.

---

**Weaving a Memory**
CRN # 30015
1st 4 weeks: June 16, 23, 30, July 7
Mondays, 2-4 pm

Memoir writing is urgent business. If you do not write your story, who will? Strategies will be given for finding the threads of memory, a focus and a beginning to your story. Begin now. The process will be rewarding, and you will have produced a document for posterity.

**Sarah Larson** (sarahlarso@gmail.com) is a published writer whose experience writing **Memoir: Bloomies and Me** will give a constructive pattern for the course.

---

**Elementary iPad**
CRN # 30016
6 weeks: June 16, 23, 30, July 7, 14, 21
Mondays, 2-4:30 pm

Are you a beginning iPad user and find it a little confusing? Come learn the basics in a slow-paced course (hands-on, but not one-on-one). Skills will be presented with lecture/demonstration material followed by exercises to practice what you have learned. We will navigate screens, increase keyboard skills, connect to the Internet, use the Safari browser, compose mail, use readers, the calendar, contacts, and more. Participants will be encouraged to complete short homework assignments and practice operations learned in class. **Minimum requirements:** Each participant must bring an iPad with iOS 7 installed to class and have been using the iPad for at least two months.

**Lenore Baum** (Lenore@lenoresnatural.com) has been an educator for over forty years and been using the iPad daily for three years. **Joe Baum** (baumjoe51@gmail.com) has taught a number of Apple courses at the College for Seniors and lectures at the Apple Special Interest Group.

---

**Six Harold Pinter Films: “Pinteresque”**
CRN # 30017
6 weeks: June 16, 23, 30, July 7, 14, 21
Mondays, 2-4:30 pm

Harold Pinter, whose career spanned more than fifty years, was Britain’s leading dramatist and screenwriter of the 1960s. He won the Nobel Prize for Literature in 2005. His style has been called “Pinteresque,” and several of his plays “comedies of menace.” He was a gifted screenwriter who adapted his own stage plays and the works of others for film. We’ll watch and discuss films of four of his own plays plus two others.

**Doug Cooper** (cdoug38@gmail.com) has taught college English courses in his native Michigan as well as in Missouri, Louisiana, Pennsylvania, and overseas. He has taught at the College for Seniors since 2003.
**Tuesdays, 9-10:30 am**

**MELT for Well-Being and Better Health**
CRN # 30018
6 weeks: June 17, 24, July 1, 8, 15, 22
Tuesdays, 9-10:30 am

Learn simple techniques to help free yourself of chronic pain, ease tension, and improve range of motion, which lead to decreasing signs of aging by minimizing inflammation, stiffness, and strain. In this six-week series geared to novice MELTers, we will explore the basic principles of using MELT roller and balls to rehydrate the connective tissue in your body. Hydrated connective tissue provides better support for muscles, bones, joints, organs, and nerves, so the body naturally works more efficiently from the inside out. MELT balls and rollers will be provided for use during the sessions by the instructor. **Please bring a yoga mat to class.**

Terry Peters (terryptrs@yahoo.com), a life-long educator, is a certified MELT instructor, training directly with Sue Hitzmann, MELT founder and author of *The MELT Method – A Breakthrough Self Treatment System*. Terry is also a 300-hour Yoga Alliance certified instructor in the Krishnamacharya tradition, with advanced certification from world-renowned yoga educator and author of *Yoga Anatomy*, Leslie Kaminoff.

---

**Tuesdays, 9-11 am**

**Beginning French: Review and Practice**
CRN # 30019
6 weeks: June 17, 24, July 1, 8, 15, 22
Tuesdays, 9-11 am

This is a course for those who have had Beginning French 1 A and/or B or the equivalent, and who want more guided practice with conversation and basic grammar drills. There will be a combination of video clips, songs, games, and dialogues done in class with gentle corrections/explanations as needed. While no homework will be assigned, practice on suggested websites will enhance the student’s achievement and confidence. This course is for those who are willing to take risks to try to use French, and who are patient with other learners. The instructor will use French as much as possible, but students may use English to ask clarifying questions. **Recommended text:** *Discovering French – Bleu* (or *Nouveau Version*), Valette & Valette, ISBN: 978-0669-23919-4. Cost: $8 - $25.

Renée Raffini (raffinir@gmail.com) has lived in France and French-speaking West Africa, where she worked setting up credit unions in Cameroon. She taught beginning through advanced levels of French in suburban Maryland high schools for twenty years. As a new learner of piano and Italian herself, she is sympathetic to the new French learner.

---

**The Literature of Madison County**
CRN # 30020
6 weeks: June 17, 24, July 1, 8, 15, 22
Tuesdays, 9-11 am

As you zip through Madison County on the interstate or even if you venture through the towns of Marshall, Hot Springs, or Mars Hill, it may be hard to understand how one place might have earned the name “bloody Madison” and the “jewel of the Blue Ridge.” In this largely lecture format course, we will explore the ways artists who range from unknown balladeers to bestselling authors like Ron Rash and Wiley Cash have mined and chronicled the rich, complicated history and culture of this unique corner of Western North Carolina. **Recommended texts:** *A Land More Kind Than Home*, Wiley Cash, ISBN: 978-0062088239. Cost: $12.27. *The Cove*, Ron Rash, ISBN: 978-0061804205. Cost: $12.67.

Catherine Frank (cfrank@unca.edu) has taught literature and memoir writing courses for lifelong learners since 2000, and before that taught writing and literature courses to undergraduates as part of her graduate studies at UNC Chapel Hill. She is executive director for OLLI at UNC Asheville.
### Tuesdays, 9-11 am

**Mozart: His Life and Music**  
CRN # 30021  
1 week: July 15, 17  
(note late start date)  
Tuesday and Thursday, 9-11 am  

Or  
CRN # 30063  
1 week: July 22, 24  
(note late start date)  
Tuesday and Thursday 9-11 am

In this course we will take an inside look at the genius who was Mozart. Who was Mozart the child? How can we better know Mozart the young man as composer and performer? Where did his travels take him and what influences did he carry forward? What were the Vienna years? What was his last year like? What is the mystery and myth? The aim of this course is to explore Mozart’s life through readings and selected works from the many musical genres of this extraordinary composer, performer, and entrepreneur. Highlights will include listening to musical examples by way of audio, video, and live performances by guest musicians from the Asheville Symphony. This course is a great primer for the Asheville Symphony’s very own “Asheville Amadeus Festival,” featuring renowned pianist Emanuel Ax, March 17 – 22, 2015.

**Course Coordinator Alicia Chapman** (chapmanam@appstate.edu) is principal oboist with the Asheville and Harrisburg (PA) Symphonies and plays English horn with the Greensboro Symphony. She also plays the eighteenth century oboe with Harmonia Baroque and the North Carolina Baroque Orchestra. Dr. Chapman is on the faculty of the Hayes School of Music at Appalachian State University and the Asheville Music School. You may visit her webpage at: http://music.appstate.edu/faculty-staff/dr-alicia-chapman

---

**Understanding the Photographic Process**  
CRN # 30022  
6 weeks: June 17, 24, July 1, 8, 15, 22  
Tuesdays, 9-11 am

This course is geared towards students who have basic knowledge of their camera’s functions and intermediate students who want to take more control of the picture making process. The principles of photography are the same for both film cameras and digital format cameras. Understanding photographic principles will enable the participants to understand all the buttons and menus that they avoid, leading them to have more control, better results, and to enjoy the creativity that photography can offer. **Students will need to bring a digital or film camera to the classes, along with the user manual for their cameras.**

**Robert Elias** (relias1@att.net) had over forty years’ experience as a professional advertising photographer. Based in Los Angeles, his work included both studio and location assignments here in the United States and abroad. With awards from Los Angeles and New York art directors’ clubs, *Graphis* magazine, and other industry competitions over the years, he brings real life experience to a class. He is a former instructor at the Art Center College of Design in Pasadena, California.

---

**Tuesdays, 11:30 am-12:30 pm**

**Pilates for Seniors**  
CRN # 30023  
6 weeks: June 17, 19, 24, 26, July 1, 3, 8, 10, 15, 17, 22, 24  
(12 sessions)  
Tuesdays and Thursdays, 11:30 am – 12:30 pm

Targeted toward older adults and focused on building strength, increasing flexibility, and improving balance, *Pilates for Seniors* improves the mind-body connection and physical well-being through a series of gentle low-impact movements. The goal of this course is to develop a balanced and aligned body that feels revitalized and moves with ease. Emphasis will be on improving posture by strengthening abdominal, back, and gluteal muscles. Benefits include decreased aches and pains, improved balance, and increased mobility. Please wear comfortable clothing and bring an exercise mat (at least ½” thick) to class.

An avid student of the Pilates method for the last decade, **Nikki Fine** (pilatesnikki@charter.net) received her PowerPilates instructor certification in 2009 and has led Pilates classes for people of various ages, ability levels, and fitness levels all over Western North Carolina. Nikki currently teaches Pilates for the Silver Sneakers program.
**Tuesdays, 11:30 am-1:30 pm**

**The Art Sampler**  
CRN # 30024  
1st 4 weeks: June 17, 24, July 1, 8  
Tuesdays, 11:30 am – 1:30 pm

So you think you’re not an artist? You are not creative? Then this course is for you! Each week a different guest specialist will invite you to (1) play with clay, (2) discover your voice as instrument, (3) awaken that “poet” in you, and (4) let out the actor in you through theatre games and improvisation. Join us for an exciting course that will take you where you’ve never gone before and, where you just may surprise yourself! Please dress comfortably. **Materials fee:** $3, for art supplies, to be paid to the instructor at the first class.

**Nels Arnold** (pikwik@bellsouth.net) has offered two courses in mask making at the College for Seniors, as well as having taught drama and theatre arts courses. She is a sculptor/potter and was an artist in residence in Western North Carolina for twelve years.

---

**Beginning Mah Jongg**  
CRN # 30025  
6 weeks: June 17, 18, 24, 25, July 1, 2, 8, 9, 15, 16, 22, 23  
(12 sessions)  
Tuesdays and Wednesdays, 11:30 am – 1:30 pm

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 to carry out the execution of the hand with confidence. Come learn the rules, etiquette, and rituals of a game that has been around for thousands of years. **Materials fee:** $5 for the course rule book.

**Rosemary Walton** (rh68@bellsouth.net) has been playing Mah Jongg for forty-five years and has taught the Wright Patterson rules for sixteen years. **Kenn Haring** (kennharingcharter.net) has been playing for five years and instructing for three years.

---

**Every Picture Tells a Story**  
CRN # 30026  
6 weeks: June 17, 24, July 1, 8, 15, 22  
Tuesdays, 11:30 am – 1:30 pm

Photo albums hold more than pictures: they are storehouses for memories. From faded sepia-tone portraits of nearly-forgotten ancestors to digital shots posted on Facebook, the photographs we treasure the most are precious because of the stories they tell. Inspired by the photos that have meaning for us, we will write about those people, places, and things that have comprised the mosaic of our lives.

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

---

**The Quantum Enigma**  
CRN # 30027  
5 weeks: June 17, 24, July 1, 15, 22  
(no class July 8)  
Tuesdays, 11:30 am – 1:30 pm

Quantum mechanics is the most successful theory ever to be discovered by physicists. It gives correct and useful answers to questions involving atomic structure, chemistry, electronic devices, nuclear processes, cosmology, and even quantum gravity. Despite its success, quantum mechanics is fundamentally puzzling. This course will discuss the foundations of quantum theory, and the conclusion that quantum mechanics is correct and reality is non-local. **Recommended text:** *Quantum Enigma*, Bruce Rosenblum and Fred Kuttner, ISBN: 978-0199753819. Cost: $15.95

**Ted McIrvine** (mcirvine@aol.com) received a PhD in theoretical physics from Cornell University, studying quantum mechanics with Hans Bethe and Arnold Nordsieck. His career was primarily in the management of industrial research and development. He is also a music critic and writer.

---

**The Folk Music Revival in America**  
CRN # 30028  
5 weeks: June 17, 24, July 1, 8, 22  
(no class July 15)  
Tuesdays, 11:30 am – 1:30 pm

Did you hang out in Greenwich Village in the early sixties? Have you ever been to a hootenanny? Did you sing along with *Blowing in the Wind* and *If I Had a Hammer*? This course will examine the folk music revival: the historical roots, the causes, the songs, the performers, and the lasting effects. **For the times, they are a-changin’**…

**Lewis Wills** (lewiswills2011@gmail.com) has a PhD in education from Georgia State University and an MA in folklore and mythology from UCLA. He plays old-time and Irish music.
Tuesdays, 2-3:30 pm

**Your Body's Energy Systems**  
CRN # 30029  
6 weeks: June 17, 24, July 1, 8, 15, 22  
Tuesdays, 2-3:30 pm

Have you ever heard of reiki, chakras, qigong, or chi and wondered what they are? These concepts describe how energy moves through the body and have been around for thousands of years. People have used them to understand and help themselves heal. We will have discussion, easy exercises, and meditations for you to feel, increase, and understand your body’s energy systems.

Laura Nelson (sailgal@comporium.net) believes in the power of positive energy, which enables healing through positive intention, meditations, and spiritual connection. She is a certified qigong instructor and reiki tummo practitioner. Participants may learn more at www.spiralpathenergetics.com

Tuesdays, 2-4 pm

**The African American Experience**  
CRN # 30030  
6 weeks: June 17, 24, July 1, 8, 15, 22  
Tuesdays, 2-4 pm

A comprehensive study of the complex and multi-layered history of African Americans in America requires a thorough examination of historical, psycho-social, and legal aspects over centuries. Using materials from the impeccably researched book and film series, *The African Americans: Many Rivers to Cross*, by Dr. Henry Louis Gates, Jr., this course will offer a glimpse into the aforementioned areas. In addition, at least five important legal cases involving the fate of African Americans will be discussed.


Sandy Garcia (sjagarcia@gmail.com) received her PhD in psychology from the University of Southern California and her JD degree from Stetson University College of Law. Her areas of study include historical, psycho-social, and legal aspects of racial and ethnic group relations in America.

---

**Beginning Digital Camera**  
CRN # 30031  
1st 4 weeks: June 17, 19, 24, 26, July 1, 3, 8, 10  
(8 sessions)  
Tuesdays and Thursdays, 2-4 pm

This course is for first time owners of a digital camera who want to use the darn thing! You will learn about the camera’s buttons, dials, icons, and other features, and will have an opportunity for a one-on-one session with the instructor to learn the specifics of your camera. Bring your camera and manual to each session; you’ll use the camera during this course.

Dennis Murphy (murphdennisw@gmail.com) has been involved in photography for several decades and has experienced the culture shock of giving up film and the need to learn a completely new technology just to take a photograph.

---

**MS Publisher**  
CRN # 30032  
6 weeks: June 17, 24, July 1, 8, 15, 22  
Tuesdays, 2-4 pm

In this series of classes, students will follow demonstrations to create flyers, brochures, greeting cards, programs, newsletters, and more. Topics include templates, tables, and text wrap as well as master pages, linking, and grouping. Participants will learn how to manipulate images, text-boxes, backgrounds, and borders while designing a variety of personalized documents and mastering MS Publisher tools. OLLI makes laptops available, but students are encouraged to bring their own if they have MS Publisher installed. Note that we will not allot class time to manage personal computer issues. **Minimum requirements:** Familiarity with MS Word or other word processing program is strongly recommended.

Cynthia Gallinger (cynthia.gallinger@gmail.com) holds a master’s degree from Western Carolina University in English with a concentration in technical writing. While there, she completed an internship in the Coulter Faculty Commons, providing software and technical support to faculty and staff. She now volunteers at the Jackson County Library presenting classes and offering tutoring services in adult computer literacy.

---

**Brevard Opera: Live at OLLI**
**Zentangle**

CRN # 30034  
2 weeks: June 17, 24  
Tuesdays, 2-5 pm

Or  
CRN # 30035  
2 weeks: July 1, 8  
Tuesdays, 2-5 pm  

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Learn the basics, including the concepts and tools, basic strokes, easy tangles (patterns), and basic shading using black ink and pencil on white paper. Then try more complex tangles, tangle variations, and borders. Take home your own piece(s) of original art from each class session. No previous drawing experience is required, but you must be able to hold a pen with a steady hand. **You must also be able to attend both classes of the section.**

**Note:** Please contact the instructor with any questions you may have before signing up for the course. **Materials fee:** $12.50 for supplies, to be paid to the instructor at the first class. Additional Zentangle supplies are available for purchase from the instructor after each class.

Nancy Newlin (tanglearden@gmail.com) has explored many forms of creative expression including writing, building fences, photography, sewing draperies, and designing her house. Then she found Zentangle (www.zentangle.com). A Certified Zentangle Teacher (CZT), she also has a BA in fine arts from Indiana University. For more information, visit her blog: tanglearden.blogspot.com.

---

**Fluid Body Yoga**

CRN # 30036  
6 weeks: June 18, 25, July 2, 9, 16, 23  
Wednesdays, 9-10:30 am  

**Note:** Please bring a yoga mat, blanket, and any other props you may have to class. Due to topic popularity, participants may take only one yoga course at initial registration.

Reve Shannon (revyoga@gmx.com) has studied yoga for more than twenty years and has taught for sixteen. He has a background in the performing arts, has taught movement and mime to all ages, and has studied the Feldenkrais method and aikido. He currently teaches t’ai chi and qigong.
Frank Lloyd Wright
CRN # 30037
6 weeks: June 18, 25, July 2, 9, 16, 23
Wednesdays, 9-11 am

Frank Lloyd Wright is considered by many to be America’s most famous architect. Discover Wright’s contributions to architecture through multi-media presentations and lectures. What were Wright’s design concepts? How did Wright design and construct his buildings? How did the women in Wright’s life influence him? Which of Wright’s innovations are commonplace today? We’ll explore these and many other topics utilizing DVDs and over 400 digital images of his projects, furniture, and art glass.

Bob Mellor (bm.oll@charter.net) has been awed by Frank Lloyd Wright since visiting Fallingwater many years ago. Since then, he’s been collecting stories about Wright and visiting as many of his buildings as possible.

Road Maps to Increase Self Awareness
CRN # 30038
1st 4 weeks: June 18, 25, July 2, 9
Wednesdays, 9-11 am

This course consists of a series of models and interactive exercises that will increase self-awareness and coping strategies for better utilization of personal energy in a stressful world. Participants will leave with new tools to fine-tune daily living skills, enhanced achievements of personal goals, and an appreciation for core values in their lives. Each member will develop a personal life mission statement.

Richard Boyum (boyumrk@uwec.edu) worked for thirty-one years at the University of Wisconsin, Eau Claire, as a counseling psychologist. He taught courses in applied psychology and gave numerous workshops on wellness and behavioral aspects of health. He was a frequent guest on both television and public radio.

This I Believe
CRN # 30039
1st 4 weeks: June 18, 25, July 2, 9
Wednesdays, 9-11 am

Using the guidelines and curriculum from the National Public Radio This I Believe series, participants will go through a process using reflective exercises and assignments to come up with statements of their personal beliefs and/or values which influence their thoughts and actions. On the last class, each participant will read a three minute personal belief essay of no more than 500 words. This course will be in a learning circle format (a confidential interactive small group learning experience guided by instructors with facilitation skills and content knowledge). Please enroll in this course only if you have a commitment to attend and take part in each session.

Nancy Bragg (njbragg1@gmail.com) supports people as they explore, experiment, and reflect on their lives. Before completing life coach training six years ago, Nancy was an educator. She enjoys yoga, Nia, and learning. Kathy Rouse (kabbyrouse@gmail.com) supports new OLLI members as co-chair of the membership committee. As a retired educator, Kathy now connects OLLI volunteers with the Asheville City Schools. Kathy enjoys playing the piano, volunteering as a teacher’s assistant, and taking classes at the College for Seniors.

Writing the Short Story
CRN # 30040
6 weeks: June 18, 25, July 2, 9, 16, 23
Wednesdays, 9-11 am

Participants will write a short story in the genre of their choice during this course. We will begin by exploring the art and craft of the short story and review the elements of good fiction writing. From concept to outline to completion of your short story, your writing will evolve and improve through lectures, discussions, writing exercises, and both group and individual critiques.

Jim Norman (JimNormanMysteries@gmail.com) is a member of Mystery Writers of America. His writing credits include the novel, Not a Pretty Picture and short stories, including “Fatal Finale,” “Everybody’s Looking for Jose,” “Four Dead Lawyers,” “Curtain Call,” and “Grab Shot.”
Wednesday, 11:30 am-1:30 pm

Android Tablets and Smartphones
CRN # 30041
6 weeks: June 18, 25, July 2, 9, 16, 23
Wednesdays, 11:30 am – 1:30 pm

Android smartphones and tablets are among the most common mobile devices, but they are also frequently frustrating to users. This course will help students understand and make the most of their Android device using common sense solutions and methods. We will also identify “must-have” apps that are free, easy to use, and very powerful. Students are encouraged to bring their Android smartphone and/or tablet to class. Come learn how to make Android tablets and smartphones work for you!

Neil Rosenberg (neil@vectorr.com) is an experienced technology instructor whose mission is to make complex subjects understandable to non-technical folks. He also brings humor and perspective to the material to keep it interesting and enjoyable.

Fairy Tales and the Second Half of Life
CRN # 30042
6 weeks: June 18, 25, July 2, 9, 16, 23
Wednesdays, 11:30 am – 1:30 pm

Fairy tales present timeless paradigms of human life. A few of them, known as elder tales, focus on the psychology of maturity and present a coherent psychological map of tasks individuals must negotiate in the second half of life, warning of difficulties and previewing the promise and potential. They offer a new image of maturity, centered around wisdom, self-knowledge, and transcendence. In this course, we will read together and examine twelve of these elder tales. **Recommended text:** *In the Ever After*, Allan B. Chinen, ISBN: 0-933029-41-1. Cost: from $3.

Bobbie Rockwell (bobbieymayrockwell@gmail.com) is a retired school teacher with a strong interest in interpretive thinking and training in Great Books discussion techniques. She is an elder tales leader and has written a number of articles on the subject.

T’ai Chi Sampler
CRN # 30043
6 weeks: June 18, 25, July 2, 9, 16, 23
Wednesdays, 11:30 am – 1:30 pm

Try a little bit of everything! We will be exploring qigong, t’ai chi basics, and t’ai chi fan form (fans provided). Each week we will explore a new qigong exercise and work on the Yang 10 form. This will be a fun, relaxed course. Please wear comfortable clothing. **Note:** Due to topic popularity, participants may take only one t’ai chi course at initial registration.

Elizabeth Ridley (lizridley@hotmail.com) has taught senior exercise and t’ai chi for twenty years. She teaches a number of t’ai chi and qigong courses in the Asheville area.

Wednesday, 2-4 pm

American Short Story Masterpieces
CRN # 30044
6 weeks: June 18, 25, July 2, 9, 16, 23
Wednesdays, 2-4 pm

As variegated as the American experience itself, this original treasury reflects the vibrant role of the short story in our national literature. The stories help increase our understanding of ourselves and our world. We’ll carry on a conversation with the authors of these stories “Great Books” style as we explore the human condition. **Required text:** *American Short Story Masterpieces*, Clarence C. Strowbridge (editor), ISBN: 9780486499130, Dover Thrift Edition. Cost: $3.50

Holding an advanced degree from the University of Chicago and with formal training as a Great Books leader, Robert Wiley (rlw303@bellsouth.net) teaches at the College for Seniors, Blue Ridge Community College, and Montreat’s Road Scholar program.

Drawing for Painters
CRN # 30045
6 weeks: June 18, 25, July 2, 9, 16, 23
Wednesdays, 2-4 pm

Too many painters are limited by their lack of drawing skills. This is a course designed to help you get subjects down on paper and improve your drawing confidence. We will cover line drawing, creating volumes, drapery, symmetry, shading and shadows, how to enlarge a drawing, how to render accurate symmetry, and basic perspective. **Materials fee:** $20 (approximately). Please contact the instructor prior to the first class for a materials list.

Susan Kibler (susankibler@icloud.com) has taught watercolor and drawing classes at the College for Seniors since 2011. She has a BA in art from Bucknell University and studied at the Art Students League in New York. In 2003, she was admitted to the National Association of Women Artists.
Closed-End Mutual Funds
CRN # 30046
6 weeks: June 18, 25, July 2, 9, 16, 23
Wednesdays, 2-4 pm

Closed-end funds (CEFs) will be compared to open-end funds and exchange-traded funds. We will look into CEFs and consider the elements that make them different. Next, we will examine premiums and discounts: what causes them and how they can provide opportunities for investors. We will also examine investing techniques in CEF’s: how fear and loathing can provide opportunities. Participants will have the occasion to present ideas they have voluntarily researched.

John A. Kramer (john.a.kramer@ms.com), an industry professional for thirty-four years, is a certified financial planner, senior vice president and financial advisor with Morgan Stanley Wealth Management in Asheville. John received his BS in business administration at West Virginia University, his MBA in finance at the University of Tennessee at Knoxville, and his certified financial planner designation at the College for Financial Planning.

Gentle Yoga
CRN # 30047
6 weeks: June 18, 25, July 2, 9, 16, 23
Wednesdays, 2-4 pm

Stretch, breathe, strengthen, balance, and relax, all within your own abilities. This course is intended to keep you as active as possible by managing stress, finding stillness, and increasing awareness of the mind-body connection. Our emphasis will be on the process, not the end point, of poses, allowing yoga to be an expression of gratitude for what we can do. Please bring a yoga mat and any other yoga props (e.g., blankets, non-elastic strap, blocks) to class. Due to topic popularity, participants may take only one yoga course at initial registration.

Fran Ross (franiji@charter.net) has been teaching yoga since 2001 and is certified in Kripalu yoga and Anusara yoga. Believing that yoga is about awareness, she takes the gentle approach to her practice as well as her teaching. She also has a PhD in expressive arts in therapy, education, and social change.

Getting the Most from Your Financial Advisor
CRN # 30048
1st 4 weeks: June 18, 25, July 2, 9
Wednesdays, 2-4 pm

This course is for those who rely on a financial advisor rather than invest on their own. We will examine/evaluate strengths and weaknesses of major investment approaches to help determine if your advisor is working in your best interest. Discussion of these investment approaches will be focused on their value and will not be sufficiently detailed to implement them yourself. We will discuss questions to ask your financial advisor about what he/she is doing with your money and help evaluate the answers you get. This course is designed for those who are dependent upon a financial advisor to help get the most value from that relationship, not to learn to implement the investment strategies we will explore.

Rich Jamison (rjamison@investorscapital.com) is director of market analysis for the Jamison Financial Group. He has been a financial advisor since 2001; previously, he was in corporate senior management. Rich has been an adjunct professor in an executive MBA program and a consultant for such diverse groups as the African National Congress, the American Lung Association, and the Israeli and Costa Rican hospital systems.

Three Silent Film Epics in Two Parts
CRN # 30049
6 weeks: June 18, 25, July 2, 9, 16, 23
Wednesdays, 2-4:30 pm

Long before Gone with the Wind appeared in movie theaters, several films well over three hours in length were made during the silent era. This two-and-a-half hour course will screen three restored films from three different countries that were designed to be shown in two parts. They are D. W. Griffith’s Birth of a Nation (USA), Fritz Lang’s The Nibelung Saga (Germany), and Abel Gance’s The Wheel (France).

Chip Kaufmann (jjk44@bellsouth.net) is a member of the Southeastern Film Critics Association and reviews movies for Rapid River Magazine. He is also an announcer for public radio station WCQS and lectures on composers for the Asheville Symphony.
Thursdays, 9-11 am

**Asheville Master Builders**
CRN # 30050
6 weeks: June 19, 26, July 3, 10, 17, 24
Thursdays, 9-11 am

This will be a course on the master builders who gave Asheville its claim to fame as an Art Deco masterwork. Our subjects will be some of the lesser-known gems around town and in Hendersonville, their design and construction, and the personal stories of their creators. Featured personalities are Erle Stillwell, Rafael Guastivino, Charles Parker, James Vester Miller, and Ronald Green. This course is a reincarnation of *An Architectural Memoir of Western North Carolina* given in summer of 2012.

**Connie Mitchell** (cmgm050@gmail.com) grew up in New York, attended Catholic University in Washington, DC as an art major, until she transferred to architecture. After graduation and the standard three-year internship, she became the eighth woman architect to be registered in North Carolina. Connie has lived and worked in Asheville since 1968.

**Four-Way Bargello Needlepoint**
CRN # 30051
6 weeks: June 19, 26, July 3, 10, 17, 24
Thursdays, 9-11 am

Bargello, by definition, is a specialized, counted canvas embroidery using long upright stitches and repeated geometric designs. We will incorporate traditional bargello with four-way or mitered bargello patterns. This is **not** a beginner needlepoint class. Participants must have experience with needlepoint designs and patterns and be able to follow a pattern design (chart). Please contact the instructor before purchasing materials, patterns, and canvas; she will furnish a materials list. **Materials fee:** $50-75.

**Sheila Murphy** (Murphy.sheila.a@gmail.com) has taught needlepoint classes for years and is delighted to be teaching a needlepoint course on four-way bargello.

**The Heart and Mind of Dementia**
CRN # 30052
6 weeks: June 19, 26, July 3, 10, 17, 24
Thursdays, 9-11 am

*The Heart and Mind of Dementia* will draw upon the wisdom of those who are living with a diagnosis of dementia, their caregivers and friends, to explore what dementia is, what it means in our culture where the gifts of cognition mean so much, how it makes us feel, and how we might change our fear into friendship for those walking that journey. This will not be a data-driven class, but one that looks beyond the diagnosis of a brain disease to the heart and mind of living with dementia to see how it might inform how we can become a more understanding and engaged community.

**Jane Sherman** (janeshermanllc@mac.com) facilitates the Memory Loss Collaborative support groups for those in Asheville with a diagnosis of dementia. She was the major gifts officer at the Taub Institute for Research on Alzheimer’s Disease at Columbia University Medical Center in New York City and ran a long-term assisted living residence for those with dementia. She launched six memory cafés in Western North Carolina, helped launch the Side by Side Singers for those with dementia and their caregivers, and initiated The Sacred Journey of Dementia conferences in Asheville.

Thursdays, 11:30 am-1:30 pm

**Asheville on the Cheap**
CRN # 30053
6 weeks: June 19, 26, July 3, 10, 17, 24
Thursdays, 11:30 am – 1:30 pm

We’ll talk about fun things to do that are free or almost free or a less expensive way to be involved in the arts, outdoors, shopping, and eating. Everyone will be able to add to the discussion. Participants must be able to use email.

**Linda Orowitz** (ashevilledeals@gmail.com) is on the board of the River Arts District Artists and volunteers at the Asheville Visitor Center. She also does a walking tour of Asheville. She writes an email on what to do in Asheville that is sent to over 1000 people. She loves sharing ideas about all of the wonderful things to do here and how to do them for less money.
Beginner Line Dance
CRN # 30054
6 weeks: June 19, 26, July 3, 10, 17, 24
Thursdays, 11:30 am – 1:30 pm
Location: 213-A Student Recreation Center

Line dancing is a great activity to keep your mind and body sharp. We will learn the fundamental steps for beginner dances and learn many new dances. Line dancing is lots of fun, and we will dance to all genres of music. Please wear soft-soled shoes.

Denna Yockey (denna.yockey@yahoo.com) teaches line dance at Givens Estates, Highland Farms Retirement Community, Harvest House Recreation Center, and AB Tech. She has taught line dancing for sixteen years and had her own dance club in Kansas for eight years. Denna hosts a monthly line dance party at the Asheville Ballroom.

Hammer Against the Witches
CRN # 30055
1st 4 weeks: June 19, 26, July 3, 10
Thursdays, 11:30 am – 1:30 pm

One offspring of economic chaos is the need to blame someone. With the Protestant Reformation still fresh in the mind of the Catholic Church, there was a lot of anger and mistrust. This four-week course will feature lecture and slides to cover a time of “witchcraft hysteria.” The 1486 book, Malleus Maleficarum, (Hammer of the Witches), not a how-to book, but a how-to-recognize-a-witch book, flamed the persecutions.

Paula Withrow (pvwithrow@aol.com) has an MA in history from Colorado State University and an enthusiasm for sharing little known historical facts as well as historical controversies. She enjoys teaching history, especially about the ancient past, medieval era, the wild American west, and wild people (some tamer ones, too).

Belly Dance for Wellness
CRN # 30056
6 weeks: June 19, 26, July 3, 10, 17, 24
Thursdays, 2-4 pm

Join us in a fun, supportive atmosphere to learn the basics of using belly dance as it was originally intended: a sacred practice for well-being. Belly dance is superb for the golden years as it is a very gentle but powerfully effective way to exercise the body and invigorate the life force. This class includes simple stretches, fundamental moves, and information on how belly dance supports health and longevity. Please bring a yoga mat to class.

Michelle Dionne (yellowsunfarm@hotmail.com) has been teaching sacred and healing dance for the past fifteen years, including classes specialized for seniors. Recently, she has focused on belly dance for the tremendous transformation and fun that belly dance brings. More information may be found at www.yellowsunfarm.blogspot.com.

Solving Sudoku Puzzles
CRN # 30057
1st 4 weeks: June 19, 26, July 3, 10
Thursdays, 2-4 pm

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

Bruce Jones (bruce_e_jones@yahoo.com) has been playing games and solving puzzles of all sorts for over forty years. He has been solving Sudoku puzzles for about six years.

Older, Wiser, Sexually Smarter
CRN # 30058
6 weeks: June 19, 26, July 3, 10, 17, 24
Thursdays, 2-4 pm

This course encourages participants to identify the sexual issues that present themselves, 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, and much more.

Kelley J. Wolfe (mountainsexology@bellsouth.net), PhD, taught at UNC Asheville from 1995 to 2010, teaching human sexuality and women’s health. Her current practice, Mountain Sexology, promotes personal growth through education and advocacy.
T’ai Chi for Back and Balance
CRN # 30059
6 weeks: June 19, 26, July 3, 10, 17, 24
Thursdays, 2-4 pm

In this course the instructor introduces students to t’ai chi principles in the simplified Yang style form of Professor Cheng, Man-Ching. By practicing a series of postures, exercises, and a short form of eight key movements, we will strengthen the lower body, increase the flexibility of the upper body, relieve back stress, and improve balance. The class will also include some quiet standing. **Due to topic popularity, participants may take only one t’ai chi course at initial registration.**

Terry Call (tfcall@icloud.com) has been studying and teaching t’ai chi for seventeen years. He has trained in several styles of hand forms and weapons forms. He has a special interest in t’ai chi as an exercise and lifestyle for active seniors.

Food in Film: An Encore
CRN # 30060
1st 4 weeks: June 19, 26, July 3, 10
Thursdays, 2-5 pm

Last summer our Food in Film class was so popular that we decided to do an encore. See how food is used in film to explore identity, relationships, and experiences in our search for meaning in life. Films shown and discussed include Babette’s Feast (Danish, French, and Swedish with subtitles), Tortilla Soup, Big Night (Italian with subtitles), and Pieces of April. Bring your appetite for life and come join the fun.

Beth Johnson (johnson1ea@earthlink.net), a lifelong movie buff, leads a monthly film discussion group for the American Association of University Women. Cindy Berryman-Fink (berrymanfink@gmail.com) has a PhD in communication. She taught at the University of Cincinnati for thirty-one years and has facilitated groups in business, non-profit, and educational organizations. Cindy has been a long-time connoisseur of film and food.

Lawn Bowling
CRN # 30061
6 weeks: June 20, 27, July 11, 18, 25,
August 1
(no class July 4)
Fridays, 9-11 am
**Location: Carrier Park**

Lawn bowling is popular in most English-speaking countries. A three-pound ball with a built-in bias is rolled 80-100 feet on grass to its target. The game is competitive, social, and provides physical exercise. You’ll learn the rules of lawn bowling and how to use the equipment, with lots of hands-on practice. Equipment will be provided by the Asheville Lawn Bowling Club. The first class will be at the Reuter Center; subsequent classes will be at Carrier Park (Amboy Road and Michigan Avenue in West Asheville).

Stan Glickman (stanthe1949man@yahoo.com) retired to Asheville after surviving more than thirty years with the postal service. He has been lawn bowling for eight years and has played in regional, state, and local tournaments.

Therapeutic Yoga
CRN # 30062
5 weeks: June 20, 27, July 11, 18, 25
(no class July 4)
Fridays, 9-11am

This course will provide a gentle introduction to yoga using standing and chair poses (no floor work). Please wear loose comfortable clothing that is easy to move in. A yoga mat is preferred for the standing poses (or if you have no mat, you may wear secure closed-toe shoes with good grip). This class is great for those 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. **Due to topic popularity, participants may take only one yoga course at initial registration.**

Ellen Morrissey (lnmyogatherapy@gmail.com) is a certified yoga instructor who specializes in gentle and therapeutic yoga. She has been practicing yoga since 2000.
This Summer, Go Behind the Scenes with Asheville Lyric Opera

Asheville Lyric Opera (ALO) brings great stories and music to life on Asheville’s premiere theatrical stage, the Diana Wortham Theatre. This summer, ALO will continue to bring Opera Talks to the Reuter Center. Come enjoy a behind the scenes journey as ALO General Director, David Craig Starkey, and a cast of industry professionals guide you through their operatic world. All sessions are free and open to the public and will be held in the Manheimer Room at the Reuter Center. To learn more about ALO or to purchase tickets for their July 18 – 20 performances of Rodgers and Hammerstein’s South Pacific, visit their website at ashevillelyric.org

Friday, May 30, 3-5 pm
How to Train an Opera Singer
David Craig Starkey will explain how a singer receives operatic training. Learn the similarities of general training for a singer and an opera performer, their few differences, and misconceptions about operatic training. Attendees will see demonstrations of a voice lesson, diction training, a singer’s warm up, and perhaps a performance from David Starkey himself!

Friday, June 27, 3-5 pm
Asheville Lyric Opera Summer Artists Training Program Performance
Join us for a performance by students from ALO’s 2014 Summer Artist Training Program. Six young artists from around the country participate in a six week program each summer as part of ALO’s summer season. Each artist works with the production staff to develop skills in auditioning, singing, stagecraft, and other areas. Additionally the artists perform in ALO’s July production of Rodgers & Hammerstein’s South Pacific. For the aspiring singers, the opportunity to have a performing credit with a professional regional company and receive this valuable training helps them to move on to the next stage of their careers as performers. For OLLI members, this is an opportunity to hear great performers in an intimate setting.

Friday, July 11, 3-5 pm
Guest Artists Talk About Performing in South Pacific
Performers, directors, and those who work behind the scenes of Asheville Lyric Opera’s summer musical, South Pacific, will be the special guests for this lecture. They will talk about how they are making this particular production unique, what they have enjoyed while preparing for the show, and challenges they may have faced. Meet local and national singers. Get a sneak peek of the South Pacific performances to be held July 18, 19, and 20 at Diana Wortham Theatre. This lecture is free and open to the public.
Parking permits are required on all vehicles. Visitors may register vehicles at the Reuter Center reception desk, room 208.

**Campus Map Key**

**CAMPUS BUILDINGS**
1. Belk Theatre (BEL)
2. Brumit Pisgah House (BPH)
3. Carmichael Hall (CAR)
4. Communication & Marketing (COM)
5. Glasshouse (GLA)
6. Highsmith Union (HIG)
7. Humanities Lecture Hall (HLH)
8. Justice Center (JUS)
9. Karpen Hall (KAR)
10. Lipinsky Hall (LIP)
11. Millar Facilities Complex (MFC)
12. New Hall (NEW)
13. Owen Hall (OWE)
14. Phillips Hall (PHI)
15. Ramsey Library (RAM)
16. Reuter Center (REU)
17. Rhoades/Robinson Hall (RRO)
18. Sherrill Center (SHE)
19. Student Recreation Center (SRC)
20. University Hall (Dining Hall) (UNI)
21. Vance Hall (VAN)
22. Weizenblatt Hall (Health Center) (WEI)
23. Zageir Hall (ZAG)
24. Zehs Hall (ZEI)

**CAMPUS OUTDOOR SPACES**
25. A.C. Reynolds Green
26. Botanical Gardens
27. Greenwood Fields
28. Mullen Park
29. Ropes Course
30. Reed Plaza
31. Strauss Track
32. University Quadrangle

**RESIDENCE HALLS**
33. Ashe Hall (ASH)*
34. Founders Hall (FOU)
35. Gardner Hall (GAR)*
36. Governors Hall (GOV)
37. Governors Village*
38. Hoey Hall (HOE)*
39. Mills Hall (MIL)
40. Moore Hall (MOO)*
41. Scott Hall (SCO)*
42. South Ridge (SOU)
43. West Ridge (WES)

*Governors Village includes: Ashe, Gardner, Hoey, Moore and Scott Halls.
Don’t use email? Please call us or visit the Center frequently to stay informed.