

North Carolina Center for Creative Retirement



Center founding director Ron Manheimer and assistant director Denise Snodgrass are heading off towards new horizons. Denise's May 1 and Ron's July 1 retirement dates signal the end of an era (the Center's first two decades) and the beginning of a new one.

Speaking of Leadership, New and Old

Returning from her first national conference as recently appointed director of the College for Seniors, Susan Poole was thrilled to learn from and exchange ideas with directors of other lifelong learning programs across the country. She thought she would be the new kid on the block but upon introducing herself and invoking the Center's name, Poole discovered praise was endless. "I was told by many that we are the 'gold standard' of lifelong learning institutes." Her new peers asked, "When will you be making presentations at this conference?"

Poole's emerging leadership role coincides with Center director, Ron Manheimer, and assistant director, Denise Snodgrass, stepping back from their roles as they retire towards the end of this academic year (see Back Page). Coming out of retirement to serve as interim director, Cissie Stevens, former director of College for Seniors, and currently a UNCA Trustee, will take charge starting June 1. A national search for a new Center director is expected to take 6-9 months.

Summer 2009



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Mission

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

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

Center Steering Council 2008 – 2009

Chair Barry Mundt
Chair-elect Sheila Murphy
Secretary Becky Welch
Ex officio Bob Davis
NCCCR director Ron Manheimer
CFS director Susan Poole
Campus rep Keith Ray
Community rep Tom Byers

Committee Chairs

College for Seniors
..... Doug Agor, Wayne Jewsbury
Community Education Doug Williams
Facilities Gary Schenk
Finance John Tempelaar-Lietz
Health & Wellness Larry Haas
Life Transitions Mike Sena
Marketing Shirley White
Membership Jan Guichard
Nominating Sheila Murphy
Planning Dick Murray

www.unca.edu/ncccr

EVENTS CALENDAR

May

- 11 Y'All Come: CFS Course and Teaching Idea Exchange
- 12 Brief History of Taiwan and Farewell to Lulu Hu
- 14 Mountain Area Interfaith Forum
- 15 Symphony Talk with Daniel Meyer
- 22 Creative Retirement Exploration Weekend
- 25 Memorial Day holiday—Reuter Center closed

June

- 7 Special Event—Aphasia Center Film & Exhibit
- 9 Keowee Open Rehearsal
- 10 f/32 Club
- 14 Asheville Community Theatre's Readers Theatre
- 16 Keowee Open Rehearsal

July

- 3 Independence Day holiday—Reuter Center closed
- 8 f/32 Club
- 15 "Chill Out" Ice Cream Social
- 30 Fall catalog mailed and online
- 31 Time to renew your Center membership

August

- 2 Asheville Community Theatre's Reader's Theatre
- 4 Fall catalog mailed and online

Adverse Weather Policy

The Center for Creative Retirement follows UNCA policy on weather closures and delays. For more information, go to www.unca.edu/ncccr and click on "Adverse Weather Policy" in the left-hand column. To check on an adverse weather or emergency campus delay or closure, call **828-259-3050**.

Registration for Summer Term

1

INITIATE or **RENEW** your Center membership (proceed to Step 2 if you're already a 2008-09 member)

- Complete membership form on p. 11 or 13
- Pay \$50 membership fee and receive membership through July 31, 2010
- Mail in or drop off at Reuter Center office (check payable to UNCA or cash)

2

REGISTER for classes *NOW* for best availability.

Note: Registration forms will be processed in order of date received at Reuter Center.

- View catalog (hard copy or online at www.unca.edu/ncccr)
- Complete registration form, p. 11-14
- Mail in or drop off at Reuter Center office with payment (check payable to UNCA or cash)

3

RECEIVE registration confirmation by mail around May 26

- Registration and drop/add continues through first week of classes

Center Membership

Your gateway to **North Carolina Center for Creative Retirement** programs and events is annual membership. A fee of \$50 covers the period of August 1 to July 31. Member benefits include:

- ★ **UNCA Parking Pass**
- ★ **UNCA Photo ID (OneCard)**
- ★ **UNCA Library borrowing privileges**
- ★ **Quarterly course catalogs**
- ★ **NCCCR electronic newsletter—eNautilus**
- ★ **Rental use of Reuter Center for personal events after you have been a member for one year**
- ★ **Use of Reuter Center computer lab**
- ★ **Use of UNCA wireless internet connection**
- ★ **Access to:**
 - Special Interest Groups (SIGs, p. 5)**
 - Activities, Programs and Special Events (p. 4-6)**
 - College for Seniors (p. 10-22)**
 - UNCA Health & Fitness Center (p. 4)**

PARKING: NCCCR members may park in any white-lined space on campus, provided they display a parking permit (“hang tag”) on their rear view mirror. Complete a parking form in the Reuter Center office to obtain your hang tag.

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

NAMETAGS: Obtain a nametag in the Reuter Center office and wear it at all Center events and classes.

ONECARDS: NCCCR members may obtain a OneCard, the official UNCA photo ID card, in Highsmith Union, room 120 (ground floor). While they are not required, with a OneCard you may receive UNCA discounts at local businesses and at UNCA special events. Note: You will need to get a “membership receipt” from the Reuter Center office to take to the OneCard office.

RAMSEY LIBRARY: NCCCR members may obtain a library card at UNCA’s Ramsey Library. Note: You will need to get a “membership receipt” from the Reuter Center office to take to the library.

WIRELESS INTERNET ACCESS: If your laptop or PDA is set up for wireless fidelity, you may register to use the campus wireless network by taking it to the ITS Help Desk in Ramsey Library. You must have a OneCard with you to register for Wi-Fi.

EATING ON CAMPUS: The Reuter Café is open during College for Seniors fall, winter, and spring terms, from mid-morning to mid-afternoon. You are welcome to use the UNCA dining hall; pay cash as you enter.

NEED MORE INFORMATION? Check out these resources:

- Center Website: www.unca.edu/ncccr
- Membership Handbook: Click on “Membership”
- Campus Map: www.unca.edu/campusmap
- UNCA Events: www.unca.edu/calendar

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



TIME TO RENEW YOUR NCCCR MEMBERSHIP!

A \$50 membership fee covers August 1, 2009-July 31, 2010

Excellent Classes ♦ Informative Lectures ♦ UNCA Perks
Fellowship Among Peers ♦ Parties & Performances
Opportunities for Leadership and Service

There are so many reasons to keep coming back to the Reuter Center—
Renew your membership TODAY!

Activities & Programs

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

Support Teams

Trained Center Volunteers make up Support Teams that provide practical and emotional support to individuals and families at the Reuter Center who need assistance. This help may include respite, transportation to medical appointments, or help with gardening and meals, among other tasks. Scheduling is flexible, according to your availability and interest. If you would like to serve on a team, or know of someone in need of support, contact Michelle Rogers at 828-250-3871 or mrogers@unca.edu

Seniors' Health Insurance Information Program

Senior citizens need accurate information about Medicare and insurance issues. If you are sensitive to the needs of others and would like to help seniors in our community with these often confusing and intimidating issues, SHIIP needs you. The Seniors' Health Insurance Information Program (SHIIP) is conducted by volunteers throughout North Carolina with the support of the NC Department of Insurance and the Council on Aging. Contact NCCCR member Kenn Haring at kennharing@charter.net to obtain more information.

Health and Fitness Center Membership

February 1–July 31, 2009
Fee: \$150

NCCCR members are welcome to join the UNCA Health and Fitness Center. UNCA extends this privilege with the understanding that NCCCR members are enrolled, at a minimum, in NCCCR for-fee classes (such as College for Seniors). Use the registration form on page 11 or 13, section 2, to join.

Artists & Writers Quarterly

Members of the Center for Creative Retirement are invited to receive recognition and publication on an online journal of members' writings and art work. The categories are poetry, fiction/nonfiction writings, artwork, and photography. Up to three works per category will be published each quarter. To view the publication and for entry information, visit www.unca.edu/ncccr and click on Artists & Writers Quarterly in the right-hand column.

Intergenerational Class: The Olympics

August 18–December 3
Tuesdays & Thursdays,
9:25–10:40 am

Location: UNCA Health & Fitness Center
Fee: \$50

This semester-long course, taught by Brad DeWeese, provides UNCA freshmen an opportunity to understand how the Olympic Games have influenced society at the national and global level: Olympic history, race and gender, trends, philosophy and ethics of doping, commercialization, medal counting, and nationalism. Seven Center for Creative Retirement members are invited to enroll. The \$50 registration fee will be used to support further collaboration with the UNCA Department of Health and Wellness. To register, use the registration form on p. 11 or 13, section 2.

Special Events—Summer 2009

These events are open to the public and most are free • Call 828-251-6140 for additional details

Brief History of Taiwan and Farewell to Lulu Hu

Colonized by the Dutch and Japanese and sharing cultural roots with China, Taiwan has a distinctive past and future. Learn about the changing faces of Taiwan by our post-doctoral researcher, Lulu Hu, and honor her at an informal reception following the talk on **Tuesday, May 12, 11:45–1:15 pm.**

Mountain Area Interfaith Forum

Hear panel discussions through an interfaith lens. Each session focuses on a different topic. Plan to attend on **Thursday, May 14 at 7 pm** for a focus on creation and the physical world.

Symphony Talk with Daniel Meyer

Come to the Symphony Talk for the inside scoop on the Asheville Symphony Orchestra's music, composers and soloists. Learn about the program for *Tempting Fate*, featuring Attack Theatre, performing in Manuel de Falla's ballet *El Amor Brujo* and Tchaikovsky's *Symphony No. 6 (Pathétique)* on **Friday, May 15 at 3 pm.**



Aphasia Photography Exhibit: *Speaking without Words*

Aphasia is the loss of language, but not knowledge or intelligence, usually due to a stroke or brain injury. This disorder is very frustrating and isolating. Eighteen photographs taken by people with aphasia will open your eyes to their world. The exhibit takes place **Sunday, June 7, 3–5 pm.** For more information, call Edna Tipton, 828-684-9619.

Activities & Programs *continued*

Special Interest Groups - SIGs

Members can join Special Interest Groups (SIGs) as another way to learn and develop friendships based on shared interests. All SIGs are approved and evaluated by the Membership committee and are member-organized. If you want to initiate a SIG or need additional information on SIGs, call 828-251-6140, or visit the website at www.unca.edu/ncccr/membership/sig.html.

Book Review

Meets monthly at Reuter Center
Information: Jack Ingersoll,
[252-2471, jingers1@charter.net](mailto:252-2471_jingers1@charter.net)

Bridge Buddies

Wednesdays, 2:30-5:30 pm
Information: Debra Spencer,
[650-0311, debraspencer10@yahoo.com](mailto:650-0311_debraspencer10@yahoo.com)

Computer-Based Geneology

1st Mondays, 2:30 pm
Information: Ben Grimes, 484-9671,
bengrimes@charter.net

Computer Users

Meeting times to be announced
Information: Steve Rinsler, 676-0318,
stevers0@yahoo.com

Creative Singles:

Potluck, Movies and More!

1st and 3rd Wednesdays, 5 pm
Information: Sharon Harrell,
sharonh39@charter.net

EQUATE (The Equation Thinking Game)

Fridays, 2-4 pm
Information: Jacob Cohen, 691-0320,
jacobcohen@charter.net

The Forum

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

Intermediate Bridge

Fridays, 1-4 pm
Information: Jacque Morgan, 658-9738,
jacquemo@charter.net

Relaxing As I Am (Meditation)

**Participation for those who have taken a meditation course*
Wednesdays, 4:15-5:15 pm
Information: Georgette Cressend,
[645-0514, compassionatejoy@yahoo.com](mailto:645-0514_compassionatejoy@yahoo.com)

Reuter Center Rollers

Mondays, 1:20 pm
Information: Jan Guichard, 253-8776,
lifebegins70001@yahoo.com

Stock Market Investment Study Group

3rd Mondays, 3:30 pm
Information: Malcolm Douglas,
[684-6326, madmal@charter.net](mailto:684-6326_madmal@charter.net)

Tile Clickers (Mah Jongg)

Wednesdays, 3-5:30 pm
Information: Shirley Rardin, 277-8053,
tsrardin@charter.net

The Wild Bunch (Blue Ridge Naturalists)

Meeting times to be announced
Information: Wilma Durpo, 299-0904,
wdurpo@bellsouth.net

Wine Tasting

2nd Sundays, 7 pm, member's home
Information: Ulana Mellor, 253-5031,
Ulana.Mellor@charter.net

Special Events—Summer 2009 *continued*

Keowee Chamber Music Festival 2009

Keowee Chamber Players will dazzle Asheville this summer with its 9th Annual Keowee Chamber Music Festival. The Reuter Center's ensemble-in-residence invites members to two open rehearsals to experience the inner workings of professionally trained musicians as they collaborate to perfect their playing—a fun, exciting, even humorous process! Enjoy excerpts from festival performances on **Tuesday, June 9 and Tuesday, June 16 at 2 pm** by Kate Steinbeck, Phillip von Maltzahn, Fabio Parrini, Corine Brouwer, Simon Èrtz, Liz Austin, and Jacquelyn Bartlett. For more information: www.keoweechambermusic.org or 828-254-7123.



Readers Theatre

The Autumn Players, the senior Readers Theatre group of the Asheville Community Theatre, have partnered with NCCCR to bring performances to the Reuter Center. Enjoy *The Heiress* on **Sunday, June 14 at 2:30 pm**, based on Henry James' *Washington Square*—the 1850s love story of a rich but naïve girl who falls for a handsome fortune hunter. *Playboy of the Western World* on **Sunday, August 2 at 2:30 pm** is a comedy about love, life, death, identity and other classic themes. Tickets are \$5 at the door.

"Chill Out" Ice Cream Social

Chill out and enjoy ice cream and fellowship with other Center members! Join us on **Wednesday, July 15, 4-6 pm**.



f32

f/32 is a diverse group that shares an appreciation and love of photography. Members range from the amateur to the advanced, from those that like to just take pictures to professional photographers. At monthly meetings, they share their work, learn new methods, and keep abreast of the latest industry news and equipment. NCCCR members are offered free membership in f32. Attend on **Wednesdays, June 10 and/or July 8 at 7 pm**. For more information: www.f32nc.com



Activities & Programs *continued*

Leadership Asheville Seniors

9 weeks

Wednesdays, September 16-November 11

8:30 am-3:30 pm

Fee: \$250

Fee covers all materials, lunches and continental breakfasts during the eight program days.

Understand and appreciate the richness, diversity and complexity of Asheville and Buncombe County. Discuss issues with civic leaders and activists, researchers, visionaries, and others dedicated to making our region an excellent place to live. Gain insight into the people, neighborhoods, industry, rural life, traditions, government, and spirit of the community. Figure out what special contributions you can make. Forge friendships with 35 fellow class members.

Leadership Asheville Seniors meets on Wednesdays for eight weeks. Each session, in a different location around the county, provides an in-depth exploration of a topic vital to the future of our community within general themes such as history, government, environment, arts, health, economy and education. Over the last 20 years nearly 650 graduates of Leadership Asheville Seniors have been using their experiences, skills and knowledge gained through the program to create a new future for themselves and their community. Each year a committee of graduates from Leadership Asheville Seniors plans the program for the newest class.

For more information contact Michelle Rogers at mrogers@unca.edu or 828-250-3871 or visit www.unca.edu/ncccr and click on "Leadership Asheville Seniors."



"Leadership Asheville Seniors is about opportunity—to get involved and learn about Asheville/Buncombe." Dick Murray

"An excellent experience in relating to others and understanding this area's issues." Jane Falter

"LAS helped me understand how to be an involved citizen." Phil Robinson

"A wonderful opportunity to learn about our area and great ways to get involved." Angela Baisley

"LAS is 'mandatory' for anyone who wants to make a difference in the community." Fred Teach

"I had no idea I would learn so much; the program was great!" Barbara Wood

Workshops

This summer, take a breather and enjoy one of our workshops as a way to try something new. Though most workshops are held at UNCA's Reuter Center, NCCCR membership is not required to register; workshops are open to everyone in the greater Asheville community. Sign up with a friend. Workshops have limited space. Reserve your spot! Register on p. 11 or 13. Call Janice Banks at 828-251-6140 for more information.

Excel 2007 for the Nervous Beginner

CRN #: 10054

May 28

Thursday, 6-8 pm

No refund after May 22

or

CRN #: 10055

June 6

Saturday, 10 am to Noon

No refund after May 29

Fee: \$25

This hands-on workshop will cover the basics of Microsoft Excel 2007. While basic computer skills like using a mouse are required, no prior Excel experience will be assumed. In fact, current Excel users will be bored at the slow pace. Topics will include: Basic spreadsheet navigation, entering text, numbers and formulas, shortcuts and tips. Time will be available for practice and questions. Enrollment in each workshop will be limited to 12 participants.

Mike Honeycutt, NCCCR webmaster, has worked with PCs at UNC Asheville for over 26 years. He has a knack for explaining uses of the latest gadgets, from a remote control for your home electronics to the Roomba vacuum cleaner and is frequently heard on WCQS as a computer expert.

Making an 18-inch Cloth Character Doll

CRN #: 10051

June 26-28, Fri, 9 am – Noon

Sat & Sun, 9:30 am – 4 pm

(1/2 hour for lunch)

Fee: \$125

No refund after June 12



In this intermediate level sewing workshop, you will create a cloth character doll by cutting the pattern, sewing and stuffing the doll, sculpting and painting the head, attaching and posing the limbs, and dressing and creating the doll's personality. Books, patterns and the instructor's doll collection will be available for inspiration.

Participants will need to bring their sewing machine, basic sewing materials, special fabrics for costume and matching threads for the first class. Additional embellishments will be available from the instructor for a \$10 supply fee.

Julie Simpson has made cloth dolls for years, starting with Raggedy Ann. One of her dolls toured the US with the Fairfield Doll

Show in the late 1990's.

Outdoor Digital Photography

CRN #: 10052

Fri-Sun, Aug 21-23

Fee: \$175

No refund after Aug 7



Join fellow photographers for this opportunity to shoot wildflowers on the Blue Ridge Parkway on location at optimal times of the day. Spend the mornings shooting on location and the afternoons in the lab, critiquing the morning's images while working in the digital darkroom, and later join an optional sunset shoot – Saturday only, weather permitting. Field topics include histograms, composition, exposure, creating sharp images, grand and intimate landscapes, and close ups. Afternoon topics will include Photoshop image presentation, color management, sharpening, brightness and contrast control and more. Requirements: familiarity with your camera, preferably an SLR, and with Photoshop or other photo editing software. Bring camera and manual to Friday night class; bring camera, tripod and memory stick on Saturday and Sunday.

Schedule:

Fri	6-7:30 pm	Classroom prep for field work
Sat & Sun	4:30-10:30 am	Sunrise photo shoot
	11:30 am-12:30 pm	Bring your own brown bag lunch
	12:30 pm-4:30 pm	Computer lab
	7-10 pm	(Sat only) Optional sunset photo shoot

Richard Bernabe has been featured nationally and internationally in books, magazines, calendars and advertising campaigns. He is a staff photographer/writer for *South Carolina Magazine* and author/photographer for *South Carolina Wonder & Light* (available in Reuter Center office for perusal.) He teaches digital photography throughout the southeastern US.

Workshops *continued*

Selecting/Using Digital Cameras Effectively

CRN #: 10053

Sept 14, 16 & 18

Mon, Wed, & Fri, 9 am – Noon

Plus one hour personal instruction

Fee: \$100

No refund after Aug 28



Currently, digital cameras have hundreds of features to assist in capturing your pictures. This workshop focuses on how to use your camera's essential features, and if you're in the market, how to select a camera that matches your needs. This workshop will also assist participants who are transitioning from a film camera to a digital camera. Learn what features your camera has and how they can improve your pictures. Additionally, the instructor will schedule an hour of personal instruction with each participant at a mutually convenient time.

Bill Roskind has taught similar workshops and a number of photography courses in College for Seniors. Since moving to Asheville, Bill has successfully engaged in art, commercial and wedding photography. See instructor's bio page on NCCCR web site at www.unca.edu/ncccr/about/instructor/index.html.

National Programs

While many Center for Creative Retirement programs primarily serve residents of western North Carolina and greater Asheville, we also offer opportunities for visitors from other areas to become part of our community of learners. Center participants continue to contribute their time and expertise in the development and presentation of these programs.

Paths to Creative Retirement Workshop

September 4-6, 2009

\$850 per person

What participants say about the workshop

"Inspiring and helpful—I recommend it." Jenny C., Washington

"One of the best programs I've ever attended—truly life-affecting." Barry S., Massachusetts

"A rich opportunity to interact with others who are facing similar issues. The workshop is a delightful balance of structure and process." Ray C., Minnesota

"The workshop was a highlight of my year." Drew C., North Carolina

"I've gained new directions, possibilities and perspectives on my life." Michael R., Florida

Ready to assess options for the next phase of your life? Want to design a creative and fulfilling life? Considering retirement but unsure of what it could mean for you? Want a creative plan of action? This three-day workshop may be for you.

Seminars, case studies, small group activities, as well as leisure and social time, all parts of the workshop, allow participants opportunities for rich interaction with others from around the country and from different backgrounds and professions. "The purpose of the workshop is to provide the opportunity for people to take time out of their busy schedules to relax, explore their options, share experiences with others anticipating similar transitions, and have a great time while planning their futures in a retreat atmosphere," says Director Ron Manheimer, who leads the workshop along with other staff and a team of experienced facilitators.

Cost includes the workshop, materials and meals. A list of suggested hotels and inns is provided for those from outside the Asheville area. For more information, email Michelle Rogers at mrogers@unca.edu or call 828-250-3871. Also visit www.pathstocreativeiretirement.com



MONDAYS

9:00 – 10:30 am

CFS - T'ai Chi for Back & Balance.. p. 22

9:00 – 11:00 am

CFS - America's Economic and
International Status p. 16
CFS - Small Wars of the US p. 18
CFS - Macintosh Overview p. 16
CFS - Lawn Bowling p. 22

9:00 am – Noon

CFS - Cooking with Mars & Venus p. 19
CFS - Leftovers? What Now..... p. 20

11:30 am – 1:30 pm

CFS - It's the Media, Stupid! p. 17
CFS - Readers' Theater p. 17
CFS - Puzzle Pointers..... p. 20
(Mon-Thurs, June 22 – July 2)

2:00 – 4:00 pm

CFS - Finding Your Backbone p. 20
CFS - Make Friends with
Microsoft Icons..... p. 16
CFS - Piano Potpourri p. 18

2:00 – 4:30 pm

CFS - Henry James on
the Silver Screen..... p. 17
CFS - Cribbage p. 21

2:30 – 4:00 pm

CFS - Laughter Yoga p. 22

TUESDAYS

9:00 – 11:00 am

CFS - Poetry: Recipes for Success .. p. 18
CFS - Color in Your Garden..... p. 19
CFS - The Psychology of Loss p. 21
CFS - Country Partner Dancing p. 21
CFS - Exploring Asheville –
On Foot p. 19
CFS - Beginning Digital Camera.... p. 15

11:30 am – 1:30 pm

CFS - Selective Art Studies..... p. 15
CFS - The Mind of Adolph Hitler ... p. 21

2:00 – 4:00 pm

CFS - Frank Lloyd Wright:
An American Architect..... p. 15
CFS - Home Is . . . Collage p. 15
CFS - The Trinities & Other Triads. p. 21
CFS - Comedy from Radio's
Golden Age p. 17

4:00 – 5:00 pm

CFS - Pilates..... p. 22

WEDNESDAYS

9:00 – 11:00 am

CFS - Macintosh Overview p. 16
CFS - So You Think You
Can't Sing? p. 19
CFS - Our Lives as Women p. 20
CFS - Studies in Skepticism p. 21

11:30 am - 1:30 pm

CFS - Surviving the Crisis:
Asset Preservation..... p. 17
CFS - Mah Jongg p. 22

2:00 – 4:00 pm

CFS - Investing Basics..... p. 18
CFS - Beginning Genealogy p. 19
CFS - Meditation for
the Marketplace p. 20

2:00 – 4:30 pm

CFS - Craft Your Own Big Shirt
or Tunic p. 15

2:00 – 5:00 pm

CFS - American Musical Theatre:
Kurt Weil - From Berlin
to Broadway..... p. 18

THURSDAYS

9:00 – 11:00 am

CFS - Subtle Yoga Therapeutics..... p. 22
CFS - Beginning Digital Camera.... p. 15
CFS - PowerPoint p. 16
CFS - Guided Tour Through
Your Brain p. 16
CFS - Exploring Asheville –
On Foot p. 19

11:30 am – 1:30 pm

CFS - Selective Art Studies..... p. 15
CFS - Backpacking the World p. 19
CFS - Mah Jongg p. 22

2:00 – 3:30 pm

CFS – Continuing Yoga Flow..... p. 21

2:00 – 4:00 pm

CFS - Using Herbs in Cooking
and Healing..... p. 20
CFS - Texas Hold'em..... p. 22
CFS - Piano Potpourri p. 18

2:00 – 4:30 pm

CFS - D.W. Griffith: The Birth of
American Cinema
& Beyond..... p. 17

FRIDAYS

No Classes on Fridays

SATURDAYS

9:00 am – 1:00 pm

CFS - Traditional Rug Hooking p. 15

WORKSHOPS

Thurs, May 28

Excel 2007 for the
Nervous Beginner p. 7

Sat, June 6

Excel 2007 for the
Nervous Beginner p. 7

Fri-Sun, June 26-28

Making an 18-inch Cloth
Character Doll p. 7

Fri-Sun, Aug 21-23

Outdoor Digital Photography p. 7

Mon, Wed & Fri, Sept 14, 16 & 18

Selecting/Using Digital
Cameras Effectively p. 8

Summer 2009 Calendar

*This is a quick-reference for course days
and times; see course listing for details.*

*For changes that occur after the catalog
goes to print, see "Catalog Updates"
at www.unca.edu/nccc*

College for Seniors

The largest program of the NCCCR is College for Seniors (CFS), a lifelong learning program in its 21st year offering more than 280 courses to 1400 members annually, during four terms:

Summer	June 22- July 31, 2009
Fall	Sept 21-Nov 13, 2009
Winter	Jan 11-Feb 22, 2010
Spring	Mar 15-May 14, 2010

Summer '09

June 22 – July 31

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

Fee: \$60 for the term

This flat fee allows you to register for as many courses, listed on pp. 15-22, as you are able to schedule.

Confirmation will be mailed on May 22.

NCCCR Membership is also required

Refunds: Cancellation must be received by June 19

Refunds normally take 2-4 weeks to process.

Course Information In addition to the course descriptions in this catalog, there are details for many CFS courses on instructor web pages on the NCCCR web site. To reach the listing of instructors with web pages, go to:

www.unca.edu/ncccr/about/Instructors/index.html
From here you can click on an instructor's name and find information such as course outlines, reading lists, materials lists and instructor's background.

Class Reps

If you are interested in helping newer members get acclimated, assisting instructors in class, and insuring that classes operate smoothly, consider being a class rep! Check the spot for being a Rep in the CFS Section on the registration form. For more information contact Kathy or Ron Segall at 828-891-9393.

Financial Assistance

Scholarships are available to cover partial course expense; the annual NCCCR membership fee is the member's responsibility. Applications are available in Room 208 of Reuter Center and on the Center's website. For best choice of classes, scholarship applications should be submitted along with registration form as soon 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. To best orient the first time instructor and to enhance the skills of experienced teachers, a number of guides and programs are available:

Y'All Come: Course & Teaching Idea Exchange

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

May 11	4:45-6 pm
August 10	4:45-6 pm

Guides

An instructor guidebook and a facilitator handbook have been prepared by CFS committees. Anne Mock can provide information on these: 251-6044.

Course Proposal Due Dates

July 1	for Winter 2010
October 1	for Spring 2010
December 15	for Summer 2010

Proposal forms are available on the NCCCR website or may be requested by emailing Perien Gray at pgray@unca.edu

QUESTIONS ABOUT CFS? SUGGESTIONS?

CFS Director Susan Poole: 828-251-6873

NCCCR Summer 2009 Registration

OFFICE USE ONLY

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

Check here if your postal or email address has changed

Name _____
Last First MI Name for nametag, if different

Address _____
Street/PO Box City State ZIP

Phone ____ / ____ Birth Date ____ / ____ / ____ E-mail address _____
_____ I don't use email

Emergency Contact _____
Name Relationship Daytime phone

"Get Involved!"

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

I like:

- Committee/group work
- Short term/events (<month)
- Ongoing (3-12 months)

My skills include:

- Teaching
- Planning
- Writing
- Computer applications
- Finance
- Marketing
- Arts
- General office support

Other interests or expertise: _____



Become a 2009-10 NCCCR Member for \$50

Membership SUBTOTAL \$ _____

Membership year is August 1-July 31. Summer 09 membership is complimentary when you become a 2009-10 member after May 1.



Register immediately for best availability!

→ **Health and Fitness Center Membership, NCCCR Membership REQUIRED (\$150)** _____

Requires enrollment in for-fee Center programs. Runs Feb 1-July 31, 2009. See p. 4 for details.

→ **Intergenerational Class: The Olympics, NCCCR Membership REQUIRED (see p. 4) (\$50)** _____

→ **Leadership Asheville Seniors, NCCCR Membership REQUIRED (see p. 6) (\$250)** _____

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

- 10051 _____ Making an 18-inch Cloth Character Doll (\$125)
- 10052 _____ Outdoor Digital Photography (\$175)
- 10053 _____ Selecting/Using Digital Cameras (\$100)
- 10054 _____ Excel 2007 for the Nervous Beginner (\$25)
- 10055 _____ Excel 2007 for the Nervous Beginner (\$25)

Workshop SUBTOTAL _____

→ College for Seniors, NCCCR Membership REQUIRED (see pp. 15-22)

You may register for up to 5 CFS courses. After May 27, you may add additional courses without cost. Complete an Add/Drop Form (available in Reuter Center office) or call 828-251-6140.

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

Priority	College for Seniors Course Name	5-Digit CRN#	Staff use only
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I volunteer to be a CLASS REP for any class below, if registered.

Check here:

1.	_____	___ _ _ _ _	1. E N
2.	_____	___ _ _ _ _	2. E N
3.	_____	___ _ _ _ _	3. E N
4.	_____	___ _ _ _ _	4. E N
5.	_____	___ _ _ _ _	5. E N

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

6.	_____	___ _ _ _ _	6. E N
7.	_____	___ _ _ _ _	7. E N
8.	_____	___ _ _ _ _	8. E N

Although I may be listing several options above, I actually want to take this # of courses (final number):

Summer CFS Fee – for any number of courses – is \$60.

CFS SUBTOTAL \$ _____



Yes! Make the planet a little greener by not sending me a printed catalog by mail in the future. (You will be notified by email when each catalog is available on the NCCCR website.)



Add subtotals from sections above

- Bring or mail this form with your payment
- CFS faculty – attach vouchers
- Make checks payable to UNCA

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

Your registration confirmation will be mailed to you on May 22.

TOTAL PAYMENT ENCLOSED \$ _____

NCCCR Summer 2009 Registration

OFFICE USE ONLY

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

Check here if your postal or email address has changed

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Last First MI Name for nametag, if different

Address _____
Street/PO Box City State ZIP

Phone ____/____/____ Birth Date ____/____/____/____ E-mail address _____
_____ I don't use email

Emergency Contact _____
Name Relationship Daytime phone

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- Marketing
- Arts
- General office support

Other interests or expertise: _____

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1.	<i>Example course name</i>	<u>1</u> <u>2</u> <u>3</u> <u>4</u> <u>5</u>	

Priority	College for Seniors Course Name	5-Digit CRN#	Staff use only
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I volunteer to be a CLASS REP for any class below, if registered.

Check here:

1.	_____	___ _ _ _ _	1. E N
2.	_____	___ _ _ _ _	2. E N
3.	_____	___ _ _ _ _	3. E N
4.	_____	___ _ _ _ _	4. E N
5.	_____	___ _ _ _ _	5. E N

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

6.	_____	___ _ _ _ _	6. E N
7.	_____	___ _ _ _ _	7. E N
8.	_____	___ _ _ _ _	8. E N

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

Your registration confirmation will be mailed to you on May 22.

TOTAL PAYMENT ENCLOSED \$ _____

Arts & Crafts

Beginning Digital Camera

CRN #: 10028

4 weeks: June 23, 25, 30, July 2, 7, 9,
14, 16

Tuesdays & Thursdays, 9-11 am

For first-time owners of a digital camera who don't know how to use it! You will learn about the camera's buttons, dials, icons and other features and have the 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 the course. Instructor: **Dennis Murphy** at dwmur@verizon.net

Craft Your Own Big Shirt or Tunic

CRN #: 10029

4 weeks: June 24, July 1, 8, 15

Wednesdays, 2-4:30 pm

An easy-to-sew shirt. Participants will trace pattern from master pattern. The shirt is a loose-fitting, button-front shirt with dropped shoulders, roll-up sleeves, shirt-tail hem, patch pocket, and contrasting neck band collar. Use all one fabric or multiple matching patterns. Supply list available from instructor. Must have sewing machine. Instructor: **Sheila Murphy** at murphysh@verizon.net

Frank Lloyd Wright: An American Architect

CRN #: 10049

5 weeks: June 23, 30, July 7, 14, 21

Tuesdays, 2-4 pm

We will review the architect's tumultuous life and study the evolution of his American indigenous, "organic" architecture. We'll explore its natural regional roots, philosophical basis, structural integrity, and how it anticipates social change. We'll see why it has been termed "frozen music", viewing numerous representations of his work. Instructor: **William Moore**

Home Is . . . A Personal Collage Class

CRN #: 10032

5 weeks: June 23, 30, July 7, 14, 21

Tuesdays, 2-4 pm

Create a house of the imagination. See how elements of your life merge into rooms of your "home" during the creative process. No art skills needed, just a willingness to explore and have fun. You'll work in collage with materials that have personal meaning to create a free-standing house composed of your various rooms, ending with a neighborhood potluck and Open House display. Instructor: **Karen Noel** at karengillennoel@yahoo.com

Selective Art Studies: One D and Five M's

CRN #: 10005

4 sessions: June 23, 25, 30, July 2

Tuesdays & Thursdays,
11:30 am-1:30 pm

We will explore the works of six unusual artists, learn about their lives, and view their work. Learn about Salvatore Dali's role in the movie industry and other fascinating personal details! We'll be discussing the life and works of Dali, Munch, Matisse, Mondrian, Modigliani and Magritte. Instructor: **Beverly Briedis** at bcb31nic@aol.com

Traditional Rug Hooking

CRN #: 10004

2 weeks: July 11, 18

Saturdays, 9 am - 1 pm

An introduction to the craft of rug making, including materials, tools, and basic techniques. This is NOT latch hook, punch hook or needle punch. Traditional rug hooking uses wool fabric that has been hand-dyed and cut into narrow pieces. We will work with a kit containing everything needed except a hoop and scissors. By the end of the second class you will have completed your very first hooked piece! Materials: You'll have a choice of three different kits, each about \$43. Bring a 10-12" hoop, scissors, and a snack. Instructor: **Sara Beth Black** at sarabethblack@gmail.com

For instructor biographies, please visit
www.unca.edu/ncccr/about/instructors/index.html

Computing

Prerequisites for College for Seniors (CFS) Computing Application Courses

Beginning courses have no prerequisites. The prerequisites for other computing courses are basic knowledge of and comfort with:

1. The keyboard and mouse
2. Windows or Macintosh vocabulary and items on the menu bar such as file, edit, view and insert; specific commands such as copy, cut and paste; toolbars such as standard and formatting.
3. Functions of icons, buttons, menus, folders and files.

Questions about your skills/requirements for any advanced computing course? Discuss them with instructor before registration.

Macintosh Overview

CRN #: 10017

2 weeks: July 20, 22, 27, 29

(Note late start)

Mondays & Wednesdays, 9-11 am

Course will follow Macintosh's website tutorial titled Mac 101 for the most part (www.apple.com/support/mac101). Instructor: **Larry Fincher** at laryfincher@aol.com

Make Friends with Microsoft Icons

CRN #: 10041

4 weeks: July 6, 13, 20, 27

Mondays, 2-4 pm

Here's your opportunity to learn how to work with the standard, editing and formatting icons (tools) present in Microsoft Word, PowerPoint and Excel. In addition, learn how to create a filing system for your computer. Instructor: **Gail Sobel** at gnsobes@charter.net

PowerPoint

CRN #: 10018

6 weeks: June 25, July 2, 9, 16, 23, 30

Thursdays, 9-11 pm

Enter the wonderful world of creating computer-generated presentations you can show to an audience. Using the software program PowerPoint, you can learn to relate slide presentations with multimedia slides, charts, outlines, graphs, clipart, hypertext links and special effects. PowerPoint 2003 will be our software. Note: the course is intermediate level – not for inexperienced computer users. There will be a \$5 charge for handouts. Instructor: **Richard Hansley** at hansley@aol.com

Contemporary Issues

A Guided Tour through Your Brain

CRN #: 10039

4 weeks: June 25, July 2, 9, 16

Thursdays, 9-11 am

Come learn what new neuroimaging findings are revealing about how our brains work. We'll discuss early brain development, teenage brains, the difference between male and female brains, the impact of technology on our (and our kids') brains, and the aging brain. We will also focus on building our brainpower to connect this new information with our daily lives. Instructors: **Dr. Carl Eisdorfer, M.D. and Dorothy Routh** at dotjack@aol.com

America's Economic and International Status: Current and Future

CRN#: 10046

4 weeks: July 6, 13, 20, 27

(Note late start)

Mondays, 9-11 am

A practical review of America's economic and international status as of mid-year 2009 and the expected condition of each topic at year-end 2018. This is a lecture and discussion course which requires no reading or specialized knowledge by the attendees. Instructor: **George Yates**

Contemporary Issues *continued*

It's the Media, Stupid!

CRN #: 10026

4 weeks: June 22, 29, July 6, 13
Mondays, 11:30 am -1:30 pm

A friendly but critical look at the media and the major role they play in our experience of economic, political, and cultural issues, ending with a prediction of the media's future. Instructor: **Cleve Mathews** at clevem@umich.edu

Surviving the Crisis: Asset Preservation

CRN #: 10022

4 weeks: July 1, 8, 15, 22
(Note late start)
Wednesdays, 11:30 am-1:30 pm

Retirement funds and home values are shrinking. Other prices are soaring. We are told that Social Security and Medicare are sound but a trillion dollars are needed for the financial system. Is this crisis merely a normal cycle, or is it the "big one?" Is the US bankrupt or the strongest economy in the world? Should you be taking extraordinary steps to protect your family? We'll use historical data and economic analysis to answer these and similar questions. Instructor: **Lawrence McLean** at larrymclean@charter.net

Film & Theatre Arts

Comedy from Radio's Golden Age

CRN #: 10008

Tuesday, June 23, 2-4 pm

Remember all the greats of radio – Dean Martin & Jerry Lewis, Fred Allen, Don Amiche, Eve Arden, Bob Hope, Abbott and Costello? Relive the fun!
Instructor: **Bill Campbell**

D.W. Griffith: The Birth of American Cinema & Beyond

CRN #: 10020

5 weeks: June 25, July 2, 9, 16, 23
Thursdays, 2-4:30 pm

This course focuses on American movie pioneer D.W. Griffith and his contribution to the development of cinema as an art form. It will feature four of his feature films from 1915-1928, including the controversial Civil War epic, *The Birth of a Nation*, as well as several short films. Instructor: **Chip Kaufmann** at jjk44@bellsouth.net

Henry James on the Silver Screen

CRN #: 10010

5 weeks: June 22, 29, July 6, 13, 20
Mondays, 2-4:30 pm

Judge a film by how well it copies the novel and you miss the way films can be their own art form, vividly recreating the sights and sounds of another world. In this course we'll travel back to the worlds of *Daisy Miller*, *Washington Square*, *The Bostonians*, *Wings of the Dove*, and *The Golden Bowl*—and, time permitting, discuss each one. Instructor: **Doug Cooper** at dougcooper1@bellsouth.net

Readers' Theater

CRN #: 10006

4 weeks: June 22, 29, July 6, 13
Mondays, 11:30 am-1:30 pm

This will be a proactive class focusing on the dramatic reading of selected plays. No movement or memorization is required; however, a clear speaking voice is. Participants will read *Arsenic and Old Lace* out loud under the direction of the instructor. \$5 will be collected at the first class to cover the cost of scripts and binders. Instructor: **Kermit Brown** at kermitbrown@bellsouth.net

For instructor biographies, please visit
www.unca.edu/ncccr/about/instructors/index.html

Finance *For related topics, see p. 17*

Investing Basics

CRN #: 10045

4 weeks: June 24, July 1, 8, 15
Wednesdays, 2-4 pm

Are you confused by your investment options? Do you lack clarity as to why your investments behave as they do? Do you feel like you're at the mercy of your financial advisor? If so, join us as we demystify some basic investing concepts and terminology in an effort to make you a more savvy investor and financial consumer. Instructor: **Glenn Wessel** at GWessel@WesselInvestment.com

History

Small Wars of the United States

CRN #: 10021

4 weeks: June 22, 29, July 6, 13
Mondays, 9-11 am

We are all familiar with America's major wars – the Revolutionary War, the Civil War, WWI and WWII – but we may be unaware of the crucial role small wars have played in America's rise to power over the past two centuries. We will consider the Barbary Wars, the Boxer Rebellion, the Philippine Insurrection, and recent conflicts in Bosnia, Somalia, Kosovo and Afghanistan, in relation to the current War on Terror. Instructor: **Bert Lockwood** at kelockwood@mindspring.com

Language & Literature

Poetry: Recipes for Success

CRN #: 10002

4 weeks: June 23, 30, July 7, 14
Tuesdays, 9-11 am

Poetry is common to all languages. "Recipe" poetry writing provides success for all writers. Through a series of patterns such as the diamante, cinquain, haiku and sonnet, the writer develops confidence and will publish an original booklet of his/her poems. Participants will experiment with forms and language and share poems, leading to the booklet. Instructor: **Doug Agor** at agrddl@hotmail.com

Music & Dance

American Musical Theatre: Kurt Weil - From Berlin to Broadway

CRN #: 10015

5 weeks: July 1, 8, 15, 22, 29
(Note late start)
Wednesdays, 2-5 pm

We will explore the life and work of Kurt Weil, one of the most influential composers for the musical theatre during the forties. *Lady in the Dark*, *One Touch of Venus*, *Lost in the Stars* and *The Threepenny Opera* are among the shows that will be considered. Original recordings and video performances will be presented whenever feasible. Instructor: **Tony Grabois** at tonygrabois@gmail.com

Piano Potpourri

CRN #: 10023

8 classes: June 22, 25, 29,
July 2, 6, 9, 13, 16
Mondays & Thursdays, 2-4 pm

If you have had piano instruction at one time or another and would like a fresh approach which includes tips on improvisation, sight reading, harmonization, memorization, piano duets, etc., register for this course. Instructor: **Bill Mandle** at wmandle@buncombe.main.nc

For instructor biographies, please visit
www.unca.edu/ncccr/about/instructors/index.html

Music & Dance *continued*

So You Think You Can't Sing?

CRN #: 10027

4 weeks: July 1, 8, 15, 22

(Note late start)

Wednesdays, 9-11 am

No guarantees, but you can be assured you will gain a new perspective on making music with your voice. We will do relaxation and tonal exercises, using visual and aural aids, and share a good bit of singing of familiar songs, both in and out of tune. Instructor: **Manny Medeiros** at mvmedeiros@charter.net

Personal Development

Backpacking the World

CRN #: 10007

4 weeks: June 25, July 2, 9, 16

Thursdays, 11:30 am-1:30 pm

Come vicariously experience Guatemala, Myanmar, Indonesia and Cambodia. Mickey will share her slides and stories of her adventures while traveling alone, taking the local transport, and staying in budget guest houses. She'll share with you how she travels, why, and the difference between travelers and tourists. Instructor: **Mickey Buckwalter** at buckmab@yahoo.com

Beginning Genealogy

CRN #: 10025

4 weeks: June 24, July 1, 8, 15

Wednesdays, 2-4 pm

Do you want to know more about your family history? This course will introduce you to the basics of genealogical research, including charts, sources, documentation, interviews and research methods. One session will be used for a field trip to the local genealogical society library. Instructor: **Nancy Manning** at obcgs_librarian@bellsouth.net

Color in Your Garden

CRN #: 10012

4 weeks: July 7, 14, 21, 28

(Note late start)

Tuesdays, 9-11 am

Learn how to cultivate a colorful and striking garden with perennials, annuals, containers, and butterflies. The course will include information about specific plants that provide color and are easy to grow. Participants will learn how to make lovely container gardens. Discussion about creating a haven for butterflies will also be included. Finally, a guest speaker will introduce vegetable gardening. Instructor: **Sylvia Elwyn**

Cooking with Mars & Venus

CRN #: 10031

4 weeks: July 6, 13, 20, 27

(Note late start)

Mondays, 9 am-Noon

Location: Instructor's home, about 5 miles from UNCA

Mars and Venus have been cooking together for over 40 years and have attended cooking classes in the US, Spain, northern Italy and Sicily. Via demonstrations and hands-on practice, learn all about food safety, basic knife skills, slicing/dicing/chopping, brining, olive oils, vinegars, cheeses and more. We'll prepare menus, learn to adapt them to our life styles and enjoy our healthy and nutritious lunches together. Students must be able to stand for long periods of time and move about in tight quarters. Must be able to attend all four classes. Food fee \$60, payable in first class. Instructors: **Dennis and Sheila Murphy** at murphysh@verizon.net

Exploring Asheville – On Foot

CRN #: 10034

4 classes: July 21, 23, 28, 30

Tuesdays & Thursdays, 9-11 am

Do you want to get some enjoyable exercise while learning more about Asheville's history, culture, and "don't miss this" favorites? We'll take walks in downtown Asheville plus several nearby routes. Come prepared to take a walk each meeting, though we'll just meet in the classroom if the weather is too rainy. Instructor: **Beth Pilz** at bethunca@gmail.com

For instructor biographies, please visit
www.unca.edu/ncccr/about/instructors/index.html

Personal Development *continued*

Finding Your Backbone

CRN #: 10016

4 weeks: June 22, 29, July 6, 13
Mondays, 2-4 pm

Investigate a framework for understanding who you are and what defines you. Discover tools for developing strength and resilience when you need them. Instructor: **Avis Grace** at avisgrace@charter.net

Leftovers? What Now?

CRN #: 10030

Monday, June 22, 9 am-Noon
or
CRN #: 10030
Monday, June 29, 9 am-Noon

Leftovers? What to do? We'll show you how to plan and use leftovers to create healthy and balanced meals. We will make soups, salads, frittatas, omelets, pasta, and much more. Cost is \$15, due at time of class. Must be able to stand for a period of time. Instructors: **Dennis and Sheila Murphy** at murphysh@verizon.net

Location: Murphy home in
North Asheville

Meditation for the Marketplace

CRN #: 10011

4 weeks: July 1, 8, 15, 22
(Note late start)
Wednesdays, 2-4 pm

Learn to experience a steady quality of peace throughout your day. Your day can flow calmly and naturally, even in the midst of turmoil. The marketplace (your home, car, the supermarket, your workplace) can now be friendly and inviting, not something to avoid. Each circumstance and mood becomes a benefit. Of all forms of meditation, this is the most natural and practical. Instructor: **Georgette Cressend**

Our Lives as Women

CRN #: 10009

4 weeks: June 24, July 1, 8, 15
Wednesdays, 9-11 am

The years after 50 are a time of major transition for many women. Children move on, careers change or end, and relationships often need adjusting. This Learning Circle will allow us to share concerns, thoughts, ideas and feelings with other women, discussing highlights, low points, regrets and successes. We can learn from each other as we reflect on our lives. Instructor: **Darlene Colmar** at darlenecolmar@gmail.com

Puzzle Pointers

CRN #: 10024

2 weeks: June 22, 23, 24, 25, 29, 30,
July 1, 2
Mon-Thurs, 11:30 am-1:30 pm

Get tips on solution shortcuts and learn how to create your own crosswords to send as greeting cards. Have fun with a hobby that will improve your memory and power of concentration. Instructor: **Bill Mandle**

Using Herbs in Cooking and Healing

CRN #: 10001

3 weeks: June 25, July 2, 9
Thursdays, 2-4 pm

This class has 3 parts. Session 1, "Using Your Herb Garden," describes and demonstrates some easy preparations with common garden herbs. Session 2, "Kitchen Apothecary," is about using common culinary herbs and foods for first aid and common ailments. Session 3, "Cooking with Herbs," is a 4 hour class (to be held at instructor's home) which includes a demonstration and sitting down for a meal. A \$15 fee, due at the first session, pays for ingredients for the final class. Instructor: **Jane Abe** at janeabe@charter.net

Philosophy & Religion

The Mind of Adolph Hitler

CRN #: 10033

4 weeks: June 23, 30, July 7, 14
Tuesdays, 11:30 am-1:30 pm

This course will explore the social, political and ideological underpinnings of the Third Reich and its deadly racism. The questions of how and why the Holocaust happened will be addressed, not with a final answer, but with the hope that some insight will be gained into how a civilized nation can sink into such barbarity. Instructor: **Morgan Phillips** at mlphilli@charter.net

Studies in Skepticism

CRN #: 10037

5 weeks: June 24, July 1, 8, 15, 22
Wednesdays, 9-11 am

This course will examine some of the causes for erroneous beliefs including the Forer Effect, the ad hoc hypothesis, and dualism. We'll illustrate their workings in beliefs concerning: reincarnation, the power of prayer, the Myers-Briggs Type Indicator, ESP, astrology, and others. The purpose of the course is to provide a counterbalance to many current ideas and practices which overwhelmingly cater to a 'believing' audience. Instructor: **Carl Ricciardelli** at cfr666@bellsouth.net

The Trinities & Other Triads

CRN #: 10040

4 weeks: July 7, 14, 21, 28
(Note late start)
Tuesdays, 2-4 pm

Long before Freud adopted id, ego and superego to illuminate human personality, threeness-in-oneness persisted in western thought. This concept was a way of dealing with the multiplicity and complexity of the simple. We will look at two ancient Trinities, Hegel, Schleiermacher, Kierkegaard and Freud to get a glimpse of how this worked out. Instructor: **Farley Snell** at snellfarleyw@netscape.net

Psychology

The Psychology of Loss

CRN #: 10043

4 weeks: June 23, 30, July 7, 14
Tuesdays, 9-11 am

Being a senior means experiencing many types of loss. The purpose of this course is to explore several psychological interpretations about why loss can be so painful. We will study traditional and postmodern understandings of loss and grief, concluding with neglected types of loss. Recommended text: John Bowlby, *Loss*, ISBN 0-4650-4423-8-4, cost \$29.70. Instructor: **Earl Thompson** at jetmlm@bellsouth.net

Wellness, Recreation & Dance

Continuing Yoga Flow

CRN #: 10038

4 weeks: July 2, 9, 16, 23
(Note late start)
Thursdays, 2-3:30 pm

This is a class for people who have had some yoga experience. It will include instruction in basic poses and sequences, breath work, and meditation. *NOTE: Due to topic popularity, participants may take only one yoga course per term.* Instructor: **Fran Ross** at franijji@charter.net

Country Partner Dancing

CRN #: 10047

6 weeks: June 23, 30, July 7, 14, 21, 28
Tuesdays, 9-11 am

Learn beginning country two-step, waltz, swing, as well as pattern partner dances, which are done as a couple and with specific choreography. Instructor: **Denna Yockey** at denna.yockey@yahoo.com

Cribbage

CRN #: 10014

4 weeks: June 22, 29, July 6, 13
Mondays, 2-4:30 pm

Something old, something new: cribbage is a venerable game, created by the English poet Sir John Suckling in the early 17th century. It may be played by two or more players. Whether cribbage is new to you, or you've played in the past, we'll have an introduction to the game and then will be actively engaged in playing each week. Instructor: **June Fischer** at jhfisch@juno.com

Wellness, Recreation & Dance *continued*

Laughter Yoga

CRN #: 10035

4 weeks: June 22, 29, July 6, 13
Mondays, 2:30-4 pm

Laughter makes you feel good all over. This class combines yogic breathing techniques (*pranayama*) with laughing for exercise. We simulate specific life situations and replace words with laughter. The class ends with laughter meditation, leaving you refreshed and invigorated. Laughter really is the best medicine! Please bring a yoga mat if you have one. [Note: Due to topic popularity, participants may take only one yoga course per term.] Instructor: **LaBet Pritchard** at livelifefit@gmail.com

Lawn Bowling

CRN #: 10048

6 weeks: June 22, 29, July 6, 13, 20, 27
Mondays, 9-11 am

Lawn bowling is popular in most English-speaking countries. A 3-lb. bowl 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 provided by the Asheville Lawn Bowling Club. Instructor: **Stan Glickman** at stanthe1949man@yahoo.com

Mah Jongg

CRN #: 10036

4 weeks: July 1, 2, 8, 9, 15, 16, 22, 23
(Note late start)
Wednesdays & Thursdays,
11:30 am-1:30 pm

If you can play gin rummy, you can play mah jongg. You will learn the background of this ancient game, become familiar with pieces and terms, learn to play by the Wright-Patterson rules and how to score the game. Then you can join us in the Tile Clickers SIG every Wednesday! There is a \$10 fee for the book. Instructors: **Shirley Rardin** and **Rosemary Walton** at tsrardin@charter.net

Pilates

CRN #: 10050

4 weeks: June 23, 30, July 7, 14
Tuesdays, 4-5 pm

Pilates mat is done on the floor, using small props such as rubber bands, Pilates rings and small exercise balls. This is a beginner level class, no prior experience necessary. You must be comfortable lying and sitting on the floor. If you have a Pilates mat please bring it; remember, Pilates mats are thicker than yoga mats. Instructor: **Diane Rose** at rosepilates@aol.com

Subtle Yoga Therapeutics

CRN #: 10044

4 weeks: July 9, 16, 23, 30
Thursdays, 9-11 am

Subtle Yoga will help you relax, rejuvenate and find balance. During this series we will address a different topic each week: 1) lower back pain; 2) neck and shoulder pain; 3) hip pain; and 4) stress and insomnia. All levels are welcome; however, if you have unmedicated high blood pressure, a herniated disk, recent surgery or other medical conditions, please obtain permission from your doctor. Bring a yoga mat, a blanket or thick towel, and a yoga bolster if you have one. [Note: Due to topic popularity, participants may take only one yoga course per term.] Instructor: **Kristine Weber** at info@subtleyoga.com

T'ai Chi for Back & Balance

CRN #: 10003

4 weeks: July 6, 13, 20, 27
(Note late start)
Mondays, 9-10:30 am

The principles and movements of T'ai Chi have evolved over the centuries to improve health and balance. Practice gentle, meditative movements that relax and strengthen. You can incorporate these exercises into a daily routine to develop flexibility, integration and stability. NOTE: Due to topic popularity, participants may register for only one T'ai Chi course per term. Instructor: **Crayton Bedford** at cptaichi@charter.net

Texas Hold'em

CRN #: 10042

4 weeks: June 25, July 2, 9, 16
Thursdays, 2-4 pm

Texas Hold'em, for beginners or experienced poker players. The emphasis will be on no-limit cash games and no-limit tournaments, and the differences between the two. The key elements to winning poker are patience, position, and playing style. After the basics are explained, card table sessions will provide hands-on experience. Instructor: **Howard Talesnick** at Sobe02@bellsouth.net

THE BACK PAGE

with Ron Manheimer

Researching the “departure styles” of fifty top executives, Jeffrey Sonnenfeld uncovers four types: “Monarchs,” who do not leave voluntarily; “Generals,” who leave reluctantly and plot to return; “Ambassadors,” who leave gracefully and retain close ties to their old firms; and “Governors,” who leave willingly to pursue new challenges (*The Heroes Farewell: What Happens When CEOs Retire*, Oxford University Press, 1991).

The Center for Creative Retirement is not exactly General Electric or IBM. Still, when the two long-time heads of staff announce their imminent departure (Snodgrass – May 1, Manheimer – July 1), there’s bound to be some changes in store. And we hope that will all be for the good, since an infusion of new leadership can bring fresh enthusiasm, creativity, and even money (e.g., from foundation grants, gifts, partnership contracts).

Denise, 63, has been the Center’s assistant director for 20 years. During that time she has played a major role in expanding and improving existing programs (e.g., Leadership Asheville Seniors) as well as developing new ones (e.g., Creative Retirement Exploration Weekend, Paths to Creative Retirement). She has also been a coauthor on Center-based publications and represented the Center at national and international conferences.

Denise has given every indication that she intends to follow the “Ambassador” typology, identifying her favorite Center projects for future volunteer participation in addition to other community volunteer roles and a renewed emphasis on family obligations. As for me, age 66, I suspect I fall somewhere between Ambassador and Governor—occasionally teaching classes at the Center while pursuing writing projects elsewhere.

What’s unique about being an executive of a place like the Center for Creative Retirement is that leadership means practicing the art of facilitation. With its strong member-led, learning community ethos, the Center’s development has emerged from the collective will of the participants. After all, they are under no obligation to join, enroll, teach, serve on committees or share in administrative responsibilities. As leaders, our job has been to invite, nurture, guide, and sometimes bug, cajole, remind, tease and placate (on rare occasions when someone didn’t get their way). Even when new program ideas came from staff, it has been the members who stepped up to help breathe life into inert clay.

There’ll be no playing of “Farewell to the Chief” for Snodgrass and Manheimer’s departures. Rather, a rousing chorus of “Get Your Kicks on Route 66.”



SAVE THE DATE!

“Chill Out” Ice Cream Social

Wednesday, July 15
4 pm

Chill out with your
Reuter Center friends

Enjoy
ice cream &
fellowship



See p. 5 for details.



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