



*Grow through life*

**OLLI**  
OSHER  
LIFELONG  
LEARNING  
INSTITUTE  
at UNC  
ASHEVILLE

**FALL 2021 CLASSES & EVENTS**

# OLLI: the value proposition

By Judy LaMée, OLLI Communications Committee Chair

OLLI members may now purchase 2021-22 membership, and registration for Fall 2021 College for Seniors courses will open on August 10, 2021, 10 a.m. There is high anticipation surrounding this term and this year. The Reuter Center doors will open again to welcome returning and new members. We will be offering both face-to-face and online classes. Fully vaccinated members may choose to attend classes in person. Others may prefer to continue taking classes via Zoom in the comfort of home. Once again demonstrating our organization's ability to reinvent itself, the Reuter Center, vaccination site for 17,000 people over the past few months, will open once again for learning, teaching, volunteering, and community gathering.

OLLI membership provides two essential means of keeping our brains healthy: stimulating us through lifelong learning and connecting with others through social activities. But there's so much more! Consider, if you will, the many values OLLI has brought into your own life.

This fall's opening provides OLLI members new or regained opportunities to explore courses offered through the College for Seniors, to consider the many volunteer opportunities not only to support others but for the richness you can gain from the experience. Your enthusiastic participation can help OLLI regain its strength, in membership, in courses, in volunteerism. It benefits us all. Consider the value you realize from OLLI membership and look at it as the Value Proposition.

From the membership fee alone, OLLI members enjoy access to:

- Connections with others with similar interests in lifelong learning and fascinating lifetime experiences
- Fab Friday lectures on a variety of topics, 28 annually
- Participation in Shared Interest Groups, which will be returning gradually to the Reuter Center as we gain a sense of our schedule in our new environment
- Mentoring opportunities with university students
- Volunteering opportunities both within OLLI and the broader Asheville area
- OLLIChat, a member-managed listserv where members exchange recommendations for product and services
- UNC Asheville facilities and programs
- Highsmith Student Union and dining services
- Ramsey Library
- One Card privileges, including discounts at many local businesses and free Asheville Rides Transit (ART) bus service
- Sporting events

By enrolling in the College for Seniors (CFS), you'll also have access to:

- Stimulating courses across a broad spectrum of disciplines
- Inspired instructors
- Welcome interaction with other lifelong learners, your friends and acquaintances
- Support for virtual learning technologies
- Reuter Center meeting spaces and classrooms

OLLI's Finance Committee, with Executive Director Catherine Frank, announce a fee structure that will enable those who wish to attend in person to do so, while those who prefer to continue at-home Zoom experiences have that opportunity as well. OLLI's membership fee for 2021-2022 will return to \$75; parking will be \$100 (and \$40 for additional vehicles registered to the same household). The combined fees return us to OLLI's pre-COVID levels, with OLLI subsidizing 50% of the university's \$200 parking fee. Consider the many benefits we all receive as you prepare to renew your membership and enroll for Fall 2021 College for Seniors classes. It's a value you can't find elsewhere.

According to OLLI Steering Council Chair Sam Harben: "OLLI was the magnet that drew my wife Robin and me to Asheville to spend our retirement years. The best decision we have ever made, it has kept us active mentally and physically, enriching our lives beyond what we thought possible. OLLI is an amazing bargain for all the benefits it delivers."

# olli at unc asheville membership

OLLI at UNC Asheville annual membership is \$75 and covers the membership period August 1, 2021 through July 31, 2022. OLLI membership generates revenue that funds our programming, our staff, and special events. As the UNC Asheville campus responds to the pandemic, please note that some benefits of membership may be affected depending on conditions requiring changes in occupancy or access.

## Members will have access to

- **OLLI, UNC Asheville, and community partner activities, programs, and special events (for the most part at no cost)**

## The opportunity to register for

- **College for Seniors courses (for an additional term fee) (see p. 11-34)**
- **Leadership Asheville Seniors (for an additional fee)(see p. 9)**
- **Local Life Transitions Programs (for additional fees)(see p. 8)**
- **UNC Asheville parking decal (see p. 36)**

## Access to:

- **The OLLI Observer, our weekly online newsletter**
- **OLLiChat (see the OLLI Observer to find out how to participate). OLLI Membership for 2021-22 is required to participate in OLLiChat**
- **Shared Interest Groups (p. 4)**

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

**Vehicle Registration, Parking and Shuttles:** OLLI members who display a 2021-22 UNC Asheville Community member parking decal fixed to the rear window of their vehicle may park in campus parking lots designated as "non-resident student" parking. Please be aware that those with permits cannot park in lots marked "visitor." If you are participating in College for Seniors online classes and OLLI online special events, you do not need to purchase a UNC Asheville parking permit. If you do plan to come to campus, please be aware that UNC Asheville Police will be enforcing parking regulations in all campus parking lots, Monday through Friday, 8 a.m.-5 p.m., when university classes are in session. Please see p. 36 for details on purchasing decals.

Shuttles operate on campus when University classes are in session. There is no charge to ride the shuttle.

**Dining Options:** The Reuter Café will not be open for Fall 2021 as we try to come to terms with our new normal. We invite you, however, to enjoy UNC Asheville's dining facilities. To find information on dining options on campus, visit the dining services website: <https://www.unca.edu/life/dining/> You may add funds to your OneCard to use in campus facilities.

**Nametags:** We will be issuing new nametags (with plastic sleeves) to all members this fall. We ask that everyone wear a nametag in the building so others can learn your name and get to know you. If you are participating in an online class, having your name on your screen is a way to help instructors and fellow members get to know you.

**OneCard:** OLLI members may obtain a OneCard, the official UNC Asheville photo ID card, in the lower level of Highsmith University Union inside the university's bookstore. With the OneCard members may use the library, purchase funds for use in campus dining facilities, and receive UNC Asheville discounts at local businesses and at university special events. If you obtain an annual Passport sticker for your OneCard through UNC Asheville Police in Weizenblatt Hall, you may ride Asheville Transit at no cost. Please wait at least 48 business hours after you pay for your membership before trying to claim your OneCard. Please contact the office before your visit (email [onecard@unca.edu](mailto:onecard@unca.edu) or call 828-251- 6767) to make sure the office is open and to make sure that you will not have to wait in line during times when the office is busy processing cards for undergraduate students.

**Ramsey Library:** We know many of you have enjoyed access to Ramsey Library as a valued benefit of membership. Currently the library is only open to undergraduate students, faculty, and staff. OLLI members may still borrow materials from Ramsey Library collections and interlibrary loan through weekend curbside pick-up service. We will announce the re-opening of the library in the newsletter when they are ready for community members. While OLLI members do not have access to many online databases, as an OLLI member you have access to NCLIVE, which includes resources like e-books, some research databases, videos, and more. Visit <https://www.nclive.org/> for more information. To learn about OLLI members' library access, visit <https://library.unca.edu/usingthelibrary/olli>

**Reuter Center Singers:** We will continue to assess the safety of gathering to rehearse as Fall 2021 progresses. To find out more about the Reuter Center Singers contact Kathie Nelson at [kwnelson@charter.net](mailto:kwnelson@charter.net).

**Wireless Internet Access:** WiFi is available through our guest network while you are in the Reuter Center. Please look for the signs that display the username and passcode or contact us at [olli@unca.edu](mailto:olli@unca.edu) to learn more.

## Need more information? Check out these resources

OLLI Website: <http://olliasheville.unca.edu>

Campus Map: [maps.unca.edu](https://maps.unca.edu)

UNC Asheville Coronavirus Response website:

<https://coronavirus.unca.edu/>

The OLLI Office:

OLLI Office Front Desk: [olli@unca.edu](mailto:olli@unca.edu); 828.251.6140

Catherine Frank, Executive Director: [cfrank@unca.edu](mailto:cfrank@unca.edu)

Please feel free to contact us to ask questions, make suggestions or voice concerns. We are very grateful for the support and resilience of our members.

**Health and Fitness Center Membership:** Staff at the UNC Asheville Health and Fitness Center, with facilities at the Sherrill Center and the Justice Center on campus, have welcomed OLLI members in the past to purchase a Health and Fitness Center Membership. Given the risks of exercising indoors at this time and the unique risks to older adults who contract COVID-19, all OLLI health and fitness memberships have been suspended for now.



# shared interest groups–SIGs

In Shared Interest Groups (SIGs) OLLI members learn and develop friendships based on shared interests. Many SIG members have been resourceful and have continued to meet online while we have been apart. As staffing and facility management allows, we expect some SIGs will again be able to meet in person when we re-open the Reuter Center in September. Watch for notices in the OLLI Observer newsletter. If you are interested in joining a SIG, please contact the coordinator listed.

## **Aging in Place, Thriving in Community**

Contact: Meridith Miller,  
mlmiller1020@gmail.com

## **Apple Users**

Contact: Paula Withrow, 828.350.8406,  
pvwithrow@aol.com or Bob Mellor,  
828.253.5031, bob.mellor@charter.net

## **Art**

Contact: Sharon Sandel,  
sharsand46@gmail.com

## **Beer on Tap**

Contact: Erik Vedeler,  
vedelererik@gmail.com

## **Bridge for Fun**

Contact: Patricia Grace 828.505.0046,  
pegrace@vt.edu

## **Bridge Grads**

Contact: Diane Amos, 336.587.1039,  
famsamos1@gmail.com

## **Dulcimer Players**

Contact Cheryl Chasin,  
cheryl.chasin@gmail.com

## **Financial Strategies in Retirement**

Contact: Kate Beatty, 828.231.7710,  
kbbmom@yahoo.com

## **The Forum: Dialogue to Challenge Our Thinking**

Beth Johnson,  
johnson1ea@earthlink.net

## **Gardening**

Marilyn Dishaw, 828.215.3838,  
ncdishaw@gmail.com

## **Hiking**

Contact: ollihikingsig@gmail.com or  
call Marcia at 631.987.7451

## **History Book Lovers**

Contact: Mike Wang, 267-243-3011,  
mbwhome@gmail.com

## **Meditation**

Contact: Sally Ekaireb,  
skekairb@gmail.com

## **Men's Wisdom Works**

Contact: Dave Castel,  
dcastel@earthlink.net

## **Plant-Based Living**

Contact: Bonnie Wheeler,  
bonniewhee@gmail.com

## **Poetry Lovers**

Contact: Lottie Erikson,  
lottie\_erikson@yahoo.com

## **Stitch in Time**

Contact Gay Lambirth, 281.433.1060,  
gaylambirth@yahoo.com

## **Texas Hold'Em Poker**

Contact: Bruce Jones, 828.338.0265,  
bruce\_e\_jones@yahoo.com

## **Tile Clickers (Mah Jongg)**

Contact: Rosemary Walton,  
828.667.8979, rh68@bellsouth.net

## **Travel**

Contact: Kathy Gainey, 703.298.8203,  
Kathleen.m.gainey@outlook.com

## **Wine Tasting**

Contact: Kathleen Mainardi,  
828.633.2119, kkmainardi@gmail.com

## **Women's Groups**

Consult OLLI website for information  
about contact information for individual  
groups: [https://olliasheville.unca.edu/  
olli-groups-volunteers/special-interest-  
groups/](https://olliasheville.unca.edu/olli-groups-volunteers/special-interest-groups/)



## special events—fall 2021

We are pleased to be able to once again offer special events in person at the Reuter Center. As we build our staff and assess the safety of being together, we may be able to add more special events, so watch the OLLI Observer for additions. Unless otherwise noted, these events are free, open to everyone, and held at the Reuter Center. We hope to be able to stream some of the events as well. Please note that these events are subject to changes in schedule or to cancellation. Call 828.251.6140 or consult the OLLI Observer online newsletter for additional details.

### Alzheimer's Association of Western North Carolina

Denise Young, regional manager of the Alzheimer's Association of Western Carolina chapter will present, along with area experts. See the website at <https://www.alz.org/northcarolina>

- **Friday, September 3, 10-11 a.m. - Understanding Alzheimer's and Dementia**

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available, and Alzheimer's Association resources.

- **Friday, September 10, 10-11 a.m. - Understanding and Responding to Dementia Related Behaviors**

Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

### Astronomy Club of Asheville

The Astronomy Club of Asheville meets the first Thursday of the month (except January and July) at 7 p.m. with an interesting lineup of speakers and topics. OLLI members may attend club meetings and star gazes, with club members on hand to advise and assist them in the basics of astronomy and the techniques of observing celestial phenomena. For more information on the Astronomy Club of Asheville, visit their website at [www.astroasheville.org](http://www.astroasheville.org).

- **Thursdays, September 2, October 7, November 4, December 2, 7-9 p.m.**

### Blue Ridge Audubon

The Blue Ridge Audubon Chapter of the National Audubon Society offers free programs to the public about birds, conservation, and general nature topics.

- **Tuesday, September 21, 7 p.m.** The September program features Warren Wilson ornithology professor Olya Milenkaya with insights about bird behavior.
- **Tuesday, October 19, 7 p.m.** Bruce Beehler, ornithologist emeritus of the Smithsonian Institution, will highlight his new book, *New Guinea: Nature and Culture of Earth's Grandest Island*.
- **Tuesday, November 16, 7 p.m.** Caleb R. Hickman, Supervisory Fish and Wildlife Biologist for the Eastern Band of Cherokee Indians' Office of Fisheries and Wildlife Management, will speak about his role managing wildlife resources on the Qualla Boundary.

### Carolinas' Nature Photographers Association

The Carolinas' Nature Photographers Association (CNPA)-Asheville Region helps members more fully experience the beauty of Western North Carolina through photography. At monthly meetings, member photos are critiqued, and the group offers seminars, workshops, and presentations by nationally known speakers on different aspects of photography. Meetings are held at the Reuter Center beginning at 5:30 p.m., and the program begins at 6 p.m. For more information visit [www.cnpa-asheville.org](http://www.cnpa-asheville.org)

- **Sundays, September 12, November 14, 5:30 p.m., and Monday, October 11, 5:30 p.m.**

### Death Café

Death Café is an engaging gathering with storytelling and conversation about a topic that too often alienates people in our death-phobic culture. At Death Café participants discuss personal stories related to the death of loved ones, loss of jobs, relationships or marriage, or loss or death of parts of ourselves. Programs are facilitated by Karen Sanders, Greg Lathrop, and Said Osio from Third Messenger. Find out more at [www.deathcafe.com](http://www.deathcafe.com) or [www.thirdmessenger.com](http://www.thirdmessenger.com).

- **Friday, August 20, 5-6:30 p.m. via Zoom**

- **Fridays, September 17, October 16, November 19, 5-6:30 p.m. at the Reuter Center**

### New Member Welcome

Are you new to OLLI at UNC Asheville and the Reuter Center? Come to New Member welcome and learn more about all that OLLI has to offer and about ways to get involved in our adult learning community. Meet other members and learn what it means to "grow through life."

- **Friday, September 17, 10 a.m.**

### New to Medicare Class

The Council on Aging of Buncombe County, in conjunction with the North Carolina Department of Insurance Seniors' Health Insurance Information Program (SHIIP), presents the workshop "Introduction to Medicare – Understanding the Puzzle." Learn how Medicare works, the enrollment process, how to avoid penalties, and ways to save money. Anyone who is new to Medicare, caregivers, and others who help older adults with their Medicare insurance should consider attending this informative class. The information presented is unbiased and accurate. No products are sold, recommended, or endorsed. Spaces are limited, so reserve your space by registering online at [www.coabc.org](http://www.coabc.org) or call 828-277-8288.

- **Friday, October 29, 2-4 p.m.**

## special events—fall 2021

### OLLI Authors

OLLI Authors, a quarterly reading program, provides a forum for talented OLLI writers to showcase their creative talents. The series began in early 2017. The October 2021 program will feature OLLI's Barricaded Bards presenting poems written during the Pandemic. Each week a Bard would provide a prompt, each Bard would write a poem and then share it with the other Bards for feedback. In Spring 2021 they printed *Poems from the Pandemic*, a collection of their poems. All profits from the book go to OLLI. In addition to the in-person presentation at the Reuter Center, the program will be offered via Zoom.

- **Sunday, October 14, 4:30 p.m.**

### Performing Stand Up Comedy Showcase

The members of the College for Seniors *Performing Stand Up Comedy* course will present their fall show. Join instructor Randy Robins and class members at a premiere performance, designed to have you laughing, crying, and rolling in the aisles. The show will include adult language and situations.

- **Sunday, November 7, 3 p.m.**

### Safe Driving Program

The AARP offers a driver safety refresher course designed to help mature drivers remain safely on today's faster highways with a myriad of challenges. The four-hour Smart Driver's course teaches valuable defensive driving techniques and tips on how to avoid crashes, highlights hazards particular to seniors, and provides a refresher on the rules of the road. The cost is \$15 for AARP members and \$20 for non-members. To register, contact instructor Celeste Selwyn, Smart Driver Program, 404-444-9839 or csel@mindspring.com.

- **Tuesday, September 14, 11:45 a.m.-4 p.m.**

### STEM Lectures - Pandemics

The STEM Lecture Series is interdisciplinary with a focus on science, technology, engineering, and mathematics. Given our experiences over the past eighteen months living through the COVID-19 pandemic, it is very timely to cover pandemics from different perspectives, ranging from the history of pandemics to the science of viruses to modeling pandemics; and further to the mental health effects and ethical issues in combating pandemics.

- **Wednesday, September 22, 4:30 p.m.**

#### Pandemics Throughout History

Herman Gucinski's doctorate is in biophysics. In addition to classes taught at OLLI (*Good Science, Bad Science, and Fun Science*) and STEM lectures, he has also taught courses in global ecology, physics, oceanography, and environmental technology. His research has been published in many peer-reviewed journals.

- **Wednesday, October 20, 4:30 p.m. Science of Viruses**

Donald Martin's doctorate is in physical chemistry. At College for Seniors, he served on the programs committee and three years as chairman of the curriculum committee. At OLLI, he taught *Science of Mind*, and gave a STEM lecture on *Our Understanding of Brain Structure and Function*. He is a member of the Society of Sigma Xi, the American Chemical Society, and the Biophysical Society.

- **Wednesday, November 10, 4:30 p.m.**

#### Dynamics and Mathematics of Pandemics

Howard Jaslow's degrees are in aeronautical engineering and physics. He has produced a series of classes titled *Science and Technology, In-Depth Lectures* since 2003. He is responsible for the STEM lecture series since its start in 2011. During his career, he has published numerous papers on hypersonic aerodynamics and spatial disorientation and aviation safety. He is a member of the American Institute of Aeronautics and Astronautics.

### Symphony Talk with the Asheville Symphony Orchestra

Come hear Maestro Darko Butorac introduce the upcoming Asheville Symphony Orchestra (ASO) Masterworks concert, "Uncaged." He will discuss the composers and the compositions: Beethoven's Symphony No. 5, J.S. Bach's Double Violin Concerto, and Errollyn Wallen's *Mighty River*. Maestro Butorac will interview the violin soloists Alina Kobialka and Megan Lin. For more information about the ASO or to find out how to purchase tickets for performances at the Thomas Wolfe Auditorium, visit [ashevillesymphony.org](http://ashevillesymphony.org).

- **Friday, November 19, 3 p.m.**

### Western North Carolina Historical Association

The mission of the Western North Carolina Historical Association (WNCHA) is the preservation and promotion of the history of Western North Carolina through the care, interpretation, and presentation of the Smith-McDowell House, the education of the public through lectures, exhibitions, publications and related events, and the facilitation of cooperation among regional historical organizations.

- **Thursday, September 16, 6:30 p.m. Dr. David Moore Presents Joara**

Dr. David Moore discusses the history and archaeological work at the Joara site in Burke County. Free for OLLI and WNCHA members, \$5 for general admission.

- **Thursday, December 9, 6:30 p.m. Thomas Wolfe Memorial Literary Award Celebration**

The 2021 Thomas Wolfe Memorial Literary Award finalists discuss their works, and WNCHA presents the annual award. Free for WNCHA and OLLI members, \$10 for general admission.

### World Affairs Council

The World Affairs Council (WAC) presents lectures and discussions to advance international awareness and foster Western North Carolina's global ties. Experience a lively line up of topics and compelling presenters. \$10 fee at the door.

- **Tuesdays, October 5, November 2, and December 7, 7:30 p.m.**



# fall 2021 fab fridays lunch and learn lectures

**On Fridays, 11:30 a.m. - 1:15 p.m.** in the Reuter Center Manheimer Room and available for streaming, members and guests are invited to socialize and then enjoy presentations and question and answer sessions. Fab Fridays have been part of OLLI since 2009. This fall, these informative and entertaining presentations will be offered both in person at the Reuter Center and to stream at home (watch the newsletter for more information). These programs are free and open to everyone.

## **September 24: Women in Chinese Cinema:**

### **From Mulan to Half of the Sky**

UNC Asheville associate professor Dr. Jinhua Li will trace the representation of women in contemporary Chinese language cinema from Hua Mulan (*Mulan*) to metropolitan professional women who “hold half of the sky,” to quote Chairman Mao’s famous declaration and one of his most important political legacies. What do cinematic women tell us about China and its gender politics? **Dr. Jinhua Li** is associate professor of Chinese studies and language at UNC Asheville. Dr. Li’s research interests include comparative cinema studies, transnational cultural studies, and gender politics. She has published many journal articles on gender politics in transnational cinema, contributed book reviews regularly to journals on China studies, and is currently working on a monograph on contemporary Chinese cinema.

## **October 1: Health Education Series Presentation to be announced**

## **October 8: Combating Homelessness in Asheville: How Did We Get here and Where Are We Going**

Vann Vogel, a retired attorney, will examine the current state of homelessness in Asheville and review the many causes of homelessness. He will present local factors that may make the situation especially challenging and take a critical look at “Housing First,” a strategy for ending homelessness that posits that the solution to homelessness is housing, without preconditions such as sobriety or willingness to participate. While “Housing First” is one strategy for successfully housing the chronically homeless, it may not be the perfect solution for all types of homelessness. The presentation will also cover current programs in Asheville, including encampment policies, Homeward Bound’s Days Inn motel conversion, the proposal by the City of Asheville to create a “low barrier” shelter, and other transitional and emergency shelter programs. **Vann Vogel** is the current Board Chair of Homeward Bound and a volunteer lawyer for Pisgah Legal Services. He received two 2021 Pro Bono Awards by the Buncombe County Bar Association for his volunteer work on behalf of those seeking unemployment as a result of COVID-19. The views presented are Vann’s and are not the opinions of either Homeward Bound or Pisgah Legal Services.

## **October 15: Health Education Series Presentation to be announced**

## **October 22: The Cradle of Forestry in America -**

Nestled in Pink Beds Valley in western North Carolina is the Cradle of Forestry in America. This heritage site is the birthplace of the profession of forestry in the U.S. George and Edith Vanderbilt, of the nearby Biltmore Estate, are credited with this living legacy. They hired Gifford Pinchot, the first American to be trained as a forester, in February 1892. Upon his arrival, he wrote the first scientific forest management plan in North America. Later, his successor, Dr. Carl A. Schenck, opened the nation’s first forestry school. Some 87,000 acres of the Vanderbilts’ “Pisgah Forest” tract later became the nucleus of the Pisgah National Forest, established in 1916. **Robert Beanblossom** retired from the West Virginia Department of Natural Resources and moved to the Cradle of Forestry five years ago. Since then, he has extensively researched the “roots of forestry” and has a wealth of knowledge and interesting stories.

## **October 29: Health Education Series Presentation to be announced**

## **November 5: The History & Legacy of Black Mountain College - Kate Averett**

Join BMCM+AC Outreach Manager Kate Averett for a discussion about the history and legacy of Black Mountain College in our region and abroad. We will explore the elements of the Black Mountain College community that fostered such luminaries as Anni and Josef Albers, John Cage, Merce Cunningham, M.C. Richards, Ruth Asawa, and Robert Rauschenberg. From the integral placement of arts at the center of education to the role of the farm in the college’s interdisciplinary ethos, we will gain new perspectives on the acclaimed incubator of modernism that shone brightly in Western North Carolina from 1933-1957. **Kate Averett** is the Project Coordinator for the Black Mountain College Museum + Arts Center’s Performance Initiative and graduated from UNC Asheville with her bachelor’s degree in art history and from UNC Chapel Hill with her master’s degree in art history.

## **November 12: Health Education Series Presentation to be announced**

# life transitions programs

**Life Transitions Programming** at OLLI offers a unique opportunity to learn about the many transitions and changes that individuals face throughout their retirement years. From creative retirement strategies to end of life planning, we focus on topics ranging from relationships and identity to relocation and end of life planning. Below is a list of our programs, and we invite you to contact our office ([olli@unca.edu](mailto:olli@unca.edu)) to find out more details about each program offering and upcoming dates.

## Local Programming

***Exploring Continuing Care Retirement Communities (CCRCs)*** helps participants assemble the relevant information and ask the right questions to see whether the CCRC is a living option that meets their needs. The course includes expert speakers and site visits to local CCRCs.

**Registration open to OLLI members only**

***The Gift of Time*** will encourage you to think about how to plan and communicate your end of life wishes to spouses, partners, children, and parents. Take control of what you want for yourself and help others address the many issues that face all of us in times of crisis. The workshop will be an extended conversation with trained facilitators as well as outside speakers who will address key legal, medical, and spiritual issues and offer the tools to prepare an end-of-life plan.

**Registration open to OLLI members only**

### ***Reading Through Retirement***

C.S. Lewis said, “We read to know that we are not alone.” At a time when we are all looking for connection, community and shared experiences, *Reading Through Retirement*, offers you an opportunity to dive deep into issues of aging and life’s second half as we read important literature about aging, retirement, and other topics. With support from facilitators and the shared experience of other participants, the program will promote connection, community, and conversation.

**Registration open to OLLI members only**

***Aging in Place, Thriving in Community*** Shared Interest Group meets on varied Thursdays through the year to provide information and resources for members interested in creating the support needed within their homes and neighborhoods so they can “age in place” and thrive in the second half of life. Contact Meridith Miller ([mlmiller1020@gmail.com](mailto:mlmiller1020@gmail.com)) for more information.

---

## National Programming

### **Paths to Creative Retirement**

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

**More Information:** <https://olliasheville.unca.edu/programs/paths-to-creative-retirement/>

### **Creative Retirement Exploration Weekend**

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

**More Information:** <https://olliasheville.unca.edu/programs/creative-retirement-exploration-weekend/>

---

Members and staff of OLLI at UNC Asheville collaborate to offer unique and innovative programs to help participants navigate major life transitions. For questions contact the OLLI office at [olli@unca.edu](mailto:olli@unca.edu).



## Leadership Asheville Seniors Class 35

Leadership Asheville Seniors 35 will provide participants with the unique opportunity to hear from over 50 local leaders, representatives and community members who are doing the important work to lead our community beyond the pandemic and into what will be a new normal for Asheville and Western North Carolina. If you are interested in learning more about how to get involved in the community, learn about the history of our town, and better understand the complexities that longtime residents and newcomers both face, this program is a great option for you!

This year's LAS Program will be offered virtually with some in-person tours and site visits. We remain committed to the mission of learning and civic engagement within Asheville and Buncombe County. Our 2021 Program will follow all CDC safety guidelines during in-person events.

### Program Schedule and Topics:

Tuesdays 9 a.m. – 12 p.m. / Thursdays 9 a.m. – 1 p.m.

Orientation Date: September 9, 9:30-11:30 a.m.

Week One: History, September 14 & 16

Week Two: Economic Development, September 21 & 23

Week Three: Food, September 28 & 30

Week Four: Healthcare, October 5 & 7

Week Five: Social Justice, October 12 & 14

Week Sixth: Environment, October 19 & 21

Week Seven: Education, October 26 & 28

Week Eight: Government, November 2 & 4

Week Nine: Arts and Culture, November 9

Graduation, November 11- TBA



For more information, please contact the OLLI office at [olli@unca.edu](mailto:olli@unca.edu).



# registration information

**We have scheduled some Fall 2021 courses to be held in person and others will be offered online. You may choose either or both. If Centers for Disease Control or university regulations regarding COVID change, we may need to reschedule the in-person classes and return to most or all online courses.** You may request up to six courses during initial allocation and will be assigned to up to three, whether you choose in person or online courses or a combination of the two.

**Initial allocation registration period is Tuesday, August 10, 10 a.m. through Tuesday, August 17, noon.** We run a priority allocation lottery, rather than a first-come-first-served system. Be sure to assign priority numbers after you have selected courses and checked out (see instructions below).

Use the online registration system to purchase OLLI membership, parking decals, and College for Seniors (CFS) courses. You may use a credit card to pay online, or you may email us at [olli@unca.edu](mailto:olli@unca.edu) to discuss payment by scholarship, vouchers, or other means of payment.

To start the registration process, go to the OLLI at UNC Asheville website ([olliasheville.unca.edu](http://olliasheville.unca.edu)) and click on the Course Catalog and Registration link at the bottom right of OLLI's home page. Click on the Register Now button.

## Step 1: Sign in.

- Click on the **Sign In** link at the top of the page.
- If you have been a member at any time since August 1, 2015, you have a username and password (write them down for future reference).
- If you have entered everything correctly, at the top of the screen it will say "Welcome [Your Name]"
- Click on **Registration Home** to proceed to the next steps. **Note:** You can purchase membership, parking decals, and College for Seniors courses all on the same order.

## Step 2: Purchase an OLLI Annual Membership (August 1, 2021-July 31, 2022)

- Click on Annual Membership, right under the image of the Reuter Center, toward the bottom of the page. Click on Add to Cart to add the \$75 fee. Click on Home, toward the top of the page.

**Step 3: Purchase a UNC Asheville Parking decal** (required if you are taking in-person courses and want to park your vehicle in a UNC Asheville non-resident student parking lot)

- Click on Parking Decal, under Annual Membership. Click on Add to Cart to add the \$100 annual fee. You may purchase a second decal for another family vehicle for \$40. You will be provided a link to register your vehicle with the campus transportation office. To continue the OLLI registration process, click on Home, toward the top of the page.

**Step 4: Purchase the College for Seniors (CFS) Fall 2021 Term Tuition.** You must do this before you can add any courses to your cart.

- Click on **College for Seniors Tuition Fee**, right under the image of OLLI members talking outside
- Click on **Add to Cart** to add the \$115 CFS Fall 2021 fee
- Click on **Home** and find courses listed by category under the image of OLLI members talking at a computer or **Search Courses** in the blue banner at the top of the page to find the College for Seniors courses you want to take.

## Step 5: Request your College for Seniors courses

- Find a course you want and click on **Request Course** to add it to your cart. (Don't see a Request Course button? You may not have added the CFS Tuition Fee. See Step 4 above.)
- Repeat this step for additional choices. During the initial registration period you may request a maximum of six courses. If you are enrolled in more than three courses, you will be dropped from other courses requested. If you do not get into three courses, you will be added to the waitlist for all courses you requested but were not enrolled.

## Step 6: Purchase the items in your cart

- Click **View Cart** then **Check Out**. Follow the steps, clicking **next** after you have completed each request. If you are using a credit card to pay for your order, be sure your name and billing address exactly matches the information on file with your credit card provider. If you have a middle initial on your card, please include it on the billing information and check the charge information.
- If you are paying with scholarship or faculty credit or other vouchers or if you still have credits from Spring 2020, select "Incomplete/ Payment on Hold," finish submitting your order, then email [olli@unca.edu](mailto:olli@unca.edu) to alert us to the non-credit-card payment method; we will email you with instructions on how to complete the request.
- **Note:** If there is an error in processing your payment by credit card, the system will not allow further attempts to provide credit card information. If you email us at [olli@unca.edu](mailto:olli@unca.edu) we can reset your order and provide instructions so that you can proceed with a credit card payment. All payments must be received by Wednesday, August 25, noon.

# registration information

## Step 7: Prioritize your College for Seniors requested courses after your purchase

- After you see your payment receipt, click on the **Account** link at the top of the page.
- Click on the **Course Priorities** link and choose the #1 for your first priority course, #2 for second priority, etc.
- Click on **Save Priorities** to save your selections.

### Notification of schedules

- If you register during the initial allocation registration period, you will receive confirmation of your schedule by email on **Friday, August 27, late afternoon.**
- If you do not receive an email, you can find your registration information on the **Registration Home** page, logging in and clicking on **Account**, then **Course Priorities.**

### Add-Drop opens Monday, August 30, 10 a.m.

- If you missed the initial registration period, you can register for courses with available openings during this time.
- If you have already registered for courses, you may add any courses in which openings are available or add your name to a waitlist through the online registration process. Add-Drop ends after the second meeting of a course, unless otherwise noted.
- To drop a course, send an email to [olli@unca.edu](mailto:olli@unca.edu); include your name and the name of the course(s) you wish to drop.
- To drop all courses and receive a full refund, please submit your request by Friday, September 17, 3 p.m.

## Registration Schedule

Initial Allocation registration opens **Tuesday, August 10, 10 a.m. and closes promptly on Tuesday, August 17, noon.**

**If you are unable to complete registration by yourself**, please come to the Reuter Center at times when help is available or email us at [olli@unca.edu](mailto:olli@unca.edu) and we will work with you to complete the process. Remember, this is not a first-come, first-served process, so you do not have to start your process as soon as registration opens on Tuesday. However, if you think you may need help, please don't wait until the last day of registration. We will have volunteers available to assist with the registration process in person at the Reuter Center Tuesday, August 10 through Friday, August 13, and Monday, August 16, 10 a.m.-3 p.m. and Tuesday, August 17, 10 a.m.-noon.

Registration for CFS is closed during the allocation process, Monday, August 17, noon, to Monday, August 30, 10 a.m. During this time you may purchase an OLLI annual membership and parking decal and Leadership Asheville Seniors, but you will not be able to add the College for Seniors fee or courses to your cart.

**Notification** of College for Seniors enrollment (courses registered, waitlisted, or dropped) will be sent by email on Friday, August 27, late afternoon.

**Add-Drop** opens Monday, August 30, 10 a.m. At this time you can register or add more College for Seniors courses or add your name to a waitlist if a course is full. Add-Drop closes after the second meeting of most courses.

To drop all courses and receive a full refund, please submit your request by Friday, September 17, 3 p.m. by email at [olli@unca.edu](mailto:olli@unca.edu).

Please email us at [olli@unca.edu](mailto:olli@unca.edu) with any questions or concerns!





## Meet Kristi McMillan, College for Seniors Program Manager

We are delighted to introduce Kristi McMillan, who will begin work as the College for Seniors Program Manager on September 1. She will come to us from her position as the Director for Learning and Engagement for the Asheville Art Museum. In her tenure at the museum she developed innovative programs that kept a wide range of audiences active and engaged while the museum was closed for renovations and then again during the pandemic. Within three weeks of the museum closing in March 2020, Kristi developed a docent-led virtual program that meets weekly. She led a museum intern program and the docents program (where she worked with a number of OLLI members). Everyone we talked to in the interview process described her as going “above and beyond” for the participants in her programs. We are grateful to have someone who brings innovation, care, and inspiration to everything she undertakes.

In addition to her work at the museum, Kristi has taught for the College for Seniors and has received stellar feedback from her participants. OLLI members described Kristi as well prepared and a masterful leader of discussion in the classroom. They also found her not only “personable” but inspiring. More than one person commented that Kristi’s courses were among the best they had taken at OLLI and a couple called the courses life-changing, opening eyes and minds to a new way of engaging with art. Kristi told us that she has stayed in touch with members of her classes and said that the Reuter Center feels like home. She even said she immediately feels more relaxed when she enters the building.

Members of our hiring committee, Jacob Cohen, Peg Downes, Jan Griffen, and Gayle and Tom Hofmann, were particularly impressed with the thoughtful ways that Kristi answered every question we asked and even more impressed with the questions she asked us about the future of OLLI and the College for Seniors. We are confident that Kristi will enter the tradition of great College for Seniors leaders who bring expertise, professionalism, and compassion to their roles. We can’t wait for September 1.



## Thanks to OLLI Volunteers!

OLLI runs on the work of over 500 volunteers. We want to thank all of those people who organize the special events and programs like Fab Fridays, who offer warm hospitality at socials and new member welcomes, who organize the curriculum and teach the courses to create a thriving community of teachers and learners, and who welcome people from all over the country to make the transition from work to retirement. Call the office at 828.251.6140 if you would like to join other volunteers and thrive in life’s second half!

## Adverse Weather Policy

OLLI classes, events, meetings, and other activities will be canceled or delayed when UNC Asheville classes are canceled or delayed for adverse weather. Occasionally we will cancel or delay classes or events when the rest of the university is open, to ensure the safety of our members. By 8 a.m. on bad weather days, the OLLI staff will post specific program information on our outgoing messages at 828.251.6140 and on our website at [olliasheville.unca.edu](http://olliasheville.unca.edu). We will, if possible, send an email to OLLI members whenever conditions warrant an explanation of the impact of weather on scheduled events. Remember that we enjoy a program of learning for the love of it. If conditions are unsafe wherever you are, please stay home.

Your OLLI instructors and friends will be here to greet you when you return.

**COLLEGE FOR SENIORS (CFS)** is your opportunity to learn something just for the fun of it. Courses in this program are taught by members who have passion and professional expertise as well by UNC Asheville faculty and independent scholars in our area. Courses range from *Exploring the Universe* to *The Worlds of Isaac Bashevis Singer*, from *Carl Reiner: No Second Banana* to *Japanese History: 1914-1937*, from *Finding the New YOU in Asheville* to *Zen Hike / Meditative Walk*. We offer four terms throughout the year, each one different with stimulating, entertaining, and relevant courses. See pages 16 to 35 for Fall 2021 course descriptions.

**Fall 2021:** September 20-November 12, 2021 (initial registration August 10-17, 2021)

**Winter 2022:** January 10-February 21, 2022 (initial registration November 8-15, 2021)

**Spring 2022:** March 21-May 13, 2022 (initial registration February 21-28, 2022)

**Summer 2022:** June 13-July 25, 2022 (initial registration May 9-16, 2022)

## Fall 2021

September 20 - November 12, 2021

**NOTE:** Check days, dates, and times listed for each course.

Some courses are offered face-to-face at the Reuter Center or other locations and others are offered online through Zoom. Please double-check the location listed with every course.

**CFS Registration Fee: \$115 for the term**  
**OLLI membership is required to enroll in CFS classes**

There may be costs for materials or books; see course descriptions for details  
See page 10-11 for information on how to register.

**Refunds:** Cancellation of all classes and CFS fees must be received by Friday, September 17, 3 p.m., for a full refund



Go to pages 10-11 for detailed registration instructions and then to [olliasheville.unca.edu](http://olliasheville.unca.edu) and find the "Course Catalog and Registration" button.

Need help? Email us at [olli@unca.edu](mailto:olli@unca.edu)

**Scholarships** are available to partially cover the expense of the term fees (the annual OLLI membership fee is the member's responsibility). Scholarship applications are available in the "Forms" section of the OLLI website or by contacting our office at [olli@unca.edu](mailto:olli@unca.edu). Scholarship applications must be submitted by Friday, August 13, noon. If you have questions or need more information, contact us at [olli@unca.edu](mailto:olli@unca.edu)

**Guest Passes** (even for virtual classes) are issued to non-OLLI members for a single class meeting. We want to offer opportunities for people to get to know more about OLLI and the College for Seniors and for OLLI members to invite out-of-town guests or family members to enjoy our community of teachers and learners. Please note that OLLI members must be registered to attend classes and that only staff members (not individual instructors) can issue guest passes. Contact the OLLI office at [olli@unca.edu](mailto:olli@unca.edu) for more information.

**Class Reps** help newer OLLI members become acclimated, assist instructors during a class, help with taking attendance, and ensure that classes operate smoothly. After registration, class members will be offered an opportunity to volunteer for this very helpful role.

**Zoom Assistants** assist instructors during a online class by making sure mics are muted and questions are answered and by monitoring the chat. Zoom Assistants, like Class Reps in our face-to-face classrooms, ensure that classes operate smoothly. After registration, class members will be invited to volunteer for this role.

### Teaching at College for Seniors:

At the heart of the College for Seniors program are dedicated volunteer instructors. For more information and the term proposal form visit: <http://olliasheville.unca.edu/teaching-college-seniors> or contact Catherine Frank at [cfrank@unca.edu](mailto:cfrank@unca.edu). The deadline for proposals for Spring 2022 is Monday, November 1, 2021.

|   | mondays  | tuesdays  |
|---|--|---|
| <b>Morning</b><br>9-11 a.m.<br>Unless Otherwise Noted           | The Art of Knowing Yourself (9-10:30 a.m.)<br>*Drôme: The Other Provence<br>*Strategies to Maximize Investor After-Tax Returns<br>*Thomas Hardy's Best Short Stories   | Artful Memories from the Comics Page<br>*Ecology of Southern Appalachia<br>*Learn to Lawn Bowl, Section 1 (10 a.m.-noon)<br>Politics and Government: Is This What Our Founders Had in Mind?<br>*Profiles of Leadership in Command: The Gettysburg Campaign<br>*Take a Hike: Level 1 (10:45 a.m.-2 p.m.)<br>*Take a Hike: Level 2 (10 a.m.-2 p.m.)<br>*Talk is Cheap: Communication Challenges in Long-Term Relationships<br>You Can Learn to Play Bridge! |
| <b>Midday</b><br>11:30 a.m.-1:30 p.m.<br>Unless Otherwise Noted | Architectural History of Asheville<br>Genetic Engineering<br>*The Psychology of Human Animal Relationships (11:30 a.m.-1 p.m.)<br>Russia's Golden Age of Composers, From Glinka to Shostakovich<br>*Self Compassion<br>*Stories of Dorothy Parker: From Page to Stage<br>*Zen Hike / Meditative Walk (noon – 3 p.m.) | American Mosaic: Contemporary Women Writers<br>Beginning Mah Jongg (meets on Tuesday and Wednesday)<br>*Enhancing Your Travel with Technology<br>*Japanese History 1914-1937: Prelude to War<br>*Táin Bó Cúailnge: The Irish Epic   |
| <b>Afternoon</b><br>2-4 p.m.<br>Unless Otherwise Noted          | *Carl Reiner: No Second Banana (2-4:30 p.m.)<br>*Crime Fiction, Books and Movies: Pls (2-4:30 p.m.)<br>*Happy Feet<br>Intermediate Spanish 4<br>Layered Acrylic Abstracts<br>Write That Story! Elements of Short Fiction   | Climate Change: Good Reasons to Hope<br>Navigating Windows 10<br>Performing Original Stand-Up Comedy<br>Religious Architecture and Landscape of America   |

\* Course does not meet for full eight weeks; check the course description for dates



| wednesdays   | thursdays   | fridays   |
|--|---|---|
| <p>*Geology of National Parks 2</p> <p>George Eliot's <i>Middlemarch</i></p> <p>The History of Lighthouses</p> <p>Poetry and Earth</p>   | <p>*The Happy Heresy of Humanism</p> <p>*Learn to Lawn Bowl, Section 2<br/>(9-10:30 a.m.)</p> <p>*The Science of Happiness</p> <p>Spinal Motions for Better Posture<br/>(9-10:30 a.m.)</p>  | <p><b>Mark Your Calendar for Fab Fridays!</b></p> <p>Join us Fridays, September 24, October 1, 8, 15, 22, and 29 and November 5 and 12, 11:30 a.m.-1:15 p.m. either online or face-to-face in the Manheimer Room for presentations and question and answer sessions on timely topics!</p> <p>Watch the newsletter for information about how to join us online.</p> <p><b>Free and open to everyone.</b></p> |
| <p>Beginning Mah Jongg<br/>(meets on Tuesday and Wednesday)</p> <p>Poetry, Form and Substance, 2</p> <p>*Search for the Historical James</p> <p><i>The Sound and the Fury:</i><br/>William Faulkner's Masterpiece</p> <p>*Storytelling: Telling Your Personal Stories,<br/>A Zoom Class</p> <p>*Television, The Golden Age, Part 1</p> <p>*These Spies Wore Silk</p> <p>United Nations Work for a Healthy Planet</p> <p>*Walking Asheville's Historic Architecture</p> | <p>Appreciating Asheville's Appalachian Music</p> <p><i>Open Secrets:</i> Short Stories of Alice Munro</p> <p>Speak Out, Speak Up</p> <p>The Worlds of Isaac Bashevis Singer</p>            | <p>Beginning Piano Instruction<br/>(noon-2 p.m.)</p>  |
| <p>American Women Photographers<br/>1900-1930</p> <p>Exploring the Universe</p> <p>*On Being a Student</p> <p>Plant-Based Living Film Festival<br/>(2-4:30 p.m.)</p>   | <p>Advanced French: <i>Ecoutons, parlons, et ecrivons</i></p> <p>*Finding the New YOU in Asheville</p> <p>*Functional Meditation (2-5 p.m.)</p> <p>*When So Many Owed So Much to So Few</p> | <p><b>Contact Us!</b></p> <p>If you have questions about courses, registration, or anything else, please contact us at <a href="mailto:olli@unca.edu">olli@unca.edu</a> or 828.251.6140</p>   |

## Fall 2021 Calendar

This is a quick reference for course days and times; see course listings for full details.

For changes that occur after the catalog goes to print, see "Catalog Updates" at [www.olliasheville.com](http://www.olliasheville.com)

## Monday Morning

### **The Art of Knowing Yourself**

Personal Development  
8 weeks: September 20, 27,  
October 4, 11, 18, 25, November 1, 8  
Monday: 9-10:30 a.m.  
Location: Reuter Center  
Enrollment: 16

The Peace Education Program is an innovative series of classes that help people discover their own inner strength and personal peace. We will focus and reflect on our humanity and inner resources such as choice, hope, and dignity and be empowered to reach an understanding of personal peace and how to live more fulfilling lives. Each session will feature videos on one of ten themes: peace, appreciation, inner strength, self-awareness, clarity, understanding, dignity, choice, hope, and contentment. Class sessions and homework will feature facilitated reflection time, participant discussions, workbook activities, and suggested reading materials.

**Kala Shaffer** (kalacshaffer@gmail.com) has had a career spanning decades, including time spent in teaching, interior design, and marketing. She is most proud of presenting the Peace Education Program. Kala enjoys reading, gardening, yoga, and mah jongg. She is a lifelong learner and focuses on wellness, nutrition, real estate, Asheville history, and more. She volunteers at MANNA Food Bank.

### **Drôme: The Other Provence**

History  
Second 4 weeks: October 18, 25,  
November 1, 8  
Monday, 9-11 a.m.  
Location: Reuter Center  
Enrollment: 25

We will explore the landscape, culture, and heritage of the Drôme region, the other Provence. We will study the region's geography and the evolution of the area through time. We will look at its place in French history and economy. We will discover the secret beauty of the region, the people, their livelihood, and their stories. This gem of France will open a window on what France is beyond Paris and stereotypes. PowerPoints and short videos will be used to support each class. **Materials fee:** Participants will each pay \$25 to the instructor for French foods and beverages served at the final class session.

**Sylvie Delaunay** (france26120@gmail.com) was born and raised in northern Provence, France. She has a bachelor's degree in child, family, and community development. She has been a teacher for 25 years and has taught French in elementary and high school. She currently works as an early education specialist and runs tours to her native region in early summer. Sylvie has a passion for sharing the culture, stories, and beauty of her little-known native land.

### **Strategies to Maximize Investor After-Tax Returns**

Business, Law and Finance  
First 4 weeks: September 20, 27,  
October 4, 11  
Monday, 9-11 a.m.  
Location: Reuter Center  
Enrollment: 25

Income taxes are the biggest drain on your investment returns and affect all types of investment securities and many types of accounts. You pay income taxes on earnings from mutual funds, exchange traded funds, individual securities, and the type of account holding your securities. It's not what you earn on investments; it's what you keep after taxes. In light of recent tax law changes and the future tax outlook, investment tax management continues to be extremely important and will become even more important in the future for all investors. We will examine the current income tax ramifications on investment returns and learn how to position investments and investment accounts to maximize tax efficiency, both at the individual security level and account level. We will explore various tax management strategies and techniques to maximize investor after-tax returns.

**John Coleman** (johncoleman@ColemanAdvisory.com) is CEO and founder of Coleman Advisory, LLC, a Registered Investment Advisor, and a Certified Financial Planner (CFP). He has held several senior executive positions with major life insurance companies and investment firms and has experience working with clients in all aspects of the financial services industry since 1981. John is a veteran, American Legion member, and former lieutenant in the United States Coast Guard (USCG).

## Monday Morning *continued*

### Thomas Hardy's Best Short Stories

Languages, Literature and Writing  
 First 4 weeks: September 20, 27,  
 October 4, 11  
 Monday, 9-11 a.m.  
 Location: Online  
 Enrollment: 25

Thomas Hardy collected 37 short stories into four volumes over a quarter of a century, lavishing great effort and art on them. Although they tend to be overlooked today, overshadowed by his novels, they rank among the finest stories in the language. They deal with affairs of the heart, offering glimpses of quaint Wessex lore and demonstrating a shrewd and critical psychology. This will be a discussion-centered course. **Required text:** *The Distracted Preacher and Other Stories* by Thomas Hardy, ISBN-13: 978-0140431247

**Doug Cooper** (cdoug38@gmail.com) has taught college English courses in the U.S. and overseas as well as many courses at the College for Seniors since 2003. A number of these were literature courses centering on short stories by nineteenth-century writers. Others were film courses on English and American authors, film genres, foreign film directors, and various topics.

## Monday Midday

### Architectural History of Asheville

Visual Arts  
 8 weeks: September 20, 27, October 4,  
 11, 18, 25, November 1, 8  
 Monday: 11:30 a.m.-1:30 p.m.  
 Location: Online  
 Enrollment: 100

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

**Richard Hansley** (hansley@aol.com) moved to Asheville in the 1960s and began his teaching career at Asheville High School where he taught architectural and mechanical drafting and developed a strong interest in the history of Asheville's magnificent buildings. Richard received his graduate and undergraduate degrees from Western Carolina University.

### Genetic Engineering

Math, Science and Technology  
 8 weeks: September 20, 27, October 4,  
 11, 18, 25, November 1, 8  
 Monday: 11:30 a.m.-1:30 p.m.  
 Location: Reuter Center  
 Enrollment: 20

We will learn the history of how the concept of the gene was developed, how its biology was uncovered, how genes can be altered, and the profound ethical issues created by the possibility of genetic manipulation. Topics will include prize-winning discoveries of heredity, the structure of DNA, genetic fingerprints, test-tube babies, the use of bacteria to produce human hormones, and how CRISPR (a tool for editing DNA) can be used to change the characteristics of individual genes and alter our germline, potentially transforming our species. No college-based science background is necessary to enjoy this course.

**Michael Wang** (mbwhome@gmail.com) has a bachelor's degree in mathematics and a doctorate in physiology. He has taught at Skidmore College and in the physiology department of the Lewis Katz School of Medicine at Temple University where he was professor and associate chair for education. He retired from Temple University as Emeritus Professor in 2001.



## Monday Midday *continued*

### **The Psychology of Human-Animal Relationships**

Social Sciences

Five weeks: October 4, 11, 18, 25,  
November 1

Monday, 11:30 a.m.-1 p.m.

Location: Online

Enrollment: 15

Will getting a dog improve your health? Are humans “natural” meat-eaters? How strong is the link between animal cruelty and human-directed violence? Why are most animal protectionists women and most hunters men? Based on the new science of human-animal interactions, in this seminar we will explore the psychologically and morally complex relationships humans have with other species. **Required text:** *Some We Love, Some We Hate, Some We Eat: Why It's So Hard to Think Straight about Animals* by Hal Herzog, ISBN-13: 978-0061730856.

**Hal Herzog** (herzog@email.wcu.edu) is professor emeritus of psychology at Western Carolina University. His articles have appeared in publications including *Science*, the *Washington Post*, and *Time Magazine*. His book on the psychology of our relationships with animals has been translated into nine languages, and he writes a blog for *Psychology Today Magazine*.

### **Russia's Golden Age of Composers, From Glinka to Shostakovich**

Performing Arts

8 weeks: September 20, 27,  
October 4, 11, 18, 25, November 1, 8  
Monday, 11:30 a.m.-1:30 p.m.

Location: Reuter Center

Enrollment: 100

Let's study together and listen to the great musical works of Russia's Golden Age (1850-1910) including Glinka, Balakirev, Mussorgsky, Tchaikovsky, Rimsky-Korsakov, Rachmaninoff, Prokofiev and Shostakovich.

**Ari Landau** (arilandau629@hotmail.com) has been taking students of every age to museums throughout the world to share the wondrous joy and inspiration experienced in being part of the art process. Ari has taught courses on great art and music at College for Seniors since 2015.

### **Self-Compassion**

Life Transitions

6 Weeks: September 20, 27,  
October 4, 11, 18, 25  
Monday, 11:30 a.m.-1:30 p.m.

Location: Reuter Center

Enrollment: 30

Have you ever wondered how some people manage to navigate life challenges large and small and remain resilient and positive? Self-compassion is about learning how to treat yourself as you would others, which we rarely do. It is neither self-pity nor self-esteem but a powerful set of tools for enhancing emotional well-being. In techniques pioneered by Drs. Tara Brach and Kristin Neff, tested and refined in hundreds of research studies and real life, self-compassion provides a compelling set of resources for relationships, work, health, and life. Join us and learn how.

**Robin D. Stavisky** (rstavisky@yahoo.com) has spent her career in marketing in Silicon Valley where she worked with companies and taught and did *pro bono* work in Africa and the developing world. She is a Stanford MBA and instructor. Robin discovered self-compassion through meditation, classes, books, and its application in real life.

### **Stories of Dorothy Parker: From Page to Stage**

Languages, Literature and Writing

6 Weeks: September 20, 27,  
October 4, 11, 18, 25  
Monday, 11:30 a.m.-1:30 p.m.

Location: Reuter Center

Enrollment: 30

Through reading Dorothy Parker's portraits of women's lives in the early 20th century before feminism took hold, we will meet a blonde mistress to a series of men with money, a woman who earns money as a visiting nurse, a New York lady who parties every night with the social elite, and a black grandmother who is raising her blind grandson. We will also discuss real women of this time period: mothers, relatives or neighbors known to members of the class. The instructor, who has written and widely performed a one-woman show based on the life and stories of Dorothy Parker, will offer performances throughout the course. **Required text:** *Complete Stories of Dorothy Parker*, ed. Colleen Breese, ISBN-13: 978-0142437216

**RoseLynn Katz** (rosecarol@charter.net) previously taught film classes on Paul Newman and Meryl Streep and, more recently, a course on women pioneers. As a member of The Autumn Players, she has directed ten readers theatre productions, as well as writing and starring in two one-woman shows—one on Dorothy Parker, another on Golda Meir.

**Monday Midday** *continued***Zen Hike / Meditative Walk**

Health and Fitness

Last 4 weeks: October 18, 25,  
November 1, 8

Monday, noon-3 p.m.

Location: Hiking trails

Enrollment: 10

This course is for hikers seeking to deepen a connection to the natural world. Being outdoors increases well-being, promotes creativity, and releases stress and anxiety. We will practice the art of mindful walking by turning our attention to the breath and body sensations and being immersed in nature using all five senses. During the hike we will stop for reflective moments and meditative practices along with poetry and music.

**Prerequisites:** Participants should be able to walk 4-5 miles on uneven trails. Hikers should have good hiking shoes; poles are optional.

**Ana Boza** (anabozaa@yahoo.com) has been an educator for the last 30 years teaching youngsters and adults. She has been an active hiker for three years. She says her key to success is her ability to provide people with experiences that connect to the mind and the heart.

**Monday Afternoon****Carl Reiner: No Second Banana**

Performing Arts

6 weeks: September 20, 27,  
October 4, 11, 18, 25

Monday, 2-4:30 p.m.

Location: Reuter Center

Enrollment: 100

Carl Reiner (1922-2020) came to prominence in 1950, when he was hired to act alongside Sid Caesar in *Your Show of Shows*. He became a writer/performer, winning two Emmy Awards as a supporting actor. He co-created the Grammy-winning *Two Thousand Year Old Man* with Mel Brooks. He created, directed, wrote and acted in *The Dick Van Dyke Show*. He directed iconic films (*Where's Poppa?*, *Oh, God*, and *The Jerk*). Reiner won the prestigious Mark Twain Prize for American Humor in 2000. We will celebrate his achievements in the arts with movies, clips, and lectures.

**Randy Robins** (robnest09@yahoo.com) is a transplanted New Yorker who has taught eleven film and video courses on comedy and comedians at College for Seniors. He began performing stand-up comedy 21 years ago, and has acted in regional theater since 2017, most recently as Lurch in *The Addams Family Musical*.

**Crime Fiction, Books and Movies: Pls**

Languages, Literature and Writing

6 Weeks: September 20, 27,  
October 4, 11, 18, 25

Monday, 2-4:30 p.m.

Location: Reuter Center

Enrollment: 40

We will focus on books and movies (including feature-length TV shows) featuring private investigators from the very early days (Sherlock Holmes) to current times. The material includes an eclectic group of men and women Pls, hard-boiled and soft-boiled, from the U.S., Great Britain, and Botswana. **Recommended texts:** *The Adventures of Sherlock Holmes* - story: "A Scandal in Bohemia" by Arthur Conan Doyle, available online at <https://www.gutenberg.org/files/1661/1661-h/1661-h.htm#chap01>; *The Thin Man* (Nick Charles) by Dashiell Hammett, ISBN-13: 978-0679722632; *Golden Spiders* (Nero Wolfe) by Rex Stout, ISBN-13: 978-0553277807; #1 *Ladies Detective Agency* (Precious Ramatswe) by Alexander McCall Smith, ISBN-13: 978-1400034772; *Cocaine Blues* (Phryne Fisher) by Kerry Greenwood, ISBN-13: 978-1590583852; *Gone, Baby, Gone* (Kenzie and Gennaro) by Dennis Lehane, ISBN-13: 978-0061336218

**Elizabeth Pou** (elizpou@gmail.com) is a retired lawyer/HR executive/consultant/Peace Corps volunteer with a lifelong interest in crime fiction. During a work hiatus, she worked as an intern at the Mysterious Book Shop, the oldest still standing mystery book store in New York (and the country).

## Monday Afternoon *continued*

### Happy Feet

Health and Fitness

6 weeks: September 20, 27,

October 4, 11, 18, 25

Monday, 2-4 p.m.

Location: Reuter Center

Enrollment: 10

In this course, based on the Feldenkrais Method, we will learn to mobilize the joints and soft tissue of the feet to improve flexibility, circulation, sensation, and, ultimately, balance. We will begin each class with a Feldenkrais floor lesson to improve awareness and flexibility throughout the body and end every session with a standing lesson to promote balance skills. We will also discuss foot care, shoe fit, reflexology, and direct foot care. Participants are reminded to treat their feet as if they were grandchildren!

**Please note:** Participants must be able to reach their own feet to effectively learn mobilization skills. It is recommended that participants are able to get down to the floor independently, especially to participate in the Feldenkrais Awareness Through Movement floor lesson. Participants must bring their own mat to the class. **Note:** Because the instructor is working in close proximity with each participant, proof of COVID vaccination will be requested.

As a professional health-care provider certified in physical therapy, cranio-sacral therapy, and the Feldenkrais Method, **Jacquie Wollins** (Jwollins5@gmail.com) has been facilitating independent behaviors throughout her lifetime. She also finds that teaching meditation is rewarding because it gives the participants keys to reach for their optimum potential. Jacquie has been teaching classes at College for Seniors since 2011.

---

### Intermediate Spanish 4

Languages, Literature and Writing

8 weeks: September 20, 27,

October 4, 11, 18, 25, November 1, 8

Monday, 2-4 p.m.

Location: Online

Enrollment: 15

Following *Intermediate Spanish 3*, this course is designed for those who have previously had a solid introduction to Spanish. Classes will be highly interactive and will have an average of four hours of homework weekly to reinforce learning between classes.

**Prerequisites:** Participants should have a good working knowledge of definite and indefinite articles, numbers, gender of nouns and adjectives, direct and indirect objects, the present, preterit, imperfect, future, conditional and subjunctive tenses, formal and informal commands, and the verbs *gustar*, *ser* and *estar*. If you have questions about your readiness for this level or have not completed the prior series, please contact the instructor before registering. **Required text:** *Spanish Now! Level 2* by Christopher Kendris (3rd edition, published in 2009), ISBN-13: 978-0764141102.

As an ordained Unitarian Universalist Community minister, **Jeff Jones** (jeffjonesuu@aol.com) has also been a lover of all things Spanish since he was eight years old. He has taken two sabbaticals in Mexico (2007 and 2015) and in 2010, he earned a Bachelor of Arts in Spanish from the University of Mary Washington in Fredericksburg, VA.

---

### Layered Acrylic Abstracts

Visual Arts

8 weeks: September 20, 27,

October 4, 11, 18, 25, November 1, 8

Monday, 2-4 p.m.

Location: Reuter Center

Enrollment: 15

Inspired by abstract expressionist art, we will experiment with a variety of acrylic techniques. We will use several different materials to layer the paint in order to achieve a variety of different effects. This course is open to all levels of experience or skill. Come have fun discovering how to layer. **Required materials:** Acrylic paints, brushes, canvases or boards, apron or smock, water spray bottle, molding paste, matte gel, palette knife, and a big smile.

**Walt A-Akert** (aakert@charter.net) is a lifelong teacher/artist who taught for 35 years in Wisconsin. He has taught at College for Seniors since 2013 and holds a master's degree in education. **Sharon Sandel** (sharsand46@gmail.com) is a Florida native who has been painting since 1978. She has a Bachelor of Art in education and has been teaching at College for Seniors since 2013.

## Monday Afternoon *continued*

### Write That Story! Elements of Short Fiction

Languages, Literature and Writing  
8 weeks: September 20, 27,  
October 4, 11, 18, 25, November 1, 8  
Monday, 2-4 p.m.  
Location: Reuter Center  
Enrollment: 10

A compelling short story contains memorable characters, engaging dialogue, thought-provoking narrative, conflict, tension, atmosphere...and much more. This course is designed for beginning to intermediate fiction writers, published or not, who are actively writing fiction, would like to sharpen their writing skills, and are ready to share drafts of their writing with peers in a workshop setting. Come prepared to write, share your work, and give thoughtful feedback about the work of others. We'll discuss the elements and craft of fiction, then put fingers to keyboards and respond to writing prompts and exercises to create at least one finished story during the course. Writers with little-to-no workshop experience are welcome.

**Sarah Blanchard** ([sarah.blanchard47@gmail.com](mailto:sarah.blanchard47@gmail.com)) earned a bachelor's degree in English from the University of Connecticut and a Master of Business Administration in marketing and communications from Nichols College in Massachusetts. After two decades working in corporate marketing and web development, she taught English, business, and communications at the University of Hawaii in Hilo. She is a former president of the Wolf Den Writers Club in northeastern Connecticut and a current member of the Women's National Book Association (Charlotte), the Asheville Writers Workshop, and the NC Writers Network. Her short stories and poems have been published in several journals, online, in print, and by podcast. She now lives and writes in Weaverville. Find out more at Sarah's website: [sarahpblanchard.com](http://sarahpblanchard.com)

## Tuesday Morning

### Artful Memories from the Comics Page

Visual Arts  
8 weeks: September 21, 28,  
October 5, 12, 19, 26, November 2, 9  
Tuesday, 9-11 a.m.  
Location: Reuter Center  
Enrollment: 16

Meet the artists and stories behind the comic strips that made us smile and made us smarter. The instructor will present a brief history of the comics page and its impact on our culture (seriously). A selection of the greatest comic strips and their creators will be featured as well as other favorites. We will also discuss the art form of the comic strip.

**Bill LaRocque** ([boomrbill@gmail.com](mailto:boomrbill@gmail.com)) is a lifelong cartoonist, caricaturist, and illustrator. His work has appeared in the *Washington Post*, *Arlington Journal*, *Asheville Citizen-Times*, and *Mountain Xpress*. He has illustrated poetry and children's books. A member of the National Cartoonist Society and International Caricature Artist Society, Bill has taught art courses for 19 years.

### Ecology of Southern Appalachia

Math, Science and Technology  
5 weeks: September 21, 28,  
October 5, 12, 19  
Tuesday, 9-11 a.m.  
Location: Reuter Center  
Enrollment: 75

We will explore the unique ecology of the southern Appalachian Mountains, one of the oldest and most bio-diverse ranges in the world. Each week, a different lecturer will present on his or her area of expertise, providing participants with an understanding of the geology, hydrology, plant and wildlife biology, and human ecology of our region.

**Susan Bean** ([susan@mountaintrue.org](mailto:susan@mountaintrue.org)) organizes this course, delivered by members of the staff of **MountainTrue**, an organization that serves 23 counties of Western North Carolina. MountainTrue focuses on sensible land use, restoring public forests, protecting water quality and promoting clean energy - all of which have a high impact on the environmental health and sustainability of our region.



## Tuesday Morning *continued*

### Learn to Lawn Bowl, Section 1

Health and Fitness

6 weeks: September 21, 28,

October 5, 12, 19, 26

Tuesday, 10 a.m.-noon

Location: Carrier Park

Enrollment: 8

Learn to lawn bowl at the new (2019) World Class Asheville Carrier Park Lawn Bowling Green. The Asheville Lawn Bowling Club (ALBC) will provide the equipment and instruction to teach you the game of lawn bowling. Come and enjoy the fun while learning a game that provides movement and flexibility. Participants must have the ability to stand and move around for two hours.

**Terry Reincke** (terryreincke@gmail.com) came to Asheville in 2011, after retiring from industry. He has been active with the OLLI Finance and Facilities committees. Terry's interest in lawn bowling has become a developing passion over the past five years, after he was introduced to the sport by taking a College for Seniors class. Additionally, he leads a very active lifestyle, spending many hours working on his land, developing a permaculture ecosystem. Terry and his spouse Sarah live in the Chunn's Cove area of Asheville. **Stan Glickman** (stanthe1949man@yahoo.com) moved to Asheville in 2006 from Miami after a 30-year career as a letter carrier. He learned to lawn bowl at College for Seniors the following year and began to teach the subject two years later. He has played in state and local tournaments and serves on the board of the Asheville Lawn Bowling Club.

### Politics and Government: Is This What Our Founders Had in Mind?

Social Sciences

8 weeks: September 21, 28,

October 5, 12, 19, 26, November 2, 9

Tuesday, 9-11 a.m.

Location: Reuter Center

Enrollment: 30

This course is designed for those with little or no knowledge of government and politics who wish to understand and/or get involved in the political process. The instructor will provide a basic understanding of our government and the political forces that define it. This will include government operations, separation of powers, voting rights, the influence of political parties, the media, and money. In addition, we will be constantly referring back to the Constitution and its interpretation over the last 200 years.

**Joel Mazelis** (jmazelis@verizon.net) spent 18 years with the government and 15 years working on legislative issues as a lobbyist and in a Congressional office. He has worked on several political campaigns and did political and public policy consulting for a major health provider while teaching political science at a local community college. Joel also has been appointed to serve on Buncombe County's Land Conservation Advisory Committee and the Board of Adjustments.

### Profiles of Leadership in Command: The Gettysburg Campaign

History

Last 4 weeks: October 19, 26,

November 2, 9

Tuesday, 9-11 a.m.

Location: Reuter Center

Enrollment: 40

The three-day battle of Gettysburg and its preceding campaign provides a wealth of leadership insight that remains relevant in contemporary America. Through readings and discussion, we will examine the historical context and prevailing politics of the era and the leadership attributes of the commanders on both sides of this conflict. With a focus on the application of various leadership profiles of the senior commanding officers in both Union and Confederate armies, we will examine the decisions they made or failed to make under extreme duress and their ensuing outcomes. **Recommended text:** *The Killer Angels* by Michael Shaara, ISBN-13: 978-0345348104

**Thomas Gianni** (tjhighway@comcast.net) is a retired state highway safety office director with a long previous career in law enforcement leadership. He has been actively studying the Gettysburg campaign for more than 25 years. He attended the Licensed Battlefield Guide Preparatory Course at Gettysburg and has read countless books and attended scores of battlefield forums, seminars, and round table discussions. Utilizing his thorough historical knowledge of the events, coupled with his vast experience in both management and leadership roles himself, the instructor developed a training course analyzing the interwoven historical and leadership aspects of this campaign.

**Tuesday Morning** *continued***Take a Hike: Level 1**

Health and Fitness

First 4 weeks: September 21, 28,  
October 5, 12

Tuesday, 10:45 a.m.-2 p.m.

Location: Trails within 45 minutes  
of the Reuter Center

Enrollment: 15

Explore and enjoy our glorious mountains! In this hiking course for beginners, we will start with an easy trek over three miles and gradually increase distance and elevation throughout the four weeks. Hikes will commence within 45 minutes from the Reuter Center. Possible hikes include Swannanoa River Trail, Laurel River Trail, Catawba Falls, Asheville Camino, Richmond Hill Park, North Carolina Arboretum, and Bent Creek.

**Prerequisite:** Participants must be able to walk three miles on uneven terrain.

**Required equipment:** Good walking shoes and appropriate clothing are required. Hiking poles are strongly suggested. Please contact the instructors if you have any questions.

**Marcia Markowitz** (marciaj.markowitz@gmail.com) became a personal trainer to keep herself agile and strong and leads CFS hiking courses. **Rebecca Banner** (beccabanner@gmail.com) is a retired educator who loves hiking and celebrating the beauty of trails in our mountains and around the world.

**Take a Hike: Level 2**Last 4 weeks: October 19, 26,  
November 2, 9

Tuesday, 10 a.m.-2 p.m.

Location: Trails within 45 minutes  
of the Reuter Center

Enrollment: 15

Join us on an intermediate hiking experience throughout Western North Carolina. The hikes will take place each week at various locations. Possible hikes include Devil's Courthouse, Pink Beds, Shopes Creek, Rocky Fork, Bent Creek, and Asheville Camino. Hikes will vary in distance from 5-7 miles with a maximum elevation change of 1200 feet.

**Prerequisite:** Students who register should already be able to hike on uneven terrain for at least four miles.

**Rebecca Banner** (beccabanner@gmail.com) worked in education for 27 years prior to retiring in 2007. Rebecca is a member of the Carolina Mountain Club and several other hiking groups. **Marcia Markowitz** (marciaj.markowitz@gmail.com) became a personal trainer to keep herself agile and strong and leads College for Seniors hiking courses.

**Talk is Cheap: Communication Challenges in Long-Term Relationships**

Personal Development

First 4 weeks: September 21, 28,  
October 5, 12

Tuesday, 9-11 a.m.

Location: Reuter Center

Enrollment: 30

Through lecture, discussion and activities, we will examine ways to be better communicators in close relationships. We will address concepts including interpersonal needs, reciprocity in relationships, self-disclosure, trust, empathy, boundary-setting, supportiveness, clarity when speaking, conversational skills, effects of technology on conversation, listening skills, power, conflict, manipulation, and behavioral flexibility.

**Cindy Berryman-Fink** (berrymanfink@gmail.com) has taught a course on *Women in History You Want to Know More About* and a seminar-format course on *Media Turning Points in U. S. History*. She was a communication and women's studies faculty member at the University of Cincinnati for 31 years.

**You Can Learn to Play Bridge!**

Personal Development

8 weeks: September 21, 28,  
October 5, 12, 19, 26, November 2, 9  
Tuesday, 9-11 a.m.

Location: Reuter Center

Enrollment: 12

Bridge is the most popular card game in the world. Playing bridge requires a planning strategy so it helps to keep you mentally sharp and makes you think. Because the game is played with four people it is also a social game. Come and learn to play this game! As a bonus, you will also have fun. **Required text:** *Bidding in the 21st Century* by Audrey Grant and Betty Starzec, ISBN-13: 978-0939460939. Provided free by the American Contract Bridge League.

**Peter Schoen** (zydeco956@aol.com) relocated to Black Mountain from Florida in 2013. In his professional career he was a nursing home administrator, owner of a homemaker/companion agency and adjunct faculty at Nova Southeastern University, Florida International University, Miami Dade College, and St. Thomas University. Peter has a Bachelor of Science in business administration from Northeastern University and a Master of Science in health services administration from Florida International University. Peter is a member of the American Contract Bridge League, a Certified Bridge Director, and a Best Practices Teacher with the American Bridge Teachers' Association.

## Tuesday Midday

### American Mosaic: Contemporary Women Writers

Languages, Literature and Writing

8 weeks: September 21, 28,

October 5, 12, 19, 26, November 2, 9

Tuesday, 11:30 a.m.-1:30 p.m.

Location: Reuter Center

Enrollment: 20

We will reflect on the rich variety of voices among our contemporary women writers and consider the themes they explore and the techniques they employ to represent the American experience. We will focus on issues of voice and silence, inclusion and exclusion, and tensions between tradition and change. **Required texts** : *A Mercy* by Toni Morrison, ISBN-13: 978-0307276766; *Bone* by Fae Myenne Ng, ISBN-13: 978-0060975920; links will be provided to short stories by Sandra Cisneros, Maxine Hong Kingston, and Jhumpa Lahiri and poems by Joy Harjo and Mary Oliver.

**Paula Osborn** (psobyline@aol.com) holds degrees in English from Swarthmore College and the University of Virginia. She retired from teaching English at The Madeira School where she also served as a department chair and as executive editor of *Strong in Her Girls: The Madeira School Centennial History, 1906-2006*.

### Beginning Mah Jongg

Personal Development

8 weeks, 16 sessions:

September 21, 22, 28, 29,

October 5, 6, 12, 13, 19, 20, 26, 27,

November 2, 3, 9, 10

Tuesday and Wednesday,

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

Location: Reuter Center

Enrollment: 16

Mah jongg is a classic game of skill and chance that has become part of mainstream America. This is the perfect place to learn the set-up of the game. We will emphasize learning to choose a hand and the confidence to carry out the execution of the hand. Come learn the rules, etiquette, and rituals of a game that has been around for thousands of years. **Required text**: *Mah Jongg Wright Patterson Rules* can be purchased from the instructor for \$10.

**Rosemary Walton** (rh68@bellsouth.net) has been playing mah jongg for 50 years and has taught the Wright Patterson rules for 25 years. **Kenn Haring** (kennharing@charter.net) has played mah jongg for 10 years and been an instructor for seven years.

### Enhancing Your Travel with Technology

Math, Science and Technology

First 4 weeks: September 21, 28, October 5, 12

Tuesday, 11:30 a.m.-1:30 p.m.

Location: Online

Enrollment: 40

There are many resources (websites, apps, and other technologies) to help plan a trip, whether you are planning an itinerary, selecting a destination, shopping for competitive airfare, reading reviews, or finding lodging. We'll discuss tools for keeping all of your travel plans at your fingertips so that you can make your next trip the best one ever. As a bonus, we will cover how COVID-19 may affect your next trip. The only prerequisite is a love of travel!

**Julia Loughran** (loughran@thoughtlink.com) holds a Master of Science in artificial intelligence and has been teaching older adults since 1997. Julia and her husband Wiley love to travel and have used all of the tips, tools, and technologies that will be shared in this course.

### Japanese History 1914-1937: Prelude to War

History

6 weeks: September 21, 28, October 5, 12, 19, 26

Tuesday, 11:30 a.m.-1:30 p.m.

Location: Reuter Center

Enrollment: 100

We will review the political, economic, and military evolution of Japan from 1914-1937 and the advent of the 2nd Sino-Japanese War. We will explore the Siege of Tsing Tao, Versailles Treaty, March 1st Movement for Korean Independence, Rice Riots of 1918, Washington Naval Conference, The Mukden Incident, Conquest of Manchuria, Anti-Comintern Pact with Germany, The Sian Incident and the "Chinese Incident" among others.

**Brad Fuller** (brad2rei@gmail.com) has a bachelor's degree in history and politics with a concentration in Asian history and politics. He holds masters degrees in public administration and clinical psychology. Brad has 40 years of experience as an administrator in the non-profit healthcare and human services fields and 24 years teaching undergraduate and postgraduate courses in health care policy and health care administration at St. Joseph's University in Philadelphia, from 1990 to 2014.

## Tuesday Midday *continued*

### Táin Bó Cúailnge: The Irish Epic

Languages, Literature and Writing

Last 4 weeks: October 19, 26,

November 2, 9

Tuesday, 11:30 a.m.-1:30 p.m.

Location: Reuter Center

Enrollment: 35

*The Táin* is Ireland's oldest and most famous epic. To help participants appreciate its beauty and complexity, the instructor will present relevant background information about Celtic mythology and history, which can make this classic work more approachable. **Required text:** *The Táin*, translated by Ciaran Carson, ISBN-13: 978-0670018680.

**Dick Sweterlitsch** (rsweterl@gmail.com) received his doctorate in folklore from the Folklore Institute at Indiana University. He taught folklore, including courses on Irish folklore, for 29 years at the University of Vermont. His research interests include the relationship between folklore and history, Irish folklore, and American folklore. Dick has served as editor of the *Oral History Review*.

## Tuesday Afternoon

### Climate Change: Good Reasons to Hope

Math, Science and Technology

8 weeks: September 21, 28,

October 5, 12, 19, 26, November 2, 9

Tuesday, 2-4 p.m.

Location: Reuter Center

Enrollment: 100

The climate change story is starting to shift from a dark future of doom and tipping points to an energy efficient light at the end of the tunnel. After ensuring participants understand the current state of the climate challenge, we will shift our focus to the startlingly wide range of solutions being implemented and in the offing. Learn about which solutions have the greatest potential to turn the doom into a boon; hope can be found in the right choices.

**Roger Helm** (rhelmoileffects@gmail.com) worked for nearly 25 years at the U.S. Fish and Wildlife Service determining the impact of oil and other contaminants on wildlife and pursuing restoration claims against polluters. In 2010 he led the Department of the Interior's damage assessment team following the massive Deep Water Horizon oil spill in the Gulf of Mexico. Roger has a doctorate in biological ecology from the University of California at Davis and has written science articles on natural resource damage assessment and global climate change.

**David Janson** (jansondh@gmail.com) has been teaching advanced level courses in information technology and transformation program governance for over 30 years, including as adjunct instructor at New York University. Climate change impacts have led him to research potential solutions and participate in organizations working to transform and modernize our energy systems.

### Navigating Windows 10

Math, Science and Technology

8 weeks: September 21, 28,

October 5, 12, 19, 26, November 2, 9

Tuesday, 2-4 p.m.

Location: Reuter Center

Enrollment: 30

Windows 10 continues to evolve with its premise of upgrading its navigation and applications every six months. An overview of Windows 10 (and Windows 11 if widely installed) on both touchscreen and mouse-driven computers and tablets will be provided. We will explore features and techniques based on student questions. Instruction in this course is not hands-on, but feel free to bring your Windows device to class to follow along. **Prerequisite:** Participants should have familiarity using Windows.

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

### Performing Original Stand Up Comedy

Performing Arts

8 weeks: September 21, 28,

October 5, 12, 19, 26, November 2, 9

Tuesday, 2-4 p.m.

Live show: Sunday, November 7, 3 p.m.

Location: Reuter Center

Enrollment: 12

If you think you're funny, in this class we will help you craft a five to seven-minute stand up comedy performance to deliver before a live audience. Using prompts, we will uncover the subjects you find humorous and develop the point of view that enables you to communicate them on stage. **Note:** Participants will pay \$20 to the instructor for a videographer to video-record the live show.

In addition to the many film classes he has taught at OLLI, **Randy Robins** (robnest09@yahoo.com) has instructed seven previous stand up comedy classes, all having culminated with a live performance to a large and gratified audience.



## Tuesday Afternoon *continued*

### Religious Architecture and Landscape of America

Religion and Philosophy

Visual Arts

8 weeks: September 21, 28,

October 5, 12, 19, 26, November 2, 9

Tuesday, 2-4 p.m.

Location: Reuter Center

Enrollment: 40

We will survey the built environment of religion in North America from that of indigenous peoples to the present day. We will look at the development of architectural styles among different denominations, regions, and time periods. Examples from Asheville and vicinity will be included. **Recommended text:** *Houses of God* by Peter W. Williams, ISBN-13: 978-0252069178

**Peter W. Williams** (williapw@miamioh.edu) holds a doctorate in religious studies from Yale University and is University Distinguished Professor Emeritus of Comparative Religion and American Studies at Miami University in Oxford, Ohio, where he both took and offered courses in a program similar to College for Seniors. Peter has published a number of books in the field of religion in North America, including the survey text, *America's Religions: From Their Origins to the 21st Century* (4th edition).

## Wednesday Morning

### Geology of National Parks 2

Math, Science and Technology

7 weeks: September 22, 29,

October 6, 13, 20, 27, November 3

Wednesday, 9-11 a.m.

Location: Online

Enrollment: 65

We will focus on the natural beauty of National Parks of the American West and examine the geologic factors behind their scenery, landforms, and geologic evolution. We will begin with a short review of the geologic evolution of western North America, and then tour National Parks that may include Mt. Rainier, Crater Lake, Yosemite, Bryce, Canyonlands, Death Valley, Petrified Forest, Badlands, Glacier, and Rocky Mountain. Prior science background is not required, nor is attendance in *Geology of National Parks 1*.

**Rich Wiener** (richwiener@gmail.com) has a doctorate in geology with 30 years of technical geoscience experience at ExxonMobil. He has taught geology courses at College for Seniors since 2012, and previously taught at State University of New York Oneonta.

### George Eliot's *Middlemarch*

Languages, Literature and Writing

8 weeks: September 22, 29,

October 6, 13, 20, 27, November 3, 10

Wednesday, 9-11 a.m.

Location: Online

Enrollment: 100

Virginia Woolf once wrote that George Eliot's *Middlemarch* is "one of the few English novels written for grown-up people." It is indeed a novel that people read differently at different stages of their lives, and George Eliot delves into complex, grown-up subjects. The novel is set in a fictional town in the English Midlands in the 1830s, but it offers insights that seem surprisingly modern and relevant into marriage, ambition, the "narrowness" of small town life, and the challenges of reform and of meeting social expectations. Join your fellow grown-ups to enjoy this rich and rewarding novel together. **Required text:** *Middlemarch* by George Eliot, Norton Critical Edition, ISBN-13: 978-0393974522. Participants may use any edition, but we will be quoting from this edition.

**Catherine Frank** (cfrank343@gmail.com) holds three degrees in English from UNC Chapel Hill and is the director for OLLI at UNC Asheville.

### The History of Lighthouses

History

8 weeks: September 22, 29,

October 6, 13, 20, 27, November 3, 10

Wednesday, 9-11 a.m.

Location: Reuter Center

Enrollment: 40

We will explore the history of lighthouses from ancient times to the present. We will examine the architecture, technical aspects, the human story, lightships, sound (fog) signals, and the administration of lighthouses in America. Learn all about the golden age of lighthouses through PowerPoint visuals, some music, artifacts, and tales.

**Wayne Wheeler** (waynew1789@gmail.com) is a retired Coast Guard officer, founder and president of the U.S. Lighthouse Society (<https://uslhs.org>), and a national expert on lighthouses.

## Wednesday Morning *continued*

### Poetry and Earth

Languages, Literature and Writing  
8 weeks: September 22, 29, October 6,  
13, 20, 27, November 3, 10  
Wednesday, 9-11 a.m.  
Location: Reuter Center  
Enrollment: 12

What has been called “Nature Poetry” is as old as poetry itself. Nature is common poetic “subject matter and inspiration” (Wendell Berry) and yet “nature will not fulfill our conceptions or assumptions and will dodge our expectations” (Gary Snyder). We will explore this tension through the reading of poets’ expression of the relationship of humans and nature. Poets of diverse gender and racial identity will be included. Participants will write poems in response which will then be “workshopped” by the class. All levels of poetic experience are welcome.

**Bill Petz** (billpetz@bellsouth.net) has master’s degrees in divinity and education and has been writing poetry for 20 years. He has utilized poetry as a pathway to understanding in men’s groups, health support groups, and criminal justice intervention groups. Bill has considerable experience in teaching, training, and small group facilitation.

## Wednesday Midday

### Beginning Mah Jongg

Personal Development  
8 weeks, 16 sessions:  
September 21, 22, 28, 29,  
October 5, 6, 12, 13, 19, 20, 26, 27,  
November 2, 3, 9, 10  
Tuesday and Wednesday,  
11:30-a.m.-1:30 p.m.  
Location: Reuter Center  
Enrollment: 16

This course meets Tuesday and Wednesday. See p. 24 for full description.

### Poetry, Form and Substance, 2

Languages, Literature and Writing  
8 weeks: September 22, 29,  
October 6, 13, 20, 27, November 3, 10  
Wednesday, 11:30 a.m.-1:30 p.m.  
Location: Reuter Center  
Enrollment: 12

Poets love to play with words and bring classic forms into the contemporary world. To be able to do such updating, we first need to know how and what is required to write in the traditional form. We will examine several different classic forms of poetry and try our hand at writing in each form. These forms are different from those covered in *Poetry, Form and Substance* offered in Spring 2021. **Prerequisite:** Participants should have some experience writing poetry but need not have taken the earlier *Poetry, Form and Substance*. This class will require additional work outside of class and a willingness to participate in a discussion of your and other people’s work.

**Victoria Bender** (vbender1250@yahoo.com) is using her retirement to become the person she always was inside: a poet. She has had several poems published in various magazines, and her poems appear in *Barricaded Bards*, *Poems From the Pandemic*. She has been involved in OLLI poetry classes and Shared Interest Groups (SIGs) and has been an instructor in various poetry forms.

### Search for the Historical James

Religion and Philosophy  
6 weeks: September 22, 29,  
October 6, 13, 20, 27  
Wednesday, 11:30 a.m.-1:30 p.m.  
Location: Reuter Center  
Enrollment: 30

James, the brother of Jesus, has been marginalized, ignored, misrepresented, and minimized. We will attempt to restore a well-deserved reputation and give credit to him for his contributions to the Jesus movement. **Recommended texts:** Any edition of the New Revised Standard Version of the New Testament, and *James: A Would Be Follower* by Harold Littleton, ISBN-13: 979-8552244454

A native of South Carolina, **Harold Littleton** (hallittleton@gmail.com) was educated at Clemson University where he received a Bachelor of Science, Southeastern Theological Seminary where he received a Bachelor of Divinity, and Vanderbilt University where he received a Master of Arts and a doctorate. Harold and Stella Littleton have two daughters and four grandchildren. He has taught at Meredith College, Western Carolina University, and UNC Asheville. Harold has authored books on Jesus and Paul.

## Wednesday Midday *continued*

### **The Sound and the Fury: William Faulkner's Masterpiece**

Languages, Literature and Writing  
8 weeks: September 22, 29,  
October 6, 13, 20, 27, November 3, 10  
Wednesday, 11:30 a.m.-1:30 p.m.  
Location: Reuter Center  
Enrollment: 40

*The Sound and the Fury* by William Faulkner is one of the greatest novels of American literature. Let's journey deep into Faulkner's fictional Mississippi county and follow the tragic decline of the Compsons, a Puritanical Southern family. At its center stands Caddy Compson, a young woman struggling to survive on her own terms. Surrounding her are her three brothers: the man child Benji, the haunted Quentin, and the cruel Jason. Each is allowed to tell Caddy's story, while she is ironically silenced. **Required text:** *The Sound and the Fury: The Corrected Text* by William Faulkner, First Vintage International edition, ISBN-13: 978-0679732241. **Recommended text:** *The Saddest Words: William Faulkner's Civil War* by Michael Gorra ISBN-13: 978-1631491702

After earning her doctorate in English literature, **Ronna Bloom** (ronnalbloom@gmail.com) taught in Denver for many years. Returning to her Southern roots, she now makes her home in Asheville. Ronna's love of literature has never wavered.

### **Storytelling: Telling Your Personal Stories, A Zoom Class**

Performing Arts  
First 4 weeks: September 22, 29,  
October 6, 13  
Wednesday, 11:30 a.m.-1:30 p.m.  
Location: Online  
Enrollment: 12

Learn how to develop a personal story into a stage-worthy personal narrative. You'll craft the story and develop it within a workshop, complete with peer and instructor feedback. The class ends with you sharing your story to the class, and maybe at an OLLI showcase.

In 2013 at age 63, **Chuck Fink** (charlesfink1@gmail.com) dove into the art of storytelling by taking an OLLI class. He couldn't keep a lid on it from there. He has appeared in numerous shows throughout the Asheville area and Jonesborough TN, telling personal stories filled with angst, drama, and a healthy dose of humor. Chuck hosts the radio show "Storyville" on WPVM FM 103.7, and online at WPVMFM.org. Prior to retiring from a career as a trainer and organizational consultant, Chuck wove stories into his classes and consulting, and to any willing listener.

### **Television, The Golden Age, Part 1**

History  
First 4 weeks: September 22, 29,  
October 6, 13  
Wednesday, 11:30 a.m.-1:30 p.m.  
Location: Reuter Center  
Enrollment: 100

"Return with us now to those thrilling days of yesteryear...". This course is loaded with video memories—kids' shows, family shows, comedy, drama, game shows, westerns, variety shows, and soap operas. We'll look behind the scenes at many memorable stars and programs—Lucy, Roy Rogers, Burns and Allen, Dave Garroway, Bob and Ray, Edward R. Murrow, Kukla, Fran and Ollie, Jack Webb, Captain Kangaroo, Rod Serling, Amos and Andy, and Groucho, to name a few. There are no prerequisites or required reading.

**Ron and Ellen Schon** (schonad@gmail.com) survived 30 years in the advertising industry in Los Angeles and Tampa. They also successfully managed an animation studio in Florida. They have taught a number of popular history courses at College for Seniors, including *Stories of WNC's Past*, Parts 1-5, *History of Advertising*, Part 1, *Mysteries of History*, Parts 1-3, and *Great Tales from Southern Storytellers*, Parts 1-2. Their approach to teaching is "edu-tainment," educational entertainment.

### **These Spies Wore Silk**

History  
Last 4 weeks: October 20, 27,  
November 3, 10  
Wednesday, 11:30 a.m.-1:30 p.m.  
Location: Reuter Center  
Enrollment: 100

All over the world and throughout history people were spying for their country, their businesses or their families. During this course we will examine the world of espionage from the feminine side of the game. We will cover the talents needed to be a successful spy, and why women were drawn to the spy game. We will meet some notable ones and some who are more obscure from ancient history to the present, with an emphasis on WWII spies.

**Paula Withrow** (pvwithrow@aol.com) has a long history of learning history. She obtained her Master of Arts from Colorado State University and has taught in Alabama, various venues in Asheville, and at the College for Seniors since 2009. Her interest in espionage has been expanded by the volume of new research, publications and revelations regarding the contributions made by women.

## Wednesday Midday *continued*

### United Nations Work for a Healthy Planet

Math, Science and Technology  
8 weeks: September 22, 29,  
October 6, 13, 20, 27, November 3, 10  
Wednesday, 11:30 a.m.-1:30 p.m.  
Location: Online  
Enrollment: 100

What does the United Nations do to keep our planet in good health? How does it care for the land, the sea, and the sky? Planetary health obviously requires international cooperation! We will address the Paris Accord and the work of the United Nations to care for the oceans, promote renewable energy, preserve the sky and space, and to promote international security.

**Dot Sulock** (dsulock@unca.edu) taught for 40 years at the University of North Carolina Asheville in the mathematics department, humanities program, international studies, and the Master of Liberal Arts and Sciences program. She has taught a variety of classes at College for Seniors related to achieving a sustainable planet, including four classes on renewable energy around the world.

### Walking Asheville's Historic Architecture

Visual Arts  
First 4 weeks: September 22, 29,  
October 6, 13  
Wednesday, 11:30 a.m.-1:30 p.m.  
Location: Downtown Asheville  
Enrollment: 13

We'll walk the streets of downtown Asheville, discussing the people who built Asheville from the 1700s to the 1990s. We will pay special attention to the architectural elements from the 1890s to 1929. Participants may want to purchase Richard Hansley's book, *Asheville's Historic Architecture*, available at Malaprop's. **Please note:** During the course we will be walking for two hours, frequently on uneven pavements. Downtown requires fast-paced strenuous walking uphill, and the participant will want to be able to keep up with the group. Hearing may be difficult in the downtown environment. Participants must be able to use email for notifications about last-minute changes due to weather. We will meet in downtown locations, not at the Reuter Center on the UNC Asheville campus. Parking downtown can be a challenge and usually requires paying a fee.

**Linda Orowitz** (AshevilleDeals@gmail.com) has taken several architecture courses. She taught a Road Scholar program on Asheville's architects and has taken groups from outside the U.S. on tours. She is a member of the Preservation Society of Asheville and Buncombe County and the WNC Historical Association.

## Wednesday Afternoon

### American Women Photographers 1900-1930

Visual Arts  
8 weeks: September 22, 29,  
October 6, 13, 20, 27, November 3, 10  
Wednesday, 2-4 p.m.  
Location: Reuter Center  
Enrollment: 15

In this second introduction to early photographers, we will focus on women who created work during the years 1900-1930. Each week participants will discuss one or more images by the featured women photographers. Following the discussion, the instructor will offer a brief biographical sketch with presentation of additional images created by the photographer. The twenty-plus photographers include Chansonetta Stanley Emmons, Evelyn Cameron, Anne Brigman, Bayard Wootten, Doris Ulmann, Imogen Cunningham, and Laura Gilpin. This course is the second in a series about American women photographers. Participants do not need to have taken the first course in the series.

**Angelyn Whitmeyer** (angelynwhitmeyer@identifythatplant.com) loves to create. She is skilled with handmade books, paper crafts, photography, sewing, knitting, drawing, and woodworking. While she taught OLLI classes on pop-up book techniques, Angelyn created handmade and pop-up books, which helped children learn to read. She has been researching the work of early photographers, including those in western North Carolina, African American, and women photographers.



## Wednesday Afternoon *continued*

### Exploring the Universe

Math, Science and Technology

8 weeks: September 22, 29,  
October 6, 13, 20, 27, November 3, 10  
Wednesday, 2-4 p.m.

Location: Reuter Center

Enrollment: 100

In *Exploring the Universe* we will discuss the use of technology to learn about the solar system, the Milky Way, and the cosmos. The course will be divided into two four-week sections: In the first half of the course we will learn about telescopes, from Galileo's first one to the James Webb infrared space telescope not yet in service. In the last four weeks, we will study the history of unmanned space probes, from the early lunar missions through Mariner and Voyager and up through the recent Mars landers.

**Mark Whipple** (mark.whipple77@gmail.com) has been teaching space science courses at OLLI since 2013, and has been a science teacher for his entire adult life. He will continue doing so until the Universe ceases to fascinate and amaze him.

### On Being a Student

Religion and Philosophy

6 weeks: September 22, 29,  
October 6, 13, 20, 27  
Wednesday, 2-4 p.m.

Location: Reuter Center

Enrollment: 25

What does it mean to be a student, truly open to new thoughts, ideas, and possibilities? Let's explore some great students including philosophers, religious seekers, poets, writers, and political visionaries, as we compare our own experiences as students then and now. Some UNC Asheville students will visit with us to share perspectives. The instructor will send links to readings that are accessible online without charge.

**Ron Manheimer** (ronaldmanheimer@gmail.com) is a veteran instructor in the College for Seniors and is the founding director of North Carolina Center for Creative Retirement (now OLLI). Ron's latest book is *Growing Up Existentially: A Journey from Absurdity to Consciousness*. He is a visiting research scholar at UNC Asheville and a member of UNC Asheville's Center for Jewish Studies Community Steering Committee. Ron serves on the board of the Carolina Foundation for Jewish Seniors.

### Plant-Based-Living Film Festival

Health and Fitness

8 weeks: September 22, 29,  
October 6, 13, 20, 27, November 3, 10  
Wednesday, 2-4:30 p.m.

Location: Reuter Center

Enrollment: 20

We will view informational and motivational films supporting plant-based living. Films included are *Forks Over Knives*, *Cowspiracy*, *The Game Changers*, *Code Blue*, and others. We will have time for conversation and a plant-based snack during our intermission break. **Participant fee:** \$5 per person to be paid to the instructor to cover the cost of snacks.

**Bonnie Wheeler** (bonniiewhee@gmail.com) has been cooking and eating whole foods/plant based recipes for the past ten years and loves exploring various plant-based cuisines.

## Thursday Morning

### The Happy Heresy of Humanism

Religion and Philosophy

6 weeks: September 23, 30,  
October 7, 14, 21, 28  
Thursday, 9-11 a.m.

Location: Reuter Center

Enrollment: 40

*Oxford Languages* defines humanism as "an outlook or system of thought attaching prime importance to human rather than divine or supernatural matters." Humanist philosophy is primarily naturalistic (secular), though it can include some religious elements. We will take a closer look at modern humanistic thought as a positive and productive perspective. We will hear from representative voices in the humanist community. All readings will be provided by the instructor.

**Chris Highland** (chris.highland@gmail.com) has taught courses on freethought at OLLI since 2016. He is a humanist clergyperson with a background as an interfaith chaplain and nonprofit manager. His books include *A Freethinker's Gospel*, *Broken Bridges*, *Friendly Freethinker*, *Nature is Enough*, and *From Faith to Freethought*. Chris writes the weekly "Highland Views" column in the Asheville Citizen-Times. For more information see "Friendly Freethinker" (www.chighland.com)

**Thursday Morning** *continued***Learn to Lawn Bowl, Section 2**

Health and Fitness

6 weeks: September 23, 30,

October 7, 14, 21, 28

Thursday, 10 a.m.-noon

Location: Carrier Park

Enrollment: 8

Learn to lawn bowl at the new (2019) World Class Asheville Carrier Park Lawn Bowling Green. The Asheville Lawn Bowling Club (ALBC) will provide the equipment and instruction to teach you the game of lawn bowling. Come and enjoy the fun while learning a game that provides movement and flexibility. Participants must have the ability to stand and move around for two hours.

**Terry Reincke** (terryreincke@gmail.com) came to Asheville in 2011, retiring from industry. He has been active with the OLLI Finance and Facilities committees. Terry's interest in lawn bowling has become a developing passion over the past five years, after he was introduced to the sport by taking a College for Seniors class. Additionally, he leads a very active lifestyle, spending many hours working on his land, developing a permaculture ecosystem. Terry and his spouse Sarah live in the Chunn's Cove area of Asheville.

**Stan Glickman** (stanthe1949man@yahoo.com) moved to Asheville in 2006 from Miami after a 30-year career as a letter carrier. He learned to lawn bowl at College for Seniors the following year and began to teach the subject two years later. He has played in state and local tournaments and serves on the board of the Asheville Lawn Bowling Club

**The Science of Happiness**

Math, Science and Technology

First 4 weeks: September 23, 30,

October 7, 14

Thursday, 9-11 a.m.

Location: Online

Enrollment: 60

"Don't Postpone Joy" is one of Asheville's most iconic taglines, and in this course on *The Science of Happiness* we will learn what science has proven makes people happy. Culling from experiments over the last 21 years, participants will learn practical steps to understand and improve their own happiness—including happiness set points, the art of gratitude, practicing acts of kindness, goal setting, and the power of social connections.

**Julia Loughran** (loughran@thoughtlink.com) holds a Master of Science in artificial intelligence and has been teaching seniors since 1997. She owned a successful life coaching company where she employed many of the techniques she will cover in this course.

**Spinal Motions for Better Posture**

Health and Fitness

8 weeks: September 23, 30,

October 7, 14, 21, 28, November 4, 11

Thursday, 9-10:30 a.m.

Location: Reuter Center

Enrollment: 15

We will explore the relationship of the movements of our multidimensional spine to the creation of better posture, and we will gain improved awareness of our bodies as we move through space. The movements employed will be based on the Gyrokinesis Method which improves pathways of moving, coordination, mobility, and flexibility. During each class we will devote some time to learning a little anatomy and strategies for good movement practices. There will also be time for questions and answers at the end of each class. **Prerequisites:** Participants must be able to sit for at least 30 minutes. This class is not appropriate for those with spinal fusions, herniated or bulging discs, or a history of chronic sciatica.

**Lynn Hocker** (lynnhockerlmt@yahoo.com) has teaching experience with group classes as well as private instruction in modern dance, jazz, social dances, bellydance, Gyrokinesis, yoga, Pilates, Gyrotonic, traditional group exercise, and various classes related to the massage therapy curriculum at the Sarasota School of Massage Therapy in Sarasota, FL. She has been teaching some type of movement based class since college years and finds it to be incredibly fun and fulfilling!

## Thursday Midday

### **Appreciating Asheville's Appalachian Music**

Performing Arts

8 weeks: September 23, 30,  
October 7, 14, 21, 28, November 4, 11  
Thursday, 11:30 a.m.-1:30 p.m.

Location: Reuter Center

Enrollment: 100

Can you tell the difference between bluegrass, old-time, Irish, and Scottish music? Do you know how these types of music came to Appalachia? Through films and live performances from several local musicians, we will learn to distinguish each type of music and discover how these unique genres came here.

**Lewis Wills** (lewiswills2011@gmail.com) has a Masters of Art in folklore and mythology from UCLA and a doctorate in educational media from Georgia State University. Lewis has played old-time music since the 1960s and Irish music since 2000. He currently plays both genres of music in and around Asheville.

### **Open Secrets: Short Stories of Alice Munro**

Languages, Literature and Writing

8 weeks: September 23, 30,  
October 7, 14, 21, 28, November 4, 11  
Thursday, 11:30 a.m.-1:30 p.m.

Location: Reuter Center

Enrollment: 16

Winner of the 2013 Nobel Prize in Literature, Alice Munro is widely acknowledged as the best living short story writer, earning such accolades as "the most savage writer I've ever read, also the most tender, the most honest, the most perceptive," "a true master of the form," and "our Chekov." Through whole-class and small-group discussion, we will explore Munro's eight stories in *Open Secrets*, learning to more deeply appreciate her extraordinary talents, literature in general, and the glorious messiness of human life.

**Required text:** *Open Secrets* by Alice Munro ISBN-13: 978-0679755623. Participants should purchase a paper copy, as opposed to an ebook or audio version.

After a 40-plus year career teaching in high school, community college and university, **Dan Damerville** (dandamerville@gmail.com) came to his senses, retired, moved to Asheville, and began taking and teaching courses at College for Seniors. At OLLI at UNC Asheville and elsewhere, he has taught various courses in literature, mythology, writing, history, and philosophy.

### **Speak Out, Speak Up**

Personal Development

8 weeks: September 23, 30,  
October 7, 14, 21, 28, November 4, 11  
Thursday, 11:30 a.m.-1:30 p.m.

Location: Reuter Center

Enrollment: 8

Most speakers/teachers erroneously assume that as long as they know their topic, they'll be successful. Not true! MUCH more important are: how well you engage your listeners, project competence and believability, choose content (not just organize it) and design stimulating (not "death by PowerPoint") visuals. Videotaping and individual feedback/coaching will be used to explore what it takes to be a "super star" communicator.

**Judith Bliss** (jdth.bliss@gmail.com) spent 32+ years at Speakeasy Inc., coaching senior level executives around the world. She's an expert at giving people candid, constructive feedback about how they come across to others in any speaking/teaching situation and helping them make changes to take their speaking to the next level of success.

### **The Worlds of Isaac Bashevis Singer**

Languages, Literature and Writing

8 weeks: September 23, 30,  
October 7, 14, 21, 28, November 4, 11  
Thursday, 11:30 a.m.-1:30 p.m.

Location: Reuter Center

Enrollment: 20

We will explore the life and work of one of the literary giants of the twentieth century. Isaac Bashevis Singer won a Nobel Prize in literature and two National Book Awards. Whether depicting life in Old World shtetls of Europe or post-WWII Manhattan, Singer deftly captured human passions with deep feeling, wit, and wonder. We will read and discuss several Singer stories and one novel with an eye to how these works still speak to us today.

**Required texts:** *The Collected Stories* by Isaac Bashevis Singer, ISBN-13: 978-0374126346 (Used copies are available at a number of outlets starting at \$5); *Enemies, A Love Story* by Isaac Bashevis Singer, ISBN-13: 978-0374515225.

**Jay Jacoby** (jbjacoby@uncc.edu) retired as a professor of English from University of North Carolina at Charlotte after 26 years. He then taught part-time at UNC Asheville and in OLLI's College for Seniors where he has offered more than a dozen different courses.

## Thursday Afternoon

### **Advanced French: *Écoutons, parlons et écrivons***

Languages, Literature and Writing  
8 weeks: September 23, 30,  
October 7, 14, 21, 28, November 4, 11  
Thursday, 2-4 p.m.  
Location: Reuter Center  
Enrollment: 16

In this advanced French course we will use internet resources (French radio and TV news, documentaries, cultural programs, etc.) to practice listening comprehension and as a basis for discussions and writing assignments. This course will be similar to one offered in the fall 2018 term but will use different resources. **Prerequisites:** This course will be taught entirely in French and is intended for those who have a solid background in French (minimum French 2 course at College for Seniors or equivalent). Please contact the instructor if you have questions about your fluency.

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

### **Finding the New YOU in Asheville**

Life Transitions  
First 4 weeks: September 23, 30,  
October 7, 14  
Thursday, 2-4 p.m.  
Location: Reuter Center  
Enrollment: 20

Have you moved to the area within the last 12 months? Has it been challenging to settle in, get into your groove, or overcome isolation created by the pandemic? This course may be for you! Together we will explore numerous resources available to assist you in “re-inventing” yourself without the constraints of work and family roles and discuss tips on “Tackling your Bucket List.” The class will offer helpful self-directed and group activities plus “how-to’s” to jump start the “New You.” You will also hear from others who found their New Selves and are now living their best life in Asheville.

**Carol Anders** (caroldec25@gmail.com) has lived “happily ever after” here since 2006, and through trial and error tried new social approaches, listened to advice from others, and creatively discovered ways to make friends, build relationships, and contribute to the wider community. She feels AVL is home!

### **Functional Meditation**

Health and Fitness  
Last 4 weeks: October 21, 28,  
November 4, 11  
Thursday, 2-5 p.m.  
Location: Reuter Center  
Enrollment: 12

Participants can prepare to independently access their meditative state. Compared to other approaches, functional meditation has been identified by past participants as the “express elevator” to your personal meditation level. Participants are required to practice daily to develop the skill. We will use functional meditation as a method to reduce pain, improve sleep, manifest something good, and find a parking place among other more important issues. There is discussion and at least three meditation processes are practiced at each session. **Recommended materials:** Participants must bring their own mat, and may also want to bring a blanket and pillow. They are asked to evaluate at home what they need to recline on the floor in comfort. As we meditate everything slows down, and some people feel cold so the blanket or a beach towel serves well. **Note:** Because the instructor is working in close proximity with each participant, proof of COVID vaccination will be requested.

As a professional health-care provider certified in physical therapy, cranio-sacral therapy, and the Feldenkrais Method, **Jacquie Wollins** (Jwollins5@gmail.com) has been facilitating independent behaviors throughout her lifetime. She also finds that teaching meditation is rewarding because it gives the participants keys to reach for their optimum potential. Jacquie has been teaching classes at College for Seniors for several years.



## Thursday Afternoon *continued*

### When So Many Owed So Much to So Few

History

Last 6 weeks: October 7, 14, 21, 28,

November 4, 11

Thursday, 2-4 p.m.

Location: Reuter Center

Enrollment: 100

By the summer of 1940, Nazi Germany had overtaken most of Western Europe and planned to invade Great Britain. The Luftwaffe simply needed to first gain air superiority over the outnumbered, under equipped, and less experienced Royal Air Force Fighter Command in what would be called "The Battle of Britain." We will cover events before and during the conflict with instructors who participated in the Smithsonian Battle of Britain tour in 2018.

**Larry Griswold** (SI54guy@gmail), a sports history teacher at College for Seniors since 2011, is a retired U.S. Air Force officer with 38 years of service. He has visited the Royal Air Force Museum in England three times, and studied the Battle of Britain since his first visit there in 1981. **Barbara Griswold**, whose mother served in the Royal Air Force in 1942-43, will teach a session of the course about the role of women in uniform in the Battle of Britain.

## Friday MIDDAY

### Beginning Piano Instruction

Performing Arts

8 weeks: September 24, October 1, 8, 15,

22, 29, November 5, 12

Friday, noon-2 p.m.

Location: Lipinsky Piano Lab

Enrollment: 13

This course is designed for members who would like to refresh their piano playing skills by starting back at the beginning, as well as those who are interested in playing for the first time. Weekly classes will focus on lecture, demonstration, and guided practice. Daily practice at home is recommended. **Required text:** *Adult Piano Adventures All-in-One Course, Book 1* by Nancy Faber and Randall Faber, ISBN-13: 978-1616773021. **Required equipment:** Participants will need head phones or ear buds with any style plug and must have some sort of keyboard at home for daily practice. **Please note:** This course will be held in the piano lab in Lipinsky Hall on the UNC Asheville campus.

**Bobbie Rockwell** (bobbieamayrockwell@gmail.com) studied piano for eight years in her youth and has enjoyed sharing her love of the instrument and playing it with others throughout her life. This will be the start of her second series of piano instruction courses at College for Seniors.



## Fall 2021 College for Seniors Index by Subject

### Business, Law, and Finance

|   |    |
|---|----|
| Strategies to Maximize Investor After-Tax Returns ..... | 16 |
|---|----|

### Health and Fitness

|   |    |
|---|----|
| Functional Meditation .....             | 33 |
| Happy Feet .....                        | 20 |
| Learn to Lawn Bowl, Section 1 .....     | 22 |
| Learn to Lawn Bowl, Section 2 .....     | 31 |
| Plant-Based-Living Film Festival .....  | 30 |
| Spinal Motions for Better Posture ..... | 31 |
| Take a Hike: Level 1 .....              | 23 |
| Take a Hike: Level 2 .....              | 23 |
| Zen Hike / Meditative Walk .....        | 19 |

### History

|  |    |
|--|----|
| Drôme: The Other Provence.....                                     | 16 |
| The History of Lighthouses .....                                   | 26 |
| Japanese History 1914-37: Prelude to War .....                     | 24 |
| Profiles of Leadership in Command:<br>The Gettysburg Campaign..... | 22 |
| Television, The Golden Age, Part 1 .....                           | 28 |
| These Spies Wore Silk .....  | 28 |
| When So Many Owed So Much to So Few .....                          | 34 |

### Languages, Literature, and Writing

|   |    |
|---|----|
| Advanced French: <i>Ecoutez, parlez et écrivons</i> .....           | 33 |
| American Mosaic : Contemporary Women Writers.....                   | 24 |
| Crime Fiction, Books and Movies: Pls .....                          | 19 |
| George Eliot's <i>Middlemarch</i> .....                             | 26 |
| Intermediate Spanish 4.....   | 20 |
| <i>Open Secrets</i> : Short Stories of Alice Munro .....            | 32 |
| Poetry and Earth .....  | 27 |
| Poetry, Form and Substance, 2.....                                  | 27 |
| <i>The Sound and the Fury</i> : William Faulkner's Masterpiece..... | 28 |
| Stories of Dorothy Parker: From Page to Stage.....                  | 18 |
| Táin Bó Cúailnge: The Irish Epic.....                               | 25 |
| Thomas Hardy's Best Short Stories .....                             | 17 |
| The Worlds of Isaac Bashevis Singer .....                           | 32 |
| Write that Story! Elements of Short Fiction.....                    | 21 |

### Life Transitions

|                                       |    |
|---------------------------------------|----|
| Finding the New YOU in Asheville..... | 33 |
| Self Compassion .....                 | 18 |

### Math, Science, and Technology

|  |    |
|--|----|
| Climate Change: Good Reasons to Hope .....     | 25 |
| Ecology of Southern Appalachia.....            | 21 |
| Enhancing Your Travel with Technology.....     | 24 |
| Exploring the Universe .....                   | 30 |
| Genetic Engineering .....                      | 17 |
| Geology of National Parks 2.....               | 26 |
| Navigating Windows 10 .....                    | 25 |
| The Science of Happiness .....                 | 31 |
| United Nations Work for a Healthy Planet ..... | 29 |

### Performing Arts

|  |    |
|--|----|
| Appreciating Asheville's Appalachian Music .....                     | 32 |
| Beginning Piano Instruction .....                                    | 34 |
| Carl Reiner: No Second Banana.....                                   | 19 |
| Performing Original Stand Up Comedy .....                            | 25 |
| Russia's Golden Age of Composers From<br>Glinka to Shostakovich..... | 18 |
| Storytelling: Telling Your Personal Stories, A Zoom Class .....      | 28 |

### Personal Development

|  |        |
|--|--------|
| The Art of Knowing Yourself .....  | 16     |
| Beginning Mah Jongg .....  | 24, 27 |
| Speak Out, Speak Up.....   | 32     |
| Talk is Cheap: Communication Challenges in<br>Long-Term Relationships..... | 23     |
| You Can Learn to Play Bridge! .....  | 23     |

### Religion and Philosophy

|   |    |
|---|----|
| The Happy Heresy of Humanism.....                     | 30 |
| On Being a Student .....                              | 30 |
| Religious Architecture and Landscape of America ..... | 26 |
| Search for the Historical James.....                  | 27 |

### Social Studies

|  |    |
|--|----|
| Politics and Government: Is This What Our Founders<br>Had in Mind? ..... | 22 |
| The Psychology of Human-Animal Relationships.....                        | 18 |

### Visual Arts

|   |    |
|---|----|
| American Women Photographers 1900-1930 .....          | 29 |
| Architectural History of Asheville .....              | 17 |
| Artful Memories from the Comics Page .....            | 21 |
| Layered Acrylic Abstracts .....                       | 20 |
| Religious Architecture and Landscape of America ..... | 26 |
| Walking Asheville's Historic Architecture.....        | 29 |

# How to Obtain an OLLI 2021-22 Parking Decal

Purchase your decal through the OLLI online registration site under the Membership category. Be aware that your user name in the OLLI registration system is different from your user name in the university's vehicle registration system (which uses your OLLI Student ID as your username).

OLLI is supplementing member payments to keep the fees as low as possible. While university students and staff pay at least \$200 a year, OLLI members pay \$100.

- You must be an OLLI member to purchase a decal and register your vehicle
- Use the OLLI online registration site to pay for your parking decal (\$100 for a decal valid August 1, 2021-July 31, 2022)\*.
- Second decals are \$40 (for a vehicle registered by the same person as the first decal) and may be purchased through the online registration system. Please remember that if you are part of a two-person household one person should purchase the original decal and any additional decals for additional cars. You cannot purchase a second decal if you don't have a first decal in the cart or already purchased.
- While you are in the registration system, click on Account, find your OLLI Student ID number under My Profile. **Your OLLI Student ID is your user name in the parking system.**

How to register your vehicle through the UNC Asheville parking system

- You can find the UNC Asheville Parking permit system at [permitsales.net/unca](https://permitsales.net/unca). You will be registering for a 2021-22 Community/OLLI member permit.
- Your username for this system is your OLLI identification number/student ID, available either in your account in the OLLI online registration system (see above) or on your UNC Asheville OneCard. We cannot see your password for either account, so it can save time if you use the password reset function at a computer or device where you have access to your email. We know that people with Charter email addresses have not been receiving password reset information, so please call OLLI at 828.251.6140 for password assistance.
- Even if you registered your vehicle in the past, you must log in to the system and affirm all of the required information. Double check that all boxes are checked. Some of the check-boxes are small.

If you are registering a vehicle for the first time, you will need the following information to complete the process:

- Vehicle make, model, year, and color
- Vehicle license plate number and state
- Driver's license number and state
- Registered owner information
- Insurance company
- Whether you are renewing or purchasing your first OLLI parking permit, at the end of the process you will be told that there is "no charge" and that this is a non-payment order. Be aware that all payment occurs on the OLLI registration site, and we at OLLI will be able to tell that you have paid.
- Pick up your decal at UNC Asheville's Reuter Center. We will have special parking decal distribution days at the Reuter Center and will announce those dates in the newsletter.
  - If you have paid for your decal and registered your vehicle through the UNC Asheville parking permit site, we can give you the decal right away.
  - If you have difficulty either with paying for the decal or registering the vehicle, we can offer you help to complete the process and get your decal. If you can't make the system work within 15 minutes or after a couple of tries on your own, please come in for help.

Please be aware that this decal allows you to park only in lots marked **non-resident student**. It does not allow for parking in visitor lots/spaces or faculty/staff parking spaces, including the lower deck of the Sherrill Center.

\*The cost of parking decals will be pro-rated through the course of the year.

August 1, 2021-July 31, 2022: \$100 • November 15, 2021-July 31, 2022: \$75

March 15, 2022-July 31, 2022: \$50 • June 1-July 31, 2022: \$25

## Alternatives to bringing a car to campus

If you are an OLLI member and do not wish to purchase a permit (which is required to park in any UNC Asheville lot), you may go to the UNC Asheville Police in Weizenblatt Hall on the university campus and get a Passport sticker for your OneCard. With your ID and the sticker you may ride Asheville Transit at no cost. There is a bus stop on University Heights at the Zageir Parking Deck, so you can arrive by Asheville Transit, cross the street to the bulldog statue and get on the Purple Shuttle that will bring you to the Reuter Center.



# Continued Care, Compassion and a Sense of Community as We Approach Fall 2021

Here at OLLI, we had hoped that the pandemic would be behind us and that we could approach Fall 2021 with optimism and a sense of new beginnings. Instead we continue to face uncertainty and change in response to COVID-19 and variant viruses. As we plan our return to the Reuter Center, we will balance tensions related to COVID vaccinations and the Delta variant to ensure the health and safety of all OLLI members and staff. We will continue to adapt to new information and developments in the spread of the virus. In all actions, we hope to approach one another and all measures to keep us safe and healthy in the spirit of care, compassion, and community. Our goal is and has been to emerge from this challenging time with a greater appreciation for one another and a profound awareness of the power of the OLLI community of teachers and learners we build together.

Like everyone at UNC Asheville (and in the words of our senior leadership team in a memo sent July 27, 2021) “we want to reclaim our sense of community and look forward to engaging with people face to face in human connection,” but “we are paying very close attention to the conditions that surround us: the number of COVID cases; the notable spread of the Delta variant (particularly among the unvaccinated); the number and experiences of those who suffer breakthrough cases. We know that there is a wide spectrum of sentiment about both our own personal choices--whether to vaccinate or not; even if vaccinated, whether to continue to wear a mask or not--and what we would like to see required of others in our community.

“As has been the case for sixteen months, we continue to prioritize the health and safety of all faculty, staff, students, and members of the OLLI community, and we have crafted guidelines that we think offer the maximum amount of flexibility while maintaining our commitment to a healthy campus.”

## **Masks and Vaccinations**

Under the terms of UNC system guidance COVID vaccinations are not required for students, faculty, and staff (although a recent survey of faculty and staff indicates that 95% are vaccinated). While the University does not have the authority to mandate vaccinations at this time, UNC Asheville leaders remind us that “all evidence points to vaccinations being a community’s strongest defense against the spread of COVID and the greatest hope for a return to normalcy.”

Because we will not require proof of vaccination, OLLI as part of the University community will require that everyone, vaccinated or not, wear masks in all indoor instructional spaces, including Reuter Center classrooms. This applies to all members of the UNC Asheville community and all visitors and extends to the areas just outside instructional spaces and to the Reuter Center offices. We will allow instructors who maintain six feet of distance from participants, to teach without masks and will make provisions by increasing our number of headset microphones and cleaning microphones between users.

## **Eating, Drinking, and Singing**

We ask that our members not eat or drink in our classrooms this fall without express permission. We ask that you only remove your mask to eat or drink in the atrium or outside under the pergola. We will not open the Reuter Café for Fall 2021, although you are welcomed to bring your own food or drink. While we look forward to celebrating, we don’t have any member socials or parties planned until we are assured that it is safe to do so. We also won’t be able to gather for vocal performances by our Reuter Center Singers for now.

## **Stay Flexible and Understanding**

We want to emphasize UNC Asheville’s guidelines that “No member of our community should be subject to negative remarks or actions based on their choice to wear or not wear a mask in any situation, provided that they are adhering to the standards and mandates described above.”

We will work with anyone with a documented disability or religious reason to seek accommodations to our mask policy. Like the rest of the University “We intend to maintain flexibility and appreciate that situations will shift and change over the course of the semester and year.” Like our colleagues on campus, we ask that all members of the OLLI community “approach each situation with compassion and understanding,” recognizing that there are no ways of gathering that will meet everyone’s expectations.

As a part of the University, “Our plans for the fall are contingent on ongoing trends regarding the management and treatment of COVID-19.” We remain hopeful as we continue to plan for a more typical membership year, but we also recognize that there may be a need to change our plans as the term progresses.

We want to thank all of the instructors, volunteers, and staff members who have practiced flexibility, ingenuity, compassion, and care (for themselves and others) throughout this unprecedented year. We will continue to enhance our ability to offer online courses and to recruit instructors who feel comfortable using a hybrid or hyflex model of instruction. If we all work together, we can minimize risk and tension and fully appreciate the strength and value of our OLLI community







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

Return Service Requested



[olli@unca.edu](mailto:olli@unca.edu)

**828.251.6140**

**[olliasheville.unca.edu](http://olliasheville.unca.edu)**



**Like us on  
Facebook!**



UNIVERSITY of NORTH CAROLINA  
**ASHEVILLE**