FALL 2019 CLASSES & EVENTS

Grow through life

OLLI at UNC Asheville

FALL 2019 CLASSES & EVENTS
from the director - fall 2019

A friend recently told the story of his regular lunch with an older man who no longer gets out much. My friend looked forward to these meetings when he intentionally put his phone away and communicated deeply. The older man looked forward to having a conversation with someone from a different generation, and he was good at asking questions that moved the encounter from small talk to meaningful exchange. During one lunch, the older man asked, “What’s the most dangerous thing you did today?” My friend immediately made a mental list of the many physical perils we face when we get in our cars or walk across a street. He then worried he was going to be reprimanded for eating too much meat (or not enough) or get a lecture on the perils of having sugar in his tea and a glass of wine with dinner. The older man surprised my friend with an observation more interesting than anything he imagined: “The most dangerous thing you do every day is listen, because when you truly listen, you might change your mind.”

I have begun to think about the importance of “dangerous listening” and to challenge myself to recognize instances when I resist changing my mind. Too few of us practice that important habit of highly effective people to “Seek first to understand, then to be understood.” In a world where we feel we need to make our points and to be heard (rather than to hear) we often “listen with the intent to reply” rather than with the intent to understand someone else’s perspective or to embrace the potential to change our own. The speed and variety of messages we hear every day can make it harder to slow down and examine not only the intent of the speaker but the impact that messages have on us and the ways that we filter and sometimes distort what we hear. While we can spot others who don’t listen, it can sometimes be harder to notice when we fail to “listen with the intent to understand.”

I value the OLLI community of teachers and learners in part because my heroes have always been teachers and particularly those teachers who are open to something new, even in material they have mastered. The best teachers listen not only to their expert colleagues but to their students. Sam Schuman, a former chancellor of UNC Asheville, wrote extensively about teaching in liberal arts and honors colleges. I was most struck by his observation that he knew faculty members who had been in the classroom for decades who began to complain that “today’s students are inferior to yesterday’s, that they don’t know how to read, they are afraid to work, they don’t respect their professors, that they lack intellectual curiosity.” On the other hand, he said the most successful honors teachers are those for whom “each new year brings a deeper appreciation for the enthusiasms, the franknesses, . . . and the pure teachability of the young.” It strikes me that Dr. Schuman understood the challenges of bridging generational gaps, but more importantly he understood that if one listens with the intent to learn, understand, and appreciate, there is pleasure and value, teaching and learning, which are exhilarating and dangerous in the best possible sense of the word.

I had the privilege in my first year of graduate school to take a seminar from Professor Richard Harter Fogle, who had written in 1964 a critical work on light and dark imagery in the novelist Nathaniel Hawthorne’s work. Professor Fogle had been teaching for more than 40 years by the time I was in his seminar, and he was teaching a way of reading that was being displaced by newer critical theories. He had had a stroke, and his speech was often slow and punctuated by pauses. While the initial response of impatient young graduate students may have been to assume that he was past his prime, we quickly learned that Dr. Fogle’s mind was not only sharp but filled with the wisdom of a lifetime of reading, writing, and teaching. While he did not approach fiction through the lens of the latest critical theory, he was aware of those approaches and could apply them when appropriate. Most important, he had a wicked sense of humor that we felt more keenly because we had to listen intently to catch the words. We learned that we were always a beat behind his wit, though we might have felt at first as if we were waiting for him to finish a thought.

I expected to listen and absorb wisdom about Hawthorne and literary research in this seminar. I did not expect, but carry with me every day, something that appeared to be an offhand remark. As we were discussing Hawthorne’s most-read novel *The Scarlet Letter*, Dr. Fogle said, with a certain delight in his voice, “When I was looking at this passage last night, I noticed something for the first time.” I don’t remember what the passage was, but I remember that this remark completely shifted my idea of teaching and learning. This “expert” had something new to learn, and he was excited by a new way of understanding and responding to the text. Dr. Fogle was well into his 70s. He had written books and articles examining this novel and had most likely heard many conference papers and read hundreds of student essays about the work. He was, however, noticing something for the first time. I wrote in my notes: “This is how to teach, and this is how to learn.”

As you experience the Theme Term on Appalachia, we hope that you will be open to seeing this region in new ways, to understand the impact that stereotypes and “outsider” accounts have had and to appreciate our mountain heritage in all of its complexity. Listen to the words of our authors and the notes of our music, see Appalachian art and beautiful mountain vistas. Listen dangerously to our instructors and the people in your classes and enjoy the thrill of changing your mind and enriching your thinking about this beautiful place we call home.

Catherine Frank  
Executive Director, OLLI at UNC Asheville
fall 2019 events calendar

AUGUST
6  Fall 2019 catalog available online
11  Carolinas’ Nature Photographers Association, 5:30 p.m.
15  Fall 2019 allocation registration opens, 10 a.m.
16  Death Café, 5 p.m.
22  Fall 2019 allocation registration ends, noon
23-25 Paths to Creative Retirement Workshop (Reuter Center closed to all other activities)
29  High Cost of Rx: A Film and Discussion, 10 a.m.

SEPTEMBER
1  The Autumn Players Readers Theatre, 2:30 p.m.
2  OLLI and the Reuter Center closed for Labor Day
3  Fall 2019 add/drop begins, 10 a.m.
5  Astronomy Club of Asheville, 7 p.m.
8  Carolinas’ Nature Photographers Association, 5:30 p.m.
10  World Affairs Council, 7:30 p.m.
13  New Member Welcome, 10 a.m.
13  NC Stage Behind the Scenes, 1:30 p.m.
13  New to Medicare Class, 2 p.m. (registration required)
16  College for Seniors Fall 2019 courses begin, 9 a.m.
17  Elisha Mitchell Audubon Society, 7 p.m.
23  STEM Lecture, 4:30 p.m.
27  Asheville Choral Society Speaker Event, 1:30 p.m.
27  Death Café, 5 p.m.
29  The Autumn Players Readers Theatre, 2:30 p.m.

OCTOBER
1  World Affairs Council, 7:30 p.m.
3  Astronomy Club of Asheville, 7 p.m.
7  STEM Lecture, 4:30 p.m.
13  Carolinas’ Nature Photographers Association, 5:30 p.m.
17  OLLI Authors, 5 p.m.
17  Advance Care Planning Workshop, 7 p.m.
18  Symphony Talk, 3 p.m.
18  Death Café, 5 p.m.
22  STEM Lecture, 4:30 p.m.
22  Elisha Mitchell Audubon Society, 7 p.m.
24  Aging and Brain Health, 9 a.m.
25  NC Stage Behind the Scenes, 1:30 p.m.

OCTOBER continued
28  Fall Member Social, 4:30 p.m.
31  Aging and Brain Health, 9 a.m.

NOVEMBER
1  Midday Music with Pan Harmonia, 2 p.m.
1  Winter 2020 catalog available
3  Performing Stand Up Comedy 101 Class Show, 7 p.m.
5  World Affairs Council, 7:30 p.m.
6  Winter 2020 allocation registration opens, 10 a.m.
6  STEM Lecture, 4:30 p.m.
7  Aging and Brain Health, 9 a.m.
7  OLLI Community Conversation on Appalachia, 9 a.m.
7  Astronomy Club of Asheville, 7 p.m.
8  College for Seniors Fall 2019 courses end
8  Art Market, 11 a.m.-4 p.m.
9  Art Market, 10 a.m.-2 p.m.
10  Carolinas’ Nature Photographers Association, 5:30 p.m.
12  Safe Driving Program, 12:30-5 p.m.
13  Winter 2020 allocation registration ends, noon
15  Symphony Talk, 3 p.m.
15  Death Café, 5 p.m.
19  Elisha Mitchell Audubon Society, 7 p.m.
20  Storytelling Performance, 7 p.m.
24  The Autumn Players Readers Theatre, 2:30 p.m.
27-29 OLLI and the Reuter Center closed for Thanksgiving

DECEMBER
2  Winter 2020 add/drop begins, 10 a.m.
3  World Affairs Council, 7:30 p.m.
5  Astronomy Club of Asheville, 7 p.m.
6  NC Stage Behind the Scenes, 1:30 p.m.
8  The Autumn Players Readers Theatre, 2:30 p.m.
8  Carolinas’ Nature Photographers Association, 5:30 p.m.
9  Reuter Center Singers Concert, 7 p.m.
20  Death Café, 5 p.m.
20  Winter Break begins, 5 p.m. (Reopen January 2, 2020)

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OLLI Steering Council 2019-2020
Chair: Erik Vedeler
Chair Elect: Julie Snyder
Secretary: Tom Hofmann
Past Chair: Bobbie Rockwell
OLLI Executive Director: Catherine Frank

Committee Chairs
Civic Engagement: Kathleen Mainardi
College for Seniors: Mark Whipple
Communications: Kirk Borland and Judy LaMée
Facilities: Terry Reincke
Finance: Stefan Stackhouse
Hospitality: Paula Massey
Inclusion: Jane Callis
Life Transitions: Meridith Miller
Nominating: Julie Snyder
Planning: Sam Harben
Research: TBA

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

WWW.OLLIASHEVILLE.COM | 3
Vehicle Registration and Parking: OLLI members may park in campus parking lots designated as “non-resident student,” provided they display a current OLLI parking decal on their rear window. Please see p. 43 for detailed instructions on how to obtain a decal for this year. Please be aware that several construction projects are underway on the UNC Asheville campus that may make parking challenging at busy times of the day. Shuttles are available from Parking Lot P01 at the Campus Drive entrance to campus that come right to the Reuter Center. University police will be checking parking decals and giving tickets for parking violations.

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

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

OneCards: OLLI members may obtain a OneCard, the official UNC Asheville photo ID card, in Highsmith University Union. With a OneCard members may 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. You may deposit funds on the OneCard either in the OneCard office or in the dining services offices in Brown Hall. If you tell the associate that you are an OLLI member, you will be given the faculty/staff rate, and your dining services funds will not expire. You can add funds when your balance gets close to zero. Those funds can be used at any of the dining facilities on campus.

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

Dining Options: The Reuter Café on the Center’s lower level is open Monday-Thursday from 8:30 a.m. to 3 p.m. and on Friday from 8:30 a.m. to 2 p.m. during College for Seniors fall term. There are soda and snack vending machines on the Center’s lower level. You may also dine on campus at the Lifestyle Dining Hall in Brown Hall, Roasted coffee shop and the Highsmith Union Food Court, Rosetta’s Kitchenette in the Sherrill Center, Argo Tea in Ramsey Library and the DownUnder in Overlook Residence Hall.

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

**Health and Fitness Center Membership**

**Fee: $350 annually**

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

**Aging in Place**
Varied Fridays, varied times  
Contact: Meredith Miller, mlmiller1020@gmail.com

**Apple Users**
Second Fridays, 1:30-3:30 p.m.  
Contact: Paula Withrow, 828.350.8406, pwithrow@aol.com or Bob Mellor, 828.253.5031, bob.mellor@charter.net

**Art**
Fridays, 1-4 p.m.  
Contact: Janet Richardson, 828.772.9660, janetdunphy@mac.com

**Beer on Tap**
Second Wednesdays, 4:30 p.m.  
Contact: Erik Vedeler, vedelenrik@gmail.com

**Bridge Buddies**
Tuesdays, 2-5 p.m.  
Contact: Connie Mitchell, 828.254.2209, cmgm050@gmail.com

**Bridge for Fun**
Wednesdays, 2-5 p.m.  
Contact: Patricia Grace 828.505.0046, pegrace@vt.edu or Beth Alford, 828.254.2209, cmgm050@gmail.com

**Bridge Grads**
Thursdays, 2-5 p.m.  
Contact: Neal Evans, 828.299.3972, nealevansfinance@aol.com or Kay Harrold, 828.257.4027, karonharrold@gmail.com

**Chess Club**
First Wednesday and third Thursday, 2:30 p.m.  
Contact: Christopher Swanson, bahdra108@gmail.com

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

**Dulcimer Players**
Second and fourth Tuesdays, 4 p.m.  
Contact: Cheryl Chasin, cheryl.chasin@gmail.com

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

**The Forum: Dialogue to Challenge Our Thinking**
Fridays, 1 p.m.  
Contact: Beth Johnson, johnson1ea@earthlink.net

**Friday Bridge**
Fridays, 1:15-4:30 p.m.  
Contact: Malcolm Douglas, malcolm@douglas.org or Gloria Dupree, gnd729@gmail.com

**Gardening**
Second Tuesdays, 4:15 p.m.  
Contact: Marilyn Dishaw, 828.215.3838, ncdishaw@gmail.com

**Hiking**
Visit the website: OLLIHikingSIG.org to join the group or call Marcia at 631.987.7451

**History Book Lovers**
Third Fridays, 1 p.m.  
Contact: Jane White, 828.274.9354, jwcantare1@charter.net

**Men’s Wisdom Works**
Email for meeting times.  
Contact: Patrick Irwin, jobshoppat@aol.com

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

**Poetry Lovers 2**
First Mondays, 4:15 p.m.  
Contact: Jim Carillon, jimcarillon@gmail.com

**Stitch in Time**
First Mondays, 2-4 p.m.  
Contact: Gay Lambirth, 281.433.1060, gaylambirth@yahoo.com

**Tile Clickers (Mah Jongg)**
Wednesdays, 2-5 p.m.  
Contact: Rosemary Walton, 828.667.8979, rh68@bellsouth.net

**Travel**
Third Fridays, 2-4 p.m.  
Contact: Kathy Gainey, 703.298.8203, Kathleen.m.gainey@outlook.com

**Wednesday Wine Tasting**
Second Wednesdays, 7 p.m.  
Contact: Ann Wood, haaz@att.net

**Whole Foods/Plant-Based Living**
Varied Fridays. 3:15 p.m.  
Contact: Bonnie Wheeler, bonniewhee@gmail.com

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

**Women’s Groups**
Consult OLLI website for information about meeting times and places and for contact information for individual groups.

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**Reuter Center Singers**, OLLI’s community chorus, meets each Monday at 6:15 p.m. to sing under the direction of Chuck Taft, make new friends, and have a good time. No auditions! Membership in OLLI, a $45 per term music fee and a love of singing are required. Concerts throughout the year incorporate a variety of musical styles and eras. For more information, call Kathie Nelson, 828.222.2220 or kwnelson@charter.net

**Seniors’ Health Insurance Information Program**
Older adults need accurate information about Medicare and insurance. If you would like to help seniors in our community with these often confusing and intimidating issues, the Seniors’ Health Insurance Information Program (SHIIP) needs you. Contact John Wingerter (johnw@coabc.org) for more information; this project is provided in partnership with the Council on Aging of Buncombe County.
Unless otherwise noted, these events are free, open to everyone and held at the Reuter Center. Please note that these events are subject to changes in schedule or to cancellation. Call 828.251.6140 or consult the OLLI Observer for updates.

**Advance Care Planning Workshop**
This Advance Care Planning (ACP) workshop will feature a panel whose members are experienced in addressing end-of-life issues. Discussion will include communicating your treatment wishes to loved ones and to medical personnel, ethical and legal issues, and the uses of advance directives. Ample time will be reserved for questions. Assistance will be provided for anyone wishing to complete a legally valid advance directive, including the notarization required in North Carolina, using the NC ACP “Short Form.”

- **Thursday, October 17, 7-9 p.m.**

**Aging and Brain Health: Tips From The Latest Research**
Sponsored by the Alzheimer’s Association of WNC (www.alz.org/northcarolina), this series of lectures will offer insight into this illness. Denise Young, regional manager of the Alzheimer’s Association of Western Carolina chapter, will present along with area experts.

- **Thursday, October 24, 9-11 a.m.** Part 1: Understanding Alzheimer’s and Dementia. If your loved one has been diagnosed with dementia or Alzheimer’s disease or is simply showing symptoms, then this program may be for you! We will explore the relationship between dementia and Alzheimer’s disease and take a look at the changes occurring in the brain. We will also cover risk factors, current treatments, and what’s on the horizon for research.

- **Thursday, October 31, 9-11 a.m.** Part 2: Eating and Sleeping for Brain Health. We will explore the latest research surrounding the foods we eat and reducing the risk of cognitive decline. We will also discuss the importance of sleep and stress reduction as a means to maintaining brain health. Everyone will walk away with practical tips to incorporate into daily routines.

- **Thursday, November 7, 9-11 a.m.** Part 3: Exercising the Body and Brain to Age Well. We will explore the latest research surrounding the areas of physical activity, social, and cognitive engagement and how they relate to brain health as we age. We’ll give practical tips on how to begin to form healthy habits now to reduce the risk of cognitive decline as you age.

**Art Market**
At the 7th Annual OLLI Art Market you will discover a showcase of members’ talents in painting, photography, jewelry, textiles, and much more. Member exhibitors will have a wide variety of handcrafted items on display and for sale. This is a perfect event to find a one-of-a-kind gift and to begin holiday shopping! Relax with a cup of coffee and a gourmet cookie from OLLI member bakers after you finish your shopping.

- **Friday, November 8, 11 a.m.-4 p.m.** and **Saturday, November 9, 10 a.m.-2 p.m.**

**Asheville Choral Society Speaker Event**
You know that music can make you feel happier. Did you know it can also make you healthier? Melodie Galloway, professor of music at UNC Asheville and Artistic Director for the Asheville Choral Society (ACS), will explore the psychological, mental, and physical advantages of music, specifically how singing can contribute to overall well-being. Galloway helps singers improve their technique by concentrating on their posture and breathing, which are essential, especially as we age. She will be joined by ACS members who will help demonstrate some of these techniques, and the audience will be encouraged to try these exercises that promote well-being. See ashevillechoralsociety.org for information about ACS performances.

- **Friday, September 27, 1:30 p.m.**

**Astronomy Club of Asheville**
The Astronomy Club of Asheville meets the first Thursday of each month (except January and July) from 7-9 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 specific information about programs, visit www.astroasheville.org

- **Thursdays, September 5, October 3, November 7, and December 5, 7-9 p.m.**

**The Autumn Players Readers Theater**
The Autumn Players (affiliated with Asheville Community Theatre) is a troupe of seasoned actors dedicated to taking the theatre experience into the community. Their words jump from the page with conviction and emotion, and stories come to life. The Autumn Players (affiliated with Asheville Community Theatre) is a troupe of seasoned actors dedicated to taking the theatre experience into the community. Their words jump from the page with conviction and emotion, and stories come to life. Tickets are $8 at the door. See ashevilletheatre.org/shows-events/reader-theatre-showcase/

- **Sundays, September 1, September 29, November 24, and December 8, 2:30 p.m.**

**The 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. Activities in the Asheville Region include monthly meetings, photo outings, seminars, workshops, exhibits, photo contests, and image critiques. Meetings are held at the Reuter Center the second Sunday of the month, beginning at 5:30 p.m. with a meet and greet; the program begins at 6 p.m. For more information visit www.cnpa-asheville.org

- **Sundays, August 11, September 8, October 13, November 10, and December 8, 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 break into small groups of five or six people and discuss personal stories related to the death of loved ones, loss of jobs, relationships or marriages or loss or death of parts of ourselves. These programs are facilitated by Karen Sanders, Greg Lathrop, and Said Osio from Third Messenger. Find out more at www.deathcafe.com or www.thirdmessenger.com.

- Fridays, August 16, September 27, October 18, November 15, and December 20, 5-6:30 p.m.

Elisha Mitchell Audubon Society

The mission of the Elisha Mitchell chapter of the National Audubon Society is to protect birds and their habitats and to promote an awareness and appreciation of nature. EMAS schedules educational programs on the third Tuesday of the month, 7 p.m., at the Reuter Center. Find out more about EMAS programs and free monthly Beaver Lake Bird Sanctuary walks at www.emasnc.org.

- Tuesdays, September 17, October 22, and November 19, 7 p.m.

Fall Member Social

Join your OLLI friends for the Fall Member Social. Take this opportunity to socialize and enjoy delicious food, drinks and a few other surprises as part of our theme term on Appalachia.

- Monday, October 28, 4:30 p.m.

High Cost of Rx: A Film and Discussion

Our country has the highest brand-name drug prices in the world. Join AARP NC and community partners to learn the difference in how Medicare Part B and D deal with drug costs, what is currently available to reduce drug costs, and legislation being discussed to lower the cost of drugs.

- Thursday, August 29, 10 a.m.-noon

Midday Music with Pan Harmonia

Now in its 20th season, Asheville's Pan Harmonia enjoys taking chamber music out of the concert hall and into unlikely spaces all around our community. Learn about the music and meet the musicians in informal conversation. Feel free to bring friends and your lunch. www.panharmonia.org

- Friday, November 1, 2 p.m. Flutist Kate Steinbeck and bassoonist Rosalind Buda will play music and speak about Pan Harmonia’s November concerts, “Women’s Work,” featuring the premiere of a music and poetry fusion work, “Rubble Becomes Art,” composed by Dosia McKay.

New Member Welcome

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

- Friday, September 13, 10 a.m.

New to Medicare Class

Are you new to Medicare? Are you confused by the many choices? Unbiased and accurate information is available from trained volunteers from the North Carolina Seniors’ Health Insurance Information Program. The class will provide important information to assist you in understanding how Medicare works and what you need to do to obtain benefits and save money. Spaces are limited, so reserve your space by registering online at: www.coabc.org. In addition, beginning at noon, representatives from the Social Security Administration will be available to answer questions about Social Security benefits and Medicare enrollment. They will also provide detailed instructions for gaining access to the Agency’s online services at www.socialsecurity.gov.

- Friday, September 13, 2-4 p.m.

NC Stage Behind the Scenes

Go behind the scenes of professional theatre with NC Stage Artistic Director and co-founder Charlie Flynn-McIver. Explore the themes of this season’s plays, talk with the actors, directors and designers about design concepts and the rehearsal process, and experience a scene or two performed live. Join us for an insider’s view of how theatre happens!

- Friday, September 13, 1:30 p.m. The Fire of Freedom. Abraham H. Galloway (1837-1870) was a rebellious young slave, radical abolitionist, and Union spy who rose out of bondage to become one of the most significant and stirring black leaders in the South during the Civil War. He stood at the forefront of an African American political movement and led a historic delegation of black Southerners to the White House to meet with President Lincoln and demand full rights of citizenship. He later became one of the first black men elected to the North Carolina legislature. Long hidden from history, Galloway’s story reveals a war unfamiliar to most of us.

- Friday, October 25, 1:30 p.m. A Doll’s House, Part 2. Nora Helmer is returning home after closing the door on her life with her husband Torvald and their three children 15 years prior. Her unexpected homecoming is met with recriminations, and the family drama unfolds in this explosively entertaining continuation of Henrik Ibsen’s A Doll’s House. Written by Tony Award nominee Lucas Hnath, A Doll’s House, Part 2 explores gender roles and societal expectations through the eyes of a woman living in an era for which she is simply too exceptional.

- Friday, December 6, 1:30 p.m., Handle With Care. This romantic comedy tells the story of a young Israeli woman who reluctantly travels with her grandmother to America. The young woman, who has little command of English, meets a man who has little command of romance. Is their inevitable love an accident, or destiny generations in the making?
OLLI Authors
OLLI Authors is a book talk series designed to recognize the many very talented poetry and prose writers among OLLI members through readings by published authors. Readings are held in Reuter Center Room 206.

- **Monday, October 17, 5 p.m.** Kay Duncan and Paul “Schep” Scherberle will be the featured writers.

OLLI Community Conversation on Appalachia
At the end of the fall term, OLLI will hold a conversation about the experience of the theme term on Appalachia. Whether you took or taught classes or participated in programs, come and share your insights.

- **Thursday, November 7, 9-11 a.m.**

Performing Stand-Up Comedy 101 Class Show
The College for Seniors Performing Stand-Up Comedy 101 presents its annual original show. Come join instructor Randy Robins and his class at its premier performance, designed to have you laughing, crying and rolling in the aisles. The show will include adult language and situations.

- **Sunday, November 3, 7-9 p.m.**

Reuter Center Singers Holiday Concert
The Reuter Center Singers, OLLI’s in-house choral group directed by Chuck Taft, study and perform classical, popular, and show tunes. In this Holiday Concert, enjoy and sing along with traditional carols. Light refreshments follow. The performance is free, but donations are welcome.

- **Monday, December 9, 7 p.m.**

Safe Driving Program
The AARP will offer 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 AARP Safe Driving course teaches valuable defensive driving techniques, highlights hazards particular to seniors, and provides a refresher about the rules of the road and tips for avoiding crashes. The course is offered as a nationwide effort to keep drivers behind the wheel safely. The cost of the course is $15 for AARP members and $20 for non-members. To register for either session, contact instructor Celeste Selwyn, 828-708-7404 or email csel@mindspring.com

- **Tuesday, November 12, 12:30 – 5 p.m.**

STEM Lecture Series: Science vs. Science Denial
The theme for the 2019-20 STEM (Science, Technology, Engineering and Math) Lecture Series is “Science vs. Science Denial.” This topic is especially important in light of the current climate of science denial. It is more important than ever to emphasize the benefits we receive from science and technology, and to expose the detrimental effects of denying science.

- **Monday, September 23, 4:30 p.m.** Howard Jaslow, OLLI, “Science vs. Science Denial”
- **Monday, October 7, 4:30 p.m.** Don Martin, OLLI, “Value and Importance of Science”
- **Tuesday, October 22, 4:30 p.m.** Michael Wang, OLLI, “Basic Science and Medicine”
- **Wednesday, November 6, 4:30 p.m.** Hermann Guinski, OLLI, “Climate Change vs. Climate Deniers”

Storytelling Performance: OLLI Members Tell All
College for Seniors instructor Chuck Fink hosts the evening with performances by graduates of the class Moth Storytelling: Telling Personal Stories, coaches, and guest tellers from the class sessions. Come and enjoy listening to your fellow OLLI members tell stories about what makes life special for them and now for you.

- **Wednesday, November 20, 7-8:30 p.m.**

Symphony Talk with the Asheville Symphony Orchestra
The best way to enjoy Asheville Symphony Orchestra’s (ASO) Masterworks concerts is to come to Symphony Talk. The program begins with a presentation about the life and times of the featured composers. ASO conductor Darko Butorac will appear with the soloist for upcoming concerts to talk about how the orchestra prepares and to offer ways to listen to the performance. For more information about the ASO or to find out how to purchase tickets for performances at the Thomas Wolfe Auditorium, visit ashevillesymphony.org.

- **Friday, October 18, 3 p.m.** “Fright Night”: Berlioz’s Symphonie Fantastique, Anna Clyne’s Masquerade, Mussorgsky’s Night on Bald Mountain, and Michael Daughterty’s Dead with bassoon soloist Michael Burns.
- **Friday, November 15, 3 p.m.** “From Russia with Love”: Glinka’s overture from Ruslan and Lyudmila, Lalo’s Cello Concerto and Tchaikovsky’s Symphony No. 6, with cello soloist Zlatomir Fung.

World Affairs Council
World Affairs Council (WAC) lectures and discussions aim to advance international awareness and foster Western North Carolina’s global ties. Meetings offer a lively line up of topics and compelling presenters. OLLI members receive a discount on WAC annual membership fee. Lectures are free to WAC members and UNC Asheville undergraduate students. All others are $10 at the door. For more details about programs, consult the WAC website, www.main.nc.us/wac/.

- **Tuesdays, September 10, October 1, November 5, and December 3, 7:30 p.m.**
activities & programs

fall 2019 fab fridays lunch and learn lectures

Fridays, 11:30-1:15 p.m. in the Reuter Center’s Manheimer Room, members and guests are invited to socialize and then listen to presentations and question and answer sessions. Purchase lunch in our Reuter Café, or bring your own brown bag. These programs are free and open to everyone.

September 20: The Opioid Crisis in Older Adults
This presentation includes an overview of the opioid crisis on both a national and local level, paying special attention to why and how the crisis has had an impact on older adults. We will also address how to safely treat acute and chronic pain and substance use disorders. **Blake Fagan** is the chief education officer and a family physician at the Mountain Area Health Education Center (MAHEC) in Asheville. He is also a clinical consultant for the opioid crisis at the CDC Foundation in North Carolina. This lecture is part of the Health Education Series.

September 27: Shelton House - A Look Into WNC History, Heritage, and Crafts
The Shelton House, in Waynesville, NC, has a rich and vibrant history. In 1979, it became the first property in Haywood County to be listed on the National Register of Historic Places. The Charleston-style farmhouse was constructed beginning in 1875. Today, the Shelton House is a Blue Ridge National Heritage Area Site, home to collections showcasing Appalachian agricultural living, Native American crafts, and North Carolina handicrafts; the site also provides insights to Western North Carolina’s Revolutionary War and Civil War history. For this presentation, a representative from the Shelton House will be discussing the Shelton family history and the heritage crafts displayed throughout the museum, barn, and grounds. Join us for a look into the world of traditional Western North Carolina artistry and craftwork and hear how the house has developed through the years.

October 4: Eat Well, Move Well, and Be Well After 50
Most people want to remain independent as they age, and this presentation will focus on the latest science on how to be functionally fit and vibrant in our 50s, 60s, 70s, and beyond. Topics include food choices and eating styles, how much protein to eat to build and protect muscle, key vitamins and minerals for optimal aging, and the types and amounts of exercise to do to beat the Grim Reaper. **Christine Rosenbloom**, a nutrition professor emerita at Georgia State University. Her book, *Food & Fitness After 50*, with co-author Dr. Bob Murray, empowers aging adults to eat and move well. She consults with food and nutrition companies and disseminates her message on healthy aging through presentations, webinars, and podcasts. Her weekly blog, “Fit to Eat,” features inspiring stories of older adults on their path to optimal aging. This lecture is part of the Health Education Series.

October 11: Tribute to American Steam Locomotive History with Original Songs
Join **Carol Gibson**, author, songwriter, educator and railroad historian, for an entertaining and informative ride through American railroad history. Relive the history of steam locomotives through music, lyrics, and relevant historic photographs. Carol is a songwriter and historian who has written and recorded songs in styles ranging from blues, country/bluegrass, folk, barbershop, gospel and jazz, all sung and played by local professional talent. Get a vivid feel for the locomotive era and a renewed appreciation for the railroad in American history.

October 18: Urinary Incontinence is NOT a Normal Part of Aging
This talk will provide a discussion of common bladder and urinary issues encountered by men and women as aging occurs and treatment options for these issues. **Brian Cohen** is a board certified urologist in Asheville’s Mission Hospital Urology Department with a subspecialty in female pelvic medicine and reconstructive urology. He has been in practice for 11 years and treats both men and women with a variety of urologic issues. This lecture is part of the Health Education Series.

October 25: Can Oil Spills Have a Silver Lining?
**Roger Helm** holds a master’s degree in biology from Moss Landing Marine Laboratories and a doctorate in biological ecology from the University of California Davis and has 30 years of experience studying and writing about marine vertebrate ecology and human impacts on these animals. In this talk he will discuss how federal, state, and tribal governments worked in unison to hold accountable those companies responsible for the release of oil and toxic chemicals into the environment. Focusing on the period from the 1988 Exxon Valdez oil spill in Alaska to the 2010 British Petroleum oil well blowout in the Gulf of Mexico, Helm will explain how scientists, attorneys, and economists from the government collaborated to secure the needed funding from polluters to restore injured plants, animals, and habitat. This is a good news story describing a period when governments functioned effectively in ensuring the public was fairly compensated by polluting companies and injured public natural resources were restored.

November 1: Strategies and Tips on How to be Your Own Best Advocate in Health Care Situations
Fragmentation in our healthcare system requires a very active role for individuals to advocate for themselves and/or family members to ensure that key information, goals, and wishes are communicated consistently across providers. Building on several decades of experience in healthcare systems in North Carolina, speaker **Karen Sanders** identifies principles and strategies she has used for her clients, as well as those she has taught in her OLLI classes, for helping you get the care you need and deserve to help you be your own best advocate. Sanders has 40 years of nursing experience in multiple clinical and leadership positions. She is an RN Patient Advocate, owner/founder of RN Patient Advocacy NC LLC, and holistic nurse coach. This lecture is part of the Health Education Series.
Local Programming - Open to OLLI members only

Exploring Continuing Care Retirement Communities

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. Both sections are full at this time, but please add your name to the waitlist for the next session.

**Dates:** For Fall 2019, there will be two sections of the Exploring CCRCs program on Tuesday and Thursdays.
- Tuesday class dates: July 30, August 6, 13, 20, 27, September 3, 10. Final class is Friday, September 13.
- Thursday class dates: August 1, 8, 15, 22, 29 and September 5, 12. Final class is Friday, September 13.

**Cost:** $150 per person

For more information and to add your name to the waitlist: www.olliasheville.com/exploring-ccrcs

The Gift of Time

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. The course is full at this time, but please add your name to the waitlist for the next session.

**Dates:** Tuesdays August 6 – September 3, 2019

**Cost:** $30 per person

**More Information:** www.olliasheville.com/gift-of-time

Fall 2019 Life Transitions Courses and SIGs

In Fall 2019, College for Seniors will offer a number of courses that touch on issues relevant in life’s second half: Karen Sanders’ Becoming an Informed Consumer for Your Own Healthcare (p. 21), Bobbie Rockwell’s Women Rowing North (p. 31), Rick Manske’s Essential Financial Planning in Retirement (p. 33), John Coleman’s Getting the Most Out of Your Retirement Money (p. 35), and Dennis Hoogerman and Karen Waters’ Aging with Wisdom and Compassion (p. 39).

Fab Friday Health Education Series Lectures this fall will include Blake Fagan’s “The Opioid Crisis in Older Adults” (Friday, September 20); Christine Rosenbloom’s “Eat Well, Move Well, and Be Well After 50” (Friday, October 4); Brian Cohen’s “Urinary Incontinence Is Not a Normal Part of Aging” (Friday, October 18) and Karen Sanders on “Strategies and Tips on How to Be Your Own Best Advocate in Health Care Situations” (Friday, November 1). See page 9 for complete descriptions of these lectures.

Our Aging In Place Special Interest Group meets on varied Fridays 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 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. Small group discussions and workshop sessions are facilitated by trained OLLI members in large and small groups.

**Dates:** August 23-25, 2019, April 17-19, 2020  
**Cost:** $850 per person  
**More Information:** www.PathstoCreativeRetirement.com

Creative Retirement Exploration Weekend

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

**Dates:** June 5-7, 2020  
**Cost:** $500 per person plus $75 for Sunday option  
**More Information:** www.AshevilleCREW.com

Members and staff of OLLI at UNC Asheville collaborate to offer unique and innovative programs to help participants navigate major life transitions. Register online. Visa or MasterCard accepted. For questions contact Life Transitions Program Manager Hannah Furgiuele at 828.250.3871.

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 or the OLLI Art Market, 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. Check our website at olliasheville.com/volunteering or 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.com. 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.
Leadership Asheville Seniors

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

When: Weekly sessions, Tuesdays, September 10 – November 12, 2019 (Orientation Monday, September 9)

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

Payment: Visa or MasterCard

Registration: Open to OLLI members only. Visit www.olliasheville.com/LAS for more information.

Questions? Call 828.250.3871.

Volunteering makes a difference! Join OLLI’s Civic Engagement Committee!

OLLI’s Civic Engagement committee offers opportunities for OLLI members to volunteer to focus on issues of education, food insecurity, housing and homelessness, and transportation, in projects working with groups including the Asheville City and Buncombe County Schools, MANNA Foodbank, Habitat for Humanity ReStore, Veterans Restoration Quarters, Asheville Terrace Apartments Food Pantry, Haywood Street Congregation, Energy Partners, the Literacy Council of Buncombe County, the Asheville Transportation Coalition, Welcome Home, and Music Works.

Contact volunteerolliwnc@gmail.com for more information.
Join OLLI at UNC Asheville and Register for College for Seniors – Fall 2019
Initial allocation registration period is August 15, 10 a.m. to August 22, noon

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

Step 1: Sign in

- Click on the Sign In link at the top right of the page.
- If you have been a member at any time since August 1, 2015, you have a username and password. Scroll down to “Sign In to Existing Account” and enter your username and password. If you are unsure if you already have an account, please call the office at 828.251.6140.
- If you are not a member, scroll down to the “Create New Account” box and enter a username and password (write them down for future reference).
- If you have entered everything correctly, at the top of the screen it will say “Welcome [Your Name]”
- Click on Registration Home to proceed to the next steps. Note: You do not need to create separate orders to purchase membership, CFS courses, and Life Transitions workshops.

Step 2: Purchase an OLLI Annual Membership

- Click on OLLI 2019-20 Membership Fee. Click on Add to Cart to add the $25 fee.
- Click on Registration Home

Step 3: Purchase the College for Seniors Tuition

- Click on CFS Fall 2019 Tuition Fee or CFS Fall Tuition Fee.
- Click on Add to Cart to add the $115 fee. You must do this before adding any courses to your cart.
- Click on Registration Home then on College for Seniors or Search Courses to find the College for Seniors courses you want to take.

Step 4: Request your College for Seniors Courses

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

Step 5: Purchase the items in your cart

- When your cart is complete, click on Check Out. Follow the steps, clicking next after you have completed each request. If you are using a credit card to pay for your order, be sure your name and billing address exactly matches the information on file with your credit card provider. If you have a middle initial on your card, please include it on the billing information and check the charge information.
- If you are paying with check, cash, scholarship or voucher, contact the OLLI office to alert us to the non-credit card payment method and get instructions on how to complete the request.
- Note: If there is an error in processing your payment by credit card, the system may not allow further attempts to provide credit card information. If that occurs, you will need to mail or bring in a check or cash (exact change please) for your purchase, or you may contact the OLLI office at 828.251.6140 to request that we re-open an order to attempt your charge again. All payments must be received by Thursday, August 22, noon.

Step 6: Prioritize your College for Seniors requested courses after your purchase.

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

Notification

- If you register during the initial allocation registration period, you will receive confirmation of your schedule by email on Friday, August 30, 4:30 p.m.
Add-Drop opens Tuesday, September 3, 10 a.m.
- If you missed the initial registration period, you can register for courses with available openings during this time.
- If you have already registered for courses, you may add any courses in which seats are available or add your name to a waitlist through the online registration process. For most courses Add-Drop ends after the second meeting of a course.
- To drop a course, send an email to 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 13, 3 p.m.

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

As courses are allocated, you will be enrolled in your highest priority courses where seats are available. If you are enrolled in three courses, you will be dropped from all other choices. If you are not enrolled in three courses, you will be waitlisted on your remaining choices unless there is a time conflict with a registered course. If seats are available, you may add a course to your schedule during Add-Drop.

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<th>Priority</th>
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Alternates if any course above is not available

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Registering for Life Transitions or Leadership Asheville Seniors
- You may register for these other programs at the same time you register for College for Seniors.
- Sign In, go to Registration Home; select the program you want and click on Add to Cart.
- Proceed to payment as usual.

Registration schedule
- Initial allocation registration opens Thursday, August 15, 10 a.m.
- You may come to the Reuter Center for registration help on Thursday and Friday, August 15 and 16, Monday-Wednesday, August 19, 20, 21, 10 a.m.-3:30 p.m. and on Thursday, August 22, 8:30 a.m. – noon.
- Registration is closed during the allocation process, Thursday, August 22, noon, to Tuesday, September 3, 10 a.m. You may purchase an OLLI membership, Life Transitions and Leadership Asheville Seniors, but you will not be able to add College for Seniors fee or courses to your cart.
- Notification of College for Seniors enrollment (courses registered, waitlisted or dropped) will be sent by email on Friday, August 30, 4:30 p.m.
- Add-Drop opens Tuesday, September 3, 10 a.m. At this time you can register or add more College for Seniors courses or add your name to a waitlist if a course is full. Add-Drop closes after the second meeting of the course for most courses. If you wish to drop a course, please notify the OLLI office at olli@unca.edu or 828.251.6140.
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 The Amazing World of Sand to Big History and the Meaning of Life, from Is the World Falling Apart? to The Science of Happiness, from Tap Dancing for Fun to Traditional Chinese History and Culture; see page 16 for a listing of our special Fall 2019 theme term on Appalachia. We offer four terms throughout the year, each one different with stimulating, entertaining, and relevant courses. See pages 20 to 41 for course descriptions.

Fall 2019: September 16 – November 8, 2019 (initial registration August 15-22)
Winter 2020: January 13-February, 24, 2020 (initial registration November 6-13)
Spring 2020: March 23-May 15, 2020 (initial registration February 17-24)
Summer 2020: June 8-July 20, 2020 (initial registration May 11-15)

Scholarships are available to partially cover the expense of the term fees (the annual OLLI membership fee and parking fees are the member’s responsibility). Scholarship applications are available in Room 208 of the Reuter Center and on the OLLI website in the “Forms” section. Scholarship applications must be submitted by Wednesday, August 21, 5 p.m. For more information, call 828.251.6140.

Guest Passes are issued to non-OLLI members for a single class meeting if they want to know more about OLLI and the College for Seniors or if they are out-of-town guests or family of OLLI members visiting OLLI for the day. Please note that OLLI members must be registered to attend classes and that only staff members (not individual instructors) can issue guest passes. Contact Herb Gunn (828.251.6873) for more information.

Class Reps help newer OLLI members become acclimated, assist instructors during a class, and ensure that classes operate smoothly. To add your name to the database for Class Reps, complete the short information survey at tinyurl.com/CFSclassreps

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: olliasheville.com/teaching-college-seniors or contact CFS Program Manager Herb Gunn at hgunn@unca.edu or call 828.251.6873. The deadline for Spring 2020 proposals is Friday, November 1, 2019.

Need more information about College for Seniors courses? Go to olliasheville.com/courses to find more detailed course information and biographies of instructors for Fall 2019 courses.
College for Seniors
Theme Term on Appalachia

College for Seniors has two dozen courses in the fall term anchored around the theme of Appalachia. From authors, artists and agriculture to National Parks, regional music, history, and foodways Appalachia is a treasure trove of history and culture, of music and memory. The theme term invites OLLI members to explore a range of subjects that will enhance our understanding of this region we call home.

Below is a schedule of courses brought to you by the Curriculum Committees of College for Seniors. On Thursday, November 7, from 9-11 a.m. in the Manheimer Room, you are invited to participate in OLLI Community Conversation on the theme term. Whether you took classes, taught one or participated in other Appalachia programs of OLLI, come and share your experience.

**Mondays**

- Contemporary Novelists of the Southern Appalachians
- Appalshop: A Half Century of Filming Mountain Life and Work
- Appalachian Energy in Transition
- Appalachian Trail Mix

**Tuesdays**

- Appalachian Flora in Pen and Ink
- Appalachian Literature: What is Known and What is True
- Appalachia: North and South
- Understanding and Advocating for Our National Parks

**Wednesdays**

- Appalachian Geology: Life Cycle and Resources of a Mountain
- Drawing Endangered Appalachian Wildlife
- A Sense of Place: Poets of the Appalachians
- Appreciating Asheville’s Appalachian Music
- In the Appalachian Tradition of the Spoken Word
- Notable Appalachian Women
- Science and Technology in Southern Appalachian

**Thursdays**

- Appalachia, Great Depression and New Deal
- Ecology of Southern Appalachia
- Hiking to Stunning Appalachian Vistas
- Appalachian Foodways: A Taste of the Cultures of the Southern Mountains
- A Historical Survey of Religion and Spiritual Quests in Appalachia
- More Than Moonshine and Dueling Banjos: Appalachian Stories on the Silver Screen

**Fridays**

- Appalachian Beauty in Watercolor
- Asheville, Appalachia, and Our World Class Art Museum

**Appalachia: Tradition and Change**

OLLI has also arranged a series of programs with guest speakers to enhance the rich curriculum assembled by the College for Seniors committee. Watch the newsletter and bulletin boards for more information about the following programs.

- September 18: Filmmaker David Weintraub will present and discuss his documentary Guardians of Our Troubled Waters
- October 9: Ethnobotanist David Cozzo will discuss the revitalization of traditional Cherokee artisan resources, particularly river cane
- October 16: Affrilachian writer Crystal Wilkinson will discuss her work
- October 25: Kentucky writer and activist Silas House will discuss his work
- October 28: As part of our member social, Rodney Sutton will call a square dance, with live music from the Stoney Creek Boys
College for Seniors Expands Fitness Partnership with the Woodfin YMCA

College for Seniors (CFS) is offering an expanded partnership with the Woodfin YMCA through which we have offered Strength Training for Healthy Aging, among other fitness courses, over the past three years.

Fall 2019 features eight CFS fitness courses that will be held at the Woodfin YMCA, two and a half miles north of the UNC Asheville campus. The activities fee for a one-hour, six-week course is $35 ($45 for the 90-minute courses), paid to the YMCA on the first day of classes. YMCA members receive a discount; the course fee is $25 for the one-hour, six-week courses ($35 for a 90-minute course) for YMCA members.

Qualified OLLI members continue to volunteer to teach fitness courses that are held at the Reuter Center and Sherrill Center, but the YMCA partnership, a short drive from the campus, offers a core selection of courses that can enhance one’s fitness and well-being.

Read more about the array of fitness and well-being courses at the Woodfin YMCA this fall. Enrollments are limited to 15 people, and exclusive to OLLI members, too.

- **Strength Training for Healthy Aging– Level 1 (Section A)** on Mondays (page 24)
- **Healing the Back with Yoga** on Tuesdays (page 28)
- **Strength Training for Healthy Aging– Level 1 (Section B)** on Wednesdays (page 34)
- **Strength Training for Healthy Aging– Level 2** on Wednesdays (page 34)
- **Yoga Nidra** on Wednesdays (page 34)
- **Introduction to Mat Pilates** on Thursdays (page 38)
- **Therapeutic Yoga** on Thursdays (page 39)
- **Classical Yoga** on Fridays (page 41)

**The CFS Health and Fitness Curriculum Committee**

is considering new ideas for courses for the upcoming 2020 terms—particularly in the area of health. What are the course ideas that might enhance your health and well-being that you would like the committee to consider? Please send your ideas to the committee chair Barbara Rapchak at beinthemomentyoga@gmail.com. Thank you for your consideration and suggestions!
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<td>Contemporary Novelists of the Southern Appalachians</td>
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<td>*Cooking with Mars and Venus: Fall and Winter Menus (9 a.m.-noon)</td>
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<td>Discover the Poet Inside You</td>
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<td>¡Hola! Beginning Spanish 1B</td>
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<td>*Hollywood’s Racial and Ethnic Stereotypes in Film and Television</td>
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<td>Traditional Chinese History and Culture</td>
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<td><strong>Midday</strong></td>
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<td>*Our Invisible Companions: Microbes</td>
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<td>*Physics: Past to Present</td>
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<td>11:30 a.m.-1:30 p.m.</td>
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<td>*Becoming an Informed Advocate for Your Own Healthcare</td>
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<td>*Genealogy Using FamilySearch</td>
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<td>Needle Felting for Beginners</td>
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<td>What Was Augustine Thinking?</td>
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<td>Alternative Tools for Painting (2-4:30 p.m.)</td>
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<td>*Appalachian Energy in Transition</td>
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<td>*Functional Meditation (2-5 p.m.)</td>
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<td>Joint by Joint: Anatomy and Function (2-3:30 p.m.)</td>
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<td>Met at the Movies (2-5 p.m.)</td>
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<td>*Strength Training for Healthy Aging, Level 1, Section A (2-3 p.m.)</td>
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<td>5Rhythms: Movement Explorations for Baby Boomers</td>
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<td>The Divine Comedy, Part Three</td>
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<td>*Healing the Back with Yoga (2-3 p.m.)</td>
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<td>*Living Well in Fall</td>
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<td>Mask Making (2-5 p.m.)</td>
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<td>*Money, Mayhem, and Murder: The Darkest Side of Wine</td>
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<td>*Nature, Nurture, and Human Behavior</td>
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<td>*The Science of Happiness</td>
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<td>Shakespeare’s Challenging Histories</td>
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<td>Women in Comedy (2-5 p.m.)</td>
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* Course does not meet for full eight weeks; check the course description for dates
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<tr>
<th>Wednesdays</th>
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<tr>
<td>Appalachian Geology: Life Cycle and Resources of a Mountain Range</td>
<td>*Appalachia, Great Depression, and New Deal Beginning Bridge</td>
<td>*Aging with Wisdom and Compassion</td>
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<td>Architectural History of Asheville</td>
<td>*Ecology of Southern Appalachia</td>
<td>*Appalachian Beauty in Watercolors (9-11:30 a.m.)</td>
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<td>*Drawing Endangered Appalachian Wildlife Pop-Ups: Personal Projects</td>
<td>*Getting the Most Out of Your Retirement Money</td>
<td>*Economics, Climate Change and Sustainability, Section A</td>
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<td>A Sense of Place: Poets of the Appalachians</td>
<td>*Hiking to Stunning Appalachian Vistas (9 a.m.-3 p.m.)</td>
<td>*Economics, Climate Change and Sustainability, Section B</td>
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<td>*Women Rowing North</td>
<td>*Sweater Knit Along</td>
<td>*Founding Freethinker: Thomas Paine in Our Age of Un-Reason</td>
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<td>How Do You Know What You Know?</td>
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<td>*Tap Dancing for Fun</td>
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<td>Appreciating Asheville’s Appalachian Music</td>
<td>*Advertising: An Illustrated History, Part 2</td>
<td>*Classical Yoga (1:15-2:45 p.m.)</td>
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<td>*Best American Short Stories of the Twentieth Century, Part 1</td>
<td>*Appalachian Foodways: A Taste of the Cultures of the Southern Mountains</td>
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<td>*Civil War Memory and Monuments</td>
<td>The Art of Solving Crosswords, Level 1</td>
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<td>A Discussion of Sapiens, Section B</td>
<td>Being Incomplete: A Philosophical Journey</td>
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<td>Docent’s Journey: How Do Artists Create Art Masterpieces?</td>
<td>French 3D</td>
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<td>Performing Stand Up Comedy 101</td>
<td>Helen: The Face that Launched a Thousand Ships</td>
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<td>Historical Survey of Religion and Spiritual Quests in Appalachia</td>
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<td>*Chekhov: Stories and Two Films (2-4:30 p.m.)</td>
<td>*The Art and Science of Handling Tough Conversations (2-5 p.m.)</td>
<td>*Carolina, Appalachia and Our World Class Art Museum</td>
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<td>Design and Make Pop-Ups (2-5 p.m.)</td>
<td>Baseball Between the Seams</td>
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<td>*Essential Financial Planning in Retirement</td>
<td>*Drôme: The Other Provence</td>
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<td>*Giuseppe Verdi: His Life, Times, and Operas</td>
<td>French 4: Meurtre en Périgord</td>
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<td>*In the Appalachian Tradition of the Spoken Word (2-4:30 p.m.)</td>
<td>*Introduction to Mat Pilates (2-3 p.m.)</td>
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<td>Intermediate French 2D</td>
<td>More Than Moonshine and “Dueling Banjos”: Appalachian Stories on the Silver Screen (2-5 p.m.)</td>
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<td>*Notable Appalachian Women (2-4:30 p.m.)</td>
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<td>*Science and Technology in Southern Appalachia</td>
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<td>*Stage to Screen: Film Adaptations of Tennessee Williams Plays, Part 2</td>
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<td>*Yoga Nidra (2-3 p.m.)</td>
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### Monday Morning

**The Amazing World of Sand: Science, Technology, and Art**  
Math, Science and Technology  
Last 5 weeks: October 14, 21, 28, November 4, 11  
Mondays, 9-11 a.m.

What’s in a grain of sand or a mountain’s worth? From concrete and metal casting to sand art and forensics, the uses of sand are incredibly diverse. We will discuss the origin of sand as well as its composition and microscopic structure. We will compare different kinds of desert sands and sand from the moon and Mars, as well as sand in art forms, myths, and legends. This twice-taught course has new content including commercial sand mining, resource depletion, and rating the world’s best beaches.  
**Prerequisite:** High school general science and an interest in science and engineering.  
**Instructor:** Peter J. Blau (weartester@msn.com)

### Codes, Codebreakers, and History

**History**  
8 weeks: September 16, 23, 30, October 7, 14, 21, 28, November 4  
Mondays, 9-11 a.m.

For millennia there has been a seesaw battle between codemakers and codebreakers. Coders hide secrets. Codebreakers uncover these secrets. Each advancement by one side is eventually overtaken by progress on the other side. We will concentrate on the history of coding and coding’s effect on history. We will explore in layman’s terms different types of codes and how they are broken. We will also look at historical examples with particular emphasis on the two world wars of the 20th century.  
**Instructor:** Paul Weiss (paulweiss@charter.net)

### Contemporary Novelists of the Southern Appalachians

**Languages, Literature and Writing**  
Appalachia  
8 weeks: September 16, 23, 30, October 7, 14, 21, 28, November 4  
Mondays, 9-11 a.m.

Much of the best fiction published in contemporary America comes right from our own backyard: the novelists of the southern Appalachians. We will examine four of the best, exploring how their works arise from and illuminate the lives of those who inhabit the mountains and valleys of the southern Appalachians. In a seminar-style format, participants are expected to read and be prepared to discuss the novels.  
**Required texts:**  
**Instructor:** Tom Hearron (thearron@charter.net)

### Cooking with Mars and Venus: Fall and Winter Menus

**Personal Development**  
First 4 weeks: September 16, 23, 30, October 7  
Mondays, 9-noon

We will demonstrate the eight techniques that every cook should know, plus food safety and health techniques. We will prepare a different menu each week and use different new techniques, along with tried and true cooking methods. Classes will be held at the instructors’ home about 10 minutes north of the Reuter Center.  
**Required:** Participants must attend all four sessions, be able to stand for two and a half hours and move around in tight spaces.  
**Materials and supplies:** $80 for food is due to the instructors at the first meeting. Participants will also need a chef knife.  
**Instructors:** Dennis Murphy and Sheila Murphy (Murphy.sheila.a@gmail.com)

### Discover the Poet Inside You

**Languages, Literature and Writing**  
8 weeks: September 16, 23, 30, October 7, 14, 21, 28, November 4  
Mondays, 9-11 a.m.

Discovering the poet inside you is like finding your best friend—yet one who has been waiting for you to acknowledge her or him. We will write and share our own poems and favorite works of other published poets. Through InterPlay, we will play with our poetry, find a common class theme, and develop a theatrical performance exercise for the end of the term. Movement exercises and other relaxation techniques will be a part of the process, so we can write and discover free from blocks or self-criticism. There is no need for past poetry experience; just bring a notebook and pen and prepare to write. And play. See olliasheville.com/courses for an outline of weekly topics and more about InterPlay.  
**Instructor:** Maria Thomas (mariati00@hotmail.com)
**Monday Morning continued**

**¡Hola! Beginning Spanish 1B**  
Languages, Literature and Writing  
8 weeks: September 16, 23, 30, October 7, 14, 21, 28, November 4  
Mondays, 9-11 a.m.  

In this follow-up course to ¡Hola!—True Beginning Spanish (Spring 2019), we will focus on everyday vocabulary and expressions. This will be highly interactive experience, with an average of four hours of homework weekly to reinforce learning between classes.  
**Prerequisite:** Participants must have completed the equivalent of ¡Hola!—True Beginning Spanish—the CFS intro level course—and be comfortable with the present tense of regular AR, ER, and IR verbs, definite and indefinite articles, the gender and plural of nouns, and a vocabulary of about 500 common Spanish words. Please contact the instructor if you are in doubt about your ability to participate.  
**Instructor: Jeff Jones** (jeffjonesuu@aol.com)

**Hollywood’s Racial and Ethnic Stereotypes in Film and Television**  
Performing Arts  
First four weeks: September 16, 23, 30, October 7  
Mondays, 9-11 a.m.  

We will examine some of the prevalent stereotypes used in Hollywood motion picture and television productions. An increased awareness of media portrayal of racial and ethnic groups and how stereotypical presentations damage perceptions of people in real life can expose factors that lead to bias and prejudice. Specifically, we will focus on Asian, Hispanic, Native American, and African American stereotypes using photos, graphics and video examples.  
**Instructor: Jim Lawrence** (hapjamlaw@yahoo.com)

**Traditional Chinese History and Culture**  
History  
8 weeks: September 16, 23, 30, October 7, 14, 21, 28, November 4  
Mondays, 9-11 a.m.  

We will examine the history and dominant cultural aspects of traditional China from the time of creation myths to the advent of imperialism in the early 19th century. We will explore what makes China China, and the features of the culture that have survived into the modern world, for example, honoring one’s ancestors. We look into the advent of Chinese thought in its “classical period” and see how those ideas have evolved through the dynasties. Join us as we travel through zhongguo, the Middle Kingdom.  
**Instructor: Jim Lenburg** (jlenburg@mhu.edu)

**Appalshop: A Half Century of Filming Mountain Life and Work**  
Social Sciences  
Performing Arts  
Appalachia  
6 weeks: September 16, 23, 30, October 7, 14, 21  
Mondays, 11:30 a.m.– 1:30 p.m.  

We will survey documentary films of Appalachian health, life, politics, and work made by a studio in Whitesburg, Kentucky. For 50 years, Appalshop continues to enable local people to film their worlds and research the forces and events that shape those worlds. Their work has appeared on PBS and in film festivals at home and abroad. Appalshop has been reviewed in the national press and attracts funding from the National Endowment for the Arts and the Doris Duke, Carnegie and Mellon foundations. For more information, see www.appalshop.org. See olliasheville.com/courses for a list of the documentary films.  
**Instructor: Tom Plaut** (tplaut3@gmail.com)

**Monday Midday**

**Becoming an Informed Advocate for Your Own Healthcare**  
Life Transitions  
6 weeks: September 16, 23, 30, October 14, 28, November 4  
Mondays, 11:30 a.m.– 1:30 p.m.  
**Note:** No class on October 7 and 21  

When you are advocating for yourself as a patient or for your family, you will need to navigate different healthcare environments such as urgent care centers, clinics, physician offices, hospitals, rehabilitation hospitals, home health agencies, skilled nursing facilities, assisted living facilities, palliative care, and hospice settings. Are you prepared to function as a member of your acute care hospital, rehabilitation hospital, or post hospitalization team? Do you understand your role in getting the care you need and deserve by working with physicians, specialists, care managers, and others who are on your team? We will identify principles and strategies for becoming a better consumer of the healthcare system.  
**Instructor: Karen C. Sanders** (kcsanderella@gmail.com)
Climate Change: Science and Solutions, Part 1
Math, Science and Technology
Second 4 weeks: October 14, 21, 28, November 4
Mondays, 11:30 a.m.–1:30 p.m.
Through lectures, guest speakers, videos, and discussion, we will explore the science of global climate change (GCC). Why is the scientific community convinced a seemingly trivial rise (a couple of degrees centigrade) in global temperatures is a grave threat to humanity? What are the present and future physical, biological, political, economic, and social impacts of GCC? What is the role of special interests in the debate? More importantly, how can humanity avoid the severest impacts of climate change? Climate Change: Science and Solutions, Part 2 will be offered in Winter 2020 with a greater emphasis on solutions.
Instructor: Roger Helm (rnelmoieffect@gmail.com)

Genealogy Using FamilySearch
Personal Development
First 4 weeks: September 16, 23, 30, October 7
Mondays, 11:30 a.m.–1:30 p.m.
The nonprofit family history organization FamilySearch continues to improve and is available to everyone. It now ranks as one of the premier internet genealogy resources. Best of all, use of their billions of genealogical records is free. We will explore FamilySearch and, through description and demonstration, learn the many features available to find ancestors. We will explore the family tree for humankind extensively as well as how to navigate record searches, the wiki and third-party apps. Prerequisite: Participants should be comfortable with internet searches and websites and have basic knowledge of genealogical research.
Instructor: Mark Speer (mspe8@yahoo.com)

Happy Feet
Health and Fitness
Last 6 weeks: September 30, October 7, 14, 21, 28, November 4
Mondays, 11:30 a.m.–1:30 p.m.
Meet your feet in an intimate way. Each session begins with a Feldenkrais Awareness Through Movement lesson to promote greater flexibility throughout your body and to ease reaching your own feet. After a short lecture about anatomy and care of the feet, participants will work with their own naked feet to mobilize each joint and the soft tissues, which will improve local blood flow and increase flexibility and comfort. At the end of each session, we will experience another Feldenkrais lesson in standing in order to improve balance on your newly released feet. Prerequisite: Participants must be able to get down and up from the floor without assistance.
Instructor: Jacquie Wollins (jwollins5@gmail.com)

Is the World Falling Apart?
Social Sciences
6 weeks: September 16, 23, 30, October 14, 21, 28
Mondays, 11:30 a.m.–1:30 p.m.
Note: No class October 7
Liberal democracy once in the ascendency now appears to be in deep trouble. Nationalism and tribalism are on the rise. Things once certain now seem shaky. Will the European Union survive? Does the free press have a future? The real threat of climate change is regularly denied. The inherent instability of worldwide economic disparity is ignored. In his new book 21 Lessons for the 21st Century, Yuval Harari addresses these questions and other challenges of technology and politics. In this small group discussion course, we will review and discuss Harari’s lessons of hope and despair.
Instructor: Bob Falanga (robertjfalanga@gmail.com)

Needle Felting for Beginners
Visual Arts
8 weeks: September 16, 23, 30, October 7, 14, 21, 28, November 4
Mondays, 11:30 a.m.–1:30 p.m.
Needle felting is increasingly popular, easily mastered, and highly versatile. We will explore basic, then more advanced techniques including 3-D elements and work at our own pace on a succession of projects. We will cover a choice of subject ideas, layout and composition, materials, building skills, special techniques, and planning future projects. We will also have a field trip to Good Fibrations fiber farm in Barnardsville. Materials fee: $40 paid to the instructor will cover basic tools to be kept by participants, including foam block and felting needles, all materials to complete up to four projects, including background felt, colored wool roving, specialty dyed kid locks, embroidery thread, and other materials as needed depending on projects.
Instructor: Alison James (jam.alison@gmail.com)
# Monday Midday continued

## What Was Augustine Thinking?
**Religion and Philosophy**
8 weeks: September 16, 23, 30, October 7, 14, 21, 28, November 4
Mondays, 11:30 a.m. – 12:30 p.m.

We will consider some of the more puzzling, even objectionable, thoughts and ideas of St. Augustine, generally considered the greatest Christian thinker. We will explore the content of these ideas, the objections to them, past and present, and a framing of them that does justice to the context in which they were initiated or developed. See olliasheville.com/courses for the course and topic outline.

**Instructor:** Farley Snell (snellfarleyw@netscape.net)

## Alternative Tools for Painting
**Visual Arts**
8 weeks: September 16, 23, 30, October 7, 14, 21, 28, November 4
Mondays, 2-4:30 p.m.

Participants will explore a variety of different tools to apply paints to a surface. This will be an experimental class, and participants will be encouraged to stay loose and expressive. Participants will exercise a significant degree of self-direction and should not be novices to art classes. **Material costs**: Approximately $20-$80. See https://olliasheville.com/courses for more information on methods and materials list.

**Instructors:** Sharon Sandel (sharsand46@gmail.com) and Walt A-Akert (aakert@charter.net)

## Appalachian Energy in Transition
**Math, Science and Technology**
Appalachia
7 weeks: September 16, 23, 30, October 7, 21, 28, November 4
Mondays, 2-4 p.m.

**Note:** No class October 14

We will explore energy in Appalachia, from wood and whale oil to hydropower, solar, and wind. Coal and oil have played a huge role in the development of the region. We will examine that fascinating history along with the development of the Tennessee Valley Authority (TVA) and its many wonderful dams. Renewable energy is rapidly increasing, which helps the economy of Appalachia and points to a cleaner and brighter future for this region. We will share the stories of many towns and businesses and what their present projects are as well as examine the big overview of changing energy. Asheville has a happy role in this tale which we will carefully explore, and perhaps some of us will be finding a part to play.

**Instructor:** Dot Sulock (dsulock@unca.edu)

## Appalachian Trail Mix
**Math, Science and Technology**
Appalachia
6 weeks: September 16, 23, 30, October 7, 14, 21
Mondays, 2-4 p.m.

The Appalachian Trail is the longest hiking-only footpath in the world. The trail is 2,190 miles long and crosses 14 states. Three million people visit the trail each year. Learn more about this wonderful resource: its history, geology, flora and fauna, how it is cared for, supported, and maintained, thru-hiking and day hiking, films and literature of the trail. And as our grand finale we will take a field trip with a short hike to a beautiful spot on the trail. See olliasheville.com/courses for more information on the sessions and presenters.

**Coordinator:** Margaret Davis (margaretwd@charter.net)

## Beginning French 1D
**Languages, Literature and Writing**
8 weeks: September 16, 23, 30, October 7, 14, 21, 28, November 4
Mondays, 2-4 p.m.

In a continuation of *Beginning French 1C* and the final portion of introductory French, *Beginning French 1D* will be based on interactive methods to help participants develop skills in speaking, reading, and writing French. The major emphasis will be on spoken French used to communicate and will include some introduction to French culture as well. Classroom work will be in groups and with partners and will incorporate audio-visual presentations. Participants’ progress will be based on the effort made both in and out of the class setting. In order to be successful, participants should expect to do more than the average amount of homework. **Required text:** *French Now! Level 1* by Christopher and Theodore Kendris, ISBN-13: 978-1438072791. **Prerequisite:** Participants will have a level of French compatible with Work Unit 19 of the textbook. Participants should have completed French 1A-C or already have a beginning knowledge of French from previous study. In addition to the textbook, participants will be encouraged to use the Duolingo French app.

**Instructor:** Michael Kegan (m.kegan@me.com)
**Functional Meditation**

**Health and Fitness**

Last 4 weeks: October 14, 21, 28, November 4

Mondays, 2-5 p.m.

Based upon the work of Jose Silva, *Functional Meditation* invites us to move into our own greenhouse of discovery while we move into and out of the meditative state at least three times during each meeting. The participant will learn to effectively and independently achieve the meditative state and at the very least become more relaxed. Elements to be considered during practice are pain control, improved sleep, and an avenue to better communication. Clearly you will feel better and better.

**Instructor:** Jacque Wollins (jwollins5@gmail.com)

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**Joint by Joint: Anatomy and Function**

**Health and Fitness**

8 weeks: September 16, 23, 30, October 7, 14, 21, 28, November 4

Mondays, 2-3:30 p.m.

We will focus on a joint or region (neck, shoulder, upper back, lower back, hip, knee, ankle) with an overview of anatomy and common impairments. We will then learn general exercises to assist mobility and/or stability and promote joint health. Exercises will be appropriate for all mobility levels and adapted to be performed on a mat or in a chair. The last week we will put it all together and examine posture and regional interactions. **Materials fee:** $12 payable to the instructor for resistance band, resistance loop, ball, and noodle. Participants need exercise mats if they are able to get on the floor. OLLI has yoga mats that can be used. Seated options will be offered. One session will be held at The Movement Joint (themovementjoint.com).

**Instructor:** Tiffany Salido (tiffany@themovementjoint.com)

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**Met at the Movies**

**Performing Arts**

8 weeks: September 16, 23, 30, October 7, 14, 21, 28, November 4

Mondays, 2-5 p.m.

We will explore the operas to be presented at the *Live from the Met in HD* series. We will study the historical background, the lives of the composers and librettists, and the way the story is presented both musically and dramatically. We will watch DVDs of the designated operas and discuss them. This fall the operas will be Puccini’s *Turandot* and *Madame Butterfly*, Massenet’s *Manon* and *Ahknaten* by Philip Glass.

**Instructors:** Patricia Heuermann (patruschka@charter.net) and Bill Heuermann (whitwill@charter.net).

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**Strength Training for Healthy Aging, Level 1, Section A**

**Health and Fitness**

6 weeks: September 16, 23, 30, October 7, 14, 21

Mondays, 2-3 p.m.

**Location:** Woodfin YMCA, 40 Merrimon Avenue, Asheville, NC

**Course fee:** $35 fee to be paid to the YMCA on the first day of classes ($25 for YMCA members).

**Instructor:** Jessica Medlin (jmedlin@ywca.wnc.org)

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**Appalachian Flora in Pen and Ink**

**Visual Arts**

Appalachia

First 4 weeks: September 17, 24, October 1, 8

Tuesdays, 9-11 a.m.

We will sketch and then “ink” Appalachian flora from plant clippings, floral arrangements, or plant photos. Additionally, participants may add color with their choice of medium such as watercolor, colored pencil, or acrylic. We will explore varieties of composition, creating values, and vibrant color choices. Our goal will be to create individual, framable native plant studies and/or flora additions to adorn journals, cards, or other written pieces such as poetry. Some drawing experience will be helpful. Join us for four weeks as we explore your creativity and the beautiful local plants all around us!

**Instructor:** Sharon Kopstein (Sharonkopstein@hotmail.com)
Appalachian Literature: What is Known and What is True
Languages, Literature and Writing
Appalachia
8 weeks: September 17, 24, October 1, 8, 15, 22, 29, November 5
Tuesdays, 9-11 a.m.

John C. Campbell wrote that the Highlands are “a land about which more things are known that are not true than any part of the country.” While Appalachia has sometimes been romanticized, it has most often been seen as representative of the failure of the American dream. We will look at the evolution of Appalachian literature through texts written between 1940 and the present to understand how various authors have allowed us to look at Appalachia and also to see the world through the eyes of Appalachians. We will examine James Still’s River of Earth (1940), Harriette Arnow’s The Dollmaker (1954), Harry Cauldill’s Night Comes to the Cumberlands (1963), Annie Dillard’s Pilgrim at Tinker Creek (1974), Lee Smith’s Oral History (1983), Charles Frazier’s Cold Mountain (1997), Silas House’s Clay’s Quilt (2001), Ann Pancake’s Strange as This Weather Has Been (2007) and a final review of “what’s new and what’s next” in Appalachian literature. Participants will not be expected to read all of these texts; we will explore a context to understand why they are representative and important works and be inspired to read and share what we know about life in Appalachia.
Instructor: Catherine Frank (cfrank343@gmail.com)

Big History and the Meaning of Life
Social Sciences
8 weeks: September 17, 24, October 1, 8, 15, 22, 29, November 5
Tuesdays, 9-11 a.m.

Welcome to the exciting new (since 1989) discipline of Big History that tells the story of everything from the Big Bang to the present day. Big History covers many disciplines in ordinary language (no jargon). Big History is taught as a one-year course to high school seniors and college freshmen worldwide and is informative, challenging, and fun. Presented through lecture, lively videos, and open questions and discussion, we will experience what it feels like to back off from former certainties and beliefs — in science, religion, politics, personal identity, and the meaning and purpose of life. We will explore seeing events within a bigger, and different, perspective. And that, as Big History shows, changes everything.
Instructor: Davidson Loehr (davidsonloehr@gmail.com)

Our Invisible Companions: Microbes
Math, Science and Technology
First 4 weeks: September 17, 24, October 1, 8
Tuesdays, 9-11 a.m.

The human cells that form our skin, eyes, ears, brain, gut, and other parts of our bodies are far outnumbered by microbes. Microbes are also present all over our living spaces. That may seem scary because we associate microorganisms mostly with diseases. However, research shows that microorganisms in our homes and in/on our bodies play crucial roles in keeping us healthy. We will examine how diet, antibiotics, Caesarean deliveries, and other modern practices affect ailments, including asthma, allergies, obesity, and autoimmune diseases. We will also review examples of microbial “transplants” to treat certain gastro-intestinal ailments such as colitis and irritable bowel syndrome.
Instructor: Madan Joshi (madanmj1947@gmail.com)

Physics: Past to Present
Math, Science and Technology
Last 4 weeks: October 15, 22, 29 and November 5
Tuesdays, 9-11 a.m.

Do you have fond memories of the content in your first physics course? Have you kept abreast of changes in the field of physics via professional work or scientific magazine reading? Even if you have not studied physics, are you interested in its evolution? Participants can expect class discussions to include both quantitative and general interests. See olliasheville.com/courses for an outline of weekly topics.
Instructor: Larry Fincher (larryfincher@mac.com)

Political Demography in an Age of Populism
Social Sciences
6 weeks: September 17, 24, October 1, 8, 15, 22
Tuesdays, 9-11 a.m.

Declining birth rates, societal aging, and population decline present increasing challenges and are an underlying factor in the political challenges currently facing developed nations. In this update to Political Demography in the 21st Century, offered in Spring 2015 term, we will explore the growing field of political demography and better understand the impact of these trends. Topics covered will include an introduction to the science of demography, demographic trends, populism, migration, economics, the role of population policy, and expected changes in key nations and regions. Ample time for discussion will be provided.
Instructor: John Plant (jtplant@att.net)
Saying Much with Little: 
A Poetry Writing Course 
Languages, Literature and Writing 
8 weeks: September 17, 24, October 1, 8, 15, 22, 29, November 5 
Tuesdays, 9-11 a.m.

The poets of the T’ang and early Sung dynasties prided themselves on the depth of emotion and insight, as well as simplicity of expression. The poems, like classical Chinese painting, often depict a natural world of mountains, waterfalls, and valleys, with the human presence quite small in comparison. We will examine some of the distinguishing features of Asian and Buddhist poetry, with a view to incorporating some of their best aspects into our own poems. The course is open to both beginning and experienced writers. 
Instructor: Mike Ross (ubifil@charter.net)

The 1919 Black Sox, the 1969 Miracle Mets, and 96 Other World Series Championships 
History 
Last 7 weeks: September 24, October 1, 8, 15, 22, 29, November 5 
Tuesdays, 11:30 a.m. – 1:30 p.m.

We will start with a brief review of every World Series in the championship’s first 100 years with extra time about some of the top teams, players, and managers. Later we will welcome to one class a player from The Big Red Machine’s back-to-back World Series winning teams and track the 2019 World Series. 
Instructor: Larry Griswold (si54guy@gmail.com)

Appalachia: North and South 
History 
Appalachia 
8 weeks: September 17, 24, October 1, 8, 15, 22, 29, November 5 
Tuesdays, 11:30 a.m.– 1:30 p.m.

Our survey will start with Native American Indians in the southern mountains and northern New England and end with these two regions in the 21st century. We will include white and black settlement, agricultural development, the Civil War, industrialization, creation of regional stereotypes, the intervention of the federal government, and the role of tourism in the mountains. 
Instructor: Gordon McKinney (gordon_mckinney@berea.edu)

A Discussion of Sapiens, Section A 
Social Sciences 
8 weeks: September 17, 24, October 1, 8, 15, 22, 29, November 5 
Tuesdays, 11:30 a.m. – 1:30 p.m.

How is it that Homo sapiens, once lowly scavengers, came to dominate—and endanger—our planet? We will explore this question by discussing the international best-seller Sapiens: A Brief History of Humankind. Recommended as a must-read by Barack Obama and Bill Gates, the book offers an intellectually stimulating account of our species’ extraordinary history from insignificant apes to rulers of the world. In addition to discussion in small groups and as a whole class, we will view videos of author Yuval Noah Harari commenting on Sapiens and his other works. Required text: Sapiens: A Brief History of Humankind by Yuval Noah Harari ISBN-13: 978-0062316110. 
Instructor: Dan Damerville (dandamerville@gmail.com)

Making a Knitted Felt Hat 
Visual Arts 
First 4 weeks: September 17, 24, October 1, 8 
Tuesdays, 11:30 a.m. – 1:30 p.m.

Want to learn how to make a felted hat? Then that’s what we will do. Each participant will purchase wool yarn to knit the hat, then use the felting process to finish it. A decoration for the hat will be added at the end. Materials list: Two skeins of 100% wool, mohair or alpaca, 200 yards in each skein for basic hat and 250 yards in each for large brim hat. Size 11 Circular needles 24” long, a set of double pointed needles size 11, stitch markers, and measuring tape. Materials fee: $5 payable to the instructor for materials to make the accessories for the hat. 
Instructor: Nancy Morgan (nrmorgan13@gmail.com)
Making Knitted Felted Items: Bowls, Birdhouses or Even a Cat Cave!
Visual Arts
Last 4 weeks: October 15, 22, 29, November 5
Tuesdays, 11:30 a.m. – 1:30 p.m.
Participants will learn to knit bowls of various sizes using 100% wool yarn and then shrink them in a washing machine. We will make a variety of different sizes, shapes, and colors of bowls, including nesting bowls, petal bowls, bowls to put a potted plant in, and larger bowls for decorative uses. The bowl patterns can be adapted to make a felted birdhouse or even a cat cave. This class is for the advanced beginner or intermediate knitter and the second half of Making Knitted Felted Items (Fall 2018). Prerequisite: Participants should be able to cast-on, knit, purl, and cast-off. Most items will be knitted in the round on circular needles and then switched to double point needles when decreasing. Materials list: Several skeins of 100% wool yarn (about $5 to $7 each), size 11 circular needles, size 11 double point needles. See https://rollasheville.com/courses for more information. Instructors: Sally Pete (sallywpete@gmail.com) and Ellen Boyd (ellenxb@gmail.com)

Pair Wine and Lunch from Asheville’s Favorite Restaurants
Personal Development
Last 4 weeks: October 15, 22, 29, November 5
Tuesdays, 11:30 a.m. – 1:30 p.m.
Each week we’ll offer lunch from a local restaurant, covering many styles of cuisine. With every lunch we’ll pair several different types and styles of wines and put pairing theories to the test. Come learn and experience why certain wines pair well with different cuisines and ingredients. We’ll serve a few of the classic pairings that made some wines famous. We’ll also pour a couple of pairing disasters to show why certain wines pair well or don’t. Lectures will provide the basic and advanced guidelines to food and wine pairing so that you are ready for any restaurant or dinner party. Participant fees: We estimate the fee will be about $29 per class session for a $17 meal and $12 for several samples of wine (tax is included in the fee). The total for the four weeks is estimated at $116, payable to the instructor at the first session. Instructor: Andy Hale (andy@metrowinesasheville.com)

Photography Composition for Pleasing Images
Visual Arts
6 weeks: September 17, 24, October 1, 8, 15, 22
Tuesdays, 11:15 a.m. – 1:45 p.m.
We will delve into the aspects of “making” a photograph. Participants will move from initial inspiration to developing a vision, then learning the elements of composition and technical camera considerations that impact it, and finally post-processing where further decisions can be made to enhance the final image. Bring your images to life in a seminar-type exchange. Prerequisite: Participants must have an intermediate skill level with photography. This includes being thoroughly familiar with your camera and understanding exposure basics. Please contact the instructor at images@susannaeustonphotography.com to discuss your skill level before requesting this course. Required text: The Photographer’s Portable Field Guide, by Susanna Euston. Revised 2019. $10, payable to the instructor at the first session. Instructor: Susanna Euston (images@susannaeustonphotography.com)

Politics in American Life: Is This What the Founders Had in Mind?
Social Sciences
8 weeks: September 17, 24, October 1, 8, 15, 22, 29, November 5
Tuesdays, 11:30 a.m. – 1:30 p.m.
We will explore how our government works, the influence of politics on the workings of government, and the ways government shapes contemporary life. After a review of the basic structure of our federal, state, and local governments and how they are supposed to operate, we will consider through lecture and discussion what happens in reality. We’ll also take a look at political parties and the influence of media and money in our voting and governing processes. Instructor: Joel Mazelis (jmazelis@verizon.net)
The Divine Comedy, Part Three
Languages, Literature and Writing
8 weeks: September 17, 24, October 1, 8, 15, 22, 29, November 5
Tuesdays, 2-4 p.m.

This course is the third of three offered over the Spring, Summer and Fall 2019 terms, but each course is designed as a unity from a beginning to an end. An opening review will orient participants who did not take either the spring or the summer course. We will read in English translation about the more-than-happy ending of the epic struggle in The Divine Comedy. It is narrated as if it were autobiography, and it questions the relationship of language to reality. Judged by many to be the most artistically skillful and philosophically profound portions of The Divine Comedy, our readings start with a graduation and a confession on the mount of Purgatory and end with explorations of Christian paradox and cosmic dynamics. Dante’s title Paradiso is appropriate for the images, diction and symbols that awe readers. **Required text:** Purgatorio, translated and edited by Jean and Robert Hollander, ISBN: 978-0385497008. Paradiso, translated and edited by Jean and Robert Hollander, ISBN: 978-0385506786.

**Instructor:** Bill Moore (srwhmoore@comporium.net)
Living Well in Fall
Health and Fitness
First 4 weeks: September 17, 24, October 1, 8
Tuesdays, 2-4 p.m.

In this multifaceted, participatory course, we will explore the wisdom of Oriental medicine to restore and support our health naturally. Participants will learn the element of metal and the associated meridians of lung and large intestine. We will learn to choose food to restore and balance the organ systems. We will practice a simple qigong and acupressure points to enhance our health.

Instructor: Su Shen Huang (myneedle47@hotmail.com)

Mask Making
Visual Arts
8 weeks: September 17, 24, October 1, 8, 15, 22, 29, November 5
Tuesdays, 2-5 p.m.

Participants will explore various artistic techniques and media to create one-of-a-kind masks that can then be painted and decorated with feathers, beads, or found objects. The instructor will bring examples of masks from around the world and discuss how cultural and geographic influences affected the creation of masks throughout history. This is a hands-on experience, as we will make, decorate, and finish our own masks from various materials including clay, plaster gauze, and paper maché. Materials fee: $30, payable to the instructor at the first session for clay, plaster gauze fabric, paper maché materials, basic acrylic paints, tools, decorations, and a foam wig head form.

Instructor: Louis Gire (girelouis@gmail.com)

Money, Mayhem, and Murder: The Darkest Side of Wine
Personal Development
First 3 weeks: September 17, 24, October 1
Tuesdays, 2-4 p.m.

We associate wine with celebration and fond memories with friends and family. But for several millennia, wine has been a part of a darker world. We will share tales of how wine was instrumental in major cases of fraud, deceit, murder, and grabs for power—and sip wines similar to those used in these capers while you cross into the dark side.

Participant Fee: $40 payable at the first session covers wine, cheese, crackers, and popcorn.

Instructors: Andy Hale (andy@metrowinesasheville.com) and John Kerr (john@metrowinesasheville.com)

Nature, Nurture, and Human Behavior
Social Sciences
First 4 weeks: September 17, 24, October 1, 8
Tuesdays, 2-4 p.m.

Human behavior is the product of a complex interplay between our genes and our environment. We will examine the nature-nurture issue in light of recent findings in the fields of behavior genetics and evolutionary psychology. We will discuss topics such as why children in the same family are so different, the history of North Carolina sterilization legislation, the genetic basis of sexual orientation, and the influence of genes on our food preferences.

Instructor: Hal Herzog (herzog@email.wcu.edu)

The Science of Happiness
Social Sciences
Math, Science and Technology
Last 4 weeks: October 15, 22, 29, November 5
Tuesdays, 2-4 p.m.

“Don’t Postpone Joy” is one of Asheville’s most iconic taglines. In The Science of Happiness we will explore 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.

Instructor: Julia Loughran (loughran@thoughtlink.com)

Shakespeare’s Challenging Histories
Languages, Literature and Writing
8 weeks: September 17, 24, October 1, 8, 15, 22, 29, November 5
Tuesdays, 2-4 p.m.

We will learn how to read and interpret Shakespeare’s history plays. These are among Shakespeare’s richest and most popular, thanks to the glorious figure of Sir John Falstaff and the remarkable development of Prince Hal from a renegade (maybe he hated the way his father won the throne) to one of England’s outstanding kings. We will employ lecture and discussion and see some film versions, too. Participants are urged to have a good edition, not a so-called “translated” or “modernized” edition. Recommended versions: New Folger Shakespeare Library editions of the plays (edited by Paul Mowat and Barbara Werstine).

Instructor: Mario DiCesare (dicesare1@mindspring.com)
## Tuesday Afternoon continued

**Women in Comedy**  
Performing Arts  
8 weeks: September 17, 24, October 1, 8, 15, 22, 29, November 5  
Tuesdays, 2-5 p.m.

In the 20th century, women struggled to find their way in many venues, show business notwithstanding. In comedy, walls existed that needed to be smashed. We will focus on the pioneers (Belle Barth, Fanny Brice and many others), as well as those who picked up the ball and ran with it (Lucille Ball, Carol Burnett, Phyllis Diller, Joan Rivers, among them). We will introduce countless women, share their biographies and existing videos, and enjoy the fruits of their work.  
**Instructor:** Randy Robins  
(robnest09@yahoo.com)

### Wednesday Morning

#### Appalachian Geology: Life Cycle and Resources of a Mountain Range  
Math, Science and Technology  
Appalachia  
8 weeks: September 18, 25, October 2, 9, 16, 23, 30, November 6  
Wednesdays, 9-11 a.m.

The Appalachian Mountains form the backbone of eastern North America from Alabama to Newfoundland. We will tour the bedrock and parks and trace Appalachian geologic history from birth to culmination, destruction and rebirth. Plate tectonic events described include continental separation, multiple plate collisions, and formation of the Atlantic Ocean. Discussion of natural resources will include the benefits and environmental costs of coal and other mining. An optional field trip will offer a look at the local geology (field trip maximum 35).  
**Instructor:** Richard Wiener  
(richwiener@gmail.com)

#### Architectural History of Asheville  
Visual Arts  
Appalachia  
8 weeks: September 18, 25, October 2, 9, 16, 23, 30, November 6  
Wednesdays, 9-11 a.m.

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, we will explore other American and European architects and their buildings to provide historic and stylistic context. **Recommended text:** Asheville’s Historic Architecture by Richard Hansley, ISBN-13: 978-1609491079.  
**Instructor:** Richard Hansley  
(hansleym@aol.com)

#### Drawing Endangered Appalachian Wildlife  
Visual Arts  
Appalachia  
First 4 weeks: September 18, 25, October 2, 9  
Wednesdays, 9-11 a.m.

Welcome to a drawing course, mindful of Appalachia. Drawing improves with practice. Interesting subjects inspire practice. Preserving our regional wildlife begins with knowing which species are threatened and appreciating why their survival is important. When we draw an animal we gain a greater understanding of some of their unique characteristics and role in our environment. That sensibility can be communicated to all who view your art. More powerfully than words, pictures communicate. **Materials list:** Paper, pencils or pens. Other dry drawing materials welcome.  
**Instructor:** Bill LaRocque  
(boomrbill@gmail.com)

#### Pop-Ups: Personal Projects  
Visual Arts  
8 weeks: September 18, 25, October 2, 9, 16, 23, 30, November 6  
Wednesdays, 9-11 a.m.

With the assistance of the instructor as well as classmates, each participant will create a more extensive project utilizing pop-up techniques introduced in the Design and Make Pop-Ups course. This is an ideal follow-up to that course for completing a book filled with pop-ups or for creating a series of greeting cards. We will discuss layouts, review pop-up techniques and study basic card and book construction. Participants will then make specific decisions regarding a personal project, complete templates of spreads and pop-ups during class time, and finish the final project during class or at home. **Prerequisite:** Completion of Design and Make Pop-Ups. **Materials fee:** $10 payable to the instructor for card stock and handouts. See olliasheville.com/courses for an outline and list of other supplies needed.  
**Instructor:** Angelyn Whitmeyer  
(angelynwhitmeyer@earthlink.net)
**Wednesday Morning continued**

**Appreciating Asheville’s Appalachian Music**  
Performing Arts  
Appalachia  
8 weeks: September 18, 25, October 2, 16, 23, 30, November 6, 13  
Wednesdays, 9-11 a.m.  
**Note:** No class October 9. Make-up on November 13.

We will explore how poets have celebrated the geographical and social landscape of Appalachia from Maine to Alabama. We’ll develop an appreciation for the “poetry of place” and for the rich variety of writers—from Whittier, Millay, Frost, and Sandburg to Giovanni, Arnould, Rash, and even Eddie Vedder of Pearl Jam—who have sought to capture the essence of Appalachia. Ultimately, we’ll educate our imaginations through sharing our experience with the literature and have fun in the process.

**Instructor:** Jay Jacoby  
(jbjacoby@uncc.edu)

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**Women Rowing North**  
Personal Development  
Life Transitions  
Second 4 weeks: October 16, 23, 30, November 6  
Wednesdays, 9-11 a.m.

This course is designed for women in their sixties and seventies who are currently navigating the waters of transitioning from middle age to old age. Discussions will focus on the book *Women Rowing North* by Mary Pipher. Discussion will touch on emotional resilience, the power of positive attitude, gratitude, and intentionality.

**Required text:**  

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

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**Appreciating Asheville’s Appalachian Music**  
Performing Arts  
Appalachia  
8 weeks: September 18, 25, October 2, 9, 16, 23, 30, November 6  
Wednesdays, 11:30 a.m. – 1:30 p.m.

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 performances and film, we will learn to distinguish each type of music and discover how these unique genres came here.

**Instructor:** Lewis Wills  
(lewiswills2011@gmail.com)

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**Best American Short Stories of the Twentieth Century, Part 1**  
Languages, Literature and Writing  
Second 4 weeks: October 16, 23, 30, November 6  
Wednesdays, 11:30 a.m. – 1:30 p.m.

The *Best American Short Stories* has been published annually since 1915. Short stories were selected from 84 of the publications for *The Best American Short Stories of the Twentieth Century*. We will examine some of these stories and their authors using lecture and class discussion. This course was offered in Fall 2018.

**Recommended text:**  

**Instructor:** Sylvie Horvath  
(horvathwms@gmail.com)

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**Civil War Memory and Monuments**  
History  
6 weeks: September 18, 25, October 2, 9, 16, 23  
Wednesdays, 11:30 a.m. – 1:30 p.m.

Recent tragedies in Charleston and in Charlottesville reveal the continued power of Confederate symbols 150 years after the Civil War’s end. Americans have debated the meaning and significance of the Civil War since 1861. We will explore different popular understandings of the Civil War over time and its contested legacy today by reading historical texts and contemporary writings. We will focus on social memory of the Civil War, especially its commemoration in national cemeteries, battlefield parks, veterans’ groups, women’s organizations, public monuments, popular culture, historical museums, and military re-enactments.

**Required text:** In this seminar-style course, participants are expected to complete course readings, about 30 pages per week, and to take part in class discussions and projects. See olliasheville.com/courses for the course outline and more information on class projects.

**Instructor:** John Schlotterbeck  
(jschlot@depauw.edu)
A Discussion of *Sapiens*, Section B  
Social Sciences  
8 weeks: September 18, 25,  
October 2, 9, 16, 23, 30, November 6  
Wednesdays, 11:30 a.m.-1:30 p.m.  
How is it that Homo sapiens, once lowly scavengers, came to dominate—and endanger—our planet? We will explore this question by discussing the international best-seller *Sapiens: A Brief History of Humankind*. Recommended as a must-read by Barack Obama and Bill Gates, the book offers an intellectually stimulating account of our species’ extraordinary history from insignificant apes to rulers of the world. **Required text:** *Sapiens: A Brief History of Humankind* by Yuval Noah Harari ISBN-13: 978-006236110.  
**Instructor:** Dan Damerville (dandamerville@gmail.com)

Docent’s Journey: How Do Artists Create Art Masterpieces?  
Visual Arts  
8 weeks: September 18, 25,  
October 2, 9, 16, 23, 30, November 6  
Wednesdays, 11:30 a.m. – 1:30 p.m.  
**Instructor:** Ari Landau (arilandau629@hotmail.com)

Performing Stand Up Comedy 101  
Performing Arts  
8 weeks: September 18, 25,  
October 2, 9, 16, 23, 30, November 6  
Wednesdays, 11:30 a.m. – 1:30 p.m.  
You think you’re funny. Your friends think so, too. You’ve imagined yourself onstage, making people laugh. Here’s your chance to prepare and perform a five-minute stand up set in front of an appreciative audience in a nurturing setting. You’ll collaborate with like-minded peers and create a comic performance to remember the rest of your life! The culmination will be a real stage performance before an audience of your family and friends. Course content may include adult material and language. **Participant fee:** $20, payable to the instructor at the first class for a DVD of the performance.  
**Instructor:** Randy Robins (robnest09@yahoo.com)

Chekhov: Stories and Two Films  
Languages, Literature and Writing  
Performing Arts  
First 4 weeks: September 18, 25,  
October 2, 9  
Wednesdays, 2-4:30 p.m.  
Anton Chekhov, widely regarded as the father of the modern short story, inspired modern short-story writers from Katherine Mansfield to Hemingway, Faulkner, and Raymond Carver. For storytelling genius, creation of characters, and sheer human sympathy, he stands among the great modern writers of short fiction. We’ll read and discuss a few of Chekhov’s provocative stories, watch two foreign films based on them, and then compare the fiction versions to the films.  
**Instructor:** Doug Cooper (cdoug38@gmail.com)

Design and Make Pop-Ups  
Visual Arts  
8 weeks: September 18, 25,  
October 2, 9, 16, 23, 30, November 6  
Wednesdays, 2-5 p.m.  
Participants will design and create greeting cards, personalized books and fascinating art with pop-ups. We start with single sheets of paper to make simple, elegant pop-ups with scissors and folds. Next we will explore pop-up techniques using multiple pieces of card stock and adhesives, cutting with a sharp craft knife. During each class session, participants will make a personal pop-up design using techniques presented that week. Be prepared to think creatively and cut accurately. **Prerequisites:** Ability to cut with scissors and/or craft knife and to fold paper accurately and precisely. Some intricate options will be presented. **Materials fee:** $20 payable to the instructor for paper, card stock and variety of adhesives. See olliasheville.com/courses for a detailed outline and list of other supplies needed.  
**Instructor:** Angelyn Whitmeyer (angelynwhitmeyer@earthlink.net)
Wednesday Afternoon  continued

**Essential Financial Planning in Retirement**
Business, Law and Finance
Life Transitions
First 4 weeks: September 18, 25, October 2, 9
Wednesdays, 2-4 p.m.

We will explore the most common financial planning issues confronting retired individuals and couples. We will focus on the pitfalls to be avoided and the best practices to be embraced. The topics will include distribution planning and how to create a retirement “paycheck,” common tax planning strategies, portfolio construction, health care expense planning, and leaving a legacy with philanthropy and estate planning. Participation does not require an advanced knowledge or experience in the finance field.

**Instructor: Rick Manske** (rmanske@parsecfinancial.com)

**Giuseppe Verdi: His Life, Times, and Operas**
Performing Arts
6 weeks: September 18, 25, October 2, 9, 16, 23
Wednesdays, 2-4 p.m.

*Rigoletto*, *Trovatore* and *Aida* are among the most beloved operas by Verdi. We will examine Verdi’s operas and how his wife Giuseppina, his friends, librettists, publishers, impresarios and contemporary opera houses all contributed significantly to the creation of the composer’s magnificent operas. Important videos, audio examples, and digital presentations will be part of the course. This is a resumption of the course cut short in Fall 2018.

**Instructor: Evan Baker** (opus492@yahoo.com)

**In the Appalachian Tradition of the Spoken Word**
Performing Arts
Appalachia
Second 4 weeks: October 16, 23, 30, November 6
Wednesdays, 2-4:30 p.m.

In this sampler of Appalachian storytellers who share their personal stories live and on video, participants will learn skills and techniques that will enable them to develop and tell their own story in the Appalachian tradition. Following the course, the instructor will host an open mic at OLLI so that participants and others can share their stories with an audience of OLLI listeners. Class enrollment will be limited to 10 participants who will each receive personal guidance as they develop and share their story.

**Instructor: Chuck Fink** (chuck@mwwasheville.com)

**Intermediate French 2D**
Languages, Literature and Writing
8 weeks: September 18, 25, October 2, 9, 16, 23, 30, November 6
Wednesdays, 2-4 p.m.

We will continue where *French 2C* ended. This means that this is a good refresher for someone familiar with basic vocabulary and with a good grasp of the present and past tenses in French, but it is NOT for the very beginner. The instructor uses a variety of audio and visual aids to introduce and practice new material. We will start in the last chapter of a beginning college level textbook. Homework to reinforce learning is requested but not required. See olliasheville.com/courses for the course outline and how the term’s theme will highlight French in media. **Prerequisite:** Participation in other French 2 courses at College for Seniors or the equivalent of one semester of college French or two years of high school French. **Required text:** *Points de départ* by Cathy Pons, et al, 2009 ed. ISBN-13:978-0135141120.

**Instructor: Renée Raffini** (raffinir@gmail.com)

**Notable Appalachian Women**
History
Appalachia
Second 4 weeks: October 16, 23, 30, November 6
Wednesdays, 2-4:30 p.m.

In a seminar course in which participants make formal presentations, we will examine a variety of women from Appalachia who have made contributions to the arts, politics, literature, education, science, and environmentalism. Anchored by the first session on the role of women in Appalachia, participants will select one notable Appalachian woman from recommendations made by the instructor. See www.olliasheville.com/courses for more information and recommendations for study.

**Instructor: Cindy Berryman-Fink** (berrymanfink@gmail.com)

**Science and Technology in Southern Appalachia**
Math, Science and Technology
Appalachia
Second 4 weeks: October 16, 23, 30, November 6
Wednesdays, 2-4 p.m.

We will explore a variety of topics that touch on science and technology of the region, from mountain geology to making moonshine and beer, from tuberculosis and sanatoria to the electric history of Asheville. See olliasheville.com/courses for all the scintillating details of this course.

**Instructors: Troy Ball, Marty Stickle** (mstickle@me.com), **Erik Vedeler** (vedelererik@gmail.com) and **Rich Wiener** (richwiener@gmail.com)
Stage to Screen: Film Adaptations of Tennessee Williams Plays, Part 2
Performing Arts
First 4 weeks: September 18, 25, October 2, 9
Wednesdays, 2-5 p.m.

Theater fans of Tennessee Williams will enjoy the chance to compare and contrast his plays with the film renditions. Stage to Screen: Film Adaptations of Tennessee Williams Plays to Film was a College for Seniors course in Fall 2018, and Part 2 highlights all-new material. To enhance classroom discussion participants are urged, but not required, to read the following plays before class: Camino Real (TV movie: 10 Blocks on Camino Real); 27 Wagons Full of Cotton (movie: Baby Doll); Orpheus Descending (movie: The Fugitive Kind); and Period of Adjustment. Copies of the scripts may be available online or in the UNC Asheville and statewide library systems. Buncombe County libraries have anthology copies containing many of the plays. Participants can purchase new or used editions of all the plays through Amazon or Thrift Books. Also, YouTube has video performances of all of the plays.

Instructor: Bill Swarts (wbswarts3@me.com)

Strength Training for Healthy Aging, Level 1, Section B
Health and Fitness
6 weeks: September 18, 25, October 2, 9, 16, 23
Wednesdays, 2-3 p.m.
Location: Woodfin YMCA, 40 Merrimon Avenue, Asheville, NC

Strength Training for Healthy Aging, Level 1 will help participants find ease in the activities of daily living, improve range of motion, and increase confidence and self-efficacy in movement. This introduction to strength training will include detailed instruction on proper form and body alignment. We will learn movements to work muscles in a safe and effective way and work with a variety of weights to maintain muscle mass, increase motor neuron recruitment, and build functional strength. The knowledge gained in this course will empower participants to continue a strength-based fitness routine beyond the end of the term. Please wear clothing that you can move in comfortably and closed-toed shoes. Course fee: $35 fee to be paid to the YMCA on the first day of classes ($25 for YMCA members).

Instructor: Mary Heard (mheard@ymcawnc.org)

Strength Training for Healthy Aging, Level 2
Health and Fitness
6 weeks: September 18, 25, October 2, 9, 16, 23
Wednesdays, 3:15-4:15 p.m.
Location: Woodfin YMCA, 40 Merrimon Avenue, Asheville, NC

Strength Training for Healthy Aging, Level 2 is for participants who have previously completed a strength training course with the YMCA and who have an understanding of proper body alignment for basic weight-lifting exercises. We will build on the skills learned in the functional strength classes. Please wear clothing that you can move in comfortably and closed-toed shoes. Prerequisite: Completion of Strength Training for Healthy Aging, Level 2. Course fee: $35 fee to be paid to the YMCA on the first day of classes ($25 for YMCA members).

Instructor: Mary Heard (mheard@ymcawnc.org)

Yoga Nidra
Health and Fitness
6 weeks: September 18, 25, October 2, 9, 16, 23
Wednesdays, 2-3 p.m.
Location: Woodfin YMCA, 40 Merrimon Avenue, Asheville, NC

Yoga Nidra is a comprehensive meditation-relaxation practice that can lead one to the state of consciousness awareness that lies between waking and sleeping. It is often practiced to mitigate the common side effects of stress, anxiety, and depression. It is also utilized to enhance focused attentiveness, mindfulness, and creative problem solving. We will specifically focus on learning how to activate the part of the nervous system uniquely designed to help overcome stress, anxiety, and depression while learning a gentle somatic yoga sequence and various accessible meditation techniques that will improve one’s ability to cope with these common distracting states of mind. Each class session will include gentle somatic yoga movements, breathing, and meditation techniques. See olliasheville.com/courses for a week-by-week outline. Course fee: $35 fee to be paid to the YMCA on the first day of classes ($25 for YMCA members).

Instructor: Jean Marie Murphy (jeanmarie.murphy@gmail.com)
Thursday Morning

Appalachia, Great Depression and New Deal
History
Appalachia
4 weeks: October 10, 17, 24, 31
Thursdays, 9-11 a.m.

Appalachia is a diverse and complex region of America. We will seek to understand how Appalachia developed, the impact of the Great Depression on the region and how it affected individual Appalachian states. Without romanticizing the region, the Great Depression or the New Deal, we will explore how the First New Deal provided lifelines to the different sub-regions of Appalachia. We will utilize several short videos in each class session to show life as it was actually lived. We will also explore the enduring success stories from this era.

Instructor: Bob Rietz (dbactuary@hotmail.com)

Beginning Bridge
Personal Development
8 weeks: September 19, 26, October 3, 10, 17, 24, 31, November 7
Thursdays, 9-11 a.m.

Participants will learn the point count method with upgrades known as Standard American. Each class begins with a lecture and discussion of the assigned topic, followed by play of the appropriate hands. This course is NOT for experienced players. Materials fee: $10, payable to the instructors at the first session, for student text by Audrey Grant and tri-fold bidding guide.

Instructors: Bob Evans (Mickeybob2@aol.com) and Marilyn Evans

Ecology of Southern Appalachia
Math, Science and Technology
Appalachia
5 weeks: September 19, 26, October 3, 10, 17
Thursdays, 9-11 a.m.

We will explore the uniqueness of the southern Appalachian Mountains, some of the oldest and most bio-diverse mountains in the world. Each week, a different instructor from MountainTrue, an environmental and conservation nonprofit, 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.

Coordinator: Susan Bean (susan@mountaintrue.org)

Getting the Most Out of Your Retirement Money
Business, Law and Finance
6 weeks: September 19, 26, October 3, 10, 17, 24
Thursdays, 9-11 a.m.

Financial planning is not just about investing. We will explore the primary drivers for a successful retirement plan, including setting goals, cash flow management, protection from life’s events, and diversifying your investments through “asset location allocation” and “income allocation.” We will also touch on risk tolerance, diversification, and the significant impact fees and taxes have on investments. We will discuss specific steps that can be taken to reduce fees and/or taxes and possibly increase returns. Participation does not require an advanced knowledge or experience in the finance field.

Instructor: John Coleman (johncoleman@ColemanAdvisory.com)

Hiking to Stunning Appalachian Vistas
Health and Fitness
Appalachia
Last 4 weeks: October 17, 24, 31, November 7
Thursdays, 9 a.m. – 3 p.m.

We will take intermediate hikes (up to five miles and 1,100 ft) to lookout points where the full splendor of fall in the Appalachian Mountains is on display. Tentative hikes include Sam’s Gap, John Rock, Trombatore and Bullhead Mountain to Locust Knob. We will meet within 20 minutes of the Reuter Center with trailheads within 45 minutes of the carpool meet-up point. Prerequisite: Participants must be able to hike 4-5 miles on rocky trails with roots and moderate elevation. Sturdy hiking shoes, hiking poles and water are essential.

Instructors: Alice Higgins (AHigg78195@aol.com) and Judi Edelman (drjujuedelman@gmail.com)

Sweater Knit Along
Visual Arts
6 weeks: September 19, 26, October 3, 10, 17, 24
Thursdays, 9-11 a.m.

Have you wanted to knit a sweater but were unsure of how to do it and have it fit? The Sweater Knit Along is your opportunity to knit a sweater in community with other knitters. The pattern that the class will knit is February Lady by Pamela Wynne. Participants will learn how to choose appropriate yarn, knit a sweater to fit, adapt the pattern to their preferences, and how to finish the sweater. Prerequisites: Participants must be able to knit, purl, cast on, bind off, read and follow patterns and be willing to attempt new techniques. Materials list: The February Lady Pattern is a free pattern. Participants will furnish their own yarn and knitting needles.

Instructor: Gay Lambirth (gaylambirth@yahoo.com)
**Advertising: An Illustrated History, Part 2**

History
First 4 weeks: September 19, 26, October 3, 10
Thursdays, 11:30 a.m. – 1:30 p.m.

We will explore the evolution of an industry that tantalizes us daily. You will learn about legendary ad campaigns, fascinating behind-the-scenes-stories, compelling case histories, the development of brands, spectacular successes, and dismal failures. Discussions will be fully illustrated with dozens of examples from TV, radio, print, and other media. A few samples: marketing history of patent medicines, airlines, fast food, automobiles and toys, racism in advertising, and how the 1970s changed the advertising industry. You did not have to attend Part 1 to enjoy this course.

**Instructors:** Ron Schon and Ellen Schon (schonad@gmail.com)

**Appalachian Foodways: A Taste of the Cultures of the Southern Mountains**

Social Sciences
Appalachia
Second 4 weeks: October 17, 24, 31, November 7
Thursdays, 11:30 a.m. – 1:30 p.m.

We will learn to view and appreciate the cultures of Appalachia through the lens of foodways. By learning about where and how food is produced, who grows it, who cooks it, who eats and doesn’t eat it, we gain significant insight into the region and its people. See olliasheville.com/courses for more information about this course, which is NOT a cooking class.

**Instructors:** Meridith Miller (mlmiller1020@gmail.com) and Susan Grabel (SusanGrabel2@gmail.com)

**The Art of Solving Crosswords, Level 1**

Personal Development
8 weeks: September 19, 26, October 3, 10, 17, 24, 31, November 7
Thursdays, 11:30 a.m. – 1:30 p.m.

Through lectures and working on puzzles in class, students will learn strategies for solving, crossword terminology, where to find high-quality puzzles, and more. This no-pressure class, focused on the joy of doing crosswords, is for newcomers, occasional solvers, and those who want to up their game. It will center around easier puzzles. A Level 2 (medium) class will be offered in Winter 2020. **Materials list:** Two pencils, eraser (if not on pencils), and a notebook to write in.

**Instructor:** Lewis Rothlein (lrothlein1@gmail.com)

**Being Incomplete: A Philosophical Journey**

Religion and Philosophy
8 weeks: September 19, 26, October 3, 10, 17, 24, 31, November 7
Thursdays, 11:30 a.m. – 1:30 p.m.

Is it part of the human condition to feel incomplete? Plato described desire as the sense that part of our soul is missing. Post-colonial people describe incompleteness as the search to recover a stolen part of their history. Contemporary philosopher Adam Phillips understands incompleteness as fantasies about the lives we have not lived. Even in architecture and painting, incompleteness may become an aesthetic principle. But must we remain incomplete until death completes us (if then)? Or does the feeling of incompleteness enable us, as Tennyson put it, “to strive, to seek, to find and not to yield”? This is a class for those who feel incomplete and are willing to think about it.

**Instructor:** Ron Manheimer (ronaldmanheimer@gmail.com)
Thursday Midday continued

French 3D
Languages, Literature and Writing
8 weeks: September 19, 26, October 3, 10, 17, 24, 31, November 7
Thursdays, 11:30 a.m. – 1:30 p.m.

In this fourth term of French 3, we will continue to develop the skills of listening, speaking, reading and writing while finishing the last two chapters of the textbook *En Voyage*. Class sessions will include a variety of activities including free conversation, vocabulary study, reading aloud, listening comprehension exercises, grammar study and practice, and homework correction. Participants who do not already have the textbook may borrow one from the instructor, and workbooks will be provided without charge. **Prerequisite:** Participants should have taken French 3 A-C at College for Seniors or three years of French in high school or four semesters of French in college or have equivalent experience with French. **Required text:** *En Voyage*, 2nd edition, by Conrad J. Schmitt and Katia Brillie Lutz. ISBN-13: 978-0026363785
**Instructor:** Betty Carver (bcarver1@charter.net)

Helen: The Face that Launched a Thousand Ships
Languages, Literature and Writing
8 weeks: September 19, 26, October 3, 10, 17, 24, 31, November 7
Thursdays, 11:30 a.m. – 1:30 p.m.

Helen, the most beautiful woman in the ancient world whose abduction caused the Trojan War: Who is she? Queen of Sparta? Princess of Troy? We will explore the image of Helen from the historical Mycenaean queen to her mythological beginnings and to her image and her legacy in Greek literature. **Required text:** *The Complete Euripides Vol 1: Trojan Women & Other Plays* translated and edited by Peter Burian and Alan Shapiro, ISBN-13: 978-0195388671. *The Complete Euripides Vol V: Medea and Other Plays*, translated and edited by Peter Burian and Alan Shapiro, ISBN-13: 978-0195388718.
**Instructor:** Brenda Bryant (brendashamee@yahoo.com)

Historical Survey of Religion and Spiritual Quests in Appalachia
Religion and Philosophy
Appalachia
8 weeks: September 19, 26, October 3, 10, 17, 24, 31, November 7
Thursdays, 11:30 a.m. – 1:30 p.m.

The discovery of the Americas brought thousands of people from the “Old World” seeking a new start. They brought with them a diversity of religious traditions and spiritual practices. The native people had been here for more than 14,000 years and possessed a spiritual nature that permeated their daily lives. After a look at the native peoples of Appalachia, we will explore the paths taken by the newcomers in establishing a rich diversity of religious belief systems and spiritual practices and how they spread throughout Appalachia. Our format for this exploration includes lectures, videos, and discussions.
**Instructor:** James McDonald (james.mcdonald3@gmail.com)

Thursday Afternoon

The Art and Science of Handling Tough Conversations
Personal Development
6 weeks: September 19, 26, October 3, 10, 17, 24
Thursdays, 2-5 p.m.

We all know the importance of good two-way open communication, yet in daily life, we often vacillate about whether to have that open but difficult conversation with another person. We will explore powerful ways to handle difficult conversations. By enrolling in this course, you are committing yourself to active learning and experimenting with new behaviors with which you may be unaccustomed. **Prerequisite:** Attendance at the first session is mandatory and includes a commitment to attend all the following sessions unless you have an emergency.
**Instructor:** Esther Pittman (esteken@aol.com)

Baseball Between the Seams
Math, Science and Technology
8 weeks: September 19, 26, October 3, 10, 17, 24, 31, November 7
Thursdays, 2-4 p.m.

Enjoy an updated version of *Baseball: Science and Statistics* from College for Seniors Spring 2016. Revisited topics will include player rankings and ratings, Hall of Fame voting, and the base/out run expectation tables. New topics will include the Statcast data revolution, the increased usage of defensive shifts, the recent surges in home runs and strikeouts, new proposals for speeding up the game, and what to do with your peanut shells. Attendance in the previous course is not assumed.
**Instructor:** Mark Whipple (mark.whipple77@gmail.com)
**Drôme: The Other Provence**  
**History**  
5 weeks: September 19, 26, October 3, 10, 17  
Thursdays, 2-4 p.m.  

We will explore the landscape, culture, and heritage of the Drôme region in northern Provence. We will briefly study its geography and the evolution of the area through time and look at its place in French history and economy. We will explore the secret beauty of the region, the people, their livelihood, and their stories. We will discover the must visit places and how to best access them. This secret gem of France will open a window on what France is beyond Paris and stereotypes. **Participant fee:** $20 for food and wine for the "Taste of Drôme" on the final day.  
**Instructor:** Sylvie Delaunay (france26120@gmail.com)

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**French 4: Meurtre en Périgord**  
**Languages, Literature and Writing**  
8 weeks: September 19, 26, October 3, 10, 17, 24, 31, November 7  
Thursdays, 2-4 p.m.  

In this advanced level course, taught entirely in French, participants will read the first novel in the series *Bruno, Chef de Police called Meurtre en Périgord*. Participants will read the novel partly in class, partly at home. We will discuss it in class, and there may also be some writing assignments. Participants are asked to contact the instructor for information on ordering the book. **Required text:** *Meurtre en Périgord* by Martin Walker, ISBN-13: 978-2702438039 (please contact instructor before ordering). **Prerequisite:** Participants should have an advanced level of French and the ability to read 50-60 pages of native French per week.  
**Instructor:** Betty Carver (bcarver1@charter.net)

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**Introduction to Mat Pilates**  
**Health and Fitness**  
6 weeks: September 19, 26, October 3, 10, 17, 24  
Thursdays, 2-3 p.m.  
**Location:** Woodfin YMCA, 40 Merrimon Avenue, Asheville, NC  

We will start each session with breathing and focusing on the deep abdominal muscles. Beginning with the fundamental movements to prime the body for the full series, we will progress and build the movements with each class session. We will use light hand weights for upper body strength with some focus on balance work. Most of the movement will be done on the floor, so participants will need their own yoga mat. Some movements will be done standing. **Materials used:** Mats, bolsters, bands, blocks, and hand weights are provided, but if you prefer your own yoga mat or any other supportive equipment, please feel free to bring your own. Also, please bring a water bottle. **Prerequisite:** This course is intended for those beginners looking to improve core strength. Movements will be drawn from the classic Pilates Mat series with some modifications for those with back, neck, and hip issues. Participants must be able to get onto the floor, do work on the floor, and get up from the floor. **Course fee:** $35 fee to be paid to the YMCA on the first day of classes ($25 for YMCA members).  
**Instructor:** Nadja Simon (nsimon@ymcawnc.org)

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**More Than Moonshine and “Dueling Banjos”: Appalachian Stories on the Silver Screen**  
**Performing Arts**  
Appalachia  
8 weeks: September 19, 26, October 3, 10, 17, 24, 31, November 7  
Thursdays, 2-5 p.m.  

From *Thunder Road* to *Songcatcher*, Hollywood portrays the people of Appalachia and their stories with varying degrees of success. We will view eight films, both dramas and documentaries, that explore the subjects of coal miners’ strikes, economic hardship, the TVA, as well as the culture and natural beauty of Appalachia. We’ll examine the films’ use of stereotypes, sensationalism, and accuracy. And we’ll discuss the messages they convey to the general public. Whether you are new to this area, native-born, or somewhere in-between, join us for a new look at your home region through the lens of the movie camera. See olliasheville.com/courses for the course outline and film list.  
**Instructor:** Barbara Jaslow (barbjas@aol.com)

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**Quick and Easy Plant-Based Cuisine Around the World, Section A**  
**Health and Fitness**  
First 4 weeks: September 19, 26, October 3, 10  
Thursdays, 2-4 p.m.  
**Location:** At the instructor’s home  

Looking for healthy cooking ideas? Consider samples of Mexican, Italian, Indian, Thai, Japanese, Korean, Middle Eastern, and African cuisines. We will prepare quick and easy plant-based dishes selected from a different part of the world each week. **Materials fee:** $20 for the purchase of food.  
**Instructor:** Bonnie Wheeler (bonniewhee@gmail.com)
**Quick and Easy Plant-Based Cuisine Around the World, Section B**  
Health and Fitness  
Second 4 weeks: October 17, 24, 31, November 7  
Thursdays, 2-4 p.m.  
**Location:** At the instructor’s home

Looking for healthy cooking ideas? Consider samples of Mexican, Italian, Indian, Thai, Japanese, Korean, Middle Eastern, and African cuisines. We will prepare quick and easy plant-based dishes selected from a different part of the world each week.  
**Materials fee:** $20 for the purchase of food.  
**Instructor:** Bonnie Wheeler (bonniewhee@gmail.com)

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**Sparking Your Creative Muse**  
Visual Arts  
8 weeks: September 19, 26, October 3, 10, 17, 24, 31, November 7  
Thursdays, 2-5 p.m.

Spark your creativity through written and artistic explorations. Within the framework of a weekly theme—such as joy or wonder—we will employ introductory art techniques and writing exercises to engage in self-exploration and to further appreciate our life experiences. No prior art or writing experience is required, merely a sense of playfulness and willingness to tap into your creative muse. See olliasheville.com/courses for a detailed outline, weekly themes, and a materials list.  
**Instructors:** Kathleen Corcoran (kathleen_conklin@msn.com) and Linda Robinson (lcrobinson512@gmail.com)

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**Therapeutic Yoga**  
Health and Fitness  
6 weeks: September 19, 26, October 3, 10, 17, 24  
Thursdays, 3:15-4:15 p.m.  
**Location:** Woodfin YMCA, 40 Merrimon Avenue, Asheville, NC

Therapeutic yoga empowers individuals to progress toward improved health and well-being through the application of the teachings and practices of yoga. Each session will start with a simple concept such as breathing, strengthening the core, posture, and building bone mass. The instructor will go over what was presented in the previous class session and add more anti-aging strategies to the new class.  
**Course fee:** $35 fee to be paid to the YMCA on the first day of classes ($25 for YMCA members).  
**Instructor:** To be announced

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**Ultra Beginner Line Dance**  
Health and Fitness  
8 weeks: September 19, 26, October 3, 10, 17, 24, 31, November 7  
Thursdays, 2-3:30 p.m.

This course is for anyone who wants to learn to dance independently. No partner required! There are fundamental dance steps to learn that are associated with line dancing. We will learn and review those fundamentals along with several of the most popular dances. It is great for the mind, body, and soul.  
**Instructor:** Denna Yockey (denna.yockey@gmail.com)

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**Aging with Wisdom and Compassion**  
Social Sciences  
Life Transitions  
6 weeks: September 20, 27, October 4, 11, 18, 25  
Fridays, 9-11 a.m.

As we age, we enter unexplored territory. Often, we cannot depend on old strategies to approach the new problems unique to aging. We will explore three skills of mindfulness meditation including grounding, reflection, and intention in an attempt to increase our awareness of the thoughts and feelings we have about these life changes. After exploring a variety of concepts from Buddhism and Western psychology, you will be encouraged to develop a personal philosophy which you can use in everyday life. Class sessions and discussions will include adult development, awareness, choices, and navigating life’s roadblocks.  
**Prerequisites:** A working email address will allow participants to receive short readings and video clips. See olliasheville.com/courses to review course outline, guidelines, and additional information before requesting this course.  
**Instructors:** Dennis Hoogerman (dhoogerman@gmail.com) and Karen Waters (karen.waters.phd@gmail.com)
Western North Carolina is beautiful year round, but autumn in Appalachia is particularly glorious. In this intermediate-level art course in transparent watercolor, we will immerse ourselves in the peak color season of Appalachia to capture the colors and the spirit of the region in fall. **Prerequisite:** Participants must have taken at least one transparent watercolor course.  
**Instructor:** Susan Kibler (susankibler@icloud.com)

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Sustainability is often described as including the interaction of three complex systems: the economic, social, and environmental. We will concentrate on the economic and environmental systems with a focus on climate change. Since the climate change we are experiencing is anthropogenic (human caused), we will look at how markets have helped created this problem and how changes, especially from the economic perspective, can be made to mitigate the problem. We will explore what various organizations are doing about climate change and examine various potential planetary boundaries. We will briefly address the United Nations Sustainable Development Goals.  
**Instructor:** Tim Campbell (timacamp@gmail.com)

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Friend to Thomas Jefferson, fiend to most everyone else, Thomas Paine (1737-1809) set a fire under the American Revolution before inflaming another revolution in religion. This forgotten founder was also a radical freethinker, raising questions we are still wrestling with today. With *The Age of Reason* as our primary text, we will discover the true roots of religious freedom in America and address the persistent myth that the republic was founded on one faith, or even on faith itself. **Recommended text:** *The Age of Reason* by Thomas Paine.  
**Instructor:** Chris Highland (chris.highland@gmail.com)

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As Homo sapiens, we have tried to understand everything since we became humans, even the nature of knowledge itself. How can we distinguish fake news from truth and the gradations in between? We will explore the philosophy, psychology, and sociology of knowing. Bring your curiosity and skepticism to this course, anchored in participant discussion; we’ll plumb the breadth and depth of being a knowing animal. See olliasheville.com/courses for an outline of weekly topics.  
**Instructor:** David Karan (david.karan05@gmail.com)
Lawn Bowling
Health and Fitness
6 weeks: September 20, 27, October 4, 11, 18, 25
Fridays, 9-11 a.m.
Location: Carrier Park
Lawn bowling is popular in most English-speaking countries. A three-pound bowl with a built-in bias is rolled 80-100 feet on grass to its target. The game is competitive and social and provides physical exercise. You’ll learn the rules of lawn bowling and how to use the equipment, with lots of hands-on practice. Equipment will be provided by the Asheville Lawn Bowling Club. All class sessions will be held at Carrier Park (Amboy Road and Michigan Avenue in West Asheville). Materials list: Heelless shoes. Contact the instructor for more details.
Instructor: Stan Glickman (stanthe1949man@yahoo.com)

Tap Dancing for Fun
Health and Fitness
7 weeks: September 20, 27, October 4, 11, 18, 25, November 1
Fridays, 9-11 a.m.
Note: No class on November 8
Always wanted to tap dance? We will go over the basic steps and learn a routine. The main goal of the class is to have fun and exercise. Both beginners and those with some knowledge of tap are welcome. Materials needed: Tap shoes; contact the instructor for advice.
Instructor: Mary Walker (20mlwalker14@gmail.com)

Classical Yoga
Health and Fitness
6 weeks: September 20, 27, October 4, 11, 18, 25
Fridays, 1:15-2:45 p.m.
Location: Woodfin YMCA, 40 Merrimon Avenue, Asheville, NC
We will explore the classical yoga style of the Sivananda Lineage, a repetitious style that has five points of practice: proper breathing, relaxation, exercise, diet, and positive thinking meditation. Each session is 75-90 minutes and includes this traditional routine to some degree with a special focus on the five points of practice, mobility and flexibility, balance, and emotional awareness. Open to all levels. Course fee: $45 fee to be paid to the YMCA on the first day of classes ($35 for YMCA members).
Instructor: Wes Sparks (wesley_sparks@hotmail.com)

Asheville, Appalachia, and Our World Class Art Museum
Visual Arts
Appalachia
Second 4 weeks: October 18, 25, November 1, 8
Fridays, 2-4 p.m.
Location: Asheville Art Museum, 2 S. Pack Square, Asheville, NC
Meet the new Asheville Art Museum! Founded in 1948 and serving all of WNC’s 24 counties, the museum recently completed an exciting $24+ million building project that provides new landmark architecture in downtown’s Pack Square. The renovation and expansion includes larger, state-of-the-art galleries to showcase traveling exhibitions and the museum’s collection of 20th- and 21st-century American art, with an emphasis on art of Southern Appalachia and Western North Carolina. The curatorial and education staff will introduce the new museum through a series of tours including the reimagined presentation of the museum’s collection, the inaugural special exhibition Appalachia Now!, a series of smaller shows highlighting recent extraordinary gifts to the collection, and the soaring architecture that reflects the collecting philosophy of the museum. College for Seniors will cover entrance fees for participants in this special Appalachia theme term course, which is limited to 15 participants.
Instructors: Kristi McMillan (kmcmillan@ashevilleart.org)
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Changes in Fees and the Process for Registering for a Decal for 2019-20

In 2019-20, OLLI members will see an increase of $25 in parking fees, from $125 to $150 for a decal covering the full year, and from $30 to $40 for a second decal. Members will register their vehicles using the Rydin online system, but they will pay for decals through OLLI’s online registration system and will pick up their decals at the Reuter Center. We want to give you all the details we have in order to help ease this transition.

The Highlights

- OLLI membership will remain $25 for anyone joining between August 1, 2019 and July 31, 2020.
- In 2019-20 OLLI members will register their vehicles using the university’s online system at www.permitsales.net/UNCA
- Payment for the decal will be through OLLI’s online registration system. The fee will be $150 for the first decal and $40 for the second decal for multiple vehicles in one household.
- You will pick up decals in the OLLI office at the Reuter Center on designated days.
- The parking fee will be prorated for those who join the organization over the course of the year.

More details

Changes in payment for and distribution of parking decals

As of now, OLLI members will use the university’s online parking system to register their vehicle or vehicles. They will then be able to pay for the parking decal using the OLLI online registration system and pay (with a credit card) a separate fee for parking. You will have to wait a couple of days for all payment information to be processed, but then you will be able to come to the Reuter Center and pick up a decal.

We recognize that some people struggled with the online parking system last year, but many of you will have your information already in the system. We recognize that this is a two-step process, but you will be able to come to the Reuter Center to pick up your decal and also to get help navigating this change. We think that it will be easier for OLLI members to work with OLLI staff and volunteers to obtain decals than to have to go to Weizenblatt Hall. We also know that university police do not have the staff or facilities to manage large numbers of people who need help, so we think this will be a step in the right direction to make sure our members are supported. We will provide more details about days and times for decal help and pick up through the OLLI Observer online newsletter.

Costs

Parking fees will be assessed as follows, with a 25% drop after the end of each OLLI term:

<table>
<thead>
<tr>
<th>Season</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall (September 2019 – July 31, 2020)</td>
<td>$150</td>
</tr>
<tr>
<td>Winter (November 15, 2019-July 31, 2020)</td>
<td>$112.50</td>
</tr>
<tr>
<td>Spring (February 26, 2020-July 31, 2020)</td>
<td>$75</td>
</tr>
<tr>
<td>Summer: (May 18, 2020-July 31, 2020)</td>
<td>$37.50</td>
</tr>
</tbody>
</table>

Decals for additional cars registered for the same owner may be purchased for $40 until May 18, 2020, when the fee will decrease to $30. If you have a new car, there is no cost to replace the decal, if you bring parts of the used decal to the OLLI office in the Reuter Center.

Some context

As renovations continue to UNC Asheville buildings, parking continues to be displaced. The university has paved Parking Lot P01 at the university entrance on Campus Drive and sometime this fall the university will add a parking lot on Edgewood Road to provide additional spaces for students and faculty. The university has developed a shuttle service that allows people using distant lots to arrive safely to their campus destination. All of these services must be paid for by fees collected for the purpose of parking (or in the case of shuttles from student fees).

It’s important for OLLI members to recognize that undergraduate students will pay $200 for their parking decal, and faculty and staff will pay up to $300, depending on their salary. It’s also worth noting that OLLI is picking up some of the difference between the money we charge for decals, and the money we have committed to the university to manage the impact OLLI members have on parking resources. We are in a healthy financial position and want to use the fees our members have paid to keep the cost of attendance as low as possible.

Our term fees for College for Seniors courses will remain at $115 for our eight-week fall and spring terms, $90 for our winter term, and $75 for our summer term. While we have increased the number of courses offered and added online registration, we have not increased fees for our members for more than 10 years.

OLLI members will still be eligible to obtain a Passport sticker for the OneCard that will entitle them to ride Asheville Transit at no cost. OLLI members will have access to campus shuttles from remote parking lots (although they must still have a valid decal to use those lots).

Impact

We recognize that an increase in fees for parking may put OLLI membership out of reach for some participants. OLLI cannot offer scholarships for decals, but we continue to offer scholarships to cover a portion of the cost of CFS courses and Leadership Asheville Seniors

Members may participate in Special Interest Groups at no cost, and we offer hundreds of hours of free programming through lectures and community partner events throughout the year. OLLI members still receive discounts or free admission to many UNC Asheville events and can enjoy many benefits of being part of the UNC Asheville community.

We know that parking has been a challenge in recent years and anticipate that it will continue to be a challenge as construction continues to improve our campus. We are grateful for everyone who finds that our offerings fill unique needs and for all of the people who contribute to OLLI’s success. Despite the increased cost of participation for those who participate for a full year, OLLI offers an incredible value because of the time and talent that our members volunteer and because of the generosity of members and benefactors who have supported us financially. We hope that you will continue to be a part of our community of teachers and learners.

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