Grow through life

OSHER LIFELONG LEARNING INSTITUTE

OLLI at UNC ASHEVILLE

SPRING 2019 COURSES & EVENTS
from the director

A few years ago we began to run a block in our newsletter titled “We Remember” to recognize the death of members. A woman came to my office to say she found the practice morbid, depressing and “inappropriate for us old folks.” I explained that I understood that reaction, but that we wanted people to know that we do remember and care when we learn that an OLLI member has died. Death and loss are significant and frequent in our community, so we don’t want to ignore their reality. My visitor acknowledged the point, but as she said as she left, with an impish grin, “I just want you to know, I don’t plan on dying myself.”

While few people express an expectation of immortality, some people new to OLLI express curiosity about the wide range of programming focused on the end of life. We offer quarterly Advance Care Planning Workshops that allow participants to complete advance directives. The College for Seniors Life Transitions Curriculum features well-attended courses focused on all of the transitions of later life, including loss and death. Our Fab Friday Health Education Series lectures, monthly meetings of our special interest groups Thriving in Community, Whole Foods Plant-Based Living, Men’s Wisdom Works and Women’s Groups all offer opportunities for conversations about ways to maintain health, a sense of purpose and fulfilling relationships as we age and how to manage inevitable loss and change. Our community partner Third Messenger sponsors monthly Death Café sessions that focus on issues of dying and loss and attract a multigenerational audience.

“The Gift of Time,” a five-week Life Transitions Workshop created by OLLI member Nick Jordan, with support from Fred Cardina, Dave Castel, Ken Macfarlane, Chuck Rosenblum and Paula Withrow, epitomizes the strength of programs focused on our “third act” that are member-driven and member-led. Nick, an active and ebullient OLLI participant, received the news that his cancer was incurable and that he had two to five years to live. He saw his timeline as a “gift of time” to get his legal, financial and personal affairs in order, so that his family could manage his death as easily as possible. As he talked to doctors, attorneys, funeral directors, family and friends, he learned that many people could not or would not bring themselves to prepare themselves for the end of life, making the last stage of life “needlessly complicated.” Like many people he created a “bucket list” of things he wanted to do, and high on that list was a desire to share what he had learned and to encourage other people to face these challenges in the spirit of learning and acceptance.

We recently talked to past participants of the program to assess how it fit with OLLI’s many offerings on the same subject and to see if we could better understand what made the program tick. One participant brought a thick notebook labeled “Upon My Death,” full of legal and personal documents, a thorough and thoughtful plan inspired by Nick’s example. One woman said that she had attended the program with her husband soon after he had received a diagnosis of dementia; together they were able to articulate their wishes and put their affairs in order while he could still participate. Another couple, within a month of taking the program, faced a major health crisis that they managed more easily because they were prepared. Program participants valued the opportunity to consider end of life planning not just as a matter of collecting papers and writing wills, but weighing their options for medical treatment and thinking about their financial and spiritual legacy. They learned from experts and from one another. They testified to the value of a program that focused in unique ways on what people don’t know and won’t talk about.

Most impressively, we heard that Nick brought a kind of magic to the program. People expressed their gratitude for Nick’s willingness to meet with them over coffee to help them catch up if they missed a class or needed to talk through tough decisions. They affirmed that he “cared in a practical way” and “asked tough, meaningful questions.” He was a catalyst for diving in and doing this hard work. Because Nick shared the story of his diagnosis with grace and humor, everyone in the workshop felt challenged to face hard truths. The “expert” speakers emphasized the impact of failure to plan on individuals and families instead of offering dry rehearsals of facts or checklists of tasks. Rather than seeing end-of-life planning as a burden to be avoided, people in the workshop embraced planning as a gift responsible adults give to the people they care about. More than one person reported that they felt that they “found” Nick just at the right time or that the course was “life-changing.” These conversations with past participants inspired OLLI staff and volunteer leadership to revitalize and rethink the program, finding new ways to recreate some of the magic that Nick brought.

In late 2017 Nick passed away. A year and a half earlier, he wrote me a letter that always reminds me of the importance and possibility of the OLLI community. He wrote, “Legacy was not a word in my vocabulary. My answer to that question would have been my pride in my two daughters and their families. Now, I have experienced something that professionals in education, medicine, research and other specialties know—they have the power to change someone’s life. I still am in awe of what we have accomplished.” Someone once noted that Nick would introduce himself as someone who was dying and then give you ten reasons why you should want to live with passion and purpose. Even if we are counting on immortality, we owe it to ourselves to follow Nick’s example, to experience the awe that comes when we recognize that time is a gift.

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

FEBRUARY
19 World Affairs Council, 7:30 p.m.
20 Midday Music with Pan Harmonia, noon
22 Spring 2019 online allocation registration opens, 10 a.m.
22 Symphony Talk, 3 p.m.
25 College for Seniors Winter 2019 term ends
26 World Affairs Council, 7:30 p.m.

MARCH
1 Spring 2019 online allocation registration ends, noon
2 WNC Historical Association, 2 p.m.
5 STEM Lecture, 4:30 p.m.
6 Astronomy Club of Asheville, 7 p.m.
10 Carolinas’ Nature Photographers Association, 5:30 p.m.
12 World Affairs Council, 7:30 p.m.
15 NC Stage Behind the Scenes, 1:30 p.m.
15 Death Café, 5 p.m.
17 WNC Historical Association Lecture, 2 p.m.
19 Elisha Mitchell Audubon Society, 7 p.m.
21 STEM Lecture, 4:30 p.m.
22 New Member Welcome, 10 a.m.
25 College for Seniors Spring 2019 courses begin
28 Town Hall Meeting, 4:15 p.m.
29 Fab Friday Lecture, 11:30 a.m.
30 Just Economics Poverty Simulation, 10 a.m.
31 The Autumn Players Readers Theater, 2:30 p.m.

APRIL
2 World Affairs Council, 7:30 p.m.
4 OLLI Authors Reading, 5 p.m.
4 Astronomy Club of Asheville, 7 p.m.
5 Fab Friday Lecture, 11:30 a.m.
12-14 Paths to Creative Retirement Workshop (Reuter Center closed to all other events)
14 Carolinas’ Nature Photographers Association, 5:30 p.m.
16 Elisha Mitchell Audubon Society, 7 p.m.
19 Fab Friday Lecture, 11:30 a.m.
19 Death Café, 5 p.m.
25 Spring Member Social, 4:15 p.m.
26 Fab Friday Lecture, 11:30 a.m.
26 NC Stage Behind the Scenes, 1:30 p.m.
28 The Autumn Players Readers Theatre, 2:30 p.m.

MAY
2 OLLI Summer 2019 catalog available and on-line
2 Astronomy Club of Asheville, 7 p.m.
3 Fab Friday Lecture, 11:30 a.m.
3 Smart Driver Class, 1 p.m.
4 Reuter Center Singers Spring Concert, 7 p.m.
5 Reuter Center Singers Spring Concert, 3 p.m.
7 World Affairs Council, 7:30 p.m.
10 Summer 2019 online allocation registration begins, 10 a.m.
10 Fab Friday Lecture, 11:30 a.m.
10 Symphony Talk, 3 p.m.
12 Carolinas’ Nature Photographers Association, 5:30 p.m.
16 Summer 2019 online allocation registration ends, noon
17 College for Seniors Spring 2019 courses end
17 Fab Friday Lecture, 11:30 a.m.
17 Death Café, 5 p.m.
22 AARP Documentary and Discussion, 1 p.m.
24 New to Medicare Information Session, 2 pm.

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OLLI Steering Council 2018-2019
Chair: Bobbie Rockwell
Chair-Elect: Erik Vedeler
Secretary: Tom Hofmann
Past Chair: Kirk Borland
OLLI Executive Director: Catherine Frank

Committee Chairs
Civic Engagement: Kathleen Mainardi
College for Seniors: Cindy Berryman-Fink and Paula Withrow
Communications: David Langdon
Facilities: Terry Liles
Finance: Terry Reincke
Hospitality: Paula Massey
Inclusion: contact Jane Callis
Life Transitions: Meridith Miller
Nominating: Erik Vedeler
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
Your gateway to OLLI at UNC Asheville (OLLI) programs and events is membership. The membership fee of $25 covers the membership period through July 31, 2019. Please note that there is a fee of $62.50 to purchase a parking decal that runs through July 31, 2019; see page 14 for more details or www.permitsales.net/UNCA for more information.

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

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

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

OneCards: OLLI members may obtain a OneCard, the official UNC Asheville photo ID card, in Highsmith University Union. With a OneCard 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.

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. 14 for detailed instructions on how to obtain a decal for this year; all parking fees and vehicle registration will be managed by UNC Asheville’s Department of Transportation and Parking. Please be aware that several construction projects are underway on the UNC Asheville campus that have a significant impact on the number of available parking spaces. There may be times when parking spaces are in short supply or when roadways in some parts of campus are blocked. Campus security will be checking parking decals and giving tickets for parking violations.

Shuttle: Nonresident lots P01 and P02 are at the entrance to campus off Broadway on Campus Drive. The Purple Shuttle travels from these lots to the Reuter Center and arrives approximately every 15 minutes from 8 a.m. to 5:15 p.m. when UNC Asheville classes are in session. Please check the OLLI Observer newsletter for updates on the shuttle schedule or contact the OLLI office (828.251.6140) with questions.

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

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

OLLITalk: OLLITalk is an online forum for OLLI members to exchange information and to ask for and send recommendations or referrals. To sign up to be a part of the OLLITalk, send an email to olli@unca.edu.

Dining Options: The Reuter Café on the Center’s lower level is open Monday-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 spring 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.

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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 Ann Cadle at 828.251.6384 or acadle@unca.edu.
Once you’re an OLLI member, you may join Special Interest Groups (SIGs) as another way to learn and develop friendships based on shared interests. All SIGs are approved and evaluated by the Hospitality Committee and are member-organized. To find detailed information about SIGs and information about how to initiate a SIG, call 828.251.6140 or visit our website at olliasheville.com and look for SIGs under “OLLI Groups and Volunteers.” To join a SIG, please contact the person listed for that group.

**Special Interest Groups – SIGs**

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

**Beer on Tap**
Second Mondays, 4:30 p.m.
Contact: Lindy Wechsler, 828.350.8406, pvwithrow@aol.com or Bob Mellor, 828.253.5031, bobmellor@charter.net

**Bridge for Fun**
Wednesdays, 2-5 p.m.
Contact: Patricia Grace, 828.505.0046, pegrace@vt.edu or Beth Alford, 828.505.2922, ralford9@bellsouth.net

**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 and third Wednesdays, 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, 1:15-4:25 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, 3 p.m.
Contact: Jane White, 828.274.9354, jwcantare1@charter.net

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

**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, depewkaren71@gmail.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

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

**Thriving in Community**
Varied Fridays, varied times.
Contact: Amy Davison, adavison2ndtime@gmail.com

**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, hhaz@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.

**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 organized by 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 online newsletter for additional details.

**AARP Documentary and Discussion**
Before Medicare was introduced in 1965, fewer than 50% of the nation’s hospitals served black and white patients equally. In the South one in three hospitals would not admit African-Americans even for emergencies. By using the carrot of Medicare dollars, the federal government virtually ended the practice of racially segregated health care. The powerful book and documentary *The Power to Heal* illustrates how civil rights leaders and grass-roots volunteers pressed and worked with the federal government to achieve justice and fairness for African-Americans. The documentary will be followed by a community discussion with local leaders to explore these historical issues and reflect upon current day challenges. This program is sponsored by AARP in the Mountain Region. Contact Rebecca Chaplin at 828.380.6242 or rchaplin@aarp.org
- **Wednesday, May 22, 1-4 p.m.**

**Astronomy Club of Asheville**
The Astronomy Club of Asheville meets the first Thursday of the month (except January and July) at 7 p.m. with an interesting lineup of speakers and topics. OLLI members may attend the club meetings and star gazing, with club members on hand to advise and assist them in the basics of astronomy and the techniques of observing celestial phenomena. For more information on the Astronomy Club of Asheville, visit their website at www.astroasheville.org.
- **Thursdays, March 7, April 4, May 2, 7 p.m.**

**The Autumn Players Readers Theatre**
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 these actors make their stories come to life. Tickets are $7 at the door.
- **Sunday, March 31, 2:30 p.m. - *Awake and Sing* by Clifford Odets, directed by Arnold Sgan**
- **Sunday, April 28, 2:30 p.m. - *The Constant Wife* by W. Somerset Maugham, directed by Anita Chapman**

**The Carolinas’ Nature Photographers Association**
The Carolinas’ Nature Photographers Association (CNPA) was founded in 1992 to promote nature photography, to help conserve and preserve the diverse natural ecosystems and to educate others in the Carolinas interested in nature and wildlife photography. The association is divided into regions for more close-at-hand activities. The CNPA-Asheville Region’s goal is to develop a group that will more fully experience the beauty and diversity 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 meeting begins at 6 p.m. For more information please visit www.cnpa-asheville.org.
- **Sundays, March 10, April 14, May 12, 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 deathcafe.com. This spring, Death Cafe will meet on:
- **Fridays, March 15, April 19, May 17, 5-6:30 p.m.**

**Elisha Mitchell Audubon Society**
The mission of the Elisha Mitchell chapter of the National Audubon Society (EMAS) is to protect birds and their habitats and to promote an awareness and appreciation of nature. EMAS presents educational programs on the third Tuesday of the month, 7 p.m., at the Reuter Center. Programs are free and open to everyone. Find out more about EMAS programs and about free monthly Beaver Lake Bird Sanctuary walks at www.emasnc.org.
- **Tuesdays, March 19 and April 16, 7 p.m.**

**Just Economics Poverty Simulation**
OLLI’s Inclusion Committee is hosting this experiential learning tool created by local nonprofit Just Economics that exposes participants to the real life struggles of the working poor in our community. Participants are assigned identities based on real low-income people and must complete the everyday activities of their families, like going to work, paying bills, applying for public benefits, etc. The simulation involves moving between stations, which represent the institutions and businesses individuals typically interact with each month. After the exercise there is time for reflection. Watch the OLLI Observer weekly email newsletter for information about how to register to participate.
- **Saturday, March 30, 10 a.m. to 1 p.m.**

**Midday Music with Pan Harmonia**
Now in its 19th season, Asheville’s Pan Harmonia enjoys taking its 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. To learn more, visit www.panharmonia.org.
- **Wednesday, February 20, noon – 2 p.m.**

Join Pan Harmonia musicians, mezzo-soprano Brittnee Siemon, flutist Kate Steinbeck and pianist Ko Eun Grace Lee, for Midday Music. Peek behind-the-scenes in an open working rehearsal as these artists come together to create music for upcoming performances.
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, March 22, 10 a.m.

New to Medicare Information Session
Are you confused by the many choices of Medicare plans? Unbiased and accurate information is available from trained volunteers from the North Carolina Seniors’ Health Insurance Information Program (SHIIP). This session will be an overview (plans, parts, and policies) of Medicare. Spaces are limited, and registration is required. Reserve your space by calling the Council on Aging of Buncombe County, 828.277.8288. 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 socialsecurity.gov.

• Friday, May 24, 2 p.m. Social Security representatives will be available beginning at noon.

NC Stage Behind the Scenes
Join NC Stage Artistic Director and co-founder Charlie Flynn-McIver as he takes you behind the scenes of the professional productions of NC Stage. We’ll look into the themes of the plays, the rehearsal process, the design process, talk to actors, directors and designers and even view a scene or two from the upcoming show. Get an insider’s view of the workings of a professional theatre. For more information about NC Stage, visit ncstage.org.

• Friday, March 15, 1:30 p.m. Silent Sky by Lauren Gunderson
• Wednesday, April 26, 1:30 p.m. Stones in His Pockets by Marie Jones

OLLI Authors
OLLI Authors is a book talk series, featuring readings by two local authors, designed to recognize the many very talented OLLI members who write poetry and prose.

• Thursday, April 4, 5 p.m. Bruce Spang (poetry and prose) and Majorie Klein (prose)

Reuter Center Singers Spring Concert
The Reuter Center Singers, OLLI’s in-house choral group directed by Chuck Taft, will perform their annual spring concert. Light refreshments will follow; donations to support the group are welcome.

• Saturday, May 4, 7 p.m.
• Sunday, May 5, 3 p.m.

Smart Driver Class
The four-hour AARP Smart Driver Class offers numerous tips for coping with inevitable changes in perception and reaction time, as well as increased hazards on the roads with faster cars and busier traffic. Participants can expect to review the rules of the road, learn tips to respond to aggressive drivers and gather general safety tips such as how to make left turns into heavy traffic. The course, offered nationwide, is designed to help participants avoid crashes and remain safely behind the wheel. The cost is $15 for AARP members and $20 for all others. Contact instructor Celeste Selwyn at csel@mindspring.com to register.

• Friday, May 3, 1-5 p.m.

Spring Member Social
Join your OLLI friends for a chance to socialize, enjoy ice cream from The Hop and some cheer and light snacks and celebrate the spring!

• Thursday, April 25, 4:15 p.m.

STEM Lectures
The STEM Lecture Series is interdisciplinary with a focus on science, technology, engineering and mathematics.

• Wednesday, March 6, 4:30 p.m. Jim Fox, Director for UNC Asheville’s National Environmental Modeling and Analysis Center, “Community Resilience Related to Climate”
• Thursday, March 21, 4:30 p.m. Jason Wingert from UNC Asheville’s Health and Wellness Department, “Roadblocks to Student Learning about Evolution, Cognitive and Cultural Changes.”

Symphony Talk
Symphony Talks are an entertaining and educational way to hear about the music to be performed at upcoming Asheville Symphony Orchestra (ASO) Masterworks Concerts. The program begins with a presentation by Chip Kaufmann, who talks about the life and times of the featured composers. ASO music director Darko Butorac and guest conductors 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 ASO, or to find out how to purchase tickets for performances at the Thomas Wolfe Auditorium, visit ashevillesymphony.org

• Friday, February 22, 3 p.m. Kodály’s Dances of Galánta, Dvořák’s Violin Concerto, Beethoven’s Symphony No. 6 “Pastoral” with guest conductor Mei-Ann Chen and violin soloist Alexi Kenney
• Friday, May 10, 3 p.m. Márquez’ Danzón No. 2, Saint-Saëns’ Violin Concerto No. 3 and Stravinsky’s The Rite of Spring, conducted by Darko Butorac with soloist Simone Porter, violin
Town Hall Meeting
During our annual Town Hall meeting we will review the highlights of the past year, including member survey results and accomplishments from our OLLI programs and activities. The Nominating Committee will introduce the 2018-19 slate of candidates. Our focus will be on your questions for our staff and Steering Council members.

- Thursday, March 28, 4:15 p.m.

WNC Historical Association Lecture
The mission of the Western North Carolina Historical Association (WNCHA) is the preservation and promotion of the history of Western North Carolina through the care, interpretation and presentation of the Smith-McDowell House, the education of the public through lectures, exhibitions and the facilitation of cooperation among regional historical organizations. A $5 donation is requested at the door.

- Saturday, March 2, 2 p.m. “Child of the Woods: An Appalachian Odyssey” with author Susi Séguret

Join WNCHA and Susi Séguret for the release of her new book Child of the Woods, a collection of short stories and observations of growing up in the natural settings of rural Appalachia. The book is an opportunity to experience nature through the eyes of a true child of the woods. Séguret grew up in Madison County, North Carolina, and honed her culinary skills in France where she studied at the Cordon Bleu and the Université de Reims. As director of the Seasonal School of Culinary Arts, she is passionate about taste and style, and how they extend from our palate into our daily lives. She has written and edited cookbooks, including Appalachian Appetite.

- Saturday, March 17, 2 p.m. “Truth in Transit” with filmmaker Rebecca Jones

This presentation includes a screening of the documentary Truth in Transit about Carolina Friends School’s 2015 end-of-year trip through Appalachia’s coal country. Follow along as this group of students seeks to understand climate change as it relates to mountaintop removal, environmental justice and Quaker education. Documentarian Rebecca Jones’s debut feature-length film provides a portrait of the students as they explore coal mines, participate in bluegrass jams, square dance in antique barns and get trained to do non-violent direct action. This film offers a testament to the transformative powers of experiential education and explores ways that Quaker values and Quaker schools can help us confront climate crisis.

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

- Tuesday, February 19, 7:30 p.m. John Plant “The Rise of Populism in Europe”
- Tuesday, February 26, 7:30 p.m. Tom Sanders “The Middle East: Regional Disorder?”
- Tuesday, March 5, 7:30 p.m. Dot Sulock, “Nuclear Negotiations: Back to the Future?”
- Tuesday, March 12, 7:30 p.m. Julie Snyder, “Decoding U.S. / China Trade”
- Tuesday, April 2 and May 7, 7:30 p.m. Speaker and topic to be announced

Adverse Weather Policy
OLLI classes, events, meetings and other activities will be canceled or delayed when UNC Asheville classes are canceled or delayed for adverse weather. By 8 a.m. on bad weather days, the OLLI staff will post specific program information on our outgoing 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 how weather will affect 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.
March 29: The Grove Park Inn - A Place For Presidents, Celebrities and Gingerbread Houses
For over 105 years, The Grove Park Inn has welcomed guests from all over the world. The Inn was built by Edwin Wiley Grove, a pharmacist who amassed a fortune making “Grove’s Tasteless Chill Tonic.” Attracted to Asheville for its mountain air, Grove wanted to develop a lodge that reflected the grandeur of the surrounding mountains. Built from native granite in less than a year, the Inn has hosted some of the world’s most brilliant minds and endured some of America’s greatest hardships since its opening in 1913. It has been named to the National Register of Historic Places and Historic Hotels of America. Becky Blenkitni, the PR and Special Events Coordinator for the Omni Grove Park Inn, will provide an overview of the Inn’s history and explain how it came to be such an iconic hotel.

April 5: Exercise Approaches to Reduce Fall Risk
One of three people over age 65 will experience a fall each year. This presentation will review current research on age-related changes in balance. Two different evidence-based exercise approaches to fall prevention will be discussed, with preliminary evidence presented to support the common underlying mechanisms of each. The audience will learn specific exercises to improve their balance. Jason Wingert, an associate professor of health and wellness and a faculty member in the neuroscience program at UNC Asheville. He directs the Sensorimotor Laboratory, which primarily focuses on uncovering and addressing the physiological mechanisms underlying age-related changes in balance.

April 19: The Past, Present and Future of Asheville’s Riverfront Revitalization
Learn about the transformation and revitalization of Asheville’s Riverfront along the French Broad River, a river once described as “too thick to drink and too thin to plow” by author Wilma Dykeman. Discover some of the key events like the 1916 Flood and industrialization, and key leaders like Dykeman, the Dam Fighters, Jean Webb and Karen Cragnolin. Learn about the success stories in local collaboration to improve water quality and the ongoing transformation of degraded properties into public parks and greenways. RiverLink Executive Director Garrett Artz will cover this colorful history and provide a glimpse into the future of river revitalization. Pictures from RiverLink’s historical collection will help tell the story, and time will be provided for a robust discussion.

April 26: Healthy Living for Your Brain and Body: Tips from the Latest Research
For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Denise Young is the program manager for the Western Carolina Chapter of the Alzheimer’s Association and manages programs and services throughout the 16 counties in the Western NC mountains, including recruiting and managing a workforce of volunteers to bring education and awareness throughout the region. This lecture is part of the Health Education Series.

May 3: When Life Gives You Lemons, Make Whiskey
The first woman in America to found a whiskey distillery has a story to tell. Troy Ball opened Troy & Sons Distillery in Western North Carolina in 2010, a venture started as a way to support her two medically fragile special needs sons. She studied with experts to learn the trade and has created a thriving woman-owned whiskey business. Along the way she also launched a memory supplement business that is also proving successful. Troy found ways to deal with major roadblocks thrown in her path and learned many life lessons – some of them hard, all of them valuable. Her memoir will be available for sale.

May 10: The Gut Microbiome – We are ALL Connected!
Patrick Hanaway, MD, is a local physician who has recently established the Center for Functional Medicine at the Cleveland Clinic. He will discuss and explore the role of the gastrointestinal tract in health and disease. In particular, Dr. Hanaway will highlight the role of gut microbiome in digestion, permeability, immune function, gut-brain connections, and the relationship of gut health to different diseases, including: diabetes, cardiovascular disease, auto-immune diseases, brain health, cancers and many more. The changes in diversity of our gut microbiome “echo” changes in the ecology of our world. We will also discuss the role of food, stress, emotions, exercise and connection to the natural world in promoting diversity of the gut microbiome. This lecture is part of the Health Education Series.

May 17: Climate and Society – Lessons from Tourism
Marjorie McGuirk became a climatologist before climate was hot! Her lifelong career in climatology began and ended with the National Oceanic and Atmospheric Administration (NOAA) climate center in Asheville. There she learned the value of climate data for all sectors of society, such as energy, shipping, public health, water, buildings and tourism. Her career took her to several climates, including Geneva, Switzerland. It was there in the 1990s that she realized climate change was real, was happening now and was affecting important sectors of society. With a focus on the impact of climate change on tourism, she will share her experiences in how climate change affects aspects of our daily lives. McGuirk is the Expert Consultant for the World Meteorological Organization’s Global Framework for Climate Services and a lead U.S. Government Reviewer for the Fifth Assessment Report by the Intergovernmental Panel on Climate Change.
Local Programming - Open to OLLI members only

Exploring CCRCs
Exploring Continuing Care Retirement Communities (CCRCs) helps participants assemble the relevant information and ask the right questions to see whether the CCRC is a living option that meets their needs. The course includes expert speakers and site visits to local CCRCs. **Registration opens in Spring 2019; open to OLLI members only**

**Dates:** Thursdays, August 1 - September 12 and Friday, September 13, 10 a.m. - noon.
**Cost:** $150 per person
**More Information:** [www.olliasheville.com/exploring-ccrcs](http://www.olliasheville.com/exploring-ccrcs)

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 medical crisis. **Registration opens in Spring 2019; open to OLLI members only**

**Dates:** Tuesdays, July 30 - September 3, 10 a.m. - noon.
**Cost:** $30 per person

Courses, SIGs and Fab Friday Lectures
In Spring 2019, College for Seniors will offer two Life Transitions courses: Rose Bator’s *Listening with the Ear of My Heart* (p. 24) and Karen Sanders’ *Becoming an Informed Advocate for Your Own Healthcare* (p. 18)

Our Thriving in Community 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 Amy Davison, adavison2ndtime@gmail.com for more information.

Fab Friday Health Education Series programs for Spring 2019 include Jason Wingert’s “Exercise Approaches to Reduce Fall Risk” (April 5), “Healthy Living for Your Brain and Body: Tips from the Latest Research” with Denise Young of the Western Carolinas Chapter of the Alzheimer’s Association (April 26), and Dr. Patrick Hanaway’s “The Gut Microbiome” (May 10).

National Programming

Paths to Creative Retirement
*Paths to Creative Retirement* (Paths), held twice each year, helps participants create a meaningful retirement based on their values and priorities. Sessions are facilitated by trained OLLI members in large and small groups. **Dates:** April 12-14 & August 23-25, 2019
**Cost:** $850 per person

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:** May 31-June 2, 2019
**Cost:** $500 per person $75 for Sunday option
**More Information:** [www.AshevilleCREW.com](http://www.AshevilleCREW.com)

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

VOLUNTEERS NEEDED
Get Involved. Become an OLLI Volunteer.

The Civic Engagement Committee offers opportunities for OLLI members to volunteer to focus on issues of education, food insecurity and housing and homelessness, in projects working with groups including the Asheville City Schools, MANNA Foodbank and Habitat for Humanity.

Contact volunteerolliwnc@gmail.com for more information.
Join OLLI at UNC Asheville and Register for College for Seniors – Spring 2019

Initial allocation registration period is Friday, February 22, 10 a.m. to Friday, March 1, 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 Register Online link. That will take you to the Registration Home page.

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

Step 2: Purchase an OLLI Annual Membership if you are not already a member
· Click on My Account, then Membership to see if you are a member for 2018-19. If the expiration date is 7/31/19, you do not need to purchase another membership. If you are not a member, follow the next steps.
· Click on OLLI 2018-19 Membership Fee, then click on OLLI Annual Membership. Click on Add to Cart to add the $25 fee.
· Click on Registration Home. Go to Step 3 if you want to sign up for CFS courses. If not, go to Step 5.

Step 3: Purchase the CFS Spring 2019 Tuition Fee
· Click on CFS Tuition Fee,
· Click on CFS 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 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 may mail or bring in a check or cash (exact change, please) for your purchase, or we can now re-open an order to attempt your charge again. Please call the the office to get your order reset to attempt payment by credit card. All payments must be received by March 1. If you can not get to the office, call 828.251.6140 to make other arrangements.

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

Notification
· If you register during the initial allocation registration period, you will receive confirmation of your schedule by email on Friday, March 8, 4:30 p.m.
· Please note that some health and fitness courses carry an additional $30 fee. You will be responsible to pay this fee after you have received notification that you have been enrolled in that course. All health and fitness fees must be paid by March 20 or you will be dropped from the course. Directions will be sent to you on how to pay this fee by charge card.
Add-Drop opens Monday, March 11, 10 a.m.

- If you missed the initial registration period, you can register for courses with available openings during this time.
- If you have already registered for courses, you may add any courses in which seats are available or add your name to a waitlist through the online registration process. Add-Drop ends after the second meeting of a course, unless otherwise noted.
- To drop a course, send an email to 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, March 22, 3 p.m.

Registering for Life Transitions

You may register for these programs or add yourself to a waitlist at the same time you register for College for Seniors. Membership is required for our local programs. Sign in. Add the membership fee to cart if you are not already a member. Select the program you want and click on Add to Cart. Proceed to payment as usual.

Worksheet for College for Seniors Course Selection

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

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

Registration schedule

- Initial allocation registration opens Friday, February 22, 10 a.m.
- You may come to the Reuter Center for registration help on Friday, February 22, and Monday through Thursday 25, 26, 27, 28, 10 a.m.-3:30 p.m. and on Friday, March 1, 8:30 a.m. – noon.
- Registration is closed during the allocation process, Friday, March 1, noon to Monday, March 11, 10 a.m. You may purchase an OLLI membership and register for some Life Transitions programs, 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, March 8, 4:30 p.m.
- Add-Drop opens Monday, March 11, 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.
Getting the Most of Your OLLI Experience

Parking
OLLI members use UNC Asheville’s Department of Transportation and Parking online system to purchase parking decals and pay (with a credit card) a separate fee for parking. Decals will be mailed to those who purchase them through the online system, and you will receive an email with a temporary pass to put on your dashboard while you wait for your decal. The OLLI office no longer issues decals or replacements.

If you purchased a decal in the fall, it is valid through July 31, 2019. Parking fees for those who join now are:

- **Spring (February 26-July 31, 2019): $62.50**
- **Summer (May 18, 2019-July 31, 2019): $31.25**

To register for your parking decal you will need

**Your OLLI Number**
- Your OLLI Number can be found on your OneCard.
- If you do not have a OneCard, sign in to your OLLI account:
  campusce.net/olliasheville/account/signin.aspx
- Click on “My Account”
- Click on “My Profile.” Your Student ID number (OLLI number) will be at the top.

**Your vehicle information**
- Vehicle make, model, year and color
- Vehicle license plate number and state
- Driver’s license number and state
- Registered owner information
- Insurance company

When you have collected your information, go to the parking decal system to register:
www.permitsales.net/UNCA

If you have more than one person in your household, you may purchase your first decal for $62.50 and additional decals for $30 each.

When the lots are crowded at OLLI you can use the non-resident parking Lots P01 and P02 from 8 a.m. to 5:15 p.m. (right on Campus Drive near Broadway) and take the Purple Shuttle to the Reuter Center. The shuttle arrives every 15 minutes when UNC Asheville classes are in session. You may also park in Lot P08, right up the hill from the Reuter Center on Campus View Drive.

You may get a Passport sticker at the University Police Office in Weizenblatt Hall for your OneCard that will entitle you to ride Asheville Transit at no cost. Buses arrive near the Justice Center on University Heights. You may either walk up the hill to the Reuter Center or take the Purple Shuttle.

Volunteering
If you would like to volunteer to contribute your time and talent to our community of teachers and learners, there are a number of ways to get connected.

**College for Seniors** always needs instructors, curriculum committee members and class reps. Watch the OLLI Observer, our weekly email newsletter, for more information. Proposals to teach in Fall 2019 are due by May 1. See olliasheville.com/teaching-college-seniors for more information, including a course proposal form.

**The Job Board** on the upper level of the Reuter Center includes listings for various committee needs and is updated frequently.

Please contact any of our staff or committee chairs if you have ideas for new projects or would like to be more involved. Call 828.251.6140 to get started.
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 explorations of local coffee, tea and pastry to healthful ways to eat out, from techniques for compassionate communication to the history of Fascism, Nazism and authoritarianism, from Homer’s Odyssey to pulp magazines. We offer four terms throughout the year, each one different, with stimulating, entertaining and relevant courses. See pages 18 to 38 for course descriptions.

Spring 2019: March 25-May 17, 2019 (initial registration February 22-March 1)
Summer 2019: June 10-July 22, 2019 (initial registration May 10-16)
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 2019
March 25-May 17, 2019
NOTE: Check days, dates and times listed for each course.

CFS Registration Fee: $115 for the term
OLLI membership is required to enroll in CFS classes
Additional fees may apply; see course descriptions for details

$30
Fees for courses with a $30 health and fitness fee must be paid to OLLI by Wednesday, March 20, 5 p.m., or we will drop your enrollment from that health and fitness course.

See page 12 for information on how to register.

Refunds:
Cancellation must be received by Friday, March 22, 3 p.m. for a full refund

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 Thursday, February 28, 5 p.m. For more information, call 828.251.6384.

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

Need more information about College for Seniors courses? Go to the OLLI website olliasheville.com/courses to find more detailed course information and biographies of instructors for Spring 2019 courses.
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<tr>
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<th>Mondays</th>
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<td><strong>AM</strong></td>
<td>Becoming an Informed Advocate for Your Own Healthcare</td>
<td>*Drawing Your Ideas: Cartoons</td>
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<td>Compassionate Communication</td>
<td>Personal Safety and Awareness</td>
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<td>It’s About Time</td>
<td>Search for the Historical Jesus</td>
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<td>*Plant-Based Living Test-Drive</td>
<td>*Trust: The Alternative to Doing Everything Yourself</td>
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<td>Poetry and Gender, Section A</td>
<td>Understanding and Advocating for Our National Parks (9 a.m. – 3 p.m.)</td>
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<td>Writing Flash Fiction</td>
<td>When We Were Young: America, 1945-1960</td>
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<td>Zen and the Art of Balloon Twisting</td>
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<td><strong>Mid-day</strong></td>
<td>*1968: The Year That Changed America</td>
<td>1984 and Brave New World</td>
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<td>The Global Arms Trade, Defense Spending and the Challenge of Restraint</td>
<td>*Challenges to the Changing World Order</td>
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<td>¡Hola!—True Beginning Spanish</td>
<td>*Crochet an Eco-Friendly Market Bag from Recycled Grocery Bags</td>
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<td>Is That Murder?: Part II</td>
<td>*Happy Feet</td>
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<td>*Why Buddhism is True</td>
<td>*Joan Baez: Queen of Folk</td>
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<td><strong>PM</strong></td>
<td>Alexander Technique: Exploring Habit and Choice</td>
<td>*Listening With the Ear of My Heart</td>
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<td>Beginning French 1C</td>
<td>Navigating Windows 10</td>
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<td>Design and Make Pop-Ups (2-5 p.m.)</td>
<td>*Pair Wine with Lunch: An Exploration of Food &amp; Wine Pairing</td>
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<td>*Functional Meditation (2-5 p.m.)</td>
<td>Piano Instruction: Level 3 (noon-1 p.m.)</td>
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<td><strong>“Heere’s Johnny”</strong> (and Steve Allen and Jack Paar)</td>
<td>5Rhythms: Movement Exploration for Baby Boomers (2-3:30 p.m.)</td>
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<td>*Hiking for Beginners, Section A (2-5 p.m.)</td>
<td>Awakening into Your Deepest Self: A Meditation on the Purpose of Being Human</td>
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<td>Homer, The Odyssey</td>
<td>Chair Yoga for Your Aging Body</td>
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<td>Jazz: From Origins through Cool Jazz</td>
<td>The Divine Comedy, Part One</td>
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<td>Strength Training for Healthy Aging, Level 1, Section A (2-3 p.m.)</td>
<td>French 3C</td>
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<td>Healing the Back with Yoga (2-3 p.m.)</td>
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<td>Life, Times and Works of Richard Wagner (2-4:30 p.m.)</td>
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<td>Painting Loose Figures in Watercolor (2-5 p.m.)</td>
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<td>*Pilates at RISE (2-3:15 p.m.)</td>
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<td>The Sanskrit Effect: Sanskrit for Brain Health</td>
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* Course does not meet for full eight weeks; check the course description for dates
<table>
<thead>
<tr>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
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<tbody>
<tr>
<td>*The Art of Watercolor</td>
<td>*Advanced iPhone Photography: Editing Bridge 3: Play of the Hand</td>
<td>*Economics, Climate Change and Sustainability</td>
</tr>
<tr>
<td>*Best Travel Apps, Section A</td>
<td>*Creating Custom Photo Books, Section A</td>
<td>*Intermediate Hiking in Western North Carolina (Level 2) (9-2:30 p.m.)</td>
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<tr>
<td>*Best Travel Apps, Section B</td>
<td>*Creating Custom Photo Books, Section B</td>
<td>*Lawn Bowling</td>
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<tr>
<td>Celtic Spirituality</td>
<td>*Ecology of Marine Vertebrates</td>
<td>*Lucretia Mott’s Freethought Gospel</td>
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<tr>
<td>*Energy Demand and Environmental</td>
<td>Fascism, Nazism and Authoritarianism Between the World Wars</td>
<td>Soft Shoe Tap Dancing</td>
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<tr>
<td>Impact: Fueling Society in the 21st</td>
<td>*Hiking for Wise Wanderers (9:30 a.m. – 4 p.m.)</td>
<td>*Specialty Coffee, Tea and Pastry in Asheville</td>
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<td>Century</td>
<td>*Intermediate Hiking (9 a.m. – 3 p.m.)</td>
<td>*Taking Control of Your Retirement Planning Waves and Staves</td>
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<tr>
<td>Poetry and Gender, Section B</td>
<td>*iPhone Photography: Introduction</td>
<td>*Spring Wildflower Hikes (Saturday, 9:30 a.m.-12:30 p.m.)</td>
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<td>*The Prescription Drug Market in the</td>
<td>*Storytelling: Sharing Your Life Story in the Oral Tradition</td>
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<td>United States</td>
<td>*Talk is Cheap: Communication Challenges in Long-Term Relationships</td>
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<td>Sculptural Ceramics and Hand-Building</td>
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<td>in Clay (9 a.m.-noon)</td>
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<td>*Cheap Thrills: A Cultural History of</td>
<td>The Art of Solving Crosswords, Level 1</td>
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<td>the Pulp Magazine Era</td>
<td>A Discussion of <em>Sapiens</em></td>
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<td>Every Picture Tells a Story: Writing</td>
<td>*Hammer Against the Witches</td>
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<td>Memoir From Family Photographs</td>
<td>Modern Jewish Thought: An Introduction</td>
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<td>Introduction to Beading</td>
<td>*Mysteries of History: Crimes, Cons, Quirks—Part 4</td>
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<td>Risk and Critical Thought: A Brief</td>
<td>So It Goes: The Early Novels of Kurt Vonnegut</td>
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<td>History</td>
<td>Sparking Your Creative Muse</td>
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<td>Shakespeare Here!</td>
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<td>Yom Ha-Shoa: Truths and Consequences</td>
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<td>7 + 1: Favorite Films From 10 Years at</td>
<td>*The Art and Science of Handling Tough Conversations (2-5 p.m.)</td>
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<td>OLLI (2-4:30 p.m.)</td>
<td>*Beginning Acrylic Painting (2-5 p.m.)</td>
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<td>Acting the Bard: *The Merchant of</td>
<td>Beginner Line Dance</td>
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<td>Venice</td>
<td>French 4: Lisons, parlons et écrivons</td>
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<td>*Adventures in Art: Purple Crayon</td>
<td>Introduction to Barre Series (3-4 p.m.)</td>
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<td>Sampler (2-5 p.m.)</td>
<td>*Restaurant Eating à la Healthy, Section A</td>
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<td>*Craft in Western North Carolina: From</td>
<td>*Restaurant Eating à la Healthy, Section B</td>
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<td>Functional to Expressive (2-4:30 p.m.)</td>
<td>*A Victorian Marriage in Film</td>
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<td>Exploring Homer’s <em>Odyssey</em>: A Soldier’s</td>
<td>*Walking Asheville’s Historic Downtown (1-3:30 p.m.)</td>
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<td>Journey Home</td>
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<td>French 2C - Intermediate</td>
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<td>*Hiking for Beginners, Section B</td>
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<td>(2-5:30 p.m.)</td>
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<td>The Music of Andrew Lloyd Webber (2-5</td>
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<td>Strength Training for Healthy Aging,</td>
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<td>Level 1, Section B (2-3 p.m.)</td>
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<td>Strength Training for Healthy Aging,</td>
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<td>Level 2 (3:15-4:15)</td>
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<td>Tai Chi Single Fan Form (2-3:30 p.m.)</td>
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<td>Yoga for Your Health (2-3:30 p.m.)</td>
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**Monday Morning**

**Becoming an Informed Advocate for Your Own Healthcare**  
Life Transitions  
8 weeks: March 25, April 1, 8, 15, 22, 29, May 6, 13  
Mondays, 9-11 a.m.  

When you are an advocate for yourself as a patient or for your family or loved ones, you need to navigate a multitude of healthcare environments such as clinics, hospitals and agencies. You will learn to function as a member of a vast healthcare team of physicians, specialists and staffs. You will also understand your role in getting the care you and others need and deserve. We will identify principles, strategies and essential information needed to become a better consumer and informed advocate of the healthcare system. This course is an expanded version previously offered as Part 1 and Part 2.  
**Instructor:** Karen Sanders (kcsanderella@gmail.com)

**Compassionate Communication**  
Personal Development  
8 weeks: March 25, April 1, 8, 15, 22, 29, May 6, 13  
Mondays, 9-11 a.m.  

Nonviolent Communication, also called NVC or compassionate communication, was developed by Marshall B. Rosenberg. In the first six weeks of this NVC course, we will learn and practice skills in compassionate communication including expressing observations without any criticism, expressing feelings that contain no judgment, taking responsibility for our own needs, expressing requests rather than demands and having empathy for ourselves and others (hearing feelings and needs rather than criticism). In sessions seven and eight, we will have focused role play, practicing empathy for self and others using examples from participants.  
**Required text:** A course materials booklet provided by instructor at the first class session ($10).  
**Instructor:** Jeff Jones (jeffjonesuu@aol.com)

**It’s About Time**  
Math, Science and Technology  
8 weeks: March 25, April 1, 8, 15, 22, 29, May 6, 13  
Mondays, 9-11 a.m.  

Time is, paradoxically, perhaps the most familiar and least understood of all basic scientific concepts. This course will explore, in a format accessible to non-scientists, various aspects of time, including a history of clocks, time zones, time travel, relativity, geological time, the age and evolution of the Universe and why we sell so many belated birthday cards.  
**Instructor:** Mark Whipple (mark.whipple77@gmail.com)

**Plant-Based Living Test-Drive**  
Health and Fitness  
7 weeks: March 25, April 1, 8, 15, 22, 29, May 6  
Mondays, 9-11 a.m.  

Using video, lecture and discussion, we will investigate why a whole foods/plant based diet is healthful for the individual and sustainable for the planet. We will follow a 21-day “test-drive” eliminating animal products and most processed foods, following recipes and menus provided for use at home. We will have a couple of cooking demos and a grocery shopping field trip. If you have any health issues or take any medications, it is imperative that you consult your healthcare provider prior to making dietary changes.  
**Instructor:** Bonnie Wheeler (bonniewhee@gmail.com)

**Poetry and Gender, Section A**  
Languages, Literature and Writing  
8 weeks: March 25, April 1, 8, 15, 22, 29, May 6, 13  
Mondays, 9-11 a.m.  

Poems can express ideas, experiences and feelings that bring insight to readers and epiphanies to the poet. Each week we will read a poem by a woman and a poem by a man on a similar topic that can help us to understand the experience of gender identity. Each participant will write a poem about the same topic. The class will “workshop” each poem in a supportive environment. Each class session will include a short presentation on an aspect of writing poetry. No experience is required.  
**Note:** Section B of this course appears on page 28.  
**Instructor:** Bill Petz (billpetz@bellsouth.net)

**Writing Flash Fiction**  
Languages, Literature and Writing  
8 weeks: March 25, April 1, 8, 15, 22, 29, May 6, 13  
Mondays, 9-11 a.m.  

Flash fiction (FF) is short, short fiction usually between 250 and 1,000 words. It engages the reader in a flash, and its compression often has more emotional impact than longer works. We’ll further define FF, study its history, form and techniques and try some writing exercises geared toward developing expertise in FF. Finally, we will “workshop” each other’s efforts at writing FF with the goal of publication, if so desired.  
**Instructor:** John Himmelheber (jxhimmelheber@gmail.com)
Monday Midday

1968: The Year That Changed America
History
5 weeks: March 25, April 1, 8, 15, 22
Mondays, 11:30 a.m.-1:30 p.m.

1968 was a year that fundamentally changed America and a year when many believed the country was ripping apart at the seams. We will focus on five pivotal “events”: the Tet Offensive in Vietnam; the rise and fall of President Johnson; the assassinations of Martin Luther King, Jr., and Robert Kennedy; the 1968 Democratic National Convention; and the 1968 elections. We will discuss the context and the lasting consequences of each in this extraordinary year.

Instructor: Jon Hurwitz (hurwitz@pitt.edu)

The Global Arms Trade, Defense Spending and the Challenge of Restraint
Math, Science and Technology
8 weeks: March 25, April 1, 8, 15, 22, May 6, 13, 20
Mondays, 11:30 a.m.-1:30 p.m.

No class on April 29; Make-up session on May 20.

Does higher defense spending buy increased security? Is the defense industry a key contributor to national economies? What’s wrong with the global arms trade? We will investigate how, far from protecting us, excessive defense spending and arms exports undermine our security by fanning the flames of war, terrorism and global instability. We will also take an up-close-and-personal look at some very expensive and very complex weapons systems that have serious problems, including the F-35 fighter, the Littoral Combat Ship, the Gerald Ford aircraft carrier and nuclear weapon modernization. What determines the status quo and what can an alert and knowledgeable citizenry do to try bring about change?

Instructors: Dot Sulock (dsulock@unca.edu) and Mike Dickinson (mikewdickinson@gmail.com)

¡Hola!—True Beginning Spanish
Languages, Literature and Writing
8 weeks: March 25, April 1, 8, 15, 22, 29, May 6, 13
Mondays, 11:30 a.m.-1:30 p.m.

We will focus on everyday vocabulary and expressions, using the required text. Each session will be highly interactive. We will have two to four hours of homework to reinforce learning between classes. Required text: Spanish Now! Level 1, 8th ed. (2015) by Ruth Silverstein, ISBN-13: 978-1438075235

Instructor: Jeff Jones (jeffjonesuu@aol.com)

Introduction to the Science of Cheese Making
Math, Science and Technology
Personal Development
First 4 weeks: March 25, April 1, 8, 15
Mondays, 11:30 a.m.-1:30 p.m.

We will explore the fabrication of cheese by learning about the chemical and biological aspects of cheese making, including a technical discussion of milk composition, molds and bacteria and how these elements can be artfully combined to develop a diversity of unique cheeses. Acidity is explained and measurement of acidity is used as a key indicator in the cheese making process. No science background or previous experience is required. In the final two sessions, participants can assist in demonstrations of quick mozzarella and ricotta that they will also be able to make at home. Note: Attendance at the first session is required. Materials fee: $10 for milk, butane and local cheeses.

Instructor: Jessica Woods-Vedeler (vedelerj@gmail.com)

Is That Murder?: Part II
Business, Law and Finance
8 weeks: March 25, April 1, 8, 15, 22, 29, May 6, 13
Mondays, 11:30 a.m.-1:30 p.m.

Who knew criminal law could be fun? But the mental exercise involved in analyzing it surely can be! Using the Socratic Method, we will critically discuss policy choices inherent in deciding whether to hold someone criminally liable in a variety of complex situations involving defenses of the person and property, justification and duress, insanity and intoxication. Come ready to join the discussion and the fun. Prerequisite: A helpful prerequisite but not necessary is to have taken the instructor's course Is That Murder? in Spring 2016 or Spring 2018.

Instructor: Stan Ingber (singber@earthlink.net)
Why Buddhism is True
Religion and Philosophy
6 weeks: March 25, April 1, 8, 15, 22, 29
Mondays, 11:30 a.m.-1:30 p.m.

This class explores the claims of Robert Wright’s latest book Why Buddhism is True. Is anything true? How do we know? The human brain has been “shaped” by natural selection. This legacy can at times mislead and even deceive us. Buddhism attempts to break through delusions. Wright employs principles of evolutionary psychology and contemporary neuroscience to prove the basic tenets of Buddhism to be true. Join us in this small-group discussion course—geared to newcomers to Buddhism—with required reading and participation. Decide for yourself whether Wright makes his case. Established students of Buddhism are likely to be less satisfied with this offering.

Instructor: Bob Falanga (robertjfalanga@gmail.com)

Alexander Technique: Exploring Habit and Choice
Health and Fitness
8 weeks: March 25, April 1, 8, 15, 22, 29, May 6, 13
Mondays, 2-4 p.m.

You may have heard that Alexander Technique can “improve posture,” but those words are attempts to convey results more accurately described as: “She carries herself with grace and dignity.” “He emanates calm confidence.” “It’s clear that she’s enjoying what she’s doing.” “He looks balanced and happy!” Discover how ease in sitting and standing correlates with freedom in mind and spirit. Required text: Body Learning: An Introduction to the Alexander Technique by Michael Gelb, ISBN-13 978-1854109590.
Instructor: Michèle Drivon (consciousalignment@gmail.com)

Beginning French 1C
Languages, Literature and Writing
8 weeks: March 25, April 1, 8, 15, 22, 29, May 6, 13
Mondays, 2-4 p.m.

In the continuation of the beginning course on the French language, we will use interactive methods to help develop skills in speaking, reading and writing French. The major emphasis will be on spoken French used to communicate. There will be some introduction to French culture as well. Classroom work will be in groups and with partners and will incorporate audiovisual presentations. Participants’ progress will be based on the effort made both in and out of the class setting. Required text: French Now! Level 1 by Christopher and Theodore Kendris, ISBN-13: 978-1438072791. Prerequisite: Participants should have a level of knowledge equivalent to the first 12 Work Units in the textbook. See olliasheville.com/courses for more information on this course.
Instructor: Michael Kegan (m.kegan@me.com)

Design and Make Pop-Ups
Visual Arts
8 weeks: March 25, April 1, 8, 15, 22, 29, May 6, 13
Mondays, 2-5 p.m.

We 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 explore pop-up techniques using multiple pieces of card stock and adhesives, cutting with a sharp craft knife. During each class session, we 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 adhesives. See https://olliasheville.com/courses for the course outline and complete materials list.
Instructor: Angelyn Whitmeyer (angelynwhitmeyer@earthlink.net)

Functional Meditation
Personal Development
First 4 weeks: March 25, April 1, 8, 15
Mondays, 2-5 p.m.
Location: Sherrill Center Meditation Room 468

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 student 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 better communication. Clearly you will feel better and better.
Instructor: Jacquie Wollins (jwollinsS@gmail.com)
Monday Afternoon continued

“Here’s Johnny” (and Steve Allen and Jack Paar)
Performing Arts
6 weeks: March 25, April 1, 8, 15, 22, 29
Mondays, 2-4 p.m.

In 1954, when we were growing up or in college or raising families, a new genre of entertainment was born; the late night television talk show. While there are dozens today, back then there was one. We will address the original, NBC’s Tonight Show. We will study this original and learn about the pioneer hosts, notably Steve Allen (1954-1957), Jack Paar (1957-1962), and Johnny Carson (1962-1992). Through lecture and video clips, we will journey through a rich trove of comedic and, to a lesser extent, musical memories.

Instructor: Randy Robins (robnest09@yahoo.com)

Hiking for Beginners, Section A
Health and Fitness
4 weeks: April 1, 8, 15, 22
Mondays, 2-5 p.m.

So, you want to learn to hike? You don’t know how or where to go? This course is designed for those with little or no hiking experience. Hikes will be 3-4 miles in length and gradually increase in difficulty from almost flat to about 600 feet in elevation. We will meet at off-site locations for carpooling and travel no more than 45 minutes to our destination. Tentatively, we plan to go to Catawba Falls, Warren Wilson, Rattlesnake Lodge and Bent Creek.

Instructors: Lori Postal (loripostal@gmail.com) and Lee Orowitz (leeorowitz@gmail.com)

Homer, The Odyssey
Languages, Literature and Writing
8 weeks: March 25, April 1, 8, 15, 22, 29, May 6, 13
Mondays, 2-4 p.m.

Homer’s Odyssey is a great cosmic story: a story of adventure, suffering, guilt and redemption; a story of a son and a father; a story of going out to battles and returning from them; and a story of two of the most fascinating individuals, Odysseus and his wife Penelope, in all of world literature. Through these stories, embedded in a primitive world moving rapidly from one of war to one of peace, we will follow the hero Odysseus, who is both astonishingly bold and frighteningly self-important, as he travels through this world changing. After an introduction to Homer and his world, we will proceed through the poem in order, three books each week, with continuous reference to the other parts of the poem. Required text: The Odyssey, translated by Robert Fagles, ISBN-13: 978-0140268867.

Instructor: Mario DiCesare (dicesare1@mindspring.com)

Jazz: From Origins through Cool Jazz
Performing Arts
8 weeks: March 25, April 1, 8, 15, 22, 29, May 6, 13
Mondays, 2-4 p.m.

Sit back and enjoy an introduction to jazz: how to listen to it and the history of jazz from its origins through cool jazz. We’ll examine the traits of a jazz style and highlight important musicians from each style and their contributions to the evolution of jazz. We will include lecture, lots of music examples and live demonstrations through piano and jazz performances. If you simply like jazz or want to know more about the genre, this is your chance. Class discussion will be encouraged.

Instructor: Warren J. Gaughan (warren.gaughan@gmail.com)

Strength Training for Healthy Aging, Level 1, Section A
Health and Fitness
8 weeks: March 25, April 1, 8, 15, 22, 29, May 6, 13
Mondays, 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. Note: Section B of this course appears on page 31. Course fee: $30 fee to be paid to the YMCA on the first day of classes ($20 for YMCA members).

Instructor: Mary Heard (mheard@ymcawnc.org)
Tuesday Morning

**Drawing Your Ideas: Cartoons**
Visual Arts
First 4 weeks: March 26, April 2, 9, 16
Tuesdays, 9-11 a.m.
Fictional, humorous or provocative illustration? OK, cartoons. Are they really art? Nearly everyone loves cartoons, but did you know that cartoons are a superior art form for rapid and memorable communications, simply, artfully, telling a story. Visual poetry? Maybe. We will explore the genre through narrative with slides, discussion, demonstrations and drawing (with sensitive 1-on-1 coaching) and a few short videos with well-known cartoonists.

**Instructor:** Bill LaRocque (boomrbill@gmail.com)

**Personal Safety and Awareness**
Health and Fitness
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14
Tuesdays, 9-11 a.m.
We will learn safety and self-defense techniques for safety at home, outside the home and while traveling. We will focus on mental conditioning, physical techniques and enhancing our general awareness in public. In each class session we will emphasize learning how to fall without getting hurt.

**Instructor:** Phillip Jones (oleneb@gmail.com)

**Search for the Historical Jesus**
Religion and Philosophy
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14
Tuesdays, 9-11 a.m.
We will explore and review literary, historical and archaeological evidence relating to the life and times of Jesus of Nazareth to objectively separate myth from reliable empirical evidence.


**Instructor:** Harold Littleton (hallittleton@gmail.com)

**Trust: The Alternative to Doing Everything Yourself**
Personal Development
6 weeks: March 26, April 2, 9, 16, 23, 30
Tuesdays, 9-11 a.m.
In the presence of trust, possibilities soar. We reach out, collaborate, exchange with others in mutually satisfying ways. In its absence, doubt, fear, disappointment and anger often prevail. Doors of possibility close and remain closed. We will explore the elements of trust including its meaning, how it is assessed, how one builds trust, maintains trust and restores it when it is damaged. Guided practice in pairs or triads will be an important aspect of each session.

**Instructor:** Stephen Barone (steveb5909@aol.com)

**Understanding and Advocating for Our National Parks**
Math, Science and Technology
8 weeks: March 26 and May 14 at the Reuter Center
Tuesdays, 9-11 a.m.
Three Field Trip Options:
April 9, 16, 23, 30, May 7
Tuesdays, 9 a.m. – 3 p.m.
We will examine the history and the mission of America’s National Park Service (NPS). Between an initial classroom session and the final week, each participant will choose up to three of the six weekly field trips offered to park units including the Blue Ridge Parkway, Great Smoky Mountains National Park, Appalachian National Scenic Trail, Overmountain Victory National Historic Trail and the Carl Sandburg Home National Historic Site. We will explore the threats to each of these park units. The all-day field trips will also take place on Tuesdays.

**Prerequisite:** While this is not a hiking course, participants must be able to walk three miles on uneven terrain and be on your feet for several hours. The course will culminate with a classroom-based Civic Voice Workshop, which will equip and train participants with the skills needed to become effective advocates for our national parks.

**Note:** Field trips will require all day on three Tuesdays, and other Tuesday courses cannot be taken.

**Course fees:** Park entrances, parking fees, and gas money for carpooling to the locations will be determined.

**Instructor:** Jeffrey Hunter (jhunter@npca.org)

**When We Were Young:**
America, 1945-1960
History
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14
Tuesdays, 9-11 a.m.
Television show Happy Days and programs like it formed the perception that many Americans have of the 1950s, when most of us were young. They depict America as prosperous, content and largely accepting of the social mores of the time. But that was not the whole picture; social and cultural forces were rumbling below the surface and would eventually create turmoil and upheaval during the 1960s. We will explore the literature and history of the period from 1945 to 1960.

**Instructors:** Catherine Frank (cfrank@unca.edu) and Jim Lenburg (leroynitny@aol.com)
**Tuesday Morning**  

**Zen and the Art of Balloon Twisting**  
Visual Arts  
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14  
Tuesdays, 9-11 a.m.

We will learn how to do balloon twisting, starting with basic, one-balloon figures and progressing to complex multiple-balloon creations. Additionally, each session will include a *Moment of Zen* life-lesson, applying Zen mindset to balloon creations. Average manual dexterity is sufficient. This course is not recommended for anybody who has latex allergy or is bothered by sudden, loud noises.  


**Participant fees:** $45 for balloons, a pump, the book, and some miscellaneous items. See the materials list and costs for this course at https://olliasheville.com/courses.  

**Instructors:** Ira Sloan (2bjust2b@gmail.com) and Paul Weiss (paulweiss@charter.net)

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**Tuesday Midday**  

**1984 and Brave New World**  
Languages, Literature and Writing  
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14  
Tuesdays, 11:30 a.m.-1:30 p.m.

George Orwell’s *1984* and Aldous Huxley’s *Brave New World* offer drastically contrasting but equally frightening visions of possible dystopian futures. Consistently ranked among the greatest works of 20th century fiction, the two novels continue to stun readers with their uncanny prophecies of how we can be dehumanized by programmed pleasure, as well as by institutionalized brutality. Through active participation in small group and whole class discussions, we will come to better understand and deeply appreciate these two inescapable books.  


**Instructor:** Dan Damerville (dandamerville@gmail.com)

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**Challenges to the Changing World Order**  
History  
Last 7 weeks: April 2, 9, 16, 23, 30, May 7, 14  
Tuesdays, 11:30 a.m.-1:30 p.m.

The post-WWII, U.S.-led liberal world order established an unprecedented level of global peace and prosperity. Have the fundamental elements of that world order run their course? We live in a pivotal time in which a predictably engaging world order and U.S. foreign policy as a foundation of support are no longer a certainty, and centrifugal forces are challenging globalization and traditional alliances as well as creating new power centers. Through this lens, a series of speakers will examine the historical perspective and current challenges to the changing world order in nuclear, trade, climate change, Asia Pacific, the Middle East and Latin America. See olliasheville.com/courses for description of topics and presenters.  

**Coordinators:** Jim Lenburg (leroy@nitny@aol.com) and Julie Snyder (msjuliesnyder@gmail.com) with Roger Helm, Tom Sanders, Sarah-Ann Smith, Dot Sulock and Larry Wilson.

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**Crochet an Eco-friendly Market Bag from Recycled Grocery Bags**  
Visual Arts  
6 weeks: March 26, April 2, 9, 16, 23, 30  
Tuesdays, 11:30 a.m.-1:30 p.m.

Recycle those plastic grocery bags and crochet at the same time. We will make “plarn” (plastic yarn) from grocery bags and crochet a market tote bag. Participants will learn how to cut the bags into circular strips and join them together and then crochet them using a large crochet hook (K, L or M). After we finish the tote bag, we will crochet a two-layer potholder using cotton yarn and an H, I, or J hook. In this participatory course, all crocheters will engage in a weekly round-table discussion about various aspects of fiber arts and develop fellowship among the group.  

**Prerequisite:** A basic knowledge of crocheting, including single crochet (SC) and double crochet (DC). See olliasheville.com/courses for a detailed description, pictures of various tote bags and potholders and a list of supplies needed. Each tote bag will require approximately 50-75 bags, so start saving colorful bags.  

**Instructor:** Sally Pete (sallywpete@gmail.com)
Emotional Intelligence: How Emotions Affect Financial Decisions  
Business, Law and Finance  
Second 4 weeks: April 23, 30, May 7, 14  
Tuesdays, 11:30 a.m.-1:30 p.m.

We will examine the role emotions play in influencing the decisions we make. Emotional intelligence is an essential ingredient for successful financial, life planning and behavioral decisions. We will explore how we can enhance our emotional intelligence, improve personal interactions and reduce the role biases play in financial decisions. Participants will learn skills to avoid some of the big behavioral finance mistakes when it comes to investing and financial planning.  
Instructor: Rick Manske (rmanske@parsecfinancial.com)

Happy Feet  
Health and Fitness  
6 weeks: March 26, April 2, 9, 16, 23, 30  
Tuesdays, 11:30 a.m.-1:30 p.m.

We will introduce you to your own feet in an intimate way. Each session will begin 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 your anatomy and care of your feet, we will work with your feet to mobilize each joint and the soft tissues, which will increase flexibility, improve local blood flow and increase 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)

Joan Baez: Queen of Folk  
Performing Arts  
First 4 weeks: March 26, April 2, 9, 16  
Tuesdays, 11:30 a.m.-1:30 p.m.

In the 1960s and ’70s, Joan Baez was a popular voice of social conscience as well as a remarkable and talented singer. She has described herself as human being, pacifist and songwriter—in that order. As she continues her *Fare Thee Well Tour* into 2019, we will look at her extraordinary 60-year career as well as her continuing role as a human rights activist.  
Instructor: Margaret Davis (margaretwd@charter.net)

Listening With the Ear of My Heart  
Life Transitions  
6 weeks: March 26, April 2, 9, 23, 30, May 7  
No class April 16  
Tuesdays, 11:30 a.m.-1:30 p.m.

In the second half of life many aspects of our lives are shifting, like work, relationships and daily routine. One of the most significant shifts can be how we perceive our meaning and purpose in life. “What really matters to me now?” “Is there something unfinished?” “What new dream is emerging and what older dream is it time to let go?” “Is there something that’s been waiting on the back burner of my life?” The second half of life is a rich time to discover the big questions that we haven’t had time for. It’s the time to cultivate ways of hearing our true inner voice. We will explore some pathways for hearing our “questions that matter” and some tools and methods for hearing our answers. We will use poetry and music to guide our journey.  
**Instructors:** Rose Bator (rbator1625@aol.com) and Deborah Wooley (Dcw2003@swbell.net)

Navigating Windows 10  
Math, Science and Technology  
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14  
Tuesdays, 11:30 a.m.-1:30 p.m.

Windows 10 continues to evolve with its premise of upgrading its navigation and applications every six months. An overview of using the latest version of Windows 10 on both touchscreen and mouse-driven computers and tablets will be provided. We will explore features and techniques based on student questions. Instruction in this course is not hands-on, but feel free to bring your Windows device to class to follow along. **Prerequisite:** Participants should have familiarity using Windows.  
Instructor: Bob Davis (bdavisit@swbell.net)
Pair Wine with Lunch: An Exploration of Food & Wine Pairing
Personal Development
Second 4 weeks: April 23, 30, May 7, 14
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. You will 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. Participants’ fees: The fee for the class may change a little (up or down) until the course begins. We estimate the fee will be about $29 per class for a $17 meal and $12 for several samples of wine (tax is included in the fee). The total is estimated at $116, payable to the instructor at the first session.
Instructors: Andy Hale (andy@metrowinesasheville.com) and John Kerr (john@metrowinesasheville.com)

Piano Instruction: Level 3
Performing Arts
8 weeks: March 26, 29, April 2, 5, 9, 12, 16, 19, 23, 26, 30, May 3, 7, 10, 14, 17
Tuesdays & Fridays, noon.-1 p.m.
Note: This is the same course listed on page 38
We will embark on third year piano music. Class sessions are designed to provide explanations of pieces, instruction and demonstration and guided practice. Two selections are usually presented each class. Concepts introduced include playing in three and four sharps and flats, pedaling patterns, tremolos and double sharps and flats. Participants who have enrolled in other Level Two piano courses should find this a good step up; the course is also suitable for those who play regularly and want to sharpen their skills. Participant prerequisite: Participants should have enrolled in at least one of the Level Two courses offered previously or have been playing piano regularly in the past few years. Required text: Alfred’s Basic Adult Piano Course Level 3, Adult All-In-One Course by Willard A. Palmer, Morton Manus, and Amanda Vick Lethco, ISBN-13: 978-0739000687
Instructor: Bobbie Rockwell (bobiemayrockwell@gmail.com)

Tuesday Afternoon
5Rhythms: Movement Exploration for Baby Boomers
Health and Fitness
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14
Tuesdays, 2-3:30 p.m.
5Rhythms (5R) is a dynamic movement practice of becoming aware and present in our bodies. Appropriate for all body types and abilities, 5R does not require a partner or learning routines, and each person moves at his or her own pace. Movement can also be done in chairs. 5R offers the opportunity to explore our aging bodies as we work through the five stages: flow, staccato, chaos, lyrical and stillness. Bring your open mind and heart, water and a sense of humor. Be ready to have fun!
Instructor: Barbara Marlowe (bmarlowe@charter.net)

Awakening into Your Deepest Self: A Meditation on the Purpose of Being Human
Religion and Philosophy
Personal Development
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14
Tuesdays, 2-4 p.m.
What is meditation? Leaning on the original writings by the instructor from his long-standing consciousness column in Asheville’s Rapid River Magazine, we will explore the true purpose of meditation as a vehicle of human evolution into full realization of conscious living through meditation instruction, practice and topic discussion.
Instructor: Bill Walz (healing@billwalz.com)

Chair Yoga for Your Aging Body
Health and Fitness
8 weeks: March 26, April 2, 9, 16, 30, May 7, 14, 21
Tuesdays, 2-3:45 p.m.
No class on April 23; Make-up session on May 21
Through lecture and practice of gentle yoga, we will use chairs for seated postures and as a prop for standing postures. In addition to learning postures, breathing and relaxation practices that provide strength, balance, flexibility and pain relief, we will gain an understanding and appreciation of the many changes that happen in our bodies and minds as aging occurs and progresses and explore how yoga comprehensively helps us to age healthy.
Instructor: Darleen Benson (darleenbenson@gmail.com)
**Tuesday Afternoon continued**

**The Divine Comedy, Part One**
Languages, Literature and Writing
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14
Tuesdays, 2-4 p.m.

In the first of a three-term series on *The Divine Comedy*, we will read in English translation the first of the three canticles of this great work (34 cantos of *Inferno*) and the first three cantos of *Purgatorio*. Dante makes himself the central character of a supposedly remembered religious journey with transforming growth of understanding about the entire cosmos, astronomically and morally, which sheds light on political or aesthetic issues of his own day and on the full promise of human life. *Inferno* puts into fascinating poetry images of horror, human folly and wisdom and a bit of slapstick — but all in a structured unity. **Required text:** *The Inferno*, translated and edited by Jean and Robert Hollander, ISBN-13 978-0385496988. **Recommended text:** *Purgatorio*, translated and edited by Jean and Robert Hollander, ISBN-13: 978-0385497008. See olliasheville.com/courses for more information on this trilogy over three terms.

**Instructor:** Bill Moore (srwhmoore@comporium.net)

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**French 3C**
Languages, Literature and Writing
8 weeks: March 26, April 2, 9, 23, 30, May 7, 14, 21
No session April 16; Make-up on May 21
Tuesdays, 2-4 p.m.

This is a course for students of French who have some ease with the present and past tense and who are developing a widening range of vocabulary and fluency. We will use interactive methods to build on listening, speaking, reading and writing in French. Homework reinforces learning, and answers are given at the following class session. French is used for instruction and participation unless there is a special need for English. **Prerequisite:** Participants should be comfortable with the present tense with some exposure to the past tenses and have some fluency with very basic conversation.


**Instructor:** Sylvie Delaunay (france26120@gmail.com)

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**Healing the Back with Yoga**
Health and Fitness
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14
Tuesdays, 2-3 p.m.
**Location:** Woodfin YMCA, 40 Merrimon Avenue, Asheville, NC

Join this journey towards living free of back pain. Participants will learn basic anatomy, breath awareness, movement principles and central elements of alignment-based yoga for the healing and health of your back. **Course fee:** $30 fee to be paid to the YMCA on the first day of classes ($20 for YMCA members).

**Instructor:** Tanya Neplioueva (Tanya.neplioueva@gmail.com)

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**Life, Times and Works of Richard Wagner**
Performing Arts
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14
Tuesdays, 2-4:30 p.m.

Among the greatest composers of the 19th century, Richard Wagner also greatly influenced the staging of opera and theater architecture and technology. We will examine Wagner’s operas and the politics of the 1840s as well as the complicated relationship with his greatest patron, the “Mad King” Ludwig of Bavaria who sponsored the creations of *The Ring of the Nibelung* and *Parsifal*. We will also examine Wagner’s complicated anti-Semitic views. Videos, audio examples and digital presentations will be part of the course.

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

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**Painting Loose Figures in Watercolor**
Visual Arts
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14
Tuesdays, 2-5 p.m.

We will learn to paint simple and abstracted figures to insert into paintings. We will explore techniques for loosening up and exploring figures. **Prerequisite:** Participants need to have taken at least one watercolor class previously.

**Materials cost:** Approximately $100. See the course outline and materials list at https://olliasheville.com/courses.

**Instructors:** Susan Kibler (susankibler@icloud.com) and Sharon Sandel (sharsand46@gmail.com)
The Art of Watercolor
Visual Arts
6 weeks: March 27, April 3, 10, 17, 24, May 1
Wednesdays, 9-11 a.m.

Drawing and painting enthusiasts are invited to learn about the methods and techniques of watercolor painting. We’ll explore the variety of brushes, paints and papers as well as some “tricks” of the medium. Through demonstration and illustrations, we will explore composition, values and choosing lively palettes for your individual paintings. We will paint from instructor- or participant-provided photos, pictures or set-ups.

Instructor: Sharon Kopstein (Sharonkopstein@hotmail.com)

Pilates at RISE
Health and Fitness
6 weeks: March 26, April 2, 9, 16, 23, 30
Tuesdays, 2-3:15 p.m.
Location: RISE Authentic Pilates
60 Biltmore Ave., Asheville

We will work through the basic exercises developed by Joseph Pilates, focusing on core strength, flexibility, coordination, alignment and posture. Pilates will be introduced as a full-body exercise system that uses the mind/body connection to enhance and prolong fitness. Pilates is also a great support for other activities such as hiking, running, yoga and gardening as well as everyday pursuits. Pilates is an exceptional workout regardless of current fitness level because all exercises are easily adapted or modified to meet individual physical needs. Course fee: $30, payable to the studio at the first class session.

Instructor: Elise Beckstett (elise@riseasheville.com)

The Sanskrit Effect: Sanskrit for Brain Health
Personal Development
8 weeks: March 26, April 2, 9, 16, 23, 30, May 7, 14
Tuesdays, 2-4 p.m.

Sanskrit is not an old, dead classical language that only accomplished academics can decipher. Some people consider it a living technology of sacred sound for awakening higher states of consciousness, understanding the subtle laws of creation and attaining advanced states of meditation leading to enlightenment. Yoga teacher and Sanskrit chanteress Linda Go will introduce participants to the ancient language of yoga and its role in the development of human potential. Scientific American recently posted “The Sanskrit Effect” and results of MRI scans showing that memorizing ancient Sanskrit mantras increases the size of brain regions associated with cognitive function. We will experience how the precise pronunciation of the Sanskrit alphabet cultivates the nervous system in preparation for profound meditation and increased cognitive function. Learn beautiful chants to begin or deepen your current meditation practice.

Instructor: Linda Go (lindagomusic@gmail.com)

Wednesday Morning

The Art of Watercolor
Visual Arts
6 weeks: March 27, April 3, 10, 17, 24, May 1
Wednesdays, 9-11 a.m.

Best Travel Apps, Section A
Math, Science and Technology
First 4 weeks: March 27, April 3, 10, 17
Wednesdays, 9-11 a.m.

There are many websites and applications to help plan a trip, whether selecting a destination, shopping for competitive airfare, reading reviews, finding lodging or even sending postcards with travel photos. We will discuss tools for keeping all your travel plans at your fingertips. Learn all the tools needed to make an upcoming trip the best one ever. Participants must bring their smartphone or tablet with them, either Android or Apple OS. Note: Section B of this course is listed below.

Instructors: Julia Loughran (loughran@thoughtlink.com) and Wiley Loughran (wiley@thoughtlink.com)

Best Travel Apps, Section B
Math, Science and Technology
Second 4 weeks: April 24, May 1, 8, 15
Wednesdays, 9-11 a.m.

There are many websites and applications to help plan a trip, whether selecting a destination, shopping for competitive airfare, reading reviews, finding lodging or even sending postcards with travel photos. We will discuss tools for keeping all your travel plans at your fingertips. Learn all the tools needed to make an upcoming trip the best one ever. Participants must bring their smartphone or tablet with them, either Android or Apple OS. Note: Section A of this course is listed above.

Instructors: Julia Loughran (loughran@thoughtlink.com) and Wiley Loughran (wiley@thoughtlink.com)
Celtic Spirituality
Personal Development
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Wednesdays, 9-11 a.m.

The Celtic Moral Code says, “live from deep inner knowledge of heart and soul, manifest it by physical action, and be true to one’s word.” We’ll explore earth-centered Celtic spirituality which respected the land and the spirits of land. We’ll also look at how other cultures such as Egypt influenced this spirituality. We’ll delve into celebrations and ceremonies of the eight-fold Celtic calendar; Spirit Wheel for inner guidance; mysticism of faeries, goddesses, druids and Otherworld; and conclude with hands-on activities creating our own personal icons. **Materials fee:** $10 for materials needed for the hands-on activity for the last class, payable to the instructor.

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

Energy Demand and Environmental Impact:
Fueling Society in the 21st Century
Math, Science and Technology
7 weeks: March 27, April 3, 10, 17, 24, May 1, 8
Wednesdays, 9-11 a.m.

What are current and projected global energy consumption trends? What are the environmental, economic and political impacts of energy choices? We will examine the usage and effects of fossil fuels (including fracking), nuclear and renewable energy forms.

**Instructor:** Richard Wiener (richwiener@gmail.com)

Poetry and Gender, Section B
Languages, Literature and Writing
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Wednesdays, 9-11 a.m.

Poems can express ideas, experiences and feelings that bring insight to readers and epiphanies to the poet. Each week we will read a poem by a woman and a poem by a man on a similar topic that can help us to understand the experience of gender identity. Each participant will write a poem about the same topic. The class will “workshop” each poem in a supportive environment. Each class session will include a short presentation on an aspect of writing poetry. No experience is required. **Note:** Section A of this course appears on page 18.

**Instructors:** Bill Petz (billpetz@bellsouth.net) and Karen Depew (depewkaren71@gmail.com)

The Prescription Drug Market in the United States
Health and Fitness
6 weeks: March 27, April 3, 10, 17, 24, May 1
Wednesdays, 9-11 a.m.

Many of us take at least one medication daily. Do you know how medications are discovered and developed and why sometimes there is only one choice of a drug? Have you wondered why some drugs are very expensive or why they are often less expensive in other countries? What are the roles of the Food and Drug Administration (FDA) and other regulatory agencies in determining safety of the drug supply? We will discuss these and other topics.

**Instructor:** Michael Dickson (wxmxdx@gmail.com)

Sculptural Ceramics and Hand-Building in Clay
Visual Arts
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Wednesdays, 9-noon.

**Location:** Harvest House Senior Center, 205 Kenilworth Rd, Asheville

From beginner to craftsman, we will work with clay in a creative, open studio environment. Participants with various skill levels will receive advice and counsel from an experienced artist who will facilitate the class. The instructor will act as class director/motivator, assisting each participant with the technical means to construct a self-designed project. Sessions limited to eight participants will be held on Wednesday mornings at Harvest House Senior Center. **Prerequisite:** Willingness to get your hands dirty and experiment. Participants should come with an idea and an openness for tips and suggestions for moving your idea to your personal creative goal. **Participant fees:** $80 for Asheville residents, $90 for non-residents, payable to the instructor at the first session. **Materials fee:** Clay, $18 for 25 lbs. See olliasheville.com/courses for a complete materials list.

**Instructors:** Jim Kransberger (kransberger@charter.net) and Lee Orowitz (leeorowitz@gmail.com)
Introduction to Beading
Visual Arts
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Wednesdays, 11:30 a.m.-1:30 p.m.

In a course for beginning beaders only who want to learn how to make their own jewelry, we will learn how to string a bracelet and necklace and finish them off. We will also learn how to make an eyeglass holder, a beaded lanyard and drop/chandelier earrings. **Materials list:** Participants must bring their own beads and supplies to each class, which can be purchased at any local bead or craft store for an estimated cost of $25-40. The instructor will have tools available. Class fee of $5 for eyeglass holder ends, badge holder clip, etc. See olliasheville.com/courses for a list of materials and course outline.

**Instructor:** Ulana Mellor (UlanaCFS@charter.net)

Risk and Critical Thought:
A Brief History
Social Sciences
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Wednesdays, 11:30 a.m.-1:30 p.m.

A brief history of risk and how it is misunderstood and encourages us to think poorly and uncritically.

**Instructor:** Pat Chitwood (pat4956@gmail.com)

Cheap Thrills: A Cultural History of the Pulp Magazine Era
Languages, Literature and Writing
First 4 weeks: March 27, April 3, 10, 17
Wednesdays, 11:30 a.m.-1:30 p.m.

In the early 20th century, the converagegence of progress in industrial technology, farm to city migration and the growth of literacy and public education provided an environment that defined a market for popular literature, providing jobs for writers and editors. Together we will take a spirited tour with the adventurers, sleuths, ghouls, gals, warriors and heroes accompanied by the graphic art that decorated newspstands for fifty years and gave birth to “pop culture.” Another Pulp Magazine course will be offered in the Summer 2019 term that will further explore the different literary genres that have grown out of this exciting publishing history. See olliasheville.com/courses for additional information, the course outline and a preview of coming attractions.

**Instructor:** Bill Cosgrove (olli.billcosgrove@gmail.com)

Every Picture Tells a Story: Writing Memoir from Family Photographs
Languages, Literature and Writing
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Wednesdays, 11:30 a.m.-1:30 p.m.

Photo albums hold more than pictures; they are storehouses for memories. From faded sepia-tone portraits of nearly-forgotten ancestors, to digital shots taken yesterday and posted on Facebook, the photographs we treasure the most are precious because of the stories they tell. Inspired by the photos that have meaning for us, we will write about those people, places and things that have comprised the mosaic of our lives. By the end of the term, we will have created a mini-album of, not just photos, but the strange, sad and wonderful stories behind them.

**Instructor:** Marjorie Klein (marjorieklein62@gmail.com)

Wednesday Midday

Shakespeare Here!
Languages, Literature and Writing
Performing Arts
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Wednesdays, 11:30 a.m.-1:30 p.m.

Based on projected presentations by the Montford Park Players, we will read and discuss four of Shakespeare’s plays: Henry IV, Part 1, Hamlet, Romeo and Juliet and A Winter’s Tale. Each play draws from Shakespeare’s major genres: history, tragedy, comedy and problem. Our review will include an overview, language, character and audience expectations. We will also look at the stories: who, what, why, when, where? And we will address the hard questions and plot holes and how to enjoy the story.

**Instructor:** Thomas Donahue (tadonahue@yahoo.com)
Yom Ha-Shoah: Truths and Consequences
History
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Wednesdays, 11:30 a.m.-1:30 p.m.

Yom Ha-Shoah is the Jewish day of remembrance of the Holocaust, designed to remember and honor the death and destruction of the Jewish people during WWII. We will examine what really happened, what did everyone know, who was responsible, why did it happen and when or if forgiveness is appropriate. We will study the impact of the Shoah on its survivors, their children and succeeding generations and on the world. Our journey will include how the Holocaust is portrayed in art and poetry and will address theological and political issues regarding the reestablishment of the State of Israel. See olliasheville.com/courses for the course outline. **Recommended text:** *Jewish Art: A Modern History* by Samantha Baskind and Larry Silver, ISBN-13: 978-1861898029. *Love Despite Hate: Child Survivors of the Holocaust and their Adult Lives* by Sarah Moskowitz ISBN-13: 978-0805238013. *A Convenient Hatred: The History of Antisemitism* by Phyllis Goldstein, ISBN-13: 978-0981954387.

**Instructor:** Ari Landau (arilandau629@hotmail.com)

7 + 1: Favorite Films From 10 Years at OLLI
Performing Arts
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Wednesdays, 2-4:30 p.m.

Popular College for Seniors instructor Chip Kaufmann thought it would be fun and enlightening to revisit some of his favorite films from his 10 years at OLLI. Seven movies will be selected from his previous courses with one new film to be featured at the very end. See olliasheville.com/courses for a list of films for this course.

**Instructor:** Chip Kaufmann (ckaufmann@bpr.org)

Acting the Bard: *The Merchant of Venice*
Performing Arts
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Wednesdays, 2-4 p.m.

Participants will rehearse and act out a shortened version of this classic play that is particularly relevant today. In addition to anti-Semitism, it deals with issues of gender, sexual orientation and, of course, mercy. Emphasis will be on faithful portrayals of the characters and their motivations. Participants will hone their abilities to inhabit the characters in a classic play and to become at ease speaking Shakespeare’s language and verse. **Required text:** *A Dramatized Recording of The Merchant of Venice, ARKANGEL/BBC Audiobooks America* (or comparable product) and a version of the play printed from an online source.

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

Adventures in Art: Purple Crayon Sampler
Visual Arts
First 4 weeks: March 27, April 3, 10, 17
Wednesdays, 2-5 p.m.

**Location:** Purple Crayon, 9 Old Burnsville Hill Road, Suite 5, Asheville, NC 28804

Wish you could “test drive” a new art medium to see if it’s a good fit? Now you can! In this fun, hands-on course at the nearby studio Purple Crayon, you’ll learn new skills and make some friends while sampling four relaxing art techniques: mosaicking, Chinese brush painting, Zentangle, and landscape needle felting. Then, you’ll have the option to build your skills by taking a more in-depth course in the four weeks that follow at Purple Crayon (www.purplecrayonavl.com). See olliasheville.com/courses for more information, an introduction to the presenters and the follow-up sessions. No previous art experience is necessary. All materials will be supplied by instructors. **Participant fee:** $43.

**Instructors:** Pam Robbins (pam@purplecrayonavl.com), Camille Daunno, Susan Goodman and Anne Magrath.

Craft in Western North Carolina: From Functional to Expressive
Visual Arts
6 weeks: March 27, April 3, 10, 17, 24, May 1
Wednesdays, 2-4:30 p.m.

Deepen your knowledge and appreciation of the long tradition of craft in Western North Carolina (WNC). We will explore the impact on craft of the Scots/Irish, the Biltmore Estate and local schools. During class sessions, we’ll visit two artisans from a particular medium: one traditional and one expressive. Class participants must be able to walk and stand for the majority of the class time. **Fees:** Parking fees at studios are possible.

**Instructors:** Karen Depew (depewkaren71@gmail.com) and Sherry Masters (sherry@artconnectionsnc.com)
Exploring Homer’s *Odyssey*: A Soldier’s Journey Home
Languages, Literature and Writing
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Wednesdays, 2-4 p.m.

At the heart of Homer’s ancient Greek epic *The Odyssey* is one soldier’s struggle to leave behind the horrors of the Trojan War and to return to his devoted wife and son. Odysseus’ 10-year adventure in the mystical worlds of the gods and goddess, the land of the Cyclops, and to Hades, the land of the dead, leads him on the hero’s journey where he discovers himself and the meaning of life. Enrollment is limited, as discussion of the theme is a priority. **Required texts:** *The Odyssey* by Homer, Trans. Robert Fitzgerald, ISBN-13: 978-0374525743. *Odysseus in America: Combat Trauma and Trials of Homecoming* by Jonathan Shay, ISBN-13: 978-0743211574.

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

French 2C - Intermediate
Languages, Literature and Writing
8 weeks: March 27, April 3, 10, 17, May 1, 8, 15, 22
Wednesdays, 2-4 p.m.
No class on April 24;
Make-up session on May 22

This continuing intermediate French course is not for the very beginner but would be a good refresher for someone who has familiarity with basic functional vocabulary and the present and past tenses. The instructor uses a variety of audio and visual methods to practice and introduce new material. We will be starting in the eighth chapter of a beginning college level textbook. The presentation is interactive to help build speaking, comprehension, reading and writing skills and will focus on food and travel in France. **Required text:** *Points de depart* by Cathy Pons, et al, 2009 edition, ISBN-13: 978-0135141120. The accompanying Student Activity Manual is useful but not required. **Prerequisites:** Equivalent of OLLI French 2B or at least one successful year of college (two years of high school) French study. See https://olliasheville.com/courses for required text, suggested resources and other information. Please contact the instructor if you have questions.

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

Hiking for Beginners, Section B
Health and Fitness
Second four weeks: April 24, May 1, 8, 15
Wednesdays, 2-5:30 p.m.

Hikes will be geared for those with little or no hiking experience. Hikes will gradually increase in difficulty from almost level to about 500’ elevation gain, and each will be about three miles. Participants will hike at Warren Wilson College, the NC Arboretum and two hikes along the Mountains-to-Sea Trail. Hiking tips will be provided. Spring wildflowers will be a special focus. **Prerequisite:** You must be able to walk three miles on uneven terrain before classes begin.

**Instructors:** Bobbi Powers (bobbipowers23@gmail.com) and Dennis Bass (DBass3607@gmail.com)

The Music of Andrew Lloyd Webber
Performing Arts
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
Wednesdays, 2-5 p.m.

We will explore the story of Andrew Lloyd Webber and his musical creations by viewing each of his six best-known musicals in their entirety and listening to many of his award-winning songs. We’ll also explore several of his lesser-known musicals along the way.

**Instructor:** Bob Mellor (BM.OLLI@Charter.net)

Strength Training for Healthy Aging, Level 1, Section B
Health and Fitness
8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15
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. **Note:** Section A of this course appears on page 21. **Course fee:** $30 fee to be paid to the YMCA on the first day of classes ($20 for YMCA members).

**Instructor:** Mary Heard (mheard@ymcawnc.org)
### Strength Training for Healthy Aging, Level 2

**Health and Fitness**

8 weeks: March 27, April 3, 10, 17, 24, May 1, 8, 15

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

**Prerequisite:** Completion of **Strength Training for Healthy Aging, Level 1**.

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

**Instructor:** Mary Heard (mheard@ymcawnc.org)

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### Tai Chi Single Fan Form

**Health and Fitness**

8 weeks: March 27, April 10, 17, 24, May 1, 8, 15, 22

**Note:** No class April 3. Make-up session May 22.

**Wednesdays, 2-3:30 p.m.**

**Instructor:** Liz Ridley (wncliztaichi@gmail.com)

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### Yoga for Your Health

**Health and Fitness**

8 weeks: March 27, April 3, 17, 24, May 1, 8, 15, 22

**Note:** No class on April 10; Make-up session on May 22.

**Wednesdays, 2-3:30 p.m.**

**Instructor:** Jenne Sluder (jenneuine@gmail.com)

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### Thursday Morning

**Advanced iPhone Photography: Editing**

**Math, Science and Technology**

Second 4 weeks: April 25, May 2, 9, 16

**Thursdays, 9-11 a.m.**

**Instructor:** Wiley Loughran (wileyloughran@gmail.com)

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**Bridge 3: Play of the Hand**

**Personal Development**

8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16

**Thursdays, 9-11 a.m.**

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

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**Creating Custom Photo Books, Section A**

**Visual Arts**

**Math, Science and Technology**

First 4 weeks: March 28, April 4, 11, 18

**Thursdays, 9-11 a.m.**

**Instructor:** Julia Loughran (loughran@thoughtlink.com)
Creating Custom Photo Books, Section B
Visual Arts
Math, Science and Technology
Second 4 weeks: April 25, May 2, 9, 16
Thursdays, 9-11 a.m.

We will explore everything needed to create a custom photo book. Using a laptop or tablet with digital photos, we will walk through all the steps to make a physical book that you can order as a keepsake (optional). Books can range in cost from $25-125 depending on size, number of pages and quality of paper. Note: Section A of this course appears on page 32.

Prerequisites: Participants must be comfortable using their own laptop or tablet, know how to access files and photos from their device, know how to navigate to websites on the internet and fill out forms online. Laptops or tablets must be able to connect to the OLLI Wi-Fi.
Instructor: Julia Loughran (loughran@thoughtlink.com)

Ecology of Marine Vertebrates
Math, Science and Technology
First 4 weeks: March 28, April 4, 11, 18
Thursdays, 9-11 a.m.

We will examine the life of marine vertebrates: marine fishes, turtles, birds and mammals. Through lectures, pictures, museum artifacts and videos we will see how wondrous these animals are, learn how they make their living, their importance to the marine ecosystem and the nature and size of the threats they endure. Participants will leave the course with a greater appreciation and understanding for the value of marine vertebrates to the ocean and to humans.
Instructor: Julia Loughran (loughran@thoughtlink.com)

Fascism, Nazism and Authoritarianism Between the World Wars
History
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Thursdays, 9-11 a.m.

During the 1920s and 1930s, most countries in Europe and Latin America fell under nationalist, non-democratic governments. Although commonly called Fascist, as Italy and Germany were, most countries rejected the radicalism of Fascism and adopted conservative types of nationalist authoritarianism. We will explore what was happening during this important, tragic, poorly understood period, with examples of Italy, Germany, Austria, Hungary, Poland, Spain, Portugal, Brazil and Argentina. The final session will deal with the relevance of this period for understanding international political trends today.
Instructor: Roger Helm (rhelmioleffects@gmail.com)

Hiking for Wise Wanderers
Health and Fitness
Second 4 weeks: April 25, May 2, 9, 16
Thursdays, 9:30 a.m.-4 p.m.

Hiking for Wise Wanderers is for those who enjoyed mountain hiking in the past and understand the challenges of roots, rocks, water crossings and log bridges, but now need a slower, more relaxed pace. We will be flexible and balance the needs of the group. To discover some less traveled hiking trails, we will drive up to an hour to the trailhead and hike up to four miles. Hikes will begin at 9:30 a.m. and end by 4 p.m.
Prerequisite: Participants must be able to walk four miles and over roots and rocks, with moderate elevation. See olliasheville.com/courses for a list of tentative trails.
Instructors: Meridith Miller (mlmiller1020@gmail.com) and Marcia Markowitz (marciaj.markowitz@gmail.com)

Intermediate Hiking
Health and Fitness
First 4 weeks: March 28, April 4, 11, 18
Thursdays, 9 a.m.-3 p.m.

Hikes will create opportunities to take hiking skills to the next level in terms of mileage (up to 5 1/2 miles) and elevation (up to 1,000 ft). Experience springtime in the mountains! We will meet within 20 minutes of the Reuter Center with hikes within 30 minutes of the meet-up point. Tentative hikes include Lunch Rock, Rattlesnake Lodge, Bent Creek and Laurel River (to the railroad tracks). Prerequisite: Participants must be able to hike four miles on rocky trails with some elevation. Materials needed: Sturdy hiking shoes, hiking poles and water.
Instructors: Alice Higgins (AHigg78195@aol.com) and Judi Edelman (drjuelveedelman@gmail.com)

iPhone Photography: Introduction
Math, Science and Technology
First 4 weeks: March 28, April 4, 11, 18
Thursdays, 9-11 a.m.

Learn how to use the camera on your iPhone. We will explore all the settings, built-in tools, exposure compensation, zooming, focus and many other settings. In addition, participants will learn how to shoot video and black/white photos, how to improve taking and sharing photos and how to store and manage photos. Prerequisites: Participants must attend all four sessions, be familiar with their iPhones and have working knowledge of how their phones work and operate.
Instructor: Wiley Loughran (wileyloughran@gmail.com)
Storytelling: Sharing Your Life Story in the Oral Tradition
Performing Arts
Second 4 weeks: April 25, May 2, 9, 16
Thursdays, 9-11 a.m.

Everyone has stories to share. The richer your life experiences, the more stories are waiting to be told, and at our age, do we have stories to tell! We will learn the basics of storytelling, from story formation to tell. Live and via video, we will hear professional storytellers tell their favorites as examples from the pros. Each participant will prepare at least one personal story with ideas to improve the story from the instructor and feedback from the class. Each participant will tell at least one story during a class session. Class size is limited to 10.

Instructor: Chuck Fink (charlesfink1@gmail.com)

Talk is Cheap: Communication Challenges in Long-Term Relationships
Personal Development
Second 4 weeks: April 25, May 2, 9, 16
Thursdays, 9-11 a.m.

We think that communication with life partners, family and friends is easy, but it is often complex and challenging. We will examine issues of relationship development and maintenance, self-awareness and perception, clarity and misunderstanding and power and conflict in relationships. We will look at the effects of technology on relationships, intergenerational issues and how to be a better communicator.

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

Thursday Midday

The Art of Solving Crosswords, Level 1
Personal Development
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Thursdays, 11:30 a.m.-1:30 p.m.

Through lectures and working on puzzles in class, participants will learn strategies for solving, crossword terminology, where to find high-quality puzzles and more. This no-pressure course focuses on the joy of doing crosswords and is for newcomers, occasional solvers and those who want to up their game. We will focus on easier puzzles. A Level 2 (medium) course will be offered in a future term.

Instructor: Lewis Rothlein (lrothlein1@gmail.com)

A Discussion of Sapiens
Social Sciences
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Thursdays, 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 by historian Yuval Noah Harari. 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 the required reading and discussion, we will view videos of the author Harari commenting on Sapiens and other of his works. Required text: Sapiens by Yuval Noah Harari, ISBN-13: 978-0062316110.

Instructor: Dan Damerville (dandamerville@gmail.com)

Hammer Against the Witches
History
Second 4 weeks: April 25, May 2, 9, 16
Thursdays, 11:30 a.m.-1:30 p.m.

In times of chaos, people often single out others for blame and persecution. We will examine one aspect, the phenomenon of witchcraft hysteria. This grew out of the wars, famine, disease, economic collapse, Reformation and Counter-Reformation in Europe. The publication of the 1486 book Malleus Maleficarum (Hammer of the Witches) flamed the persecutions, and witch-fever spread to the colonies in North America. We will cover worldwide witchcraft irrationality from 15th century and even into the modern era.

Instructor: Paula Withrow (pvwithrow@aol.com)

Modern Jewish Thought: An Introduction
Religion and Philosophy
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Thursdays, 11:30 a.m.-1:30 p.m.

Today’s Judaism, from ultra-orthodox to secular humanistic, is the result of three centuries of clashes between tradition and modernity. Discover the creative tensions still being played out, including Jewish feminism and mysticism. Drawing on Leora Batnitzky’s How Judaism Became a Religion: An Introduction to Modern Jewish Thought, this course will enlighten Jews and non-Jews alike about the ideas and influential thinkers who have shaped Judaism and the Jewish identity. We will also explore parallels with other faith traditions. Required text: How Judaism Became a Religion: An Introduction to Modern Jewish Thought, by Leora Batnitzky, ISBN-13: 978-0691130729.

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

Mysteries of History: Crimes, Cons, Quirks—Part 4
History
First 4 weeks: March 28, April 4, 11, 18
Thursdays, 11:30 a.m.-1:30 p.m.
All new, entertaining, historically accurate stories ranging from clever cons to scandalous sex, from unscrupulous science to mind-numbing mysteries, all lavishly illustrated with drawings, photos and videos. Sample stories: The Woman Who Birthed Rabbits, Origins of 13 Superstitions, Were Chastity Belts Real?, Date Nights at the Paris Morgue and much more. Note: You do not have to have attended previous courses to enjoy this one.
Instructors: Ron Schon (schonad@gmail.com) and Ellen Errico Schon

Thursday Afternoon

The Art and Science of Handling Tough Conversations
Personal Development
Last 6 weeks: April 11, 18, 25, May 2, 9, 16
Thursdays, 2-5 p.m.
Ending a relationship. Saying no to someone in need. Disagreeing with the majority in a group. Confronting hurtful behavior. Should you say what you’re thinking/feeling and risk starting a fight or swallow your views and feel like a doormat? We will address ways out of this dilemma and explore how to handle tough conversations so that you are more likely to resolve the issue and strengthen the relationships. This course includes lecture, discussion and small group exercises. Prerequisite: Attendance at the first session is mandatory and includes a commitment to attend all the following sessions unless you have a medical emergency.
Instructor: Esther Pittman (esteken@aol.com)

Beginning Acrylic Painting
Visual Arts
Last 6 weeks: March 28, April 4, 11, 18, 25, May 2
Thursdays, 2-5 p.m.
Have you always wanted to paint but never thought you could? Through lecture, discussion and hands-on practice, we will use acrylic paint to explore color theory, the elements of art and various painting techniques. We will then use these techniques to create paintings on paper and on canvas. This is an acrylic painting course for beginners only. The class is fast-paced, and demanding, but fun. You will become a confident painter.
Instructor: Angelika Wagar (awagarart@gmail.com)

Beginner Line Dance
Health and Fitness
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Thursdays, 2-4 p.m.
This class 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)
French 4: Lisons, parlons et écrivons
Languages, Literature and Writing
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Thursdays, 2-4 p.m.
Maigret move over. Commissaire Dupin is on the case. In a course taught entirely in French, we will read one of Jean-Luc Bannalec’s romans policiers set in Brittany. Participants will read the novel, partly in class and partly at home. We will discuss it in class, and there will be some writing assignments. The title will depend on availability and price in the spring. Please contact the instructor at that time for information on ordering the book. **Prerequisite:** Participants should have taken at least two years of French prior to this course or have equivalent experience with the language and be able to read 50-55 pages of native French per week with the help of a vocabulary list. **Required text:** Etrange Printemps aux Glénan ISBN-13: 978-2266267717 (tentative) by Jean-Luc Bannalec. **Instructor:** Betty Carver (bcarver1@charter.net)

Introduction to Barre Series
Health and Fitness
8 weeks: March 28, April 4, 11, 18, 25, May 2, 9, 16
Thursdays, 3-4 p.m.
**Location:** Woodfin YMCA, 40 Merrimon Avenue, Asheville, NC
Join this progressive exercise series that explores all of the pieces of a barre class and puts them together for a fantastic workout. Barre classes use a combination of postures inspired by ballet, yoga and Pilates. The barre is used as a prop for balance for isometric moves that will give you a fantastic workout. **Course fee:** $30 fee to be paid to the YMCA on the first day of classes ($20 for YMCA members). **Instructor:** Stacey Jayne Uria (coachstaceyjayne@gmail.com)

Restaurant Eating à la Healthy,
**Section A**
Health and Fitness
First 4 weeks: March 28, April 4, 11, 18
Thursdays, 2-4 p.m.
Asheville is a foodie’s paradise. Restaurant eating is a favorite form of entertainment and a way some older adults socialize or reduce the burden of food preparation. Frequent restaurant meals, however, make it challenging to eat healthily, maintain your waistline and/or manage nutrition-related chronic health conditions. Learn the pitfalls of restaurant meals, and pick up a bevy of tips, tricks and tactics to tweak your restaurant food choices and eating habits. This engaging course uses self-assessment, goal-setting, role-playing and an opportunity to practice your new skills in an Asheville restaurant soon after the conclusion of the course. **Note:** Section B of this course appears below. **Participant fee:** Cost of a meal at a local restaurant. **Instructor:** Hope Warshaw (hopewardshaw@gmail.com)

Restaurant Eating à la Healthy,
**Section B**
Health and Fitness
Second 4 weeks: April 25, May 2, 9, 16
Thursdays, 2-4 p.m.
Asheville is a foodie’s paradise. Restaurant eating is a favorite form of entertainment and a way some older adults socialize or reduce the burden of food preparation. Frequent restaurants meals, however, make it challenging to eat healthily, maintain your waistline and/or manage nutrition-related chronic health conditions. Learn the pitfalls of restaurant meals, and pick up a bevy of tips, tricks and tactics to tweak your restaurant food choices and eating habits. This engaging course uses self-assessment, goal-setting, role-playing and an opportunity to practice your new skills in an Asheville restaurant soon after the conclusion of the course. **Note:** Section A of this course appears above. **Participant fee:** Cost of a meal at a local restaurant. **Instructor:** Hope Warshaw (hopewardshaw@gmail.com)

A Victorian Marriage in Film
Performing Arts
First 4 weeks: March 28, April 4, 11, 18
Thursdays, 2-4 p.m.
*He Knew He Was Right* (1869) is among the best known and loved novels by the mid-Victorian novelist Anthony Trollope. Adapted as a period film, like the novel, it dramatizes in both plot and subplot various aspects of marriage involved in layers of Victorian propriety. We’ll see a biographical video and watch each of four episodes over four weeks, just as the original novel was experienced, in regular serial installments. **Instructor:** Doug Cooper (cdoug38@gmail.com)
### Thursday Afternoon continued

**Walking Asheville’s Historic Downtown**  
Visual Arts  
6 weeks: March 28, April 4, 11, 18, 25, May 2  
Thursdays, 1-3:30 p.m.  
We will walk through the streets of downtown Asheville discussing the commercial buildings and churches and the residences in Montford. We’ll talk about the history of how the town grew through stories of the entrepreneurs and architects who built the city. Emphasis will be on the 1890s through 1939, with notable later exceptions. You must be able to stand and walk on hilly terrain and uneven pavements for 2 1/2 hours. **Participant fees:** There will be parking fees in garages plus possible entrance fees of less than $10. **Prerequisite:** Participants must have taken Richard Hansley’s College for Seniors course *Architectural History of Asheville*. The first class session is mandatory for all enrolled.  
**Instructor:** Linda Orowitz (AshevilleDeals@gmail.com)

### Friday Morning

**Economics, Climate Change and Sustainability**  
Social Sciences  
Second 4 weeks: April 26, May 3, 10, 17  
Fridays, 9 -11 a.m.  
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 human behavior has 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)

**Intermediate Hiking in Western North Carolina (Level 2)**  
Health and Fitness  
First 4 weeks: March 29, April 5, 12, 19  
Fridays, 9 a.m.- 2:30 p.m.  
Join us for intermediate hiking experiences in the surrounding beautiful mountains! We will explore four hikes, each one offering a varied adventure. Possibilities are Trombatore Trail, Shopes Creek, Devil’s Courthouse (NC215), Sam’s Gap and Moore Cove Falls and West Ridge. Hikes will be 5-7 miles in length with up to 1000’ elevation gain.  
**Instructors:** Rebecca Banner (beccabanner@gmail.com) and Howard Waxman (waxy28787@gmail.com)

**Lawn Bowling**  
Health and Fitness  
6 weeks: March 29, April 5, 12, 19, May 3  
Fridays, 9 -11 a.m.  
**Location:** Carrier Park, Amboy Rd. and Michigan Ave. in West Asheville  
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. The first class session will be at the Reuter Center, with subsequent classes at Carrier Park.  
**Instructor:** Stan Glickman (stanthe1949man@yahoo.com)

**Lucretia Mott’s Freethought Gospel**  
Religion and Philosophy  
6 weeks: March 29, April 5, 19, May 3, 10  
Fridays, 9 -11 a.m.  
**Note:** No class session on April 12  
Lucretia Mott (1793-1880) was a Quaker preacher, abolitionist, women’s rights leader and peace activist. She was also a proud heretic in the tradition of freethought, hobnobbing with radicals such as Elizabeth Cady Stanton, William Lloyd Garrison and Frederick Douglass. Some called her a dangerous disturber and infidel. We will explore this amazing woman’s thought, how it changed the course of American history and how her voice remains relevant and pragmatic for our time. All readings will be provided on the course website, www.mottsgospel.wordpress.com.  
**Instructor:** Chris Highland (chris.highland@gmail.com)

**Soft Shoe Tap Dancing**  
Health and Fitness  
7 weeks: March 29, April 5, 19, May 3, 10, 17  
Fridays, 9 -11 a.m.  
**Note:** No class session on April 12  
Soft shoe is a form of tap dancing and incorporates many of the regular tap steps. No wooden floor or tap shoes are needed. We will use flat soled shoes, learn a routine, get exercise and have fun. If you have any questions, please contact the instructor.  
**Instructor:** Mary Walker (20mlwalker14@gmail.com)
Specialty Coffee, Tea and Pastry in Asheville
Business, Law and Finance
6 weeks: March 29, April 5, 12, 19, 26, May 3
Fridays, 9 -11 a.m.

Asheville is home to a number of fine local coffee roasters and superb pastry shops. We will cover the history of coffee and its growing regions, varietals and properties. We will explore the many brewing techniques, proper storage and grinding of coffee. Two sessions will be held at a local coffee roaster including a roasting demonstration and cupping (tasting). We will explore the business of specialty coffee in Asheville. We will also visit a pastry facility and learn about the preparation and types of artisan pastry baking and add one visit on specialty tea. See olliasheville.com/courses for more information on this course and scheduling.

Instructors: Stan Binder (stanbinder@att.net) and Barbara Binder (bhbinder42@gmail.com)

Taking Control of Your Retirement Planning
Business, Law and Finance
6 weeks: March 29, April 5, 19, 26, May 3, 10
Fridays, 9 -11 a.m.

Note: No class session on April 12

We will focus on the basic building blocks often overlooked in retirement planning and where money may be falling through the cracks. We will explore how to create a strong investment foundation and build a solid portfolio for retirement or fine tune your current portfolio to avoid potential pitfalls. We will also touch on topics often overlooked by both investors and financial advisors that may be costing a significant amount of money in fees or taxes. We will focus on financial decision-making, which may help you identify the correct personalized asset allocation that is best for you, strengthen portfolio withdrawal strategies and minimize the negative impact taxes and fees have on an investment portfolio.

Instructor: John Coleman (johncoleman@colemanadvisory.com)

Waves and Staves
Math, Science and Technology
8 weeks: March 29, April 5, 12, 19, 26, May 3, 10, 17
Fridays, 9 -11 a.m.

Note: No class session on April 12

Additional session to be announced.

The physics of waves and periodic motion are fundamental themes in Waves and Staves, where the content draws from 30 publications of the instructor’s research performed at UNC Asheville over the past 15 years. Interdisciplinary applications in light and sound include eyeglasses, color mixing, depth of field, vibrations in pipes, vibrato, singing wine glasses, flutes, tubas, French horns, violins and the music synthesizer. The piano will be used to demonstrate connections between waves (physics) and staves (music).

Instructor: Michael Ruiz (ruiz@unca.edu)

Piano Instruction: Level 3
Performing Arts
8 weeks: March 26, 29, April 2, 5, 9, 12, 16, 19, 23, 26, 30, May 3, 7, 10, 14, 17
Tuesdays & Fridays, noon.-1 p.m.

Note: This is the same course listed on page 25

We will embark on third year piano music. Class sessions are designed to provide explanations of pieces, instruction and demonstration and guided practice. Two selections are usually presented each class. Concepts introduced include playing in three and four sharps and flats, pedaling patterns, tremolos, and double sharps and flats. Participants who have enrolled in other Level Two piano courses should find this a good step up; the course is also suitable for those who play regularly and want to sharpen their skills. Participant prerequisite: Participants should have enrolled in at least one of the Level Two courses offered previously or have been playing piano regularly in the past few years. Required text: Alfred’s Basic Adult Piano Course Level 3, Adult All-In-One Course by Willard A. Palmer, Morton Manus, and Amanda Vick Lethco, ISBN-13: 978-0739000687

Instructor: Bobbie Rockwell (bobbienayrockwell@gmail.com)

Spring Wildflower Hikes
Math, Science and Technology
4 weeks: April 6, 13, 20, 27
Saturdays, 9:30 a.m. to 12:30 p.m.

We will hike to hot spots for spring wildflowers and focus on identifying and learning about the many species that bloom in our area. We will see a diversity of wildflowers in the best places to see the most wildflowers. The first class session will meet on the UNC Asheville campus and will include a field trip to the Botanical Gardens of Asheville. Additional field trips include Pearson’s Falls, the Blue Ridge Parkway and Big Creek. The Big Creek trip will be all day. All field trips end in the field, which may be an hour’s distance from the Reuter Center. Prerequisite: Participants must wear hiking boots, use a hiking stick and be able to walk three miles. Recommended text: Wildflowers of Tennessee, the Ohio Valley, and the Southern Appalachians by D. Horn & T. Cathcart, ISBN: 13: 978-1551054285.

Instructors: Marilyn Kolton (LDWMKD@aol.com) and Lou Dwarshuis
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College for Seniors Is Expanding the Fitness Partnership with the Woodfin YMCA

For three years College for Seniors has built a pilot partnership with the Woodfin YMCA through which we have offered *Strength Training for Healthy Aging*, among other fitness courses. Beginning in Spring 2019 we are expanding the partnership to offer additional health and fitness courses at the YMCA. Registration for these courses continues to be through the College for Seniors registration process, and the participant fees will be paid directly to the YMCA. Beginning in Fall 2019, College for Seniors will no longer hold fee-based fitness courses on the UNC Asheville campus. OLLI members are welcome to volunteer to teach a fitness course.

**In Spring 2019 look for**

- *Strength Training for Health Aging, Level 1, Section A* on Mondays (page 21)
- *Healing the Back with Yoga* on Tuesdays (page 26)
- *Strength Training for Healthy Aging, Level 1, Section B* on Wednesdays (page 31)
- *Strength Training for Healthy Aging, Level 2* on Wednesdays (page 32)
- *Introduction to Barre Series* on Thursdays (page 36)

**Come Check Out the Woodfin YMCA**

New and Prospective Member Social, Monday, February 18, 1-2 p.m.
RSVP: Diane Saccone, dsaccone@ymcawnc.org, 828.575.2904

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**CFS Theme Term on Appalachia**

The College for Seniors is seeking proposals for courses to be featured in a theme term on Appalachia for Fall 2019 (September 16-November 8). While a varied array of courses will be offered during the fall term, every one of the CFS curriculum committees has been encouraged to solicit one course with a focus on Appalachia, a region that stretches from New England to Alabama and encompasses coalfields and hollers, progressive politics and traditional values, urban development and rural isolation, a place that is too often seen as “a problem, not a place,” a reflection of all of America’s problems and a place that time forgot. In seeing Appalachia from a variety of perspectives, we hope to better understand and appreciate the region, too often seen only through worn out stereotypes. We have asked for preliminary proposals by the beginning of March. You can find a form at https://tinyurl.com/cfsThemeTerm2019

In creating theme terms we plan to focus on one topic presented from a variety of different perspectives so that our participants, our instructors and our curriculum committees will benefit from intentional ways of planning across varied disciplines, various course delivery methods and instructional styles. We hope that we will encourage our current instructors to explore new territory and work with other instructors in ways that will enrich their experience and create bonds as a community of teachers. By agreeing to focus on challenging subjects together we hope to overcome the temptation to ignore them. We will continue to offer a rich variety of courses in all disciplines, but we hope that theme terms will encourage us to explore new ideas and create a sense of community not because we all will agree but because we recognize that conversation and learning is richer when we entertain many different points of view.
Leadership Asheville Seniors: Discover How Asheville Works

Leadership Asheville Seniors (LAS) is a learning and civic engagement program planned and led by its graduates and community members; the program provides 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.

LAS started in 1986, before the creation of the NC Center for Creative Retirement (NCCCR) in 1988. At the time UNC Asheville supported Leadership Asheville and Leadership Hendersonville, designed to create connections among leaders from various sectors of the community, most in the middle of a career, to promote collaborative community leadership. Some older adults approached the University Relations office to say that they wanted to learn more about makes the community tick, but they were not inclined to participate in a year-long program that would require a significant service project. UNC Asheville’s second chancellor, Dave Brown, had been developing the idea for a multifaceted program for older adults and sought grant funding for the Creative Senior Leadership program. The Center’s executive director Ron Manheimer and program director Denise Snodgrass, when they came on board, started senior leadership programs across North Carolina. In the process they brought positive attention to the work of NCCCR as a leader in developing ways to engage the wisdom and expertise of older adults to benefit people of all ages.

People who participate in LAS today feel that it enhances the quality and quantity of volunteering they do. People who are new to the area feel the program introduces them to their community, and even long-time residents say that LAS offers a unique perspective on the challenges that confront our community and the people who work to make positive change. Most important, participants form deep friendships based on a shared experience. While many of the participants are already “leaders,” they learn about new ways to contribute as they enter a new phase of life in retirement.

Every year LAS graduates gather to plan the upcoming fall program. They focus on topics that include the environment, social services, law and justice, education, government, the arts and more. Community leaders work with planners to create a complete picture of the complex place we call home, building on the success of earlier classes and responding to changes in our community and our membership to keep the program fresh and meaningful.

This year’s LAS class will take place on Tuesdays, September 10 - November 12, 2019, with Orientation on September 6 and Graduation on November 13, 2019. Registration will open during the Spring 2019 term. For more information contact program manager Hannah Furgiuele, 828.250.3871 or hfurgiue@unca.edu.
OLLI Needs You!

OLLI at UNC Asheville relies on the effort and energy of member volunteers who teach courses, solicit and shape the curriculum, develop and implement programs and lecture series, craft communications, plan member events, coordinate special interest groups and have a voice in all the decisions that we make and new directions we pursue. Every term, over 500 OLLI members volunteer so that we are true to our core values of sense of community, lifelong learning, service, innovation, collaboration and continuous improvement.

While we have a strong existing group of volunteers, we always need and want more! New volunteers can lighten the load for everyone and can bring new ideas to the work we share. Whether you have just a little time to spare or wish to take on a larger commitment, OLLI has many dynamic opportunities and a variety of ways to become involved. Our committees are a great starting point.

The Civic Engagement Committee engages OLLI members in the broader community of local nonprofit organizations, focusing on education, food insecurity and homelessness. Chair: Kathleen Mainardi (kkmainardi@gmail.com)

The College for Seniors Committee assists the CFS Manager to develop and evaluate curriculum, support faculty and organize and host events. Co-chairs: Cindy Berryman-Fink (berrymannfink@gmail.com) and Paula Withrow (pwwithrow@aol.com)

The Communications Committee publicizes OLLI programming and events through brochures, social media, email newsletters and press releases. Chair: David Langdon (dblolliunca@gmail.com)

The Facilities Committee consults and advises with OLLI staff on facility operations, equipment needs, building maintenance and safety. Chair: Terry Liles (terryliles@gmail.com)

The Finance Committee assists with the preparation and review of budgets, financial statements and overall financial performance and coordinates fundraising efforts. Chair: Terry Reincke (terryreincke@gmail.com)

The Hospitality Committee greets and welcomes members at New Member Welcome events and member socials and advises on Special Interest Groups. Chair: Paula Massey (massey.paula@gmail.com)

The Inclusion Committee creates programming and outreach to make OLLI a community that is welcoming to everyone. Contact: Jane Callis (janecallis@gmail.com)

The Life Transitions Committee coordinates planning for our existing national workshops, Creative Retirement Exploration Weekend and Paths to Creative Retirement, our local programs, Exploring Continuing Care Retirement Communities and The Gift of Time and develops new workshops, programs and special interest groups to address the transitions that we all face in later life. Chair: Meridith Miller (mlmiller1020@gmail.com)

The Planning Committee organizes and coordinates the preparation of OLLI’s five-year strategic plan and aids other OSC committees to develop and implement annual action plans and new program proposals. Chair: Sam Harben (samharben038@gmail.com)

If you don’t see anything that meets your needs or have an idea for a new program and want some advice on how to make it happen, please contact Catherine Frank, cfrank@unca.edu or 828.251.6188.