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### **Asheville Area Lifelong Learning Center**

#### **Summary Curriculum**

Senior Consulting, LLC (SC), has completed numerous senior living Market Studies that validate the importance of Lifelong Learning for seniors. To follow is a synopsis of the Lifelong Learning Center (LLLC) courses that we are suggesting for the Asheville project and further consideration of a local Asheville area LLLC. The education provided at the center will be diverse and engaging for the seniors. After due diligence, we have chosen a total of 15 categories or subjects with 3 to 7 courses in each category. The categories are: Arts; Computer Science; Current Events; Finance & Business; Game Theory; History & Politics; Languages; Literature & Writing; Music; Philosophy & Psychology; Photography; Religion; Science; Health, Aging, Nature & Recreation; and Asheville focused courses. The diversity of the curriculum will provide seniors with opportunities for educational enrichment, to enhance social inclusion, personal development, and self-sustainability.

#### ***I. ARTS***

##### **A. Drawing From Life**

Participants observe and draw from nature or three-dimensional objects. Some classes will be held at scenic spots in the Blue Ridge Mountains and along the Swannanoa River and the French Broad River.

##### **B. Turner Classic Movies (TCM)**

The class will watch select TCM movies and engage in lively discussions afterwards. The class may screen such movies as Meet John Doe, a 1941 political satire, and other such movies from a different era like The Manchurian Candidate (1962).

##### **C. Broadway Musicals**

The class will watch some of Broadway's most successful and popular musical. Class discussion will include the history of Broadway musicals, examination of characters, and themes.

##### **D. Woody Allen**

The class covers Woody Allen's life and films. Material is garnered from various biographies, videos from YouTube, interviews with Woody Allen himself and clips from all of his films. This course delves into what is behind his works.

#### ***II. COMPUTER SCIENCE***

##### **A. Learning Mobile Devices: iPad & iPhones**

This course is a hands-on workshop where participants become acquainted with various Apple products and software, including the App Store, Siri, FaceTime, iCloud, and Apple devices.

### **B. iPhone & iPad: The Information That Should Have Been in the Box**

Participants learn how to get the most out of their iPhone and/or iPad. The class covers the use of the phone, emailing, texting, using the internet, music, using the camera and working with pictures. The class will explore the many Apps available and find the best suited for each participant. Participants will learn how easy it is to use Siri to do so many of the iPhone and iPad functions. Participants will also learn how to get their devices to integrate with each other and their wireless network. Participants should have an iPhone and/or iPad and plan to bring them to each class.

### **C. Using the Internet to Communicate: Skype & Other Popular Social Media Applications**

In this hands-on workshop, participants learn how to use Skype software, create Facebook accounts, and learn about Twitter and Instagram.

### **D. Computer Hardware/Software Maintenance and Operation**

This course provides a basic understanding of a PC's internal components and general computer function, with a primary focus on PCs using Windows 10. This course does not apply to Apple computers.

## ***III. CURRENT EVENTS***

### **A. The 2016 Elections**

This class will follow the 2016 elections. It will examine the candidates, donors, major issues, parties, historical context, and recent developments pertaining to the elections.

### **B. Famous People and Great Interviews of the 20th Century**

This class is a study of the most fascinating people of the 20th century, viewed with in-depth interviews by the likes of Edward R. Murrow, Mike Wallace, Barbara Walters, James Lipton, Larry King, Merv Griffin, David Frost, Charlie Rose and others. Each week the class will get up close and personal with famous politicians, actors, philosophers, writers, presidents, etc.. Following the interviews, class members will share their thoughts and opinions on the interviewer and person of the day.

### **C. The New Yorker Magazine Discussion Group**

*The New Yorker* magazine provides a selection of topics for this class' weekly discussions. Participants prepare by reading as much of the latest issue as possible before class.

### **D. Contemporary Events**

This course is geared towards those interested in current events and the news of the day. The class explores issues affecting our lives. While the course leader will act as facilitator, members will suggest the day's topics and should bring to class supporting information from any form of media.

### **E. Scandals**

This class explores the subject of scandals in American politics and history, including analysis of the different types of scandals and their consequences for the American political system. Among the subjects to be explored will be: the question as to why the American public has such a high degree of tolerance for the shortcomings of people in elected and appointed office; how scandals

have changed the US' political system in harmful ways; the role of the media; and the role and failures of the citizenry in fulfilling the duties of citizenship.

#### **F. Mixed Media: Conflicting Interest in News**

This course assumes that informed decisions are fundamental to a thriving democracy; however, contemporary issues raise the possibility that televised news—in particular—as a basis of information is less than objective. This course will explore current issues in morning televised news, with special attention to probable conflicting interests and allocation of information, emphasizing applied ethics. Presentations as concerns for obtaining fair, impartial, and objective news will be supplemented by contemporary examples of “mixed media.” Students will be asked to “view” TV to provide their own illustrative concerns for class discussion.

### ***IV. FINANCE & BUSINESS***

#### **A. Senior Legal Matters**

The class focuses on the subject of *wills* and will have guest speakers on other topics requested by participants.

#### **B. Virtual Investing Club**

This workshop will analyze stocks, bonds and other investments. Lessons about investing will be presented. The instructors will share their knowledge, study resources and analyze market changing events. Speakers may be invited. Members of the investing club will be required to report on a current event or an investment during the semester. The club will vote on the amount of virtual money to spend on the investment. There will be weekly updates on the portfolio.

#### **C. Investment Concepts and Ideas**

The class will look at various types of investment vehicles and ways to use them to promote greater financial security, especially for retirees.

### ***V. Game Theory***

#### **A. Bridge Basics for Beginners**

This class is for people who have not played bridge before but are willing to work at learning it. Participants will learn the rules of the game and basic playing strategies.

#### **B. Advanced Competitive Bridge**

This workshop is for advanced players who enjoy playing on a competitive level. Lessons to review and refresh participants' knowledge of conventions will be included.

#### **C. Popular Board Games & Card Games**

Participants will be introduced to a different board game every class meeting or every other class meeting (depending on the length of the semester, the total class sessions, and duration of each class). Instruction, discussions, demonstrations, play strategies, and playing the game (of course) will all be part of this workshop. The games covered in this course may include: UNO, Scrabble, Spades, Poker, and Checkers. All skill levels are welcome.

#### **D. Chess Makes Life Better**

The class consists of mastering play strategies in under 30 minutes and tournaments. All skill levels are welcome.

#### **E. Wii Gaming**

This class will introduce participants to the Wii video game console. Many Wii games are active games or “exergames” that requires one or more players to physically act out movements, such as the rhythm game, Just Dance. Wii offers numerous sports games like bowling and tennis, where players must physically act out movements while holding the wii controller and standing in front of the television which displays their live-action avatar. There are also many Wii games that require multi-tasking and problem solving skills which stimulates the brain and memory – something that is especially beneficial to older adults. Wii games also allows people to connect with thousands of others across the internet, and always provides for lots of lively fun right at home, in class or in other leisure settings. Wii gaming can be the perfect activity for seniors.

### ***VI. HISTORY & POLITICS***

#### **A. The Founding Fathers: The Lives and Politics of America’s Founders**

The personal and political lives of the Founding Father will be explored in this course.

#### **B. The Federalist and Anti-Federalist Parties to the Modern Democratic and Republican Parties: The History of America’s Political Parties and Two-Party System**

The course examines the history of America’s earliest political parties and two-party system, and will consider this bifurcation and the enduring legacy on today’s political system.

#### **C. Social Movements of the 1960s and 1970s and the Vietnam War**

The course examines the major social movements of the 1960s and 1970s, including the Civil Rights Movement and Women’s Rights Movement. The Vietnam War will be studied. The reasons that propelled these movements forward and the subsequent legislation will be examined, and the consequences of the war will be explored.

#### **D. The Cold War**

The course examines the Cold War from historical, cultural, political, and military perspectives. Russia and Cuba will be major topics of discussion, including recent international events related to either country.

### ***VII. LANGUAGES***

#### **A. Beginner Spanish**

The class will study vocabulary and phrases. Emphasis will be on speaking simple phrases.

#### **B. Spanish for Intermediates**

The class will continue to study vocabulary, phrases and expressions and culture of the Spanish-speaking world. Emphasis will be on speaking and conversations, learning proper pronunciation and reading, together with essential grammar.

#### **C. Ici on parle français!**

This is an elementary French workshop intended for those who have some basic knowledge of

the language. The class will continue study of basic vocabulary, structures and grammar as students develop their language skills. The course is organized around topics, and the stress is on listening and speaking. The use of a CD program, videos, handouts and crossword puzzles will aid in the learning process and contribute to the fun. Students will sing French songs and participate in short skits. Cultural topics related to the material at hand will be discussed.

#### **D. French on the Go**

The course provides basic French language (written and spoken) instruction and learning about French culture. It is a “survival kit to communicate in French when traveling abroad.”

#### **E. Language and Culture**

Students will study the origin of words and of common expressions. The class will also examine locutions from other languages used in English. In order to increase vocabulary, students will learn Latin and Greek roots, and create our own neologisms. Members of the class who have knowledge of other lands, will be encouraged to share their experiences with the class.

### ***VIII. LITERATURE & WRITING***

#### **A. Art of Short Stories**

For the first meeting, a short-short story will be provided for reading and discussion. Thereafter, each week the group will consider two stories from a short story anthology.

#### **B. Digesting a Good Book**

This is a collaborative workshop, with members selecting books of fiction, non-fiction, and biography, then facilitating the discussions.

#### **C. Express Yourself in Writing**

Students will use their imagination to write short stories on subjects suggested by the course leader and enjoy the opportunity to write stories that they might have mentally composed over the years. There will be in-class critiques and outside writing is expected.

#### **D. Memoir Writing**

Students will be “both storytellers and historians.” The class will work in a group effort in which students “support and critique one another’s work in an effort to produce memoirs worthy of preservation.

#### **E. Three and Three-Modern Short Novels by Women and Men**

At each of the six course meetings, one of the following novels by male and female writers will be discussed. The following novels might be considered as texts for the course: *The Awakening* by Kate Chopin, *The Metamorphosis* by Franz Kafka, *Their Eyes Were Watching God* by Zora Neale Hurston, *The Stranger* by Albert Camus, *July’s People* by Nadine Gordimer, and *The Assistant* by Bernard Malamud.

### ***IX. MUSIC***

#### **A. Learn to Read Music**

Students will learn the basics of how to read music including rhythms, notation, pitch and timing.

### **B. Opera, Opera, Opera!**

The class will watch videos of opera performances from all the famous opera houses of the world. All performances are shown with English subtitles and feature the famous singers of our own time.

### **C. Popular Musical Duos and Iconic Artists**

This workshop will highlight the personal lives, careers, and music of a variety of accomplished musical artists. Class presentation will include: YouTube videos, Dvd's, Cd's, and biographical discussion.

### **D. Jazz Singers of the Harlem Renaissance**

The class examines the jazz music and subsequent culture created by musicians of the Harlem Renaissance.

### **E. American Roots Music**

In each session of this course, a local expert will present information related to a particular music tradition that is “uniquely American.” The history of the music tradition and the musical and cultural impact of that tradition will be examined. These traditional musical forms include Shaped Note and Harmonia Sacra singing, Irish and Scottish musical traditions, the Blues, Jazz, and Rock and Roll.

### **F. Listening to Music**

Students will identify music’s tonal shapes and structures and see how a composer selects, introduces, organizes, and manipulates them to produce a unique experience in moments of time. The class will examine varieties of sound, melodic coherence, rhythm, texture, and harmony and then move on to explore the composer’s means of organization, forms, function, and style. Along the way, the class will be listening intently to excerpts from the works of master composers.

## ***X. PHILOSOPHY & PSYCHOLOGY***

### **A. "Who Am I," The Building Blocks of Personality**

The focus of this workshop is to investigate the basic concepts of personality. Topics to be covered will include traits, genetics, neuroscience, self and identity, intrapsychic aspects, motivation, cognition, and how these elements come together to create a whole personality.

### **B. Am I My Father's Son?**

The objective of this workshop is to share experiences and feelings about topics that generally affect men. Members will take turns as moderator. The topics are chosen by the workshop members. Participants are expected to be supportive and non-judgmental. Each will be considered an equal participant in a non-threatening environment. This workshop is designed explicitly for men but it is open to all members.

### **C. Mothers and Daughters**

This is a workshop for women about our mothers. It will give its members a chance to consider the influences of their mothers on their lives, and on their subsequent parenting, if they have children, through selected brief readings and discussions. It is designed explicitly for women but it is open to all members.

### **D. Topics in Philosophy**

The metaphysics of Spinoza is a new topic the class will cover. The class will then turn to Epistemology, or Theory of Knowledge. The philosophies of Descartes, Locke, Hume and Kant will be explored in depth. One of the main issues is: must we all be Skeptics about knowledge of the outside world? The issue of mind/brain dualism has been a hot topic in the last 40 years. The class will examine arguments for both materialism and dualism in contemporary philosophy.

## ***XI. PHOTOGRAPHY***

### **A. Adventures in Photography and Art**

This is a workshop in Art Appreciation. Members of the class submit their images for review by the class. The class discusses the image and then the maker explains the reason the image was submitted. This has proven to be a successful way for the maker to determine if their message has been received by the viewer.

### **B. Composition in Photography and More**

Participants meet to discuss what makes a good photograph and other aspects of photography. Weekly presentations, class discussions, weekly assignments and constructive critique of photos for improvement will be a part of this class.

### **C. Photography Before Photoshop**

A basic course in the fundamentals of photography including understanding basic camera operations, exposure controls, lighting, color, and other techniques. The purpose of the course is to understand how the new digital, "auto everything" cameras function so that the photographer can exercise control over the final project.

### **D. Contemplative Photography**

Participants will work with a digital camera and basic photo editing software. The course requires no previous experience in photography.

## ***XII. RELIGION***

### **A. Great Figures of the New Testament**

Students will examine the New Testament "as a great repository of literary genius."

### **B. The Bible: We Know What it Says, but What Does it Mean?**

The course provides an overview of the Bible and examines and Biblical interpretation.

### **C. Early Christianity and Its Jewish Inheritance**

This class will show that the relations between the two groups were highly complex and varied widely from place to place. Ultimately, Judaism and Christianity parted ways. This class explores: How did this happen, and what riches from Judaism did Christianity preserve in its teachings, organization, worship, expectations, and self-understanding?

### **D. Major Religions of the East**

The class will examine such religions as Confucianism, Buddhism, and Hinduism.

### **E. Islam & The Prophet Muhammad**

The class will read the Quran and discuss its teachings and meanings. The central figure of the religion, Prophet Muhammad - the man, his teachings, and life will also be examined. The class will also explore the role of the religion in Middle Eastern civilization and culture, The Crusades, The Ottoman Empire, and how Islam is perceived today by non-Muslims, specifically Westerners.

### **F. ‘There is No God’-Atheism in Popular Culture and the Arguments Against Religion in Modern Times**

The class will read and discuss works by renowned atheists, Christopher Hitchens, Stephen Dawkins, and Sam Harris on the subject of atheism. The class will also view video of debates and films on the subjects of anti-religion and atheism, including the film, *Religulous* by comedian Bill Maher.

## ***XIII. SCIENCE***

### **A. Women in Science**

The course examines women’s contributions to modern science.

### **B. Global Warming**

The course examines the arguments for and against global warming, and the evidence supporting either position. The class will visit the United States National Climatic Data Center (NCDC), the world's largest active archive of weather data, which is located in Asheville. The course will also examine local sustainability and environmental initiatives, such as the Asheville Sustainability Management Plan and the Zero Waste AVL Initiative.

### **C. How the Universe Works**

This workshop explores key concepts in physics that explain the world. This workshop is for non-physicists that delves into the nature of motion, space-time, matter and gravity from a cultural and historical perspective. The class will examine great ideas and discoveries focusing on Relativity, Quantum Mechanics and Particle Physics.

### **D. The New York Times Science Seminar**

Participants take turns leading the class in discussion, with *The New York Times* “Science Section,” published every Tuesday, as a guide. The class will also share and discuss “significant” articles from other sources.

### **E. Our Observable Universe**

The course is an introductory class to astronomy. The class will also visit the Pisgah Astronomical Research Institute (PARI), which is located in Asheville.

## ***XIV. HEALTH, AGING, NATURE & RECREATION***

### **A. Important Health Topics for Older Adults**

Each meeting focuses on a specific health topic that is especially pertinent to older adults, presented by an expert in that respective field.



### **B. Everything You Always Wanted to Know about Wine but Were Afraid to Ask**

Each week the class will go over the basics of wine tasting, grape varieties, and wine-growing areas of the world and will enjoy guest speakers from the wine industry. There will be a wine tasting at each session. Students will visit the Biltmore Winery.

### **C. The Psychological Tasks of Aging**

The class will explore, discuss, and reflect upon the psychological tasks of aging. The following subjects will be discussed: integration of experience, unfinished business, childhood dreams, legacy, meaning and purpose, and crossing over.

### **D. Powers of Attorney, Capacity Issues, Guardianship**

What to do when a person can no longer make his/her own decisions: A discussion on planning in advance for potential loss of decision making capacity by signing a power of attorney; assessments of capacity; and what happens if no advance planning has been done and loss of capacity occurs—the guardianship process.

### **E. Suddenly Alone**

This program provides guidance to older adults who are suddenly alone (or soon to be alone) work their way through the legal and financial maze they must now navigate.

## ***XV. ASHEVILLE FOCUSED***

### **A. Exploring the Art Museums and Galleries of Asheville**

The class will explore the history and various holdings of the Asheville Art Museum. The class will also visit and discuss special exhibits and related works at other popular art spaces, including the Folk Art Center, Village Antiques at Biltmore, the Rivers Arts District and others.

### **B. The Vanderbilt Legacy in Asheville and Beyond**

The Vanderbilts were one of the wealthiest American families in history. The family's wealth came mostly from a grand shipping and railroad empire. The family established itself as one of the great architectural patrons of the Gilded Age. More than 100 years after its construction, Biltmore Estate in Asheville maintains its position as the grandest mansion in the United States. This course will explore the history and legacy of the Vanderbilt family in Asheville and beyond; the family's contributions to industry and philanthropy; architectural constructions; and famous family members. Participants will visit the Biltmore Estate in Asheville.

### **C. Brewing in Asheville**

Asheville is one of the country's premier brewery towns. The area boasts a diversity of breweries and is considered a "haven" for beer lovers. Participants will visit Asheville breweries for first-hand experience on the beer making process and for tastings. The class will conclude with the participants learning to brew their own beer.

### **D. Music in Asheville: From Bluegrass to Asheville's Thriving Live Music Scene**

The local music scene has long been a vital piece of Asheville's culture. This course is multi-faceted, examining of the music, voices and cultures from the Blue Ridge Mountains, Shenandoah Valley, and the Appalachians. The course will include discussions on bluegrass and Appalachian mountain music, let alone other types of music with roots in the Asheville area.

Participants will also visit popular live music venues such as The Orange Peel Social Aid and Pleasure Club.

#### **E. Asheville in Film**

Asheville has been the location where numerous popular motion pictures have been filmed. Films made at least partially in the area include A Breed Apart, Searching for Angela Shelton, Last of the Mohicans, Being There, My Fellow Americans, Loggerheads, The Fugitive, All the Real Girls, Richie Rich, Thunder Road, Hannibal, Songcatcher, Patch Adams, Nell, Forrest Gump, Mr. Destiny, Dirty Dancing, Bull Durham, The Private Eyes, The Swan, The Clearing, House of Poets, The Purple Box, 28 Days and The Hunger Games. Films will be screened.

#### **F. Culinary Adventures in Asheville**

Western North Carolina has a rich agricultural history. There is a long-standing tradition of residents growing and harvesting their food. These farm-to-table practices and farmer's markets continue to maintain a strong presence in the region. Moreover, Asheville frequently tops popular lists as a "foodie's paradise." In the past two decades, Asheville has exploded onto the culinary scene as a premier destination for diverse and tasty cuisines. In addition to guest speakers, participants will visit local farms, popular farmer's markets, and tour and dine at some of the most highly acclaimed eateries in the Asheville area. Participants will learn first-hand why Asheville is a top destination for "foodies."

#### **G. Notable Architecture in Asheville**

Asheville is home to many notable landmark architectural structures. Unique and/or historic buildings are located throughout the city and surrounded area. Students will learn the history, study the architectural features, and visit notable sites in Asheville. Sites will include: Biltmore Estate, the Art Deco Asheville City Hall, the Battery Park Hotel, the Neo-Gothic Jackson Building, Basilica of St. Lawrence, the S&W Cafeteria Building, the Montford Area Historic District, and more.