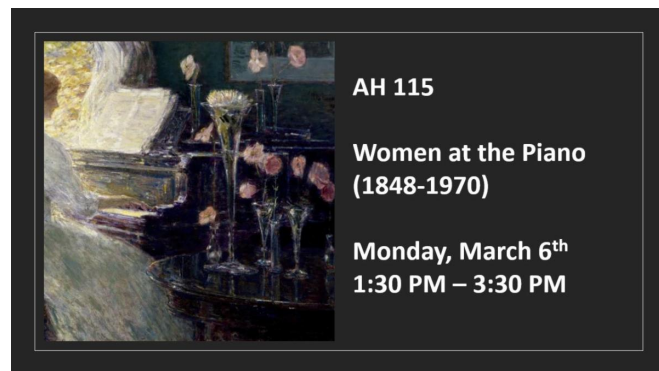




Monday, March 6, 2023

## Spring Mingle with us!



Spring is in the air and we're all excited to enjoy the warmer weather together!

Today, Monday March 6th, from 1:30 PM - 3:30 PM, we have a special pop-up class that did not make it into our spring catalog. OLLI at UCI is excited to welcome UCI music students, Shivangi Slmona Cancean, Kyle Le, and Minami Suda as they perform live music for our newly added **AH115: Women at the Piano 1848-1970**,

This class offers glimpses into the creativity of three women pianist in the nineteenth and twentieth centuries: Clara Schumann (1819-1896), Teresa Carreno (1853-1917), and Amy Beach (1867-1944). It will focus on how the piano afforded these figures a means of artistic agency, especially in terms of loss and renewal, during their international careers. Dr. Joe Davies from the UCI Claire Trevor School of Arts, a Marie Skłodowska-Curie Global Fellow, will be our guest presenter. He and our UCI music students will provide live illustrations of selected classical pieces. To register, click [here](#), or just join us online or in person! You won't want to miss this musical treat!

This week, we are also excited to join our **OLLI Board of Director's Morning Mingle** this week from **9:30 AM - 10:00 AM** before the following classes:

- **Wednesday, March 8, AH 107: Spell Check Won't Save You!** (Part

2) Part 1 was recorded this past fall 2022 and is accessible to view on your OLLI Remote Learning Center account [here](#).

- **Thursday, March 9, SC 204:** Living Well: Interventional Cardiology Innovations
- **Friday, March 10, SS 302:** Self-Care: 9 Vital Practices for Resilience and Well Being

Don't forget to join us at our **OLLI 25th Anniversary Gala!**

Come celebrate OLLI's 25th year of bringing together mature minds in vibrant learning experiences! We're marking the milestone with a festival buffet dinner, wine, entertainment, and silent auction in UCI-DCE's Banquet Hall.

Registration is open to non-members, too, so bring a guest! For more information or to register, click [here](#). This event will require an additional [Gala Registration Form](#) to be filled out with your event fees after registering.

Please download that form [here](#), or come into the OLLI office to pick one up!

**One final member opportunity to support your OLLI at UCI... we're looking for YOUR support to help our Gala be a success with donated auction items!** Please see details on Gala information below or contact Tommis Kozlov for more information at: [tommiek@cox.net](mailto:tommiek@cox.net).

We hope to see you in the classroom this week!

Warmly,

OLLI at UCI

## FANTASTIC FEEDBACK FROM OLLI MEMBERS

- **"Excellent in-depth presentation. This class should be offered annually as an update on new images."**
  - *OLLI members in response to: SC202, First Images from JWST*
- **"Wonderful techniques for a happy stress-free life!"**
  - *OLLI members in response to: SS302, Self-Care: 9 Vital Practices for Resilience and Well Being*
- **"Life changing presentation for me. Thanks!"**
  - *OLLI members in response to: SS303, The Potentialist*
- **"Wonderful presentation! I loved the presenter's enthusiasm!"**
  - *OLLI members in response to: SC201, Oh Rats!*





**AH 115**

**Women at the Piano  
(1848-1970)**

**Monday, March 6<sup>th</sup>  
1:30 PM – 3:30 PM**

## Welcome to the Spring semester at OLLI!

Your OLLI Board of Director's are excited to kick off the spring 2023 semester with our member appreciation Morning Mingles!

They will provide coffee and pastries from 9:30 AM – 10:00 AM, before the following classes, so come mingle!

- **Wednesday, March 8:**  
AH 107: Spell Check Won't Save You! (Part 2)
- **Thursday, March 9:**  
SC 204: Living Well: Interventional Cardiology
- **Friday, March 10:**  
SS 302: Self-Care: 9 Vital Practices for Resilience and Well Being



## OLLI 25th Anniversary Gala!

Celebrate OLLI'S 25th year of bringing together mature minds in a vibrant learning experience. We're marking the milestone with a festive buffet dinner, wine, entertainment, and silent auction in UCI-DCE's Banquet Hall. The pandemic could not shut us down. We continued throughout by inventing ways to keep





## We're Having a Bash and You're Invited!

OLLI 25<sup>th</sup> Anniversary Gala

Saturday, April 22

5:00 PM – 8:00 PM

Cost: \$125 (includes dinner, entertainment,  
and donation to OLLI)

For more information, email: [olli@uci.edu](mailto:olli@uci.edu)

members engaged and participating in their own homes. What was a hindrance quickly became only a challenge to overcome.

Come to the party and be proud that you are part of OLLI's success. Thank you for your support in moving us forward to even greater growth and excitement in our mission.

**DONATIONS NEEDED:** The Silent Auction as part of the evening's activities are shaping up to be terrific and your help could put it over-the-top. Ask a restaurant to donate a gift card. Do you belong to a gym or golf club? Would they give free sessions or introductory membership? Gift cards are good for a business so don't hesitate to ask. Be creative: pet stores, florists, bakeries, coffee shops, museum membership, hair-cut from your favorite stylist, and game tickets are great raffle items. The options are almost unlimited. Put on your thinking caps and think big: time-share, airline miles, jewelry. This is a very special part of the event and we appreciate anything that you can do to make it fun for the winners and rewarding for OLLI.

Please contact Tommie Kozlov for any suggestions or questions at 949-348-1134 (home) or [tommiek@cox.net](mailto:tommiek@cox.net).

For more information or to register, click [here](#).

This event will require an additional [Gala Registration Form](#) to be filled out with your event fees after registering.

Please download that form [here](#), or come into the OLLI office to pick one up!



## OLLI at UCI members have many opportunities to volunteer within our OLLI community!

We are a member-driven organization of enthusiastic lifelong learners. With vibrant minds and unbounded curiosity, we discover, share, and build social connections with like-minded individuals in a rich learning culture.

If you are interested in learning more, email: [olli@uci.edu](mailto:olli@uci.edu)

---

### Board of Director Open Positions:

- VP, Operations
- VP, Programs
- VP, Member Services
- VP, Marketing

### Member Volunteer Open Positions:

- Social Science Chair
- Social Science Co-Chair
- STEM Co-Chair
- Committee Members
- Class Facilitators



To view online classes, you will need to create an account for the [ORLC](#). If you have not received your OLLI Membership ID, please email: [olli@uci.edu](mailto:olli@uci.edu).

If you already created an account for the [ORLC](#), you can use the same log in and video password that you created. If you have forgotten your (Video) password, the office can reset it, by emailing: [olli@uci.edu](mailto:olli@uci.edu).

NOTE: Please allow 5-10 business days for a video recording to become available after a classes has concluded due to the editing process. Thank you.



## Upcoming Classes

### CLASS FORMAT LEGEND:

**A: Classroom ONLY** (Presenter and Audience attend in person)

**B/C: Hybrid with Presenter in person or via Zoom** (Audience attend in person or via Zoom)

**D: Zoom ONLY** (Presenter and Audience attend via Zoom)

## Calendar at a Glance

Monday 3/6	Tuesday 3/7	Wednesday 3/8	Thursday 3/9	Friday 3/10
		9:30 AM <b>Morning Mingle</b>	9:30 AM <b>Morning Mingle</b>	9:30 AM <b>Morning Mingle</b>
10:00 AM	10:00 AM AH 106 Format B/C	10:00 AM AH 107 Format B/C	10:00 AM SC 204 Format B/C	10:00 AM SS 302 Format B/C
		10:00 AM AH 101 Format D		
1:30 PM AH 115 Format B/C	1:30 PM	1:30 PM AH 104 Format A <b>Full</b>	1:30 PM	1:30 PM

## Class Descriptions

## Pop-Up Class/Not in Spring Catalog

This class offers glimpses into the creativity of three women pianists in the nineteenth and twentieth centuries:

- Clara Schumann (1819–1896)
- Teresa Carreño (1853–1917)
- Amy Beach (1867–1944)

It focuses on how the piano afforded these figures a means of artistic agency, especially in terms of loss and renewal, during their international careers.

The presentation features live illustrations by UCI music students Shivangi Simona Cancean, Kyle Le, and Minami Suda.

This presentation is part of the International Conference ***Women at the Piano 1848–1970*** that will be held March 16th – 19<sup>th</sup>, 2023 at UCI.

AH 115  
Format B/C

## WOMEN AT THE PIANO 1848-1970

Monday, March 6  
1:30 PM - 3:30 PM

**Instructor:**  
Dr. Joe Davies, is the Marie Skłodowska-Curie Global Fellow, Claire Trevor School of the Arts in Music at UCI

AH 106  
Format D

## MONET, MATISSE, AND MORE

Tuesday, March 7  
10:00 AM - 12:00 AM

**Instructor: William Havlicek, Ph.D, is a renowned consultant, exhibiting artist, educator, and author of the much-admired Van Gogh's, *Untold Journey*.**

Join us as noted Van Gogh author Dr. William Havlicek presents a unique audio-visual lecture on the domestic lives and legendary works of five European masters:

- Monet
- Matisse
- Cezanne
- Rembrandt
- Hals.

Included will be original and rarely seen footage and photos of Monet's home in Giverny, Matisse's remarkable chapel in Vence, the home and studio of Cezanne, and the homes of the 17th-century Dutch masters Rembrandt and Hals.

This friendly class is where you will write down the stories of your life. Share your stories and listen to those of others in the group.

AH 101  
Format D  
**Zoom link sent via email to enrolled members**



The workshop provides prompts, ideas, and writing craft resources. For those with the goal of creating books to share, you will have an opportunity to learn about design and printing.

This workshop involves a commitment to attend regularly and to write a two-page story every two weeks.

## WRITING LIFE STORIES

Wednesday, March 8  
10:00 AM - 12:00 AM

Discussion Leaders:  
Tim Boyd

AH 107  
Format B/C

## SPELL CHECK WON'T SAVE YOU! (Part 2)

Wednesday, March 8  
10:00 AM - 12:00 AM

Morning Mingle prior to  
class at 9:30 AM

Instructor:  
Steve Weinstein, B.A.  
English, University of  
Pittsburgh, is author of the  
book, *Spell Check Won't  
Save You!*

We all want to communicate clearly and effectively in writing and in speech, but we can't rely on Microsoft Word to be our copy editor.

This course addresses the common grammatical and usage errors that often lead to comical, embarrassing and sometimes disastrous results.

The two sessions in Part 2 will include punctuation not covered in Part 1, frequently confused words, dates, homophones, and eggcorns.

As always, audio-visual aids, wordplay and humor ensure that snoozing is not an option.

This is the second term of a repeat of this popular three-term course, but new material has been added. This stand-alone course does not require Part 1 attendance. (Part 1 can be viewed on current members [OLLI Remote Learning Center](#) accounts and was held in the Spring 2022 semester.)

Structural heart problems involve the heart's anatomy, which includes the valves, chambers, and walls of the heart.

When any of these structures are damaged, blood flow may be altered, which can result in life-threatening complications such as heart failure, stroke, and cardiac arrest.

Heart problems may be the result of genetics, an unhealthy lifestyle, or other

SC 204  
Format B/C

## LIVING WELL: INTERVENTIONAL CARDIOLOGY INNOVATIONS

Thursday, March 9



underlying conditions.

Many structural heart conditions are increasingly correctible with advanced treatment methods and devices that are used by the interventional cardiologist in state-of-the-art hybrid Cath labs.

**10:00 AM - 12:00 PM**

**Morning Mingle prior to class at 9:30 AM**

**Instructor: Antonio Halais Frangieh, M.D.**  
**Interventional Cardiologist and Associate Professor, UCI Health Medical Director-Structural Heart Program, Division of Cardiology**

**SS 302  
Format B/C**

**SELF-CARE: 9  
Vital Practices  
for Resilience  
and Well Being  
(Session 3 of 3)**

**Friday, March 3  
10:00 AM - 12:00 PM**

**Morning Mingle prior to class at 9:30 AM**

**Instructor:  
Dr. Amelia Barili, Ph.D.  
UC Berkeley**

How can we work with our body and mind to foster good health and well-being?

In what ways does stress affect our health?

Can we learn to develop our inner resources and let go of anxiety, fear, and depression?

What are the ancient wisdom healing traditions and the most recent discoveries of neuroscience telling us about the enormous potential we all have to overcome physical and emotional challenges?

In this workshop, you will learn powerful practices for self-care that you can integrate into your daily life.

To enhance your experience with Dr. Barili's teaching, click on the links below to discover more:

- [Amelia Barili: The Power of Yoga](#)  
(Dr. Barili's website)
- [Science & Spirituality](#): Dialogs with neuroscientists and writers including Stephen Porges, Rick Hanson, Dan Siegel, Nazareth Castellanos, Mario Alonso Puig, Fritjof Capra, & Jorge Luis Borges.
- YouTube video: [The Power of Your Nervous System for Healthy Relationships and Self-Healing.](#)  
Stephen Porgest/Barili.

- Book: [The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, and Longer](#), by Nobel Prize Winner Elizabeth Blackburn and Elissa Epel (2017).
- Book: [The Stress Prescription: 7 Days to More Joy and Ease](#), by Elissa Epel (2022).



## IMPORTANT CLASS NOTICES

**SE 403**  
**CANCELLED**

**AQUARIUM OF  
THE PACIFIC**

**Monday, March 13**

**CANCELLED**

This event was cancelled due to low enrollment. Members were notified via email.

**CANCELLED**

This class was cancelled due to low enrollment. Members were notified via email.

**AH 103**  
**Format D**  
**CANCELLED**

**INTERNATIONAL  
SHORT STORIES**

**Monday, March 13**  
**1:30 PM - 3:30 AM**

**SS 304**  
**Format B/C**  
**DATES CHANGED**

**SUPREME**

**DATES CHANGED**

The first date for this three session course has changed.

**March 13th was cancelled.**

# COURT: HISTORY OF RECENT TOP CASES

Monday, March 13  
10:00 AM - 12:00 PM

The new dates for this course are:

- March 20
- March 27
- April 3

## UCI COVID-19 VACCINATION POLICY



### OLLI at UCI COVID-19 VACCINATION REQUIREMENT

- OLLI will continue to ask members to provide proof of COVID-19 vaccination at the first class meeting or special event a member attends.
- To view UCI's Vaccination Policy, click [here](#).
- If a member (or guest) is not vaccinated, OLLI requests that they attend class online.

To add your digital State of California COVID-19 vaccination record to your phone, fill out the following form: <https://myvaccinerecord.cdph.ca.gov>

## UCI COVID-19 MASK POLICY

### From the UCI Campus Public Health Response Team:

Face coverings will continue to be recommended indoors, but not required, regardless of vaccination status consistent with current [California Department of Public Health \(CDPH\)](#) guidance on the use of face masks in California. Therefore, individuals should feel free to continue to wear face coverings if they desire.

- OLLI at UCI will continue to provide face coverings to those that request one.

For the latest COVID-19 information, please continue to visit the [UCI Forward website](#). Thank you for your ongoing compliance with COVID-19 protocols to help with campus health and well-being.



## CONTACTING US





## OLLI at UCI

Office hours: 9:00am - 4:00pm

[Irvine Train Station](#)  
[15207 Barranca Pkwy](#)  
[Irvine, CA 92618](#)

Phone: 949-451-1403

Email: [olli@uci.edu](mailto:olli@uci.edu)

Website: [ce.uci.edu/olli](http://ce.uci.edu/olli)

VISIT US ON FACEBOOK

