

# KIT Mail (Keep in Touch)

From OLLI at UCI  
Fall 2023



OSHER  
LIFELONG  
LEARNING  
INSTITUTE

OLL I

AT UNIVERSITY OF CALIFORNIA, IRVINE

Monday, September 11, 2023

## Greetings OLL I Members



Welcome New OLLI Members! We're excited to meet you! Please join us this week for our **New Member Orientation** on Thursday, September 14, in the OLLI classroom from 10:00 AM - 11:30 AM. You'll meet a few of our OLLI Board of Directors and our curriculum team leaders! RSVP to: [olli@uci.edu](mailto:olli@uci.edu).

OLL I at UCI is run by member-volunteers! Courses, special interest groups, special events, social activities, and classroom services - all are developed by members like you! We'd love for you to join our team, so please consider joining as a volunteer facilitator and meeting more members. RSVP to one of our last two **Facilitator Training** sessions for this fall semester!

- **Training Dates:** September 12 and 13
- **Times:** Morning (10:00 AM - 12:00 PM) or Afternoon (1:00 PM - 3:00 PM)
- **Contact:** Meredith Cheston at: [meredith359@gmail.com](mailto:meredith359@gmail.com), or Carolyn Brothers at: [cbdancer@aol.com](mailto:cbdancer@aol.com)

Last but definitely not least! Here's a glimpse at what your OLLI at UCI Outreach Team has been working on to build our membership!

**Longtime OLLI at UCI member and summer session Course Developer Jessie Tromberg recently**



interviewed with **Celebrating Act 2™**. Celebrating Act 2 is the "User Manual For the 2nd Of Your Life" and their hosts, John Coleman and Art Kirsh, highlighted OLLI at UCI on their YouTube page with Jessie's interview! To watch the interview, click [here](#).

We're thrilled to share OLLI with Celebrating Act 2's mission statement: In Life, as in the Theater, Act 2 is where all the interesting stuff happens! Act 1 is just an introduction, thus Celebrating Act 2™ was born. If you're 50 or older

—or have a loved one who is— Celebrating Act 2™ is for YOU!"

Don't forget to check out our Enhance Your Experience section at the bottom for supplemental resources to read before some of your favorite upcoming classes!

Stay Curious!

Warmly,

OLLI at UCI

## VOLUNTEER AT OLLI - FACILITATOR TRAINING

### ATTENTION! FACILITATOR TRAINING IN SEPTEMBER!

Would you like to help out in the classroom? We sure need you and will welcome you with open arms!



In order to provide a more efficient method for training and to attract more facilitators, classroom positions are now divided into three groups:

1. Podium Desk
2. Moderator Desk
3. Welcome Desk

You may choose to be trained in just one or all three. All trainees are to be trained in General Classroom knowledge.

Newbies are welcome! If you had training several months ago and need to brush up your skills, this is a great opportunity to sharpen your skills.

**Training Dates:** September 12 and 13

**Times:** Morning (10:00 AM - 12:00 PM) or Afternoon (1:00 PM - 3:00 PM)

**Trainers:** Bruce Bollinger, Sherri Nussbaum, Shelley Kirsch, Carolyn Brothers, Linda Robinson and Beth Mersch.

**Contact:** Meredith Cheston at: [meredith359@gmail.com](mailto:meredith359@gmail.com), or Carolyn Brothers at: [cbdancer@aol.com](mailto:cbdancer@aol.com)

Please state your preferences for day, time and Desk(s).



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.



# WEEKLY SCHEDULE



## Calendar at a Glance

Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15
<u>10:00 AM</u> <b>FALL 2023 OPEN HOUSE</b>	<u>10:00 AM</u> <b>Facilitator Training</b> Morning Session	<u>10:00 AM</u> <b>Facilitator Training</b> Morning Session	<u>10:00 AM</u> <b>NEW MEMBER ORIENTATION</b>	<u>10:00 AM</u>
<u>1:00 PM</u>	<u>1:00 PM</u> <b>Facilitator</b>	<u>1:00 PM</u> <b>Facilitator</b>	<u>1:00 PM</u>	<u>1:00 PM</u>

# 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)

## Upcoming Class Descriptions

FALL 2023 classes begin next week! If you haven't registered, you still have time. To view our Fall 2023 catalog of courses click [here](#). We look forward to seeing you in person or online via Zoom! Stay Curious!

### Monday, September 11th

No courses scheduled.

### Tuesday, September 12th

No courses scheduled.

### Wednesday, September 13th

No courses scheduled.

### Thursday, September 14th

#### NEW MEMBER ORIENTATION



### Friday, September 15th



## IMPORTANT CLASS NOTICES

No new class notices this week.



### SS301

#### **Self Care Series: Befriending Your Nervous System for Healthy Relationships**

Tuesdays, September 19, 26 and October 2

A favorite OLLI at UCIrvine presenter, Dr. Amelia Barili is faculty at the UCB Osher Lifelong Learning Institute and professor emerita from the University of California at Berkeley.

Dr. Barili was interviewed recently by KPFA 94.1FM (Bay Area) about this topic she will be presenting at OLLI at UCIrvine next week. You can listen to the interview [here](#).

**More about Dr. Barili:** She teaches a systematic embodied approach for personal and community transformation that integrates recent discoveries from neuroscience with volunteering and contemplative practices from ancient wisdom traditions. Amelia has been teaching Yoga, Qigong and Meditation for over 40 years. She received her diploma in Yoga Therapy and Philosophy, in 1972, from Kaivalyadhama Yoga Institute, India. She is an internationally respected yoga teacher and a disciple of Grandmaster Yang Mei Jun, the 27th inheritor of the Taoist Medical Qigong system. A pioneer at integrating both wisdom traditions, Amelia has brought contemplative practices to broad audiences and to academic environments. She teaches youth and older adults how to overcome stress and foster inter-connectedness.

To learn more, go to her website: <https://ameliabarili.com/about/>



## 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.
- 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

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**VISIT US ON FACEBOOK**



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