

KIT Mail (Keep in Touch)

From OLLI at UCI
Fall 2023



Monday, October 2, 2023

Greetings OLLI Members

OLLI at UCI partners with the UCI Division of Continuing Education and members can attend webinars through UCI-DCE for FREE!

With October being Emotional Intelligence Month, UCI-DCE is hosting a free Author Series webinar, "Beyond the Book," this Wednesday, October 4th from 12:00 PM - 1:00 PM. Author Farah Harris will discuss how there are more shades of emotional intelligence than we might think. Have you wondered what your color of EQ is? Please register [here](#) as Farah Harris discusses her book: The Color of Emotional Intelligence.



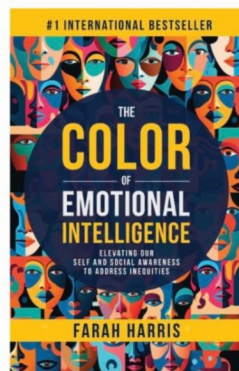
"Beyond the Book" Author Series

THE COLOR OF EMOTIONAL INTELLIGENCE

Free Webinar
Wednesday, October 4
12pm-1pm PDT

SPEAKER Farah Harris: psychotherapist, author, and workplace belonging and well-being expert dedicated to disrupting unhealthy work environments.

UCI Continuing Education



This week in the OLLI classroom we get a special treat, **Wednesday, October 4th with AH106: Positive Philosophy: Meditation as a Tool from 1:00 PM - 3:00 PM** as Ann Batenburg, Ph.D. a meditation teacher and instructor for a Positive Psychology course at SMU in Dallas, TX, guides OLLI members on meditation exercises to connect to the body, emotions, and thoughts. She'll share how meditation can be a transformative practice that improves your physical and mental health. It can also be a tool for positive philosophy. **NOTE: Please bring a blanket**

or a Yoga mat to class to practice meditation and feel comfortable. (Please also note that this class will be recorded for marketing use with UCI-DCE and OLLI at UCI. Please print and sign the Photo/Video Release form [here](#). This form will be collected at the beginning of this class.)

Finally, don't forget to register for our exciting Special Events! Click on the images below to learn more and register!

Stay curious and have a wonderful week ahead.

Warmly,

OLLI at UCI

FANTASTIC FEEDBACK

- **"Julia is such an amazing teacher. Anything to which she applies her talents (especially with regard to Shakespeare!) becomes, for the audience, a fountain of pure golden knowledge."**
 - *OLLI Member in response to: AH101 Shakespeare's Sonnets*
- **"I enjoyed the presentation, the open encouragement for group comments, and the thoughtful comments and observations from the group."**
 - *OLLI Member in response to: AH101 Shakespeare's Sonnets*
- **"Excellent introduction for something completely new to me."**
 - *OLLI Members in response to: SS301 Self-Care Series - Befriending your Nervous System for Healthy Relationships*
- **"This is why I joined OLLI – learning new subjects!"**
 - *OLLI Members in response to: SS301 Self-Care Series - Befriending your Nervous System for Healthy Relationships*
- **"Interesting presentation! Enjoyed the historical content and the detail of the paintings reviewed. More like this please!"**
 - *OLLI Members in response to: AH103 Rebels with a Cause*
- **"So interesting. Great to see these paintings and to learn about the artists. I like how the artists used stories to express their art."**
 - *OLLI Members in response to: AH103 Rebels with a Cause*

UPCOMING OLLI at UCI EVENTS

(Click on the Special Events image to register)



• **OLLI Social Hour** is open to all members and is a wonderful opportunity to meet both OLLI members as well as our OLLI Board of Director's. Hosted by your OLLI BOD, this event will be an hour+ that you won't want to miss from **4:00 PM - 5:30 PM** after the following class:

- Friday, October 6, after SS 303 European History Series: Renaissance of Western Europe.
- RSVP to olli@uci.edu

A graphic for 'Morning Mingles' with a purple and yellow color scheme. It features a pink alarm clock, coffee cups, and a banner that says 'MORNING Mingle'. The text 'Welcome to the Fall 2023 semester at OLLI!' is at the top. Below it, it says 'The Board is excited to kick off our fall 2023 semester with our OLLI member appreciation Morning Mingles! We'll be having coffee and pastries at 9:30 AM before the following classes:'. A list of classes is provided in a purple box on the left.

Welcome to the Fall 2023 semester at OLLI!

The Board is excited to kick off our fall 2023 semester with our OLLI member appreciation **Morning Mingles!** We'll be having coffee and pastries at **9:30 AM** before the following classes:

- **Tuesday, September 19:**
AH 101 Shakespeare's Sonnets
- **Thursday, October 19:**
SC 201 Robots Activate!
- **Tuesday, October 31:**
SS 307 Ed Sullivan: His History and Influence on 20th Century Media

• **Morning Mingles** are an opportunity to meet other members before the following classes. Our OLLI Board of Director's hosts these events with pastries and coffee beginning at **9:30 AM**. Please join us!

- Thursday, October 19, before SC 201 Robots Activate!
- Tuesday, October 31, before SS 307 Ed Sullivan: His History and




PINOT NOIR AROUND THE WORLD

An OLLI Fundraising Event SE 412

Date: Saturday, October 28
Time: 3:00 PM – 5:00 PM
Cost: \$40.00 Includes wine, snacks, and a donation to OLLI
(NOTE: Please bring 3 wine glasses for the tastings.)
Location: OLLI classroom, 15207 Barranca Parkway Irvine


Join us for a relaxing Saturday afternoon with OLLI friends, tasting Pinot's from around the world, chosen by our favorite wine expert and longtime member, Al Glasky. Pinot Noir has a unique profile dominated by aroma compounds known as esters. These give it a complex array of flavors, from ripe cherry and raspberry to intriguing undertones of forest floor, tea leaves, and sometimes even clove. On the nose, Pinot Noir is all about the symphony of red fruits. Yet, it also unveils layers of earthiness, spice, and, when oak-aged, gentle wafts of vanilla and smoke. As it ages, you might catch hints of mushroom and leather. On the palate, Pinot Noir is usually light to medium-bodied, with lower tannins (thanks to thinner skins) and high acidity, making it a wine of grace and subtlety.




BOWERS MUSEUM: A Great Wave SE 404

Date: Tuesday, October 31
Time: 1:00 PM – 2:00 PM
Cost: \$40
Location: Self-drive to
Bowers Museum
2002 N. Main St., Santa Ana

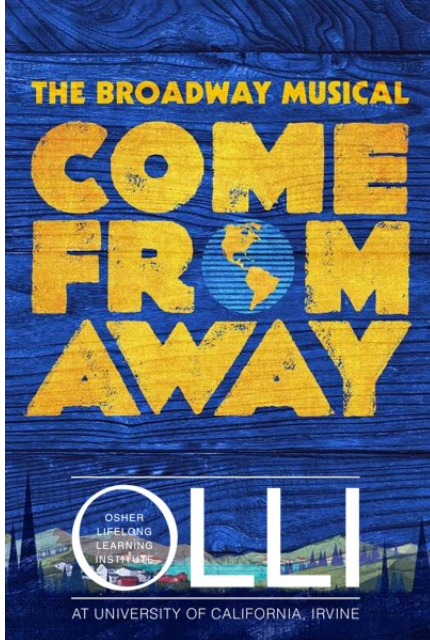
at University of California, Irvine



Beyond the Great Wave: Works by Hokusai from the British Museum



Sublime, energized, intense. Words that describe the works of renowned Japanese artist Katsushika Hosukai. His seminal work *The Great Wave* is considered one of the most iconic prints ever made. This exhibition includes a beautiful early example of *The Great Wave* and a selection of other works created over a 70-year career. Hosukai inspired many collectors and European artists such as Monet and Van Gogh. Our docent-led tour follows a presentation at Olli on October 26th by Bowers Museum Director of Exhibition Development. Also enroll in AH 111 for Bowers Presentation.



COME FROM AWAY: OLLI on Broadway SE 406

Date: Saturday, November 11
Time: 11:30 AM - 2:30 PM
Cost: \$50 Includes lunch
Location: OLLI Classroom

September 11, 2001. You're on a plane heading to New York. The pilot suddenly announces that the flight has been diverted. This filmed version of the hit Broadway musical *Come From Away* takes you into the heart of the remarkable true story of 7000 stranded passengers and the small town in Newfoundland that graciously welcomed them.

OLLI's extra-large classroom screen shows faces up close that pull you into the story as if you are there. You'll both laugh and cry as closed captions capture every word. Join us for lunch and a show.



DIRECTOR'S VOICE I: *Cabaret* SE 407

Date: Sunday, November 12
Time: 1:00 PM - 4:30 PM
Cost: \$20
Location: Self-drive to
 UCI Claire Trevor Theatre

"Leave your troubles outside! Life is disappointing? Forget it!" An American author falls in love with a cabaret performer in Berlin on the eve of WWII.

Many people forget that the first country the Nazis invaded was their own; *Cabaret* warns of the dangers of ignoring hate, fascism, and dangerous political movements. *Cabaret* is sure to make you laugh, cry, and help you question where your identity lies as you walk back into reality.



OLD ORANGE COUNTY COURTHOUSE: Court is in Session SE 403

Date: Friday, December 15
Time: 10:00 AM – 12:00 PM
Cost: \$25
Location: Self-drive to
 Old Orange County Courthouse
 211 W. Santa Ana Boulevard, Santa Ana, CA 92701



It started out as a jail. It's a museum now and you can get married here too. The Old Orange County Courthouse built in 1901 of granite and red sandstone is an eye-popping example of Renaissance-Revival architecture in the Santa Ana Historical District. Completely restored in 1992 to look as it did at the turn of the century, archives highlight events and court proceedings that shaped Orange County's early history. A docent leads us through the storied old building that is part of our local heritage. Enjoy lunch on your own in Old Santa Ana.



COURT HOUSE, SANTA ANA, CALIF.



at University of California, Irvine

OLLI Remote Learning Center

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.

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.

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 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
<u>10:00 AM</u>	<u>10:00 AM</u>	<u>10:00 AM</u> AH105 FORMAT A Not Recorded Full	<u>10:00 AM</u>	<u>10:00 AM</u> SE 402
<u>1:00 PM</u> AH104 FORMAT A Not Recorded Closed	<u>1:30 PM</u> SS 301 FORMAT B/C	<u>1:30 PM</u> AH106 FORMAT B/C (Please see Notice in class description below)	<u>1:30 PM</u> AH107 FORMAT A Not Recorded	<u>1:30 PM</u> SS 303 FORMAT B/C 4:00 PM Social Hour after class

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

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, October 2nd

AH 104
Format A (Not Recorded)
Class Full

AMERICAN SHORT STORY MASTERPIECES: The Art of the Short Story

Monday, October 2
1:00 PM - 3:00 PM
(Session 1 of 3)

Presenter: Susan Fouts, OLLI member and long-time short story class developer and presenter.

This six-class series is a fun, interactive adventure in reading and discussing renowned American short stories. Participants choose a favorite story from the text, develop questions and lead the discussion. Guidance for developing discussion questions and sample questions will be available.

The textbook is *THE SCRIBNER ANTHOLOGY OF CONTEMPORARY SHORT STORIES (2nd Edition)*, edited by Lex Williford and Michael Matone, available on Amazon in paperback and as an e-book.

Tuesday, October 3rd

SS 301
Format B/C

SELF-CARE SERIES: BEFRIENDING YOUR NERVOUS SYSTEM FOR HEALTHY RELATIONSHIPS

Do you wish you knew the secret of calm strength and caring amid a heated discussion?

The first step is to understand your nervous system: how it functions and practical ways to tap into the transformative power of feeling safe. In this series, you will learn natural ways to work with your nervous system to achieve a sense of safety,

**Tuesday, October 3
1:30 PM - 3:30 PM
(Session 3 of 3)**

Presenter: Dr. Amelia Barili, Ph.D.
Faculty at UCB OLLI and Berkeley Buddhist Monastery. She teaches Meditation, Self-Care, Volunteering and Cultivating Positive Neuroplasticity.

Please NOTE: Dr. Barili will present remotely from her office at UC Berkeley.

Visit her website at: ameliabarili.com.

grounded inner-peace, connection, and inner balance.

Please see "Enhance Your Experience" below for additional class resources from Dr. Amelia Barili, Ph.D.

Wednesday, October 4th

**AH 105
Format A (Not Recorded)
Class Full**

FILM AS A LITERARY FORM

**Wednesday, October 4
10:00 AM - 12:00 PM
(Session 1 of 4)**

Presenter: Yasmin Vali, published author, retired high school English teacher, retired UCI-DCE instructor.

This four-class series will be a fascinating journey into film as a form of literature. Participants will enjoy watching films critically on Netflix and analyzing them as if critiquing a novel. Each participant will bring questions for discussion. Some topics for discussion will be plot, social relevance, theme, symbol, metaphor, setting, character analysis, actors and their acting, music, director, and the impact of worldviews on cinematic content.

Access to Netflix streaming is required as all films are chosen from this platform.

**AH 106
Format B/C**

POSITIVE PHILOSOPHY: Meditation as a Tool

**Wednesday, October 4
1:30 PM - 3:30 PM**

Presenter: Ann Batenburg, PhD,

Learn about and practice the basics of meditation: connection to the body, emotions, and thoughts.

Meditation can be a transformative practice that improves your physical and mental health. It can also be a tool for positive philosophy.

Please bring a blanket or a Yoga mat to class to practice meditation and feel comfortable.

NOTE: This class will be recorded for marketing use with UCI-DCE and

has taught meditation as part of a Positive Psychology course at SMU in Dallas, Texas for many years and was recently accepted into the Mindfulness Meditation Teacher Certification Program with Tara Brach and Jack Kornfield.

OLLI at UCI. Please print and sign the Photo/Video Release form [here](#). This form will be collected at the beginning of this class.

Thursday, October 5th

AH 107
Format A (Not Recorded)
Not Recorded

GETTING PERSONAL WITH SHAKESPEARE'S PLAYS

Thursday, October 5
1:30 PM - 3:30 PM

Presenter: Beth Mersch and Mitch Samuelson, OLLI members and long time Shakespeare discussion leaders.

“All the world’s a stage” ... and Shakespeare the master. The class will read two of his plays aloud with roles pre-assigned by the facilitators.

Our discussion will include historic context and select video clips. Indulge a secret passion for acting or enhance your appreciation of timeless theater, and have fun!

Friday, October 6th

SE 402
Closed

All registered members and guests will receive an email with event details.

CANINE COMPANIONS: Happy Tails

Friday, October 6
10:00 AM - 11:00 AM

Developer: Linda Vine 949-616-5157 vines121@gmail.com

The powerful human-canine connection is on full display here. Canine Companions trains and provides service dogs at its Oceanside center to disabled adults, children and veterans with PTSD giving them newfound independence and quality of life.

A private tour takes us through the campus and dorm rooms where clients spend get-acquainted time with their future companions. See a demonstration of training methods and meet paws-close a graduate of the program. Hear inspiring stories and learn about the prison puppy-raising program which benefits both pup and prisoner in amazing ways.

SS 303
Format B/C

Please join us for
OLLI SOCIAL HOUR
after this class from
4:00 PM - 5:30 PM

EUROPEAN HISTORY SERIES: Renaissance of Western Europe

Friday, October 6
1:30 PM - 3:30 PM
(Session 1 of 5)

Presenter: Rainer Feldt, a favorite OLLI presenter, taught European history at Saddleback College for 16 years. He served as AP European History grader for the College Board.

Originating in 2017, this history series traces the development of modern European civilization from the 14th century to the present.

This first installment in this updated and expanded series will transition from the Medieval Ages into the epoch of The Renaissance:

- Abandoning the stagnant feudal system of the Middle Ages to usher in a new and dynamic society, giving birth to the modern world.

Class Session Topics:

- Oct 6: The High Middle Ages
- Oct 13: The Dawn of the Renaissance
- Oct 20: The Italian Renaissance
- Oct 27: Art and the Medici
- Nov 3: The Northern Renaissance

OLLI at UCI Fall 2023

Social Hour

Friday, October 6
4:00 PM - 5:30 PM

OSHER
LIFELONG
LEARNING
INSTITUTE

at University of California, Irvine



IMPORTANT CLASS NOTICES

SE 403
Old Orange County Courthouse
RESCHEDULED
NEW DATE:
Friday, December 15

Due to the Old Orange County Courthouse calendar for upcoming weddings, we have rescheduled this event from the original date of Friday, October 13 to the **new date of Friday, December 15.**



SS301
Self Care Series:
Befriending Your Nervous System
for Healthy Relationships
Tuesdays, October 2

This Self Care Series is a favorite of OLLI members and there is so much more to learn about the instructor, Dr. Amelia Barili, her teachings and her publications. Check out the information below - click on the links to find the information Dr. Barili referred to in her discussion.

- Dr. Amelia Barili graduated in India in the 70's from Kaivalyadhama, the oldest scientific yoga research institute in the world. She studied Classical Yoga and Yoga Therapy there. Here is a link to their website: <https://kdham.com/>
- **Dr. Amelia Barili's website** provides in depth information on topics she

presents during her discussions. You can find more about practices and dialogues with scientists by clicking on this link: <https://ameliabarili.com/>. You can find there the link for practicing on Saturdays too! **To attend her Free Saturday Practice Class, click [here](#).**

- Take a look at this very interesting and informative conversation with Dr. Porges about the course he and Dr. Barili taught together about the convergence of Polyvagal Theory on "Embodying Safety": <https://www.youtube.com/watch?v=X2QeQQWfpSA>
- Dr. Barili referenced a very useful NPR program on how we can actually change our brain and nervous system: Can Thoughts and Action Change our Brain? Find it here: <https://www.npr.org/templates/story/story.php?storyId=7131130>

You can listen to the program or read the transcript to learn about the science behind the power of changing our mind to change our brain. To find out more about Dr. Barili, visit her website by clicking [here](#).

Dr. Amelia Barili has provided five references for us to use as we continue our learning experience. Please click on links below that interest you.

1. **CONTEMPLATIVE NEUROSCIENCE: What We Know and Don't Know.** Dr. Yi-Yuan Tang. https://www.youtube.com/watch?v=Nau_bvWaRMM Presentation given at Stanford by Dr. Yi-Yuan Tang. Dr. Tang is a Professor and Director of the Health Neuroscience Collaboratory at Arizona State University. He studies the neuroscience of cognitive, physical, and mental health and behavior change over the lifespan.
2. **MINDFULNESS AND RESILIENCE:** Rick Hanson and Amelia Barili Full version of the presentation that Rick Hanson, best-selling author of "Buddha's Brain", "Hard-Wiring", "Resilient" and "Neuro-Dharma" did at professor Amelia Barili's UCB's course "Borges, Buddhism and Cognitive Science". <https://www.youtube.com/watch?v=fVQ8aIDxBLM&t=1235s> In the first 20 minutes of the video Dr. Hanson shares a powerful technique to cultivate calm strength and connection.
3. **THE POWER OF YOUR NERVOUS SYSTEM FOR HEALTHY RELATIONSHIPS AND SELF-HEALING:** Stephen Porges and Amelia Barili <https://www.youtube.com/watch?v=ynmscLAO76o> Dr. Stephen Porges, the acclaimed author of the Polyvagal Theory which has revolutionized the field of mental health, explains in this dialogue with Dr. Barili how to befriend and nurture our nervous system so we can enjoy healthy relationships and greater personal well-being.
4. **"PEACE IS EVERY STEP" and "THE ART OF LIVING"** by beloved spiritual teacher and poet Thich Nhat Hanh.
5. **Dr. Amelia Barili's website** provides in depth information on topics she presents during her discussions. You can find more about practices and dialogues with scientists by clicking on this link: <https://ameliabarili.com/>.



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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[Irvine, CA 92618](#)

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VISIT US ON FACEBOOK



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