

KIT Mail (Keep in Touch)



AT UNIVERSITY OF CALIFORNIA, IRVINE

From OLLI at UCI
Fall 2023

Monday, September 18, 2023

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



Greetings OLLI Members

Welcome New OLLI Members! We're excited to meet you! You should have all received an email last week with your OLLI Member ID number and instructions to create your OLLI Remote Learning Center (ORLC) account. If you did not receive this email, please check your SPAM folder. If you need further assistance, please email: olli@uci.edu.

We have several meet and greet opportunities coming up! Please mark your calendars for the following social events:

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

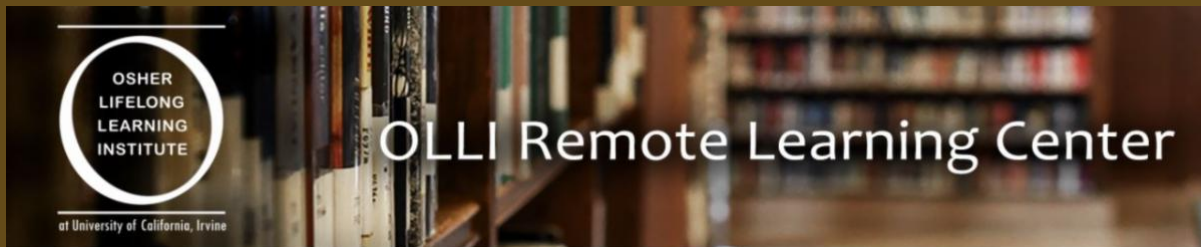
- Friday, October 6, after SS 303 European History Series: Renaissance of Western Europe.

We look forward to seeing you in class or online.

Stay curious!

Warmly,

OLLI at UCI



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 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22
<u>10:00 AM</u>	<u>9:30 AM</u> MORNING MINGLE AH101 FORMAT B/C	<u>10:00 AM</u>	<u>10:00 AM</u> SE 401 Sherman Gardens Closed	<u>10:00 AM</u>

1:30 PM

1:30 PM

1:30 PM

1:30 PM

1:30 PM

SC 301
FORMAT B/C

SC 302
FORMAT B/C

NOT RECORDED

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, September 18th

No Scheduled Classes

Tuesday, September 19th

AH 101
Format B/C

SHAKESPEARE'S SONNETS

Tuesday, September 19
10:00 AM - 12:00 PM

**(Please join us for our OLLI
Morning Mingle prior to this
class; starting at 9:30 AM)**

Presenter: Julia Lupton, Ph.D. in Renaissance Studies, is the author or co-author of five books and numerous articles on Shakespeare.

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Come explore the intricate world of Shakespeare's sonnets with Julia Lupton, Distinguished Professor of English at UC Irvine.

Examining the rhythmic and argumentative structure of the sonnet as a form, we will savor the wit and melancholy of Shakespeare's reflections on love, aging, and the power of poetry to

Her current book project, *Shakespeare's Virtues*, explores the many capacities developed by Shakespeare's plays, including hope, courage, trust and respect. She has taught at UCI since 1989.

overcome time and space.

SS 301
Format B/C

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

Tuesday, September 19
1:30 PM - 3:30 PM
(Session 1 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.

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, grounded inner-peace, connection, and inner balance.

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

Wednesday, September 20th

SS 302
Format B/C
NOT RECORDED

NOTE: Zoom attendance is observation only for this class.

CURRENT ISSUES FORUM

Wednesday, September 20
1:30 PM - 3:30 PM
(Session 1 of 4)

Current Issues is a lively discussion group where we want to hear all points of view from you. A committee of OLLI members chooses the topics, and one will present information to facilitate the discussions.

Our first class is on Wednesday September 20th at 1:30pm and while attendance can be in person or Zoom, for the best experience we encourage in person attendance.

Presenter(s)/Developer(s): Bob Greenberg is the committee Chair and collaborates with committee members to select the topics and lead the discussion. Committee members presenting with him this fall are: **Bradley Gilbert, Scott Greenspan, Katherine Jones, Mel Roth, Mike Schlesinger, Jaime Schwartzman, and Yasmin Vali.**

Here's the agenda:

First hour - "Is Climate Change A Crisis?" Bob Greenberg will do a ten-minute presentation of some background information, and everyone is encouraged to provide their perspectives.

Second hour - Potpourri: In this hour there will be no presentation, just discussions of these topics:

1. Should there be age limits or mandatory cognitive testing for critical jobs like Senators, President, doctors, and judges?
2. How do you feel about seeing a Physician's Assistant or Nurse Practitioner instead of a Doctor?
3. How far should we go in supporting Ukraine?

We look forward to hearing from you!

Thursday, September 21st

SE 401
CLOSED

SHERMAN GARDENS

Thursday, September 21
10:00 AM - 11:30 AM

Developer: Donna Crandall, 714-321-3492, d-crandall@yahoo.com

Color! Fragrance! Texture! A botanic wonderland lies tucked away in the heart of Corona del Mar. A lush tropical conservatory with koi pond surrounded by magnificent orchids, a tea garden with hanging baskets of gorgeous begonias and fuchsias, a fern grotto and artistic succulents are just a few of the delights at the Sherman.

Walkways pass by bubbling fountains and flowering beds begging to be touched. Beautiful blooms and exquisite greenery surprise at every corner. After a docent-led tour you can explore on your own, visit the gift shop and have lunch at the 680 Dahlia restaurant inside the garden.

NOTE: Registered members, please

Friday, September 22nd

No Scheduled Classes



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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