

# KIT Mail (Keep in Touch)

## From OLLI at UCI

### Fall 2023



Monday, September 25, 2023



# Greetings OLLI Members

Please make sure you read through your KIT Mail every **Monday** for any OLLI at UCI announcements and upcoming events, **Important Class Notices**, and supplemental class material from our instructors in the **Enhance Your Experience** sections below. For example, we had to reschedule the event SE 403 due to the OC Courthouse having too many weddings to perform! KIT Mail is our weekly communication that stands for: **Keep In Touch**.

Meet other members and experience the fun and exciting fall 2023 **Special Events!** There are still tickets available to the events below, and don't forget that non-members are welcome, so invite a friend!

- **SE 412: Pinot Noir Around the World**  
Saturday, October 28; 3:00 PM - 5:00 PM  
For more information, and to register, click [here](#).
- **SE 404: Bower's Museum**  
Tuesday, October 31; 1:00 PM - 2:00 PM  
For more information, and to register, click [here](#).

- **SE 406: Come From Away - OLLI on Broadway**

Saturday, November 11; 11:30 AM - 2:30 PM

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

- **SE 407: Director's Voice I - Cabaret**

Sunday, November 12; 1:00 PM - 4:30 PM

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

- **SE 403: Old Orange County Courthouse**

**NOTE: Rescheduled date:** Friday, December 15; 10:00 AM - 12:00 PM

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

One last notice, **Movie Talk has been rescheduled** from September 30th to Saturday, October 7th from 10:00 AM - 12:00 PM. For more information, please contact Jessie Tromberg at: [jessietromberg@icloud.com](mailto:jessietromberg@icloud.com).

We're looking forward to seeing you in class or online.

Stay curious!

Warmly,

OLLI at UCI

## 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](mailto:olli@uci.edu)

## 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 20<sup>th</sup> 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 Influence on 20th Century Media

## 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.





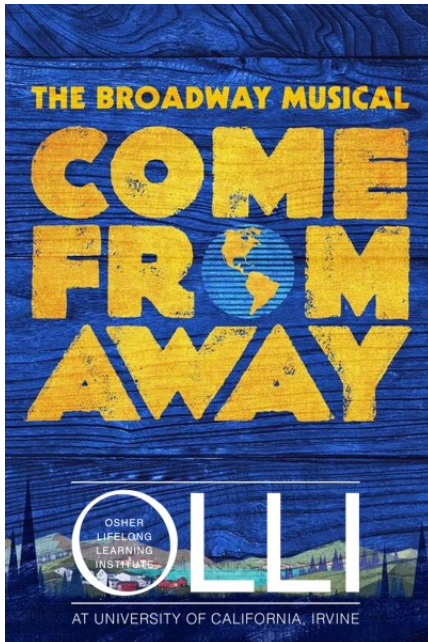
at University of California, Irvine

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 26<sup>th</sup> by Bowers Museum Director of Exhibition Development. Also enroll in AH 111 for Bowers Presentation.

**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



**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.



## 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](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 9/25	Tuesday 9/26	Wednesday 9/27	Thursday 9/28	Friday 9/29
<u>10:00 AM</u>	<u>10:00 AM</u> AH103 FORMAT B/C	<u>10:00 AM</u> AH102 FORMAT D	<u>10:00 AM</u>	<u>10:00 AM</u>
<u>1:30 PM</u>	<u>1:30 PM</u> SS 301 FORMAT B/C	<u>1:30 PM</u>	<u>1:30 PM</u>	<u>1:30 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

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 25th

No Scheduled Classes

### Tuesday, September 26th

AH 103  
Format B/C

## REBELS WITH A CAUSE: THE PRE- RAPHAELITE BROTHERHOOD

Tuesday, September 26  
10:00 AM - 12:00 PM

**Presenter: Howard Seller**, a retired professor of English, taught for 35 years at Cal State Fullerton. He taught numerous courses in the English Department, but his specialty was 19<sup>th</sup> century literature.

In 1848, three aspiring artists, all under 22 years of age, rebelled against the style and content of most English Victorian painting.

Their goal was to emulate the work of painters prior to Raphael, and they called themselves the Pre-Raphaelite Brotherhood (PRB). Initially disdained by most critics and the public, they ultimately became popular and influential.

This class will introduce these young men and include a visual presentation of numerous Pre-Raphaelite paintings.

SS 301  
Format B/C

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

Tuesday, September 26  
1:30 PM - 3:30 PM  
(Session 2 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](http://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 27th

**AH 102  
Format D**

**NOTE: Enrolled members will receive a separate Zoom link via email from the instructor.**

## **WRITING LIFE STORIES**

**Wednesday, September 27  
10:00 AM - 12:00 PM  
(Session 1 of 8)**

**Presenter: Tim Boyd, B.S. in Communication, M.S. in Counseling, and a Lifetime Teaching Credential, is an experienced participant in writing workshops at OLLI CSUF and UCI**

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.

The workshop provides prompts, ideas and writing resources. You will also learn about design and printing.

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

# Thursday, September 28th

No Scheduled Classes

# Friday, September 29th

No Scheduled Classes



## **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, September 26 and October 2**

What a great way to start FALL 2023! 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!
- 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](#).



## 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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