

Spotlight on OLLI

Learn. Connect. Explore.

Thursday, July 17 @ 10:00 a.m.

In-person at UMass Boston and Thayer
Public Library in Braintree.

Online via Zoom.

You're invited to check out the Osher Lifelong Learning Institute (OLLI) at UMass Boston and what awaits if you join our learning community!

Spotlight on OLLI is our open house event where prospective members (and current ones) can explore a mini-classroom experience, learn more about OLLI's programs, and connect with fellow learners. This program will be offered at three locations: online via Zoom, in-person at Thayer Public Library, and in-person at the UMass Boston campus.

Each location will offer a specific learning experience, and there will be one common presentation for all to enjoy by the Cleveland Art Museum. After the classroom presentations, all participants will learn more about OLLI at UMass Boston. Refreshments will be served at the two in-person locations, and for those joining us at UMass Boston, a Boston Harbor cruise will be offered after the event has been finished. To register, please email (ollireg@gmail.com) the OLLI Office.

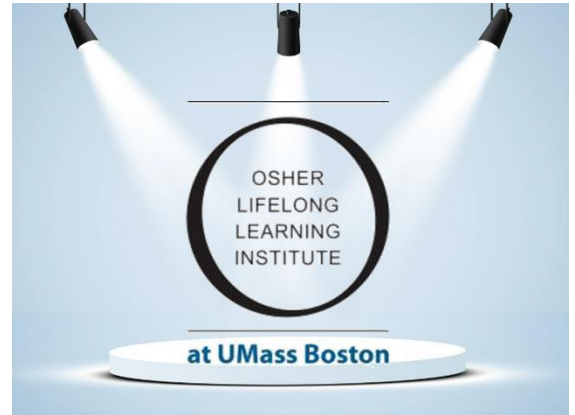
- To RSVP for this event, email us at ollireg@gmail.com and let us know if you'll attend at UMass Boston, Braintree, or remotely via Zoom.
- Please register by Monday, July 14.
- Event schedule and learning experience descriptions on the other side of this flyer.

OLLI at UMass Boston connects adult learners (ages 50 and better) by providing stimulating opportunities to enrich their intellectual, social, and cultural lives, regardless of educational background. There are no grades and no tests, just the fun of learning!

At UMass Boston, OLLI is part of the Gerontology Institute, which is housed in the Manning College of Nursing and Health Sciences.



www.umb.edu/olli



Spotlight on OLLI – Schedule of Events

Learn. Connect. Explore.

Thursday, July 17 @ 10:00 a.m.

10:00 a.m. – Welcome and What to Expect Today

10:15 a.m. – Classroom Experience 1

Enjoy a mini-learning experience with some of our current and former course facilitators. Each location of our open house event will feature its own unique presentation.

- **For those participating on Zoom: "Building Resilience."** Resilience is our inherent capacity to navigate life's difficulties, from minor disappointments to major crises. While our brains are naturally resilient, we can develop unhelpful patterns over time that become ingrained. In this presentation, OLLI Facilitator Katherine Robinson will share tools to help you flow with life's challenges based on insights from neuroscience, intuitive medicine, and psychology.
- **For those participating in Braintree: "Get Comfortable with Being Uncomfortable."** OLLI facilitator Myrna Finn likes using TED Talks to get OLLI members talking and awaken their curiosity, solidify their own thinking and feelings, and learn something new! In this session, she uses a TED Talk by Luvvie Ajayi Jones to get you talking about getting out of our comfort zones to be heard and effect change both in our own lives and in the lives of others.
- **For those participating at UMass Boston**, you'll choose one of the following:
 - **"Exploring the Boston Harbor Islands National and State Park."** Did you know there are 34 islands and peninsulas that make up the Boston Harbor Islands National and State Park? Join OLLI presenter Suzanne Gall Marsh as she tells you more about this urban oasis right in our backyard!
 - **"Mind Games: The Behavioral Tricks Behind Everyday Design."** Why does \$3.99 feel cheaper than \$4? Why does one pill bottle label seem clear while another leaves you guessing? And why do some online forms or phone menus feel impossible to navigate? In this hands-on mini-class, former OLLI Scholar, Lilo Altali, will explore how designers use behavioral psychology to shape the choices we make—often without us realizing it.

10: 55 a.m. – Classroom Experience 2

For everyone: "Rose Iron Works and Art Deco" presented by Arielle Levine of the Cleveland Museum of Art (CMA). Arielle will talk about this current exhibit at the CMA and focus on one piece: *Muse with Violin Screen*, 1930 by Paul Fehér (American, born Hungary, 1898–1990), Rose Iron Works (America, Ohio, Cleveland, est. 1904).

11:15 a.m. – What Awaits You at OLLI

Besides courses, OLLI is much more and provides lots of engagement opportunities to create a vibrant community of learners. Listen to what some of our OLLI members and leaders have to say about other OLLI programs.