

UCLA Extension

This spring, a new {definition} in learning awaits you...

Announcing UCLA Extension's Osher Lifelong Learning Institute

An adventure in intellectual, cultural, and social exploration for adults age 50 and above.

{curiosity}

n. The desire to know

**Satisfy your desire for knowledge through
UCLA Extension's Osher Lifelong Learning Institute.**

**Explore the worlds of art, history, science,
culture, current events, and other fascinating and
relevant subjects.**



{cultivation}

n. Growth in learning and personal relationships

Spend your leisure time doing the things you enjoy: delving into your favorite topics, meeting new people, and cultivating the best in lifelong learning through UCLA Extension's new Osher Institute.



{community}

n. A group of people united by deeply shared interests

**What could be better than a community
of like-minded adults getting
together for the sheer joy of learning?**

**Explore the possibilities this spring through
UCLA Extension's new
Osher Lifelong Learning Institute.**

{make this spring special}

Become a Charter Member of UCLA Extension's New Osher Lifelong Learning Institute.

UCLA Extension invites you to join a vital community of like-minded adults interested in the sheer joy of learning.

Led by high caliber UCLA Extension instructors and superb guest speakers, Osher Institute courses take place in a relaxed yet stimulating atmosphere in which invigorating lectures intermingle with spirited discussions, where members have the chance to meet and engage in conversation in and out of the classroom, and where the class format and style are geared to adults seeking a meaningful and memorable adventure in learning, sharing, and enjoying life.

Courses are conveniently scheduled during the day at the Extension Lindbrook Center, our lively learning site in the heart of Westwood Village, close to parking, coffeehouses, restaurants, and theaters.





{membership and events}

*Don't miss our
specially-planned
spring programs
and the many
attractive benefits
of charter
membership.*

Limited-Time Offer

When you become a charter member of UCLA Extension's new Osher Lifelong Learning Institute, you can take advantage of exclusive membership benefits, good for the duration of this spring quarter.

THESE PRIVILEGES INCLUDE:

- Complimentary enrollment in two of our Osher Institute courses (see page 12)
- Invitation to a special reception for all charter members
- Complimentary joint colloquium/reception with the PLATO Society at the Skirball Cultural Center
- Enrollment discounts on selected spring UCLA Extension one-day programs
- Priority enrollment opportunities in several of the Institute's upcoming fall courses

Enroll now for the special one-time fee of \$95.

Special Charter Member Events

As an Osher charter member, you are invited to exclusive members events. We will send you more details as the dates approach, but please save the dates!

Sunday Afternoon, May 22

At this special get-acquainted reception, we want to hear what you think. Give us your input as together we build the Osher Lifelong Learning Institute. Meet fellow members over refreshments and enjoy a short staged play reading directed by Beverly Olevin, instructor of the Osher course “The Play’s the Thing.”

Thursday Afternoon, June 16

Don’t miss this joint reception at the Skirball Cultural Center for Osher charter members and members of the Plato Society, followed by “A Conversation on Ethics” with Rabbi Elliot Dorff, Provost, University of Judaism, and Reverend George Regas, Rector Emeritus, All Saints Church, Pasadena.





{spring course offerings}

*Invigorating lectures
followed by spirited
discussions... members
converse in and
out of the classroom...
learning becomes a
richly meaningful and
memorable adventure...*

Spring 2005 Courses

This spring, you can master new photography skills, revel in the universal themes of great theater, and explore new frontiers of discovery from the minds of today's most daring thinkers.

Invigorating lectures are followed by spirited discussions, where members converse in and out of the classroom, and learning becomes a richly meaningful and memorable adventure.

Customize a personal learning program with these specially designed spring courses:

The Play's the Thing: Adventures into the Human Spirit



Great theater has the power to inspire, entertain, inform, and sometimes even transform our lives. In this interactive workshop, professional actors perform dynamic scenes from contemporary and classic plays that explore the delights and dilemmas that make up the human experience.

INSTRUCTOR:

Beverly Olevin, frequent contributor to L.A.'s theater scene as director and playwright; creator of "Invest in Your Values," used to help people get in touch with what is most significant in their lives

4 Wednesdays, 10 am-12:30 pm, May 25-June 15
Westwood: 204 Extension Lindbrook Center

Explorers of New Frontiers

Explore the outer reaches of some of the most fascinating and significant worlds of knowledge of our time. Learn about the unveiling of a black hole at the center of our universe, new discoveries on how the brain functions, new findings on the origins of life, and the latest insights into the way computers have transformed our lives.

SPEAKERS INCLUDE:

Andrea Ghez, Professor of Physics and Astronomy, UCLA; *Arnold B. Scheibel*, Professor of Psychiatry and Biobehavioral Sciences, UCLA; *Gail Kennedy*, Associate Professor of Anthropology, UCLA; *Jeffrey Cole*, Director, Center for the Digital Future, USC

MODERATOR:

Barry Bortnick, Director, UCLA Extension's Osher Lifelong Learning Institute

4 Thursdays, 10 am-12 noon, May 19-June 9
Westwood: 204 Extension Lindbrook Center

{spring course offerings}

Getting the Shot You Wish You Had Taken: See Your World with a New Eye



Whether you are taking pictures with a traditional or digital camera, the core of a great photo is a compelling subject, artful composition, and clever lighting. This course

can help you improve your photography by developing your visual sense and learning to see the world in a new way.

INSTRUCTOR:

Craig D. Mohr, successful product, still life, and stock photographer with 25 years' professional experience

4 Thursdays, 1-3:30 pm, May 5-26

Westwood: 204 Extension Lindbrook Center

The Glow of Hapsburg Europe in Modern Literary Masterpieces



The Hapsburg Empire evokes images of men dueling over matters of honor as imperial grandeur crumbled around them. Experience one of the richest and most colorful periods of western history through a survey of fascinating and haunting literature that evokes its rich legacy.

INSTRUCTOR:

Tamas Ungvari, Doctoral Member, Hungarian Academy of Sciences; past overseas fellow to Churchill College, Cambridge; noted European scholar of cultural studies

6 Wednesdays, 1:30-3:30 pm, May 4-June 8

Westwood: 204 Extension Lindbrook Center

The Power of Myth: How the Timeless Wisdom of Great Mythic Traditions Speaks to Us Today



Explore how age-old myths can illuminate and enrich our lives today. Delve into powerful myths of creativity, place, beauty, love, time, mentorship, and to tie them all together, the mythic quest. This rich day is interwoven with

film clips, slide shows, music, and other media.

INSTRUCTOR:

Phil Cousineau, filmmaker, author, and photographer. His many books include *The Way Things Are: Conversations with Huston Smith on the Spiritual Life* and *The Hero's Journey: The World of Joseph Campbell*.

Saturday, 10 am-4:30 pm, May 21

Westwood: 204 Extension Lindbrook Center

Mind, Body, and Health

Learn about the relationship between the mind and body to take better control of your health and optimize the quality of your life. Explore the role of complimentary and alternative medicine, the arts, cutting-edge approaches, and new research. Class includes live demonstrations.

SPEAKERS INCLUDE:

Michael S. Goldstein, Professor, School of Public Health and Department of Sociology, UCLA; *Marc Brodsky*, UCLA Center for East-West Medicine; *Jeffrey Hutter*, Assistant Clinical Professor, UCLA; *Timothy O'Connor*, tai chi instructor; *Christine Stevens*, Founder, PBEat Drum Circles; former director of music therapy and wellness, Remo Inc.

MODERATOR:

Kathy Mary Martelli, yoga instructor; relaxation therapy consultant; stress management consultant

5 Mondays, 1:30-3:30 pm, May 2-June 6

Westwood: 204 Extension Lindbrook Center



{one-day courses}

Continue your learning this spring... as an Osher charter member, you are eligible to enroll in a select group of UCLA Extension courses at a special discounted fee.

One-Day UCLA Extension Courses

Your charter membership also entitles you to a 25-percent discount on enrollment in specially selected UCLA Extension courses. As an Osher member, you may sign up now for these programs at a discounted fee, or enroll at anytime throughout the quarter, space permitting. Be sure to mention you are a charter member of the Osher Lifelong Learning Institute when you enroll.

This spring, enroll in one or more of the following:

What's New in Astronomy 2005

Cold environments form a theme this year, from Earth's windswept Antarctic wastes and the frozen deserts of Mars to the yet colder surface of Titan, Saturn's largest moon, and the liquid helium chilled heart of the Spitzer Infrared Telescope. Join renowned scientists as we find out how all this icy cold is endured in the hot pursuit of astronomical discovery.

INSTRUCTOR:

Johnathan Hodge, Director, Drescher Planetarium,
Santa Monica College

Saturday, 9 am-5 pm, May 14

UCLA: 147 Dodd Hall Members fee: \$48.75

Transforming the Self through Mindfulness

Learn about meditation and other transformational methods for deepening awareness, centering and focusing, healing, and stress reduction. Bridging Eastern and Western approaches, the program integrates traditional Buddhist mindfulness with current Western insight and Gestalt awareness training, offering a method to enhance your personal life, work, and relationships.

INSTRUCTOR:

Jeffrey Hutter, Assistant Clinical Professor, David Geffen School of Medicine at UCLA; psychologist in private practice

Saturday, 9 am-4:30 pm, May 21

UCLA: 3126 Rolfe Hall Members fee: \$63.75

{one-day courses}

The Gentleman of La Mancha

Launching the “Month of La Mancha,” this program examines the impact of Don Quixote on subsequent art, literature, and drama, and analyzes how and why Cervantes’ masterpiece continues to be so appealing today. The program concludes with a performance of Spanish music by the UCLA Sounds Early Music Ensemble.

INSTRUCTOR:

John Dagenais, Professor of Medieval Spanish Literature,
Department of Spanish and Portuguese, UCLA

Saturday, 9:30 am-4:30 pm, April 2

UCLA: 39 Haines Hall Members fee: \$56.25

Establishing Yourself as a Free Agent, Independent Contractor, or Consultant

Learn the ingredients of free agency, including how to reinvent yourself, making contacts, marketing/promoting yourself, getting your business paraphernalia, and setting up the infrastructure. Other topics include where to start consulting/freelancing, fee setting, requirements for success, personal traits and strengths, pros and cons, and the new work ethic and contract.

INSTRUCTOR:

Beverly Sinclair, Consultant and Career Coach,
The Sinclair Group

Saturday, 8:30 am-4:30 pm, May 21

Westwood: 201 Extension Lindbrook Center
Members fee: \$101.25



{your choice in learning}

About UCLA Extension

UCLA Extension has been serving adult learners throughout Southern California since 1917. Each year, 4,500 courses, conferences, and programs link 60,000 students of diverse backgrounds to enhanced career, academic, and personal growth opportunities through lifelong learning.

In addition to the Osher Institute, UCLA Extension offers learning opportunities for older adults through its highly esteemed **PLATO Society of UCLA**. Founded in 1980, PLATO holds weekly peer-taught seminars throughout the year. For more information visit uclaextension.edu/plato or call (310) 794-0231.



UCLA EXTENSION is proud to announce it has been awarded a grant from the Bernard Osher Foundation. With this honor, we join universities across the United States at the forefront of a national initiative to provide learning opportunities to serve the intellectual and cultural needs of older adults.



{how to enroll}

It's Easy to Sign Up

To customize a spring learning program, simply fill out the enrollment form at the left, provide payment, then mail or fax. We will send you confirmation of your courses, and information about upcoming Osher Institute events to which you are invited.

As a charter member, you are entitled to two free courses. Select two on the enrollment form. Remember, Osher courses begin as early as May 2, and they will fill fast, so complete your enrollment today.

We will make every effort to enroll you in your first two choices. However, please write in a third choice in the space provided on the form in the event one of your first two is not available.

To Enroll

By Mail

Mail completed enrollment form to: UCLA Extension, P.O. Box 24901, Dept. K, Los Angeles, CA 90024-0901

By Fax

Send the completed enrollment form with credit card information and authorizing signature to (310) 206-3223.

For more information about the Osher Lifelong Learning Institute call (310) 825-2301, or e-mail osher@uclaextension.edu.

Membership Enrollment Form | Spring 2005

Please fill out all information on front and back side of form.

<input type="checkbox"/> Osher Charter Membership Fee (non-refundable & non-transferable)	AF 511	\$95
As a charter member, you are entitled to two free courses.		
SELECT TWO COURSES		
<input type="checkbox"/> The Play's the Thing	Reg# R1734E	
<input type="checkbox"/> Explorers of New Frontiers	Reg# R1732E	
<input type="checkbox"/> Getting the Shot You Wish You Had Taken	Reg# R1727E	
<input type="checkbox"/> The Glow of Hapsburg Europe in Modern Literary Masterpieces	Reg# R1735E	
<input type="checkbox"/> The Power of Myth	Reg# R1741E	
<input type="checkbox"/> Mind, Body, and Health	Reg# R1738E	
Please write in a third choice in the event that one of your first two is not available:		
OPTIONAL ONE-DAY COURSES		
<input type="checkbox"/> What's New in Astronomy 2005 Members fee: \$48.75	Reg# Q9620E	\$
<input type="checkbox"/> Transforming the Self through Mindfulness Members fee: \$63.75	Reg# R1139E	\$
<input type="checkbox"/> The Gentleman of La Mancha Members fee: \$56.25	Reg# R11012E	\$
<input type="checkbox"/> Establishing Yourself as a Free Agent, Independent Contractor, or Consultant Members fee: \$101.25	Reg# R0889E	\$
	TOTAL FEES	\$



Membership Enrollment Form | Spring 2005

PERSONAL INFORMATION AND PAYMENT

*Social Security Number

**Birthdate (mo/day/yr)

Name (first/middle/last)

Address

City/State/Zip

Area Code/Daytime Phone

E-Mail Address

Check enclosed Payable to: The Regents of the University of California

Charge American Express Discover MasterCard VISA

Authorizing Signature

Expiration Date (mo/yr)

To help us plan future Osher events, please answer the following questions:

Gender: Male Female

Employment status: Retired Employed full-time Employed part-time


Age: 50-60 61-70 71-older

Education: High School Bachelor's degree Some College Advanced degree

What kinds of courses would you like the Osher Lifelong Learning Institute to offer?

** You must be 50 years or older to join the Osher Lifelong Learning Institute. UCLA Extension's Senior Citizen discount does not apply to Osher courses.

* Your Social Security number (SSN) is required by federal law to enable filing of information returns to the Internal Revenue Service. Providing SSN is otherwise voluntary. They are used only to verify your identity for accurate record keeping. (See "Privacy Notification" inside current UCLA Extension quarterly catalog.)

In accordance with applicable Federal laws and University policy, the University of California does not discriminate in any of its policies, procedures, or practices on the basis of race, color, national origin, sex, sexual orientation, age, or disability. Inquiries regarding the University's equal opportunity policies may be directed to Office of Registrar, UCLA Extension, Suite 214, 10995 Le Conte Ave., Westwood; Voice/TDD: (310) 825-8845. For information on services for students with disabilities, or questions about accessibility, please call (310) 825-7851 (voice or TTY). 

UCLA Extension

10995 Le Conte Avenue
Los Angeles, California 90024-1333

UCLA Extension Osher Lifelong Learning Institute

Course Offerings for Spring 2005

Nonprofit
U.S. Postage
PAID
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