



The OLLI News

*Osher Lifelong Learning Institute at
The University of Iowa*

Fall '09

Creating the Second Half of Your Life

Come spend a day planning the life you really want and then devising a strategy to make it come true!

Kirkwood Community College and the UI Osher Lifelong Learning Institute present: **Creating the Second Half of Your Life: Intelligent Planning for Midlife Change**, Thursday, **November 5, 2009** from **9am to 5 pm** at the Kirkwood Center for Continuing Education (7725 Kirkwood Blvd. SW, Cedar Rapids, Iowa).

Many of us have achieved success in work and family, often at the expense of other interests. Buried beneath the hum of daily existence, may be a wish to reconnect with other talents or pursuits that have been put "on hold".

Join two experts, **John Trauth and Alan Bernstein**, co-authors of **"Your Retirement, Your Way," Amazon's number one selling retirement book**, as they demonstrate how to use past experiences to re-create environments where you can best leverage your talents going forward. This will be the first step in creating your future, followed by the development of a personal strategic plan that uses this new information as the basis for planning your future life. In the process, we will also discover how to minimize and/or eliminate those aspects of our lives which cause us stress.

By the end of the day you will learn:

- Where you are now in your life: psychologically, professionally and financially.
- How to clarify the cornerstones of your personal fulfillment: your interests, needs and personal style.
- How to use this information to develop an effective personal strategy for achieving the goals you establish for yourself in this workshop.

In addition, more than six quality workshops will be offered in the afternoon including: **What are the Hot Careers? What Will Your Encore Career Be?**, **The Peace Corps: A Viable Option at Age 45+**, **Eating to Protect Your Brain** and more.

For complete conference details, visit this website: www.kirkwood.edu/ce and click on Upcoming Events. For a brochure, call 319-398-5529. The registration fees are \$95 or \$80 for OLLI members (OLLI membership is only \$15).

OLLI members are also invited to an exclusive meet and greet and Career Life Extensions workshop with the keynote speakers

Visit www.ollatiowa.org for more information!

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Members Only Opportunities

As promised, OLLI at Iowa has been working hard to increase the number of **FREE members-only events**. We're pleased to announce the following offers for this fall, in addition to study group opportunities:

* *Learning to use Facebook to connect with family and old friends!*

Date: Thursday, October 15, 5-7pm

Location: Room E178 General Hospital

Learn how to create a Facebook account and use some of its functions.

* *Our Holiday Pop-up Card Workshop* filled very quickly! But we are taking names on a waiting list.

Date: Thursday, December 3, 6:30-8:30pm

To register or join a waitlist for these programs, visit www.ollatiowa.org or call (319)384-4221.



* *Hearst Castle: with curator and author Victoria Kastner*
(more information below)

* *Jazz and Pizza*
(more information on next page)



Hearst Castle - A Fabled History and Tour

OLLI members are cordially invited to an evening with Victoria Kastner, curator for Hearst Castle and author of two books: Hearst Castle: The Biography of a Country House and Hearst's San Simeon: The Gardens and the Land

Tuesday, October 27, 2009

6:30—8:30 pm

Location: 1117 Medical Education and Research Facility (MERF)

Ms. Kastner will speak about the real story of Hearst Castle and the productive 28-year relationship between Hearst and his architect, Julia Morgan, who collaborated on the magnificent 165-room estate set on 250,000 breathtaking acres near the remote seaside hamlet of San Simeon, halfway between Los Angeles and San Francisco. Drawing on previously unpublished correspondence and illustrated with never-before-seen historic photographs, as well as more than 150 stunning color pictures, Victoria Kastner chronicles the evolution of this extraordinary hilltop, with its two spectacular pools and its astounding collections of fine art and antiques.

Sprinkled throughout with stories of the famous parties hosted by Hearst and his companion, movie star Marion Davies, and their celebrated guests, Ms. Kastner's books bring to life America's most glamorous country house.

Study Groups

OLLI study groups are member-organized and are designed to appeal to those who enjoy active participation. Each study group is led by a volunteer coordinator who kicks off discussion. No expertise is required since this is a mutual learning experience. Subjects are proposed by OLLI members. Study groups are free and open to all OLLI members.

We are currently looking for study group leaders on health care reform, educational policies, the New Yorker, or anything else of interest!

Please contact us if you are interested in leading one of these groups or submitting a study group proposal. Either email coa-osher@uiowa.edu or call 319-384-4221 for the proposal form.

Pizza and Jazz!

An Invitation from Bob Elliott

"I love traditional jazz and one of its ancestors, southern gospel music.

If other OLLI members feel the same, let's get together for an informal evening we'll call 'Pizza and Jazz.' It will be recorded traditional, straight ahead jazz, with a little southern gospel thrown in.

Listen to some jazz with pizza and pop, then look over a listing of what's available and pick out what we want for listening and discussing. I'll start off with some early dixieland, big bands, and small groups while we do pizza. Then it's a free-for-all.

The get-together will be 6 p.m., Tuesday, Nov. 17, at our home in southeast Iowa City. We can accommodate up to eight people."

Contact Linsey Abbott at 319/384-4221 or coa-osher@uiowa.edu if you'd like to attend or for more information.

Life Transitions and Personal Pathways for Change

Free and open to the public!

Friday, October 23, 2009 3:00—5:00 pm

Kelch Room (1289), Carver Biomedical Research Building (CBRB)

A successful transition to a new "retirement" status may be psychologically and emotionally challenging and a major life transition for the individual and their family. OLLI at Iowa is hosting a session for people in or approaching this life stage to learn about and discuss common adjustment issues and opportunities, along with some coping insights and resources.

Dr. Carolyn Turvey, UI Associate Professor of Psychiatry, Carver College of Medicine, will lead this program. She has been a presenter at the Governor's Conference on Aging, as well as at scientific conferences, and she has taught The Psychology of Aging at UI. A panel of retirees who have taken a variety of approaches to searching and pursuing new paths in this life stage will reflect on Dr. Turvey's points and share relevant insights from their own experiences. Additionally, the audience will be invited to comment and ask questions.



This forum can also prepare you to attend the upcoming November 5 workshop, Creating the Second Half of your Life: Intelligent Planning for Midlife Change. Co-sponsored by Kirkwood Community College and OLLI at Iowa, the workshop focuses on developing self-directed strategies for rethinking mid-career and "retirement" options, and will be held at Kirkwood Community College in Cedar Rapids. For more information see page 1 of this newsletter.



OLLI at Iowa

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OLLI at Iowa

*Leave your worries
behind and let OLLI
engage your mind!*



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Visit our website at www.ollatiowa.org!