The SUN

The Osher Lifelong Learning Institute at CSULB

OSHER LIFELONG LEARNING INSTITUTE

OLLI

CALIFORNIA STATE UNIVERSITY LONG BEACH

2024 Fall Class Schedule

Class Registration Starts Monday, Sept. 9 at 9 a.m.

New Classes

LAWNBOWLING FOR FUN!
Instructor: Mel Leach
Thursdays in person

PASSION for FASHION: TOGA TO YOGA
Instructor: Lee Rubenstein
Mondays on Zoom

ELECTRIC CARS: BUY, CHARGE, DRIVE
Instructor: Philip Reed
Tuesdays in person

CUT THE CABLE: LEARN TO STREAM
Instructor: Jack Friedman
Thursdays in Rm 101 or on Zoom

FROM SLAVERY TO FREEDOM
Instructor: Nilce Wicks
Wednesdays in person

THE PLANTS AROUND US
Instructor: Howard Manning
Fridays in person

PHYSICS/CHEM IN EVERYDAY LIFE
Instructor: Jessica Duron
Fridays in person

NUTRITION AT THIS TIME IN LIFE
Instructor: Joanne Feldman
Tuesdays in person

Meet OLLI People:
Lee Sianez to the Rescue!

By Patti LaPlace

You know her voice, her phone number and/or her email. You contact her because you are having a virtual crisis of some kind; a missing Zoom link, cannot register or pay online. To the rescue, Lee Sianez!

Introducing Lee Sianez, the person behind the OLLI Curtain. Her response is welcoming, helpful and even soothing. She spends the time with you and does not make you feel incompetent because you cannot figure something out. Customer service is her main focus and Lee performs this task with enthusiasm and perfection. Lets get to know Lee; a valued employee of OLLI at CSULB and a special lady!

Lee Sianez

Lee Sianez was born in Philadelphia and raised in Bellwood, Il, just outside Chicago. She moved to Santa Monica in 1964. She came to OLLI 8 years ago to take classes and heard of a need for a tech person for a new system. The rest is history. Lee has expressed how rewarding her job is in terms of interacting with the various members. Even though there are busy days, Lee really loves the opportunity to help our members. Her grandson, after listening to how Lee interacts with OLLI members commented one day, "Nana, you were made for this job!"

Lee shared her favorite customer service experience of helping a hearing-impaired student who was new to OLLI at age 92. She picked up the call and heard "I am hearing impaired and am using a device that provides captioning please speak slowly and clearly". Great lesson! This amazing man called every day to navigate the online registration. After two weeks of calls, he came to classes 3 times a week - on his own! That was success!

How does Lee see her future at OLLI? Her response was: "I hope I can keep up with the needs of our members. As technology changes, I hope I can give encouragement and confidence to navigate new technology. This is also a shout out to all the amazing instructors who have walked our members through Technology! Many times, when I would offer to just take care of their issue on the admin side, the response would be … "NO! I want to do it myself!" I remind them that our generation put a man on the moon with a slide rule! We got this!" Lee also stated that her own lifelong learning experience comes from what she learns from our members. Using Zoom for our classes, she has had the opportunity to listen in on many enjoyable classes. Her mantra is "Boomers to Zoomers!"

Thank you, Lee. We are lucky to have you as part of our OLLI family!

Classes start October 1 www.csulb.edu/olli

OSHER LIFELONG LEARNING INSTITUTE

OLLI

CALIFORNIA STATE UNIVERSITY LONG BEACH

Vision: We celebrate the positive aspects of aging through a community that fosters personal growth, promotes individual empowerment, and nurtures human potential through lifelong learning.

Mission: OLLI at CSULB provides educational opportunities, encourages an active lifestyle, and promotes social opportunities for older adults

The Governing Council

Marc Davidson	President
Bill Shaddle	Vice President
Myles Newborn III	Treasurer
Karin Covey	Secretary
Mary K. Toumajian	Member-at-Large
Janet Lipson	Member-at-Large
Jan Stein	Communications PR
Pat Wrenn	Education - Scheduler
Donna Hawk	Education
TBD	Education
Kathy Winkenwerder	Technology
Wesley Peck	Technology
Barbara Norberg	Member Services
Karin Covey	Member Services
Glenn Libby	President Emeritus
Patti LaPlace	Executive Director

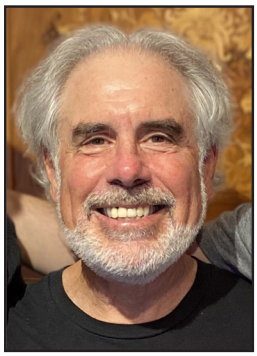
Governing Council Meetings are open to all OLLI members. Contact the office at 562-985-8237 for dates.

THE SUN Volume 29, Issue 4

Production Manager: *Rebecca Low*
Marketing: *Maryse Fujimori*
Writers: *Tom Hood, Marianne Klinger, Tom Lockhart, Shari Faris, Marc Davidson*
Writer/Proofreader: *Louise Haglind*

The President's Corner:
We are Growing!

OLLI will open Fall Registration with over 80 classes and 20 new instructors. Membership is up over 1200 and our off-campus venues are aligning with our class needs and community outreach. Not only is this exciting to see, recognizing the response from our past and new members, but fulfills one of our Strategic Plan goals to optimize growth.



Marc Davidson

Outreach to local community cultural centers, as well as embracing our diversity goals, continues to be a strategic focus. The Governing Council Working Groups have never been more aligned with the tactics and planning initiatives to grow and improve our OLLI program!

So many of us found OLLI through our friends. The power of "word of mouth", especially from trusted friends and colleagues, may be the strongest tool for introducing OLLI to a new group in our community! We are launching the "Bring a Friend" campaign – stay tuned on how you can participate.

One final outreach: the uniqueness, and I might add, strength of a life-long learning program such as OLLI is the social interaction and learning within the relationships of our members. Please embrace these new and continued relationships, respect each other's opinions, engage in constructive conversations, and recognize that diversity is what makes us strong – on this we commit to build.

I look forward to seeing and hearing from you – anytime!

Marc.Davidson@csulb.edu

THE DREADED P WORD

Among the constructive feedback we received from the recent member survey were a number of comments and complaints about the cost and availability of parking on the CSULB campus. The OLLI Governing Council shares your frustration and has advocated for our senior program. As much as we hoped to influence changes, we have no control over any aspect of on-campus parking. Everyone who comes on campus must pay for parking - faculty, staff, students, community members, and visitors.

However, once you have that parking permit, the world of CSULB is open to you to explore and discover, including a wide variety of services and venues – The Earl Burns Miller Japanese Garden, The Kleefeld Contemporary Art Museum, The Carpenter Performing Arts Center, the CSULB Outdoor Sculpture Collection, the University Library, Science Exhibits, a variety of CSULB sporting events at the Pyramid and other campus locations, shopping at the University Book Store, visiting the Student Union or simply taking a walk around the beautiful campus (and get in those steps!).

Invest in a **P**leasant campus experience!

From the Executive Director: Fall Forward

Fall is my favorite season for many reasons. My birthday is in the Fall. I love that we regain the hour we lost in the Spring during daylight savings. My two favorite holidays are in the Fall, Halloween and Thanksgiving. However, the best reason I love the Fall is that we start our OLLI academic year.

In the Summer edition of *The SUN*, our Governing Council President, Marc Davidson, wrote about how we are listening and that continues to be true for the Fall. Marc is doing an excellent job leading the Ad Hoc Diversity Committee and moving forward with connecting OLLI with key resources and individuals in our diverse community. With the completion of our Member Survey last Spring, thanks to Karin Covey, and Mary Kay Toumajian, we had the opportunity to hear about your feedback and suggestions. A special thank you for all who took the time to complete the survey! In addition, due to the dedication and hard work of our Governing Council and Bill Shaddle, our Vice President, we moved forward in updating our OLLI 5-year Strategic Plan. Thank you, Bill! The Member Survey was an important tool in this planning process for it provided information that helped in drafting the new plan.

Patti LaPlace

We are moving forward in acquiring more community sites for our OLLI classes including most recently, Signal Hill Parks, Recreation and Library Services and a potential partnership with Los Alamitos Recreation and Community Services Department. Thanks to the efforts of our Communications and PR/ Marketing working group and the leadership of Jan Stein, we will be moving forward with a "Bring a Friend" campaign. The Annual Member Meeting planned for September 14 will be an opportunity to introduce new friends to OLLI. Treasurer Myles Newborn will update us on "The State of OLLI" as he keeps an eye on our finances. Membership numbers for OLLI are now over 1200 as a result of Communications and PR/Marketing group efforts. Our goal is to eventually achieve our pre-pandemic numbers of 2000.

Our other working group efforts such as Education, led by Donna Hawk, are moving forward in recruiting new instructors with new courses. Technology, led by Kathy Winkenwerder and Wesley Peck, are offering new technology courses and resources. Janet Lipson just volunteered to assist with a Member-at-Large position. Member Services, led by Barbara Norberg and Karin Covey, is moving forward with free OLLI forum events as well as welcoming new members and recruiting volunteers. As the Volunteer Coordinator, Barbara has been instrumental in outreach and gaining new members. This role has been instrumental in creating meaningful contributions to the OLLI organization as a whole. Of course, we don't want to leave out the Fall forward movement of our Development working group, led by Glenn Libby. They will hold a Legacy Giving Webinar on September 25th in partnership with the Legacy Giving Office. This working group has established a strong collaboration with the Legacy Giving and CHHS Development departments on campus to solidify future fundraising efforts.

Let us not forget the hard work and sometimes behind the scenes tasks of our Administrative Staff, Becky Low and Lee Sianez. We all love Becky and she is invaluable to the OLLI organization. She has been moving forward to keep our Website and Facebook page updated and user friendly as well as helping members register for courses. Although, most of you have probably not met Lee Sianez in person, you know she is always there to help with tech support. Lee is featured in *The SUN*; have a read to get to know her better. Of course, I would be incredibly remiss to not mention Karin Covey, who is instrumental in helping me go forward to get things done for OLLI. Thank you, Karin!

"Life starts all over again when it gets crisp in the fall." — F. Scott Fitzgerald, "The Great Gatsby"

Patti

SAVE THE DATE

10 a.m. to 12 p.m. on
Saturday, September 14

Annual OLLI Member Meeting
In person and on Zoom Hyflex
Refreshments included!
Bring a Friend and introduce them to OLLI
& the Fall 2024 class schedule
Watch for more Information on
reservations and parking.

17TH ANNUAL OLLI
ARTS AND CRAFTS SHOW

Gallery Setup on November 9, 2024

Plan ahead and line up your best art projects to enter in the OLLI Annual Gallery show. Show off your work and celebrate the variety of artists and crafters that OLLI classes support!
Open Gallery time is Nov. 12 - 15.
Artists Reception on Nov. 16
Details will be posted and you can help with arrangements.
Send an email to olli@csulb.edu

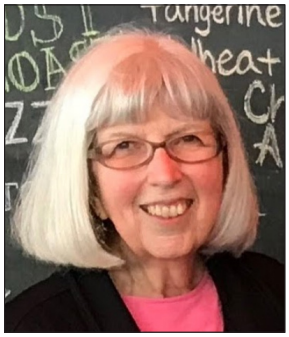
News from the Technology Lab

by Kathy Winkenwerder

The computer world changes constantly, so there is always something new to learn.

How to Stream

The streaming world keeps changing. Some new services are emerging. Some are merging, and new streaming devices are on the market. There is an amazing amount of content, both local and online out there waiting for you to watch. If you haven't begun to stream entertainment content and want to start, getting started can be confusing. Learn how in the ***Cut the Cable & Learn How to Stream*** class. Jack Friedman will explain how streaming works, what you need to do to get started and what content you can watch after you do.



Kathy Winkenwerder

Two in-person classes are offered in the Tech lab

Basic Computer Skills

Did you just get a new computer or want to learn more about the one you have now? This class will include in-person instruction on how to use either a Mac or Windows computer. Practice your new skills on the OLLI lab computers. Wesley Peck is the instructor.

One-on-one Class

If you would like an in-person and private tutorial covering your questions about how to use your **iPhone or iPad,** sign up for an hour and a half session with computer lab instructor, Marilyn Gettys. Class times are limited to 8 participants.

Keeping up with AI

These days it's hard to avoid running into material about AI. The subject seems to be everywhere. Louise Soe will teach ***What's happening with Artificial Intelligence?*** Important concepts + the latest developments will give you a balanced picture; whether or not AI will be a boon to our lives, or it soon will be in control. The class will include a survey of this new field we've all been hearing so much about.

iOS 18

OLLI classes introducing the iPhone's yearly new operating systems have been offered every year since a class on iOS 11 was held in 2018. Discover what's new this Fall and how the features can be useful to you in ***What's new in iOS 18.*** Changes will include the new stand-alone Password app that holds passwords, passkeys, and more. Others are being able to make big changes to Home Screens and the Control Center. And, of course there will be the now-familiar list of new AI features. I'll be teaching this class.

→ *See registration page for class days and times*

Help Wanted: New Members

The upcoming Fall session kicks off OLLI's annual membership year. Because word of mouth is the most common way people first hear about OLLI this is the perfect time for us all to share the joy of life-long learning with our friends, neighbors, and family.

While our membership continues to grow and rebuild since the pandemic, we want to welcome more new members to our ranks so they can also benefit from all OLLI has to offer.

Every OLLI member can have a role in our new "Bring a Friend" campaign. There are many ways you can support this initiative:

- Bring a friend to a class to experience OLLI firsthand.
- Forward a digital copy of *The SUN.*
- Direct a friend to our website: www.csulb.edu/olli
- Invite a friend to the Member Meeting on Sept. 14th.
- Give an OLLI bookmark or brochure when talking to friends and neighbors (items can be obtained at the OLLI office).
- Talk about OLLI with your book club, church members, bridge or mahjong group, neighborhood association, poker night friends, golf or pickleball partners.
- Share your personal experiences as an OLLI member .

by Jan Stein,
Communications Working Group

Help Wanted: Teachers

Civilization exists because
people pass on what they know.
Do your part and teach a class!

OLLI Instructor help is always wanted! No degrees necessary. Just knowledge, time and enthusiasm about a subject. Interested?

Go to the OLLI website and look in the left sidebar for Volunteer Instructor Information. You'll see how to get started using the Class Proposal form.

There are suggested classes and or events that might be included in the Winter session. Is a topic that you might help with missing from our list? Send a note to the OLLI office and we will be in touch!

The Member Survey Results

By Karin Covey and Mary Kay Toumajian

What did the April Membership Survey tell us?

We wanted to share some of the major findings with you. Here's a little peek into our membership demographics:

- 75% of our members are female.
- 50% are in their 70s, with 15% in both the 65 - 69 age group and the 80 - 84 bracket.
- 32% are CSULB graduates, some belong to the Alumni Association.

Members have indicated that they enjoy "intellectually challenging" and thought-provoking classes, fun and entertaining classes, active skill learning classes as well as classes dealing with physical well-being (exercise, nutrition, mobility, balance). The reputation of our instructors is important to our members, and they love new topics, often related to previous studies.

When we asked about their satisfaction with OLLI, an overwhelming 96% of you said you were satisfied or very satisfied.

When it comes to where you prefer taking your classes, opinions are pretty evenly split:

- On-campus: 40%
- Off-campus: 30%
- Zoom: 30%

Becky's weekly emails are a hit! Over 88% of you said these emails keep you informed and up to date. Plus, you've praised our wonderful staff for making it easy to get your questions answered.

Our members are quite the social media enthusiasts, frequenting Facebook and YouTube the most often.

Parking on campus can be a hassle, and 52% of you mentioned that the cost of parking influences your class selection. We hear you and are always looking for ways to make your OLLI experience smoother.

We love that the majority of you take two classes per session and are interested in more social and special events.

We were delighted to see so many of our members take the time to share their positive comments about OLLI in the open sections of the survey. Your feedback truly warms our hearts. The best part? A whopping 94% of you plan to join us again next year!

Getting Around LB

By Mary Boykin

Does the parking situation at CSULB prevent you from enrolling in classes you would enjoy? If so, let me share with you my experience in getting to campus via the bus (see Long Beach Transit).

Using the phone app Moovit or TAP I determine what time I need to be at the bus stop to get to class. Once there I hop on the bus, pay with my Senior TAP card and find my seat. Twenty five minutes later I'm on campus. No fuss and all for 60 cents. I have found the buses to be clean, comfortable and safe.

If you haven't tried a bus ride, I encourage you to check the bus out as alternative transportation to campus. If you are 62 years or older you qualify for a reduced fare TAP card from Metro. With the card the fare is 60 cents per ride.

For more information and to apply, go to their website taptogo.net. You may also apply by calling Customer Service at (866) 827-8646 or apply in person at a Metro Customer Center.

NOTE: Come to the Annual Member Meeting in September and visit with representatives from Long Beach Transit. They will be ready to assist with TAP cards and bus information.

Thank You To Our Donors

SUMMER 2024 DONORS

With thanks to ALL of our Anonymous Donors, those who donated class fees for cancellations, and donors supporting future programs.

Elizabeth Beall
Jan Berliner
Nessa Bernstein
Stephen Biskar
Kay & Barry Bosscher
Kathleen Brady
Linda Cammon
Pamela Chapin
Mary Cliby
Linda Crouse
Susan Csikesz
Randolph Currin
Ginny Cusenza
David DeWenter
Debra Do
David Ebright
Sharon Ellis
Sara Everett
Nicki Freeman
Lisa Marie Gonzeles
Brian & Faith Griffith
Doug Haigh
Roberta Hamfeldt
In Memory of Erik
Deborah Hastings
Donna Hawk
Diane Ito
Elisabeth Ito
Len Jacobson
Livia (Jakyung) Kim
Jim King
Daryl Leabo
Vicki Lewis
Bobbi Liberton
Janet Lipson
Sam Lopez
Marian Manocchio
Rosemary Mongelluzzo
Pat Montague
Gary Murph
Barbara Norberg
Fern & Arthur Ramirez
Jody Ramsey
Charlene Rau
Jana Rogers
Marion Shanker
Joan Smith
Louise Soe
In Memory of Christian Soe
Stefan Steinberg
In Honor of Sylvia Manheim
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Janice Teraoka
Mary Kay Toumajian
Yvonne Troutman
Naida Tushnet
Joan & Joseph VanHooten
Frances Wang
Howard Watkins
Katherine Wightman
Nina Zasorin
Valerie Zentmyer
In Honor of Barbara White, a wonderful Stepmom
Carol & Richard Zuck

THANK YOU FOR YOUR CONTRIBUTIONS

Donations can be made online via credit card by logging in to the OLLI Registration site with your User Name and Password. Look for the Donate menu. Donations may be made *In Memory of* or *In Honor of* a special person or cause or can be directed to a special purpose. www.csulb.edu/OLLI

Donations to OLLI are acknowledged in The SUN unless anonymity is requested. Osher Lifelong Learning Institute has 501 (c)(3) nonprofit status. Donations are tax deductible as allowed by current law.

HELP SUSTAIN OLLI

Are You Prepared? Ready for the Future? CSULB Has Free Estate Planning Tools to Help You Shape Your Legacy

What would you like your legacy to look like? CSULB's Office of Planned Giving wants OLLI members to enjoy the peace of mind that comes from having your affairs in order. You can take advantage of free estate planning resources, including complimentary webinars, estate planning tool kits and a list of reputable professional advisors.

If you're curious about making a lasting impact at CSULB or OLLI with a future gift, we can also help you craft a legacy tailored to your wishes and expectations.

Questions? Contact us at:

Office of Planned Giving
California State University, Long Beach
562-985-6460 | Plannedgiving@csulb.edu
beachlegacy.org

VOLUNTEER AT OLLI

Volunteering creates a more vibrant learning community and connects you to other OLLI members. It's a great way to make new friends and is personally satisfying and rewarding. Our current Volunteers are the creative source for all of our courses, special events, social activities, publications and classroom services. Contact the OLLI office at (562) 985-8237 or email Barbara Norberg barbaraonthehill@verizon.net.

BECOME A NEW MEMBER

OLLI Membership

Membership is open to adults 50 or older.
Annual Membership is $40 for everyone for 2024-2025.
Register for any class for a $15 tuition fee.
Paid Membership is required to take any class.

NEW MEMBERSHIP AND ONLINE ACCOUNT

You can create your OLLI account, purchase a new membership, and register for classes online.

Step 1: Visit the website
Go to OLLI website www.csulb.edu/olli
Click the Register link on the web page

Step 2: Create your OLLI online account
- At the upper right, click "New User? Start Here"
- Fill in the required personal and address information
- Create a new Username and Password.
  (Record this to use every time you log on)
- Click Submit. *You now have an OLLI account!*

Step 3: Purchase your OLLI membership
- Membership (upper left) may be paid any time before registering for classes.
- Membership now is $40. Click *Select*. Then *Continue*.
- Enter your email address to get a receipt.
- Fill in credit card information.
- Click *Continue Checkout*.
- Review information.
- Click *Submit Payment*. Wait for processing!

PAPER STILL ACCEPTED!

Step 1
- Check a copy of *The SUN* to see what classes are being offered and make notes!

Step 2
- Complete a Registration form (in *The SUN or online)*

Step 3
- Make checks payable to: CSULB Foundation
- Mail your registration form and check to OLLI:
  OLLI at CSULB - HS&D 100
  1250 Bellflower Blvd., Long Beach, CA
  90840-5609
- Or visit the OLLI office.
  No cash payments are accepted at this time.

RETURNING MEMBERS

Is Your Membership Current?

Buy your $40 annual 2024-2025 membership now!
Both New and Returning must pay annual fee.

Step 1: Visit the website
- Go to OLLI website www.csulb.edu/olli
- Click the Register link on the web page.
  Register with OLLI

Step 2: Login:
- At upper right click LOGIN and enter your Username / Password.
- OR choose *Forgot Password* and enter your email. You will be sent an email link to Reset your Password.
- Follow the directions to update a password.

Step 3: Pay OLLI membership FIRST for the year.
- Membership must be paid for 2024-2025.
- Annual Membership is $40. Click *Select*. Then *Continue*.
- Enter your email address to get a receipt.
- Fill in credit card information.
- Click *Continue Checkout*.
- Review information.
- Click *Submit Payment*. Wait for processing!

Step 4: Register for Classes starting October 1
- Select Session - Fall 2024. Search for your class choosing Day only is the easiest.
- To enroll, click *Register.*
- Return to Search, and repeat the process.
- When you are finished, click *Checkout.*
  All classes are listed in the checkout window.

Step 5: Checkout
- Enter your email address for the receipt. Fill in all credit card information. Click *Continue Checkout.* Review payment information. Click *Submit Payment.*
- Wait patiently for the process to finish!

Congratulations! You are enrolled at OLLI!
Record your Username and Password so you can return as needed to add classes or to Donate.
You may view your transactions when Logged in
Click on the "flower" near your name and view *My Account.*

Visit us on the web www.csulb.edu/olli

SCHOLARSHIP POLICY

OLLI @ CSULB offers scholarships for those who need financial assistance to participate. Anyone who applies and is approved for a scholarship will be eligible for a membership and discounted class tuition *for the remainder of the membership year.*

Recipients pay a 10% co-pay ($1.50) for each course taken. For further information, please call the OLLI office to request the Scholarship form. We must receive the Scholarship application prior to a member registering for classes for the first time.

OLLI POLICIES AND PROCEDURES

Class Limits - Enrollment in all classes *with limits* will be on a first-come, first-served basis. Wait lists will NOT be kept for FULL classes. Check *The SUN* or online for class limits. Zoom classes may NOT be audited.
NOTE: Please keep OLLI financially healthy by paying for all classes.

Instructors / Classes - Some classes have minimum enrollments. If enrollment is not met one week before the first class meeting, the class may be canceled by the Instructor. Students will be notified and refunds or transfers made.

Refunds - Request for refunds or a class transfer must be made **before the second class meeting** and can ONLY be requested through the office.
Call 562 985-2398 or contact olli@csulb.edu.

Disclaimer - Our instructors come with a variety of backgrounds, experiences, and influences. We strive to provide diverse views while maintaining the highest quality of excellence in all classes. The views of the instructors are their own and do not necessarily represent the views of OLLI or CSULB.

Note: Pictures and videos are taken periodically of the classes and special events. If you ***DO NOT*** want your picture or video included in the OLLI newsletter, website or brochures, a Waiver form is available in the office.

OSHER LIFELONG LEARNING INSTITUTE OLLI Online

Registration starts

Monday, Sept. 9

9:00 a.m. ONLINE

Helpline 562.985.2398
Online registration, confirm membership status, Zoom links, class transfers or drops, change contact information.

Office line 562.985.8237
General questions, or to leave a message

Email questions to **OLLI @csulb.edu**

ZOOM CLASSES

A confirmation email for each class you have enrolled in will be sent to you **5 - 7 days before classes start**. The Zoom link will look something like this:

Zoom link for Comedy Capers (a readable link)

Check your Spam/Junk mail for OLLI emails too.
If you have not received your letter with the Zoom link, call 562-985-2398; email: lee.sianez@csulb.edu

Learn how to Zoom
Visit the **www.Zoom.US website** for training tips.
Get ready to Zoom
A few minutes before a class is due to start,
-make sure your device has a power cord handy
- locate the Zoom link in the OLLI letter
- be camera ready from the waist up!
Then follow the directions below to Join a Meeting.
Join a class meeting
Use the Confirmation Letter that was sent from OLLI and click on the blue link to start Zoom. A Passcode and Meeting ID may be included in case you use the *Join a Meeting* option.
- Save the OLLI Letter in an email folder or copy the Link to a Word doc/Notepad file on your desktop.
The same link will be used for all weeks.
- Create a calendar meeting and include the Link.
- If you cannot hear audio or get into the meeting, close all Zoom windows and try the link again.

FALL 2024 CLASS LIST & REGISTRATION www.csulb.edu/olli

Name: _____

Email: _____Phone: _____

Address (if new) _____

OLLI ANNUAL Membership $40.00 _____ Class Tuition _____x $15.00 ea _____

Donation $ _____ *Contributors will be acknowledged in publications. To remain anonymous check here.* ☐

Check # _____ *Checks payable to CSULB Foundation* ***NO Cash*** **Total $ _____**

Z = Zoom IP = In Person Hyflex = Zoom and in room

MONDAYS, Oct. 7 - Nov. 18 6 Weeks / Nov 11 Holiday

Time	*Class Title*	*Class Leader*	*Location / Comment*	*Mode*	
8:30-9:50	Stand Tall, Stand Strong (Day 1)	L. Goldman	Exercise bands	**Z**	
8:30-10:00	iPhone: Beyond Basics iOS	K. Winkenwerder	Tech - phone tips	**Z**	
9:15-9:45	Play The Recorder (Beginning)	T. Schneider	Whaley Park	**IP**	
9:45-11:15	Play The Recorder (Int / Adv)	T. Schneider	Whaley Park	**IP**	
9:30-11:30	Bridge 1: Beginner and refresher (9 wks)	H. Dunbar	LB Bridge Center- $20 fee	**IP**	
10:30-12:00	History of Baseball	J. Wilson	NEW CSULB, rm 101	**IP**	
10:30-12:00	Let's Dish: A little Savory...Sweet...Spicy	Y Rihbany & N. Stein	NEW topics and outings	**Z/IP**	
11:30-12:30	Yoga with Barbara	B. Bannerman	CSULB, LifeFit KIN 110B	**IP**	
11:30-1:00	Ukulele: Beyond Beginners	N. Intriere/C. Baker	Whaley Park	**IP**	
12:15-1:45	*Parlons Francais*- Let's Speak French	P. Davidson	Int. topics- CSULB, rm 101	**IP**	
1:00-4:00	Finish Craft Projects for returning students	S. Haglund	NEW location - JCC	**IP**	
1:00-2:00	***Bluegrass Guitar Workshop***	***F. Swatek***	***Lessons for Jam session***	**Z**	*FREE*
2:30-3:30	***Bluegrass Mandolin Workshop***	***F. Swatek***	***Lessons and practice***	**Z**	*FREE*
1:30-3:00	Passion for Fashion: From Toga to Yoga	L. Rubenstein	NEW - show and tell!	**Z**	
2:00-3:30	Understanding our Place in the Universe	M. Geier	Part 1 & Review	**Z**	
2:00-3:30	***If Hearts Could Talk***	***S. Tejani***	***NEW - Special -JCC 10/14***	**IP**	*FREE*
2:00- 5:00	Hollywood Classic Movies!	J. Hathcock	NEW - CSULB, rm 101	**IP**	
3:00-4:30	***CPR and AED Awareness***	***B. Fitzpatrick***	***NEW - Special -JCC 11/18***	**IP**	*FREE*

TUESDAYS, Oct. 1 - Nov. 19

Time	*Class Title*	*Class Leader*	*Location / Comment*	*Mode*	
9:00-10:30	iPhone: What's New in iOS 18 (3 wks)	K. Winkenwerder	TECH - 10/29 - 11/12	**Z**	
9:00-10:00	Longevity Stick Art Movements	C. Taylor	CSULB, LifeFit KIN 110B	**IP**	
9:00-10:30	Mindful Movement (4 wks)	N. Raynolds	Keep fit - 10/8 - 10/29	**Z**	
9:30-11:30	Bridge 2: Lessons 10 - 18 (9 wks)	H. Dunbar	LB Bridge Center- $20 fee	**IP**	
9:30-11:00	Geopolitics: Past, Present, Future	D. Lunde	New Topics- CSULB, rm 101	**Hyflex**	
10:00-12:00	Play it Again Jam - all levels	C. Baker & M. Davidson	Whaley Park	**IP**	
10:00-11:30	Electric Cars: Buy, Charge, Drive one (6 wks)	P. Reed	NEW LAUMC 10/1 - 11/5	**IP**	
10:00-11:30	Intro to Shakespeare - continued	D. Shere	JCC - new tales	**IP**	
10:00-11:30	***Elder Scams and Financial Security***	***S. Benton***	***NEW - Special 10/29***	**Z**	*FREE*
10:00-12:00	Mastering Watercolor	A. Kupillas	Lab-style online workshop	**Z**	
10:00-11:30	Foundations of Investing (7 wks)	A. Dilsaver	Ongoing topics	**Z**	
11:00-12:30	Basic Computer Skills - Mac or PC	W. Peck	NEW CSULB, Tech Lab	**IP**	
11:15-12:45	How to Publish a Short Story	D. Slay	NEW CSULB, rm 101	**IP**	
12:00-1:30	Spanish Story Time	P. Kiwerski	New tales and talk	**Z**	
12:45-2:15	***Today's Stock Market and your Portfolio***	***J. Wigen***	***NEW - Special 11/12***	**Z**	*FREE*
1:00-2:45	The Value of an Examined Life (5 wks)	K. Skrabo	NEW CSULB, rm101 10/1 - 29	**IP**	
1:00-2:00	YO ME KI - Reiki Workshop (2 wks)	P Rassouli	NEW LAUMC 10/29 & 11/19	**IP**	
1:00-2:00	Nutrition at this Time in your Life (4 wks)	J. Feldman	NEW LAUMC 10/1 - 22	**IP**	
3:00-5:00	Drama of War - Part 3	P. Killins	NEW CSULB, HSD, rm 101	**IP**	

WEDNESDAYS, Oct. 2 - Nov. 20					
Time	*Class Title*	*Class Leader*	*Location / Comment*	*Mode*	
8:30-9:50	Stand Tall, Stand Strong (Day 2)	L. Goldman	See Monday	**Z**	*NO*
8:30-9:45	Yoga with Jean Marie	J. VanDine	CSULB LifeFit KIN 110B	**IP**	
8:30-10:00	Fashion & Style for Women (3 wks)	K. Marshall	Zoom 10/16 - 30	**Z**	
9:00-10:00	Art of Downsizing	T. Sievers	CSULB, HSD, rm 101	**IP**	
9:00-10:30	Alexander Technique; Body Awareness	S. Pinsky	NEW - Signal Hill CC	**IP**	
10:00-12:00	***Pundits, Polls & Politics***	***D. Stowell***	***NEW - Special 10/16***	**Z**	*FREE*
10:00-11:30	Talking Story: Fabric of our Lives	C. Estrada/R. Hamfelt	Houghton Park	**IP**	
10:00-11:30	Celtic Music: Sing and Play	B. Bradshaw	NEW - Whaley Park	**IP**	
11:30-1:00	Acoustic Guitar 2: Beyond Basics	B. Bradshaw	Whaley Park	**IP**	
10:00-11:30	Settings on your Apple Devices	M. Gettys	Tech Lab iOS - All levels	**IP**	
10:15-11:45	Artificial Intelligence Update: What's Happening	L. Soe	CSULB, HSD, rm 101/Zoom	**Hyflex**	
11:45-1:15	Apps on your Apple Devices	M. Gettys	Tech Lab iOS - All levels	**IP**	
12:00-1:00	Community Connections (7 wks)	Danon /Schwartz	NEW - CSULB, rm 101	**IP**	*FREE*
12:00-1:30	***Independence and Age Well at Home***	***R. Oliver***	***NEW - Special 11/20***	**Hyflex**	*FREE*
1:00-3:00	***Dance for Fun and Fitness: Folk Dance***	***D. Baker***	***More!- See page 25***	**IP**	*FREE*
1:00-2:30	ABCs of Medicare (3 wks)	D. Dillman	3 wks 10/23 -11/6	**Z**	
1:00-2:30	4 Stories, 4 Weeks (4 wks)	M. Panitz	JCC 4 wks 10/30 - 11/20	**IP**	
1:30-3:00	Tech One-on-One x 8	M. Gettys	Tech Lab -	**IP**	
1:45-3:15	From Slavery to Freedom	N. Wicks	NEW - CSULB, rm 101	**IP**	
2:00-3:30	***Holocaust Destination: Ecuador!***	***D. Rubenstein***	***NEW - Special 10/23***	**Z**	*FREE*
3:30-5:00	Spanish for Travelers	S. Perez	CSULB, rm 101	**IP**	

THURSDAYS, Oct. 3 - Nov. 21					
9:30-11:00	It Happened in Brooklyn (5 wks)	L. Jacobson	Memories again	**Z**	
9:30-11:30	Memoir Writing: A Novel Approach	Kiwerski/ Marshall	Email needed	**Z**	
10:00-11:30	AI Enhanced Video Production - all devices	P. Gutierrez	Tech- CSULB, Lab /Zoom	**Hyflex**	
10:15-11:45	Authoritarians, Cults, and Conspiracy .... (2 wks)	D. Hucker	CSULB, rm 101 10/31-11/7	**IP**	
10:15-11:45	Cut the Cable: Learn to Stream (4 wks)	J. Friedman	NEW- CSULB, rm 101/Zoom	**Hyflex**	
10:30-11:30	Tai Chi Chuan 101	R. Richina	CSULB, LifeFit KIN 110B	**IP**	
11:00-12:30	Writing for Wellness	J. Smith	New topics	**Z**	
11:30-12:30	Zentangle Patterns	T. Taylor	JCC - see supplies	**IP**	
12:00-1:30	National and International Current Events	Team	CSULB, HSD, rm 101	**IP**	
1:00-2:30	AI Powered Social Media - all devices	P. Gutierrez	Tech- CSULB, Lab / Zoom	**Hyflex**	
1:30-2:30	Music Beginning Theory	K. Price	LAUMC -Materials fee	**IP**	
1:00-3:00	Needlework Cafe - Beg and Intermediate (7 wks)	C. Sabol	JCC - starts 10/10	**IP**	
1:30-3:30	Lawnbowling for Fun (4 wks)	M. Leach	LB LBC - fee 10/3 - 24	**IP**	
1:45-3:15	***Roe and Rights: Federal and States***	***P. Leary***	***NEW Special - 10 / 10***	**IP**	*FREE*
2:00-3:30	***A WW2 Story through sketches***	***J. DeVries***	***NEW Special - 11/7***	**Z**	*FREE*
3:00-4:30	Maximize Online Presence: Website,Blogs & AI....	P. Gutierrez	Tech- CSULB, Lab/Zoom	**Hyflex**	
3:00-4:30	Catch the Spirit of Singing...Chorus	K. Price	LAUMC location	**IP**	

FRIDAYS, Oct. 4 - Nov. 22					
8:30-10:00	Basic Photo Composition (4 wks)	L. Hicks	NEW-Tech Lab 10/4-25	**IP**	
9:00-10:30	Meditation with Carol	C. Beckerman	CSULB, rm 101	**IP**	
10:00-12:00	Watercolor Painting Basics	V. Berry	NEW-CSULB DSN rm 111	**IP**	
10:30-12:30	Jewelry from A to Z	B. Belisle	JCC - see dates	**IP**	
10:45-12:15	Writers Read Aloud	J. Van Hooten	CSULB, rm 101	**IP**	
11:00-1:00	Bluegrass Music Jam	F. Swatek	LAUMC Hall	**IP**	
11:00-12:00	Soul Tai Chi with Jimmy	J. Mathews	CSULB, LifeFit KIN 110B	**IP**	
11:00-1:00	The Plants Around Us (3 wks)	H. Manning	CSULB, rm 105 11/1-15	**IP**	
12:30-1:45	***Yoga on a Chair (late addition)***	***C. Ellano-Ota***	***Returning to Zoom***	**Z**	
12:30-2:30	Shape Shifting: Exploring Collage	A. Dworkin	JCC - new time	**IP**	
12:30-2:15	Physics and Chemistry in Everyday Life	J. Duron	NEW- CSULB, rm 101	**IP**	
1:00-3:00	Short Story Discussion Group	F. Ramirez	Book purchase	**Z**	
2:30-4:30	Comedy Capers - more funny films	K. Lucas	CSULB, rm 101 or Zoom	**Hyflex**	
2:30-4:30	Stained Glass making	S. Newcomb	CSULB, HSD rm 105	**IP**	

SATURDAYS, Oct. 5 - Nov. 23					
9:00-12:00	Watercolor Workshop	M. Daniel	CSULB, DSN rm 111	**IP**	
10:00-12:00	The Art of Song: Songwriting	M. Davidson	CSULB, rm 101	**IP**	

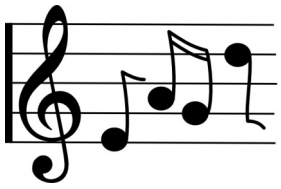
Monday

STAND TALL - STAND STRONG

Mondays, Oct. 7 – Nov. 18 &
Wednesdays, Oct. 2 – Nov. 20
8:30 - 9:50 a.m. Zoom

This active Zoom class meets Mon. and Wed.; choose to attend once or twice weekly. Gentle warm up, stretches, strengthening, and balance activities are included in this full-body work out. You will need a home space about 6 ft. in diameter, and a stable chair. Water is essential. Bring a resistance band: elastic tube, covered in cloth, with soft handles, available online at Amazon, FitCord or at Big Five, Target, or TJ Maxx. Choose a resistance level: Moderate resistance.If you have shoulder issues consider Light resistance. If you are buff, try Heavy. If you are tall, get a longer length cord. Cloth covered tubes are expensive, but protect the skin and should the tube break, it will not snap back at you. Questions? Email manosfrios@gmail.com. Class limit: 50

Instructor: Lorraine Goldman, MPT Retired., Certified CEEA



PLAY THE RECORDER

Mondays, Oct. 7 - Nov. 18
9:15 - 9:45 a.m. Whaley Park

Beginners are welcome to learn to play the Recorder. Stay and listen or practice with the Int. group.

9:45 - 11:15 a.m. (Int. / Adv.)

This class provides an opportunity for more **advanced** players to play in a group. Students will analyze and interpret the music and improve their playing! Join us as we progress along the "path to perfection". This class is for "beyond beginners". Class limit: 25

Facilitator: Trina Schneider
Teachers: Fran Wenger, Mary Cliby

IPHONE: BEYOND BASICS (IOS)

Mondays, Oct. 7 - Nov 18
8:30 - 10:00 a.m. Zoom

It's an exciting time to have a smartphone. But every year there are more features, and it can be hard to keep up with all the changes. Learn about a range of iPhone features and services from phone care to current Apple AI. Learn how to manage your email, messages, and contacts, the different ways you can personalize your iPhone, how to stay safe or private when you are using your phone, how to edit and organize all those photos you've taken. Take advantage of the iPhone's health features and much more. Class limit: 18

Instructor: Kathy Winkenwerder

NEW CLASS!

HISTORY OF BASEBALL

Mondays, Oct. 7 – Nov. 18
10:30 a.m. – 12:00 p.m.
CSULB, HS&D, room 101

How did "our national pastime" become that, and how has it evolved over almost 200 years? How did it reflect social, demographic, immigration, economic aspects of American culture? Who were the heroes of yore? Why did football and basketball surpass its popularity? Answers to these questions plus more baseball lore will be explored in this class. Class limit: 80

Instructor: John Wilson, Professor Emeritus of History; special interest: Baseball History

BRIDGE 1: BEGINNERS

Mondays, Oct. 7 - Dec. 9 (9wks)
9:30 - 11:30 a.m. LB Bridge Center

For Beginners and those who played previously. Learn to play bridge the modern way. Each class includes the play of 8 hands related to the subject taught. Topics include introduction to bridge, opening a major, opening a minor, no trump, Stayman, transfers, opening leads, attitude, carding, 1 NT Forcing and 2 over 1. ***Pay the additional $20 card fee to the LB Bridge Center.*** Class limit: 50

Instructor: Hank Dunbar

LET'S DISH: A LITTLE SAVORY, SWEET, SPICY, AND DIFFERENT

Mondays, Oct. 7 - Nov. 18
10:30 a.m.- 12:00 p.m. Zoom/IP

If you're interested in food, this is for you. Take a culinary journey as we explore the many facets of food. No matter what your background or experience, join in the conversation as we explore our own culinary journey, as well as learn from others. Participate in robust discussions on new topics.

There will be four online class meetings. The class will determine what additional culinary adventures to take, including field trips, demonstrations, cook-a longs, exchanges, and others. These may include live gatherings. Class limit: 20

Facilitators: Norma Stein & Yesmean Rihbany, Food Enthusiasts

YOGA WITH BARBARA

Mondays, Oct. 7 - Nov. 18
11:30 a.m. - 12:30 p.m.
CSULB, LifeFit, KIN 110B

Enjoy practicing flexibility, strength building, and balance through using different yoga poses or asanas. Participants need to be able to move from a seated position on the floor to standing with ease. Learn relaxation and meditation techniques that help reduce stress, depression and anxiety. Create a flexible and strong mind/body connection. Class limit: 30

Instructor: Barbara Bannerman, Certified Yoga Facilitator

Monday

UKULELE: BEYOND BEGINNER

Mondays, Oct. 7 - Nov. 18
11:30 a.m.– 1:00 p.m.
Whaley Park

Calling all ukulele players! Join the group if you want to have fun playing and learning new songs. This is not a class for beginner lessons. It is a place to play, sing, and have fun. There will be "leaders", but the participants are encouraged to bring songs and introduce them to the group. Knowledge of ukulele chords is necessary with an eye toward learning and developing more advanced techniques. Bring your Uke and have fun! Class limit: 10

Instructors: Carol Baker, & Nancy Intriere

PARLONS FRANCAIS LET'S SPEAK FRENCH!

Mondays, Oct. 7 - Nov. 18
12:15 – 1:45 p.m.
CSULB, HS&D, room 101

Did you study French in high school or college and wish that you could have continued your studies? Have you been brushing up on French using Duo Lingo but feel a need to have feedback from a live French-speaking person? If so, this course is for you! Come to refresh your memory and ignite your ability to speak and understand French. Guided conversations, vocabulary building, review of essential grammar, and training in proper pronunciation will be supported by a little reading, a little writing, and songs. This course is for those with some knowledge of French and is not intended to be a first-time experience in learning French.
Class limit: 12

Instructor: Pattie Davidson, BA in French from U. of Houston. She spent a full year studying French language, culture, and history at Universite de Strasbourg Institut pour Etrangers.

FINISHING UP OLD PROJECTS PART 2

Mondays, Oct. 7 - Nov. 18
1:00 – 4:00 p.m. (3 hours)
Alpert Jewish Community Center

I have been teaching for OLLI for four years and I can't believe time has gone by so quickly. I decided we should keep working during this Fall session on unfinished projects. We will have 6 weeks to catch up and work together to finish them all. You can also enjoy a great sense of accomplishment in finally finishing that unfinished project sitting on your shelf. Bring your tool kit and any materials or tools you need for your project.

This class is only for former students and unfinished projects from Sheryl Haglunds prior classes.

Class limit 14

Instructor: Sheryl Haglund

FREE !

BEGINNING BLUEGRASS GUITAR WORKSHOP

Mondays, Oct. 7 - Nov. 18
1:00 – 2:00 p.m. Zoom

Time for questions and personalized ZOOM lessons with Frank to help to learn to play the GUITAR . This Class is in conjunction with the Friday Bluegrass Jam No charge for workshop. Class limit: 18

Instructor: Frank Swatek

FREE !

BEGINNING BLUEGRASS MANDOLIN WORKSHOP

Mondays, Oct. 7 – Nov. 18
2:30 – 3:30 P.M. Zoom

Time for questions and personalized Zoom lessons with Frank to help to learn to play the MANDOLIN. No charge for workshop. Class limit: 6

Instructor: Frank Swatek

NEW CLASS!

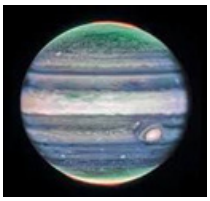
A PASSION FOR FASHION: FROM TOGA TO YOGA

Mondays, Oct. 7 - Nov. 18
1:30 – 3:00 p.m. Zoom

Laws that told you what you could or could not wear? You will learn how some items of clothing were deadly, how hair got so high it became a fire hazard and even a bit about the dark side of fashion. Check out some of the bizarre items of clothing, hairstyles and make up that were part of everyday lives of the men and women who lived before the days of yoga pants and scrunchies.

Class limit: 25

Instructor: Lee Rubinstein



UNDERSTANDING OUR PLACE IN THE UNIVERSE: PART 1

Mondays, Oct. 7 - Nov. 18
2:00 – 3:30 p.m. Zoom

Our first meeting starts with a basic inventory of our observable universe as we consider Earth, our solar system, stars, galaxies, clusters, and superclusters. We will marvel at the appearance of these heavenly bodies, their features, and their relative sizes and distances from each other. As we examine the sky and the motion of the Earth, we will understand the causes of seasons. Together we will study eclipses and phases of the Moon. Finally, we will analyze the basic properties of light and realize the scientific implications of the recent stunning images from the James Webb Space Telescope. All class sessions feature striking visual presentations.
Class limit: 50

Instructor: Dr. Montserrat Geier, Lecturer Emerita, taught Physics and Astronomy at CSULB.

Monday

NEW CLASS!

HOLLYWOOD CLASSIC MOVIES

Mondays, Oct. 7 - Nov. 18 (6 wks)
2:00 – 5:00 p.m.
CSULB, HS&D, room 101

Join Jeff for a look and a lively discussion of these movies:
Laura- Gene Tierney, Dana Andrews, Clifton Webb
Northside 777- Jimmy Stewart
The Searchers- John Wayne
Mutiny on The Bounty- Clark Gable
Key Largo- Bogart, Bacall, Robinson
Butch Cassidy and The Sundance Kid- Paul Newman, Robert Redford

Class limit: 50

Instructor: Jeff Hathcock

Tuesday

LONGEVITY STICK ART MOVEMENTS

Tuesdays, Oct. 1 - Nov. 19
9:00 - 10:00 a.m.
CSULB, LifeFit, KIN 110B

Movement with low impact, non-aerobic practice to prevent disease, protect your health, increase concentration with meditation. Do nothing that hurts or feels uncomfortable. Objectives: Develop better balance; increase physical strength by stretching muscles, tendons; and supply greater amounts of oxygen to the body through deep breathing. Equipment: BRING YOUR OWN POLE. Purchase a collapsible painter's extension pole that opens to 3-4 " longer than your height, with rubber (not plastic) end caps (Ace Hardware or Lowe's). Wear tennis shoes and loose, layered clothing. Class limit: 20

Instructor: Charles Wm. Taylor

Tuesday

iPHONE: WHAT'S NEW IN IOS 18

Tuesdays, Oct. 29 - Nov. 12 (3 wks)
9:00 - 10:30 a.m. Zoom

It's Fall and time for another iPhone operating system update. This year, there are more new features than ever, so Apple will release the new operating system in two stages. The first will include a dedicated Password app that stores your passwords, passkeys, Wi-Fi passwords and more. Others help customize your iPhone's home page and an expanded Control Center. Photos improvements lets you remove people and objects from images, and see your photos by collections, and browse by topic. iOS 18.1 will come out not long after with a group of AI-powered apps that include generated images and expanded search for some iPhones. Class limit: 20.

Instructor: Kathy Winkenwerder

MINDFUL MOVEMENT: QIGONG AND STRETCHING

Tuesdays, Oct. 8 - 29 (4 wks)
9:00 - 10:30 a.m. Zoom

Join OLLI members from across the nation in this online class, designed to help students develop or improve a daily movement program. This is an introduction to Qigong, T'ai Chi and Somatic Meditation. Movements will be taught both as exercises and as methods for improving present moment awareness and mindfulness of subtle perceptions. There will be handouts and links to YouTube videos and an optional DVD available from the instructor (not included in cost of course). Participants will need to be able to lie down and get up from the floor and be able to move comfortably in a home space while watching Zoom. Class limit: 50.

Instructor: Nando Raynolds, MA; psychotherapist; studied and taught T'ai Chi, Kenpo, Qigong, and massage over the last 30 years

BRIDGE 2: LESSONS 10 - 18

Tuesdays, Oct. 8 - Dec. 10 (9wks)
9:30 – 11:30 a.m. LB Bridge Center

Prerequisite: Bridge 1 or knowledge of Bridge 1 materials. Topics include: major suit transfers, "Standard American" bidding, "Two Over One" bidding, one no trump forcing, overcalls, takeout doubles, negative doubles, plus an in-class tournament for master points. Pay the additional $20 card fee to the LB Bridge Center. No class on Oct 15th. Class limit: 50

Instructor: Hank Dunbar

GEOPOLITICS: PAST, PRESENT AND FUTURE

Tuesdays, Oct. 1 - Nov. 19
9:30 – 11:00 a.m. Hyflex

The class will focus on geopolitical hot spots, including topics such as updates on China's internal challenges, China vs. US and our global allies. We will look at the larger issues in Asia, Europe and other new geopolitical challenges. Class limit: 90

Instructor: Dick Lunde

PLAY IT AGAIN JAM

Tuesdays, Oct. 1 - Nov. 19
10:00 a.m. - 12:00 p.m.
Whaley Park

We are a group of amateur musicians and vocalists, beginner to experienced, gathering to have fun and make music. We play and sing together to develop our personal instrumental skills. Song sheets with chords of favorite Folk, Blues, Country and Pop tunes are compiled in a Song-book, and provided digitally. The Jam class is built around guitar and ukulele; but diverse instruments (bass, banjo, harmonica) are welcome. Class limit: 35

Instructors: Carol Baker & Marc Davidson

Tuesday

NEW CLASS!

ELECTRIC CARS: HOW TO BUY, CHARGE, DRIVE ONE

Tuesdays, Oct. 1 – Nov. 5. (6 wks.)
10:00 a.m. – 11:30 p.m.
LAUMC Hall

Many people are curious about possibly owning an electric car but are confused about many aspects of purchasing, owning and driving an electric car. This class breaks down the differences between hybrid, plug-in hybrid and fully electric cars. I will provide current model examples of each vehicle type and describe their capabilities such as range and fuel economy and discuss what it is like to charge an electrified vehicle using home and public charging stations. I will debunk wrong or misleading information such as that EV batteries catch fire or that EV batteries cause pollution. If class members are actively shopping for a car, we'll discuss the best strategy to find the right car at a fair price. Class limit: 30

Instructor: Philip Reed, worked as an undercover car salesman for Edmunds.com for 16 yrs. & for Nerd/ Wallet.com for 6 yrs. and owns EVs

INTRO TO SHAKESPEARE

Tuesdays, Oct. 1 – Nov. 19
10:00 – 11:30 a.m.
Alpert Jewish Community Center

This class will feature a Shakespeare play each week with the intention of making the plays understandable in modern times. We will try to explain the play both in the time period, and when it actually took place and the time period it was written. Shakespeare can be considered the Norman Lear or Woody Allen of his time. Come see why. Class limit: 30

Instructor: Daniel Shere, retired H. S. instructor of Creative Writing & American Lit; poems, journal articles, two novels, and autobiography published

NEW CLASS!

MASTERING WATERCOLOR

Tuesdays, Oct. 1 – Nov. 19
10:00 a.m. - 12:00 p.m. Zoom

This lab-style watercolor workshop is a skills and theory lab class. Bring your own subject material - a photograph/s that you desire to paint - and over the course of the lessons, you will work through finding your subject, defining elements of the story, composition, value and color. You will learn to use apps on your phone or pad to assist with the process. The goal is to be able to translate any subject into a watercolor painting. Get as much feedback and critique from your peers as you want, and work at your own pace. The instructor will incorporate skill exercises to flex your muscle memory when it comes to various watercolor techniques. *No class Oct. 8.* Class limit: 30

Instructor: Anne Kupillas
https://www.anneqpdraws.com

FOUNDATIONS OF INVESTING

Tuesdays, Oct. 1 – Nov. 12 (7 wks)
10:00 – 11:30 a.m. Zoom

This class will cover essential investing in a declining interest rate economy. Increasingly volatile markets can create opportunities and potential pitfalls. We will address the principals of selecting stocks, bonds, and other investments, with a focus on using investment income to fund retirement. Learn how to read financial statements and to translate confusing financial jargon. We will discuss the evolving world of crypto currency (Bitcoin, Ethereum, etc.) Information will include the role of a financial advisor and identifying fees and costs. Time will be allotted for individual questions and answers. No products or services are sold, endorsed, or marketed. Class limit: 25

Instructor: Andy Dilsaver, CFP®, Financial Advisor

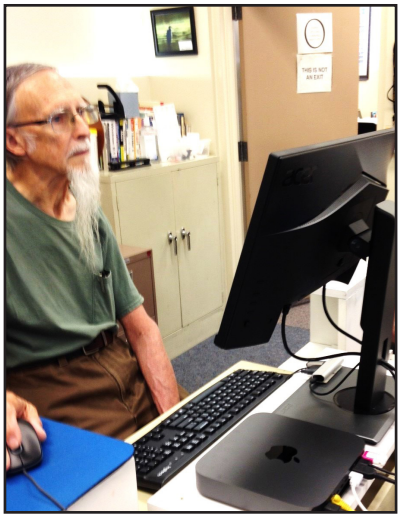
NEW CLASS!

BASIC COMPUTER SKILLS

Tuesdays, Oct. 1 – Nov. 19
11:00 a.m.– 12:30 p.m.
CSULB, HS&D Tech Lab

Learn or review the basic skills needed for your computer's operating system (OS) and the programs you use. We'll explore computer operating systems (but NOT phones or tablets). We will use the OLLI Lab computers, which run Windows or Mac OS to practice these skills. Suitable for beginners or someone who is switching operating systems. Class limit: 10

Instructor: Wesley Peck.



See FREE Special Events on pages 24 - 25

SPANISH STORY TIME

Tuesdays, Oct. 1 – Nov. 19
12:00 – 1:30 p.m. Zoom

This course will introduce participants to Spanish children's literature. Each selection will be used to engage class members in oral Spanish skills by focusing on vocabulary development, comprehension and speaking. The instructor believes in a natural approach to language acquisition, encouraging all participants to be fully involved in a positive learning environment that supports each learner regardless of current proficiency level. Beyond beginners preferred.
Class limit: 12

Instructor: Pam Kiwerski

NEW CLASS!

SHORT STORY: HOW TO DEVELOP, SUBMIT, AND PUBLISH

Tuesdays, Oct. 1 – Nov. 19
11:15 a.m. – 12:45 p.m.
CSULB, HS&D, room 101

Join this Workshop-seminar to help develop a publishable short story, in a supportive instructor-led setting. Read and discuss model stories, share your own writing to give and receive constructive feedback, and learn how and where to submit your work in today's internet-based submitting environment. All levels of fiction writing experience are welcome.
Class limit: 10

Instructor: David K. Slay, short story writing, editing, and publishing. Completed short story writing workshops in UCLA Writers Program; has 15 short stories published; Short Fiction Associate Editor for CRAFT, a Literary Journal.

NEW CLASS!

YO ME KI REIKI

Tuesdays, Oct. 29 & Nov. 19
1:00 - 2:00 p.m. LAUMC Hall

YO-ME-KI © (pronounced Yo Meh Key) is Yoga + Meditation + Reiki energy—all in one! Try this new and very healing class to ease away stress and anxiety. The class is divided into three parts. First, you do very gentle yoga poses to loosen and relax the body. Next, you will be led in a peaceful guided meditation to clear the mind and to work on the subconscious. Lastly, you will be the recipient of Reiki energy, helping to balance the chakras and clear your aura. Bring yoga mats, blankets, pillows, etc.—whatever makes you comfortable. Class limit: 20.

Instructor: Patty Tahara Rassouli, yoga-meditation-Reiki teacher

NEW CLASS!

THE VALUE OF AN EXAMINED LIFE

Tuesdays, Oct. 1 – 29
1:00 – 2:45 p.m.
CSULB, HS&D, room 101

When we reveal ourselves through story, we become aware of the multi-faceted, multi-chaptered "I" who is the storyteller. This class uses a developmental approach to explore how connecting past experiences to present, amid different changing contexts over a lifetime may be the most important work of later years. Your story is not just facts and events, it is the way you integrate facts and events, pull them apart and then weave them back together to make meaning. Class limit: 15

Instructor: Kathryn Skrabo: MSW has worked across age groups and populations. Certified Guided Autobiography Facilitator and a member of The Center for Life Story Innovations and Practice, facilitating Life Story Narrative groups for the past nine years.

NEW CLASS!

NUTRITION AT THIS TIME IN YOUR LIFE

Tuesdays, Oct. 1 - 22
1:00 - 2:00 p.m. LAUMC Hall

Learn about general nutrition information to maintain and/or improve health as we age. Are we the same as we were in our 40's? Is 60 the new 50? How much do we already know about what we need to keep us active and healthy? Learn how to apply better nutrition choices to our daily lives. Learn how to read a food label. How do our nutrition needs change as we age? What is a healthy diet? Learn more in a relaxing, no stress setting (not the doctor's office). Class limit: 15.

Instructor: Joanne Feldman, BS CSULB Dietetics & Food Administration; MA CSULB Nutrition; Registered Dietitian Nutritionist

NEW CLASS!

THE DRAMA OF WAR: PART 3

Tuesdays, Oct. 1 – Nov. 19
3:00 – 5:00 p.m.
CSULB, HS&D, rm 101

In part 3 of our exploration of the Steven Spielberg/Tom Hanks mini-series, we will finish *"The Pacific"* and will start the *"Masters of the Air"* mini-series. *The Pacific* follows the trials and tribulations of three US Marines from the 1st Marine Division as they fight across the Pacific. We started this series during the OLLI summer session, but attendance then is not mandatory to enjoy this class! *Masters of the Air* is also a Spielberg/Hanks mini-series that recounts the story of the 100th Bomb Group in World War II and follows bomber crews on dangerous missions to destroy targets inside German-occupied Europe. Join us as we explore the horrendous experiences of the men and women in World War II.
Class limit: 50

Instructor: Paul Killins

Wednesday

STAND TALL - STAND STRONG

Mondays, Oct. 7 – Nov. 18
Wednesdays, Oct. 2 – Nov. 20
8:30 - 9:50 a.m. Zoom

This active Zoom class meets Mon. & Wed. Students may choose to attend once or twice weekly. See Monday for class description. Class limit: 50

Instructor: Lorraine Goldman

YOGA WITH JEAN MARIE

Wednesdays, Oct. 2 – Nov. 20
8:30- 9:45 a.m.
CSULB, LifeFit, KIN 110B

Do you want to feel younger, look younger, and supercharge your brain? Do you want to improve your posture, stand taller, and walk or move with more ease, and diminish back, neck discomfort? Practicing the ancient art of yoga has produced these results for ages!! Come and join our yoga community, and you will learn to stretch, breathe, laugh, and make friends! Come as you are— all levels are welcome! Class limit: 30

Instructor: JeanMarie Van Dine, Certified Yoga Instructor

FASHION AND STYLE FOR WOMEN

Wednesdays, Oct. 16, 23, 30 (3 wks)
8:30- 10:00 a.m. Zoom

The class will present the importance of wearing color that harmonizes with your complexion. We will discuss the 8 body types for women and selecting clothing styles that complement your body type. You will learn about accessorizing, your face shape and what hair styles, glasses and make-up tips look good on you. Do you know your fashion personality? You will learn about that too. Class limit: 15

Instructor: Kathy Marshall, Fashion Consultant

ALEXANDER TECHNIQUE

Wednesdays, Oct. 2 – Nov. 20
9:00 - 10:30 a.m.
Signal Hill Library Center

Are you overwhelmed? Do you notice recurring physical discomfort in your body? This experiential class will give you the opportunity to slow down and come back to yourself. We'll gently explore our own habitual physical and mental responses by way of simple, everyday movements (i.e. sitting, standing, walking, lying down). Join us to learn the foundations for improving posture and balance while reducing stress and tension. We will delve into:

- An introduction to the principles of the Alexander Technique
- Increasing body awareness and awareness of the self as a whole and of habitual patterns of tension
- Experimenting with tools for improved physical coordination, relaxation & stress reduction

Students should be able to move from chairs to lying on the floor during the class.

Class limit: 8 (8 for Signal Hill).

Instructors: Sarah Pinsky, mAmSAT certified by the American Society for the Alexander Technique. Aside from her private practice, taught at Rio Hondo College, USC, Pomona College, and Baron Brown Acting Studio.

TALKING STORY

Wednesdays, Oct. 2 – Nov. 20
10:00 - 11:30 a.m.
Houghton Park

Each week class participants will have a prompt to which they can respond to share a significant story in their lives. We will learn to share, in the tradition of the "Hopi Story Holes" to help weave the fabric of our lives as community. Class limit: 15.

Instructors: Carolyn Estrada, Marriage, Family, Child Therapist & Roberta Hamfelt, retired teacher (still volunteering in the classroom), active in an organ donation organization

THE ART OF DOWNSIZING

Wednesdays, Oct. 2 – Nov. 20
9:00 – 10:00 a.m.
CSULB, HS&D, rm 101

How did we accumulate all this stuff? Why can't we let it go?

Many of us are retired and taking a closer look at the space around us. Do you see closets, cupboards, a spare room or a garage full of things you once used but no longer need. Maybe you are planning a move and are finding it hard to decide what to keep. If you have tried before to lighten your load but have not been successful, this class is for you! Find out what is holding you back so you can move forward. Find your true treasures and keep them. Avoid the frustration of things being misplaced or lost. This class will provide information, strategies, helpful tools and a chance to have your questions answered in a positive and supportive atmosphere.

Class limit: 20

Instructor: Terri Sievers

NEW CLASS!

SETTINGS ON AN APPLE DEVICE

Wednesdays, Oct. 2 – Nov. 20
10:00 – 11:30 a.m.
CSULB, HS&D, Tech LAB

Do you wonder what features you can change on your device? This class will cover the settings available on your device, including camera functions, focus, accessibility, passwords, notifications. We will also cover the settings within apps, such as how to use filters within apps, how to navigate within an app, and tips for using your devices more efficiently.

Bring your charged iPad or iPhone to each class. Class limit: 12

Instructor: Marilyn Gettys

Wednesday

NEW CLASS!

CELTIC MUSIC: SING & PLAY

Wednesdays, Oct. 2 – Nov. 20
10:00 - 11:30 a.m.
Whaley Park

Interested in learning and playing traditional Irish and Scottish folk songs? Join us if you want to play instrument-based music in the vein of The Dubliners, The Irish Rovers… Participants should be able to sing and/or harmonize and play a traditional instrument at an intermediate level (or better). Harmonizing lessons will be given as well as a free songbook provided. Appropriate instruments include guitar, flute, whistle, recorder, mandolin, acoustic bass, muted banjo, concertina and bodhran. This is an experimental class with the goal of forming a performing group with various traditional Celtic instruments. Looking for performance opportunities within the OLLI community and beyond.

Class limit: 10

Instructor: Brian Bradshaw

ACOUSTIC GUITAR 2: BEYOND BASICS

Wednesdays, Oct. 2 – Nov. 20
11:30 a.m. - 1:00 p.m.
Whaley Park

Ready to move on to the next level, add some sophistication to your guitar playing; something new for your repertoire? Join us if you would like to learn to play rich, guitar-based music of our roots--folk, country, 60's-70's rock & roll, & blues. Instruction will be chord-based and song-based, and is designed for intermediate players. Instruction is based upon playing with a pick and will cover Advanced Chords, Right Hand Techniques, Reading Tabs, "Licks," "Intros," "Outros," Double Stops, Bass Runs, and Barre Chords. Looking for performance opportunities within the OLLI community and beyond.

Class limit: 15

Instructor: Brian Bradshaw

FREE !

COMMUNITY CONNECTIONS

Wednesdays, Oct. 2 – Nov. 13 (7 wks)
12:00 - 1:00 p.m.
CSULB, HS&D rm 101

Participants will hear a different presentation each week from a local venue about its history, mission, events, ticket prices, volunteer opportunities.

In the previous class we focused on cultural venues here in Long Beach, such as Rancho Los Cerritos, Rancho Los Alamitos, Museum of Latin American Art, Music Theatre West, Carpenter Center, Long Beach Symphony, Long Beach Art Museum. Join us this session as we broaden our scope to include other types of venues like the Long Beach Historical Society, the Aquarium or the LB Airport. All Members are welcome

Class limit: 50

Leaders: Rosemary Danon & Nancy Schwartz

NEW CLASS!

APPS ON AN APPLE DEVICE

Wednesdays, Oct. 2 – Nov. 20
11:45 a.m..– 1:15 p.m.
CSULB, HS&D, Tech LAB

In this class we will cover popular iPhone and iPad apps and show you how to use them. Apps will include Books, Libby, YouTube, Voice Memos, Numbers, Facebook, FaceTime, Messages, Maps, Clock, Files, and any others the class would like to explore. Bring your charged iPad or iPhone to each class. Class limit: 12

Instructor: Marilyn Gettys

NEW CLASS!

AI UPDATE: WHAT'S HAPPENING?

Wednesdays, Oct. 2 – Nov. 20
10:15 – 11:45 a.m.
CSULB, HS&D, rm 101 / Hyflex

Do you want to understand the hullaballoo about Artificial Intelligence (AI), and the latest developments in this fast-moving field? The AI techno-economic cycle is still in its very early stages, and predictions as to where it will lead, its possible dominance over human intelligence, its effect on weapons and war, work, health, politics, education, human well-being, etc., are all over the place. We will cover basic concepts of AI, fast-moving AI developments, efforts to contain AI, and ways it may affect you and the future of life as we know it. Class limit: 60

Instructor: Louise Soe

ABC'S OF MEDICARE

Wednesdays, Oct. 23 – Nov. 6 (3 wks)
1:00 - 2:30 p.m. Zoom

Come for a RAFFLE PRIZE drawing and learn the importance of knowing when you can sign up for Medicare in order to get the most of your Medicare benefits and avoid late enrollment penalties.

It's also important to know that you can change or amend your existing plan to better meet your specific needs. We will cover the 4 parts of Medicare, the differences between HMO, PPO, and Supplemental/ Medigap plans and we will cover how to decipher your medical bills. For example, I have a bill from my doctor. Do I pay it or does the insurance company pay it? Class limit: 60

Leader: Diana Dillman, Medicare Options Specialist License #4189213

Wednesday

NEW CLASS!

FOUR STORIES- FOUR WEEKS

Wednesdays, Oct. 30 - Nov. 20 (4 wks)
1:00 - 2:30 p.m.
Alpert Jewish Community Center

What happened to all the summer reading you planned to do?

Not to worry. Simply sign up for Four Stories-Four weeks, and you'll be treated to enticing short stories by excellent writers, some familiar ones, and some you've never heard of before. This class is an adventure!

Class limit: 20

Instructor: Mona Panitz

NEW CLASS!

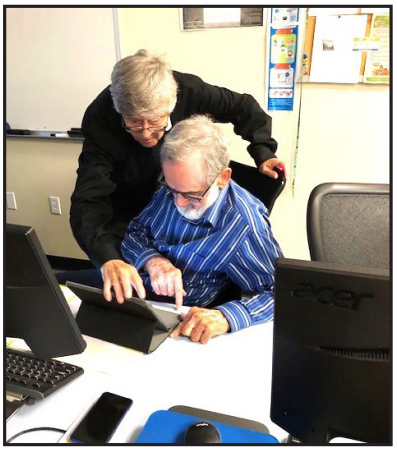
TECH ONE-ON-ONE

Wednesdays, Oct. 2 - Nov. 20
1:30 – 3:00 p.m.
CSULB, HS&D, Tech Lab

Have you ever thought it would be good to have a private tutorial that covered a feature you wanted to know more about on your iPhone or iPad? Well here's your chance. You can sign up for a 1.5 hour session with just you and the instructor. You'll get to ask any questions you have, and work on anything you want to learn on your devices. Bring your charged iPad or iPhone to each class. At the first class, you will sign up for one of the eight weeks available.

Class limit: 8

Instructor: Marilyn Gettys



NEW CLASS!

FROM SLAVERY TO FREEDOM

Wednesdays, Oct. 2 - Nov. 20
1:45 – 3:15 p.m.
CSULB, HS&D, rm 101

This course investigates the history of slavery in the Caribbean and Latin America from the colonial times to the nineteenth century. We will examine the similarities and differences between these various slave societies, as well as slaves' struggle for freedom. We will focus on themes such as the transatlantic slave trade, the Middle Passage, urban/rural slave labor, slave society and culture. Students will understand how slave labor shaped the formation and development of the New World. Class limit: 20

Instructor: Nilce Wicks

SPANISH FOR TRAVELERS

Wednesdays, Oct. 2 - Nov. 20
3:30 - 5:00 p.m.
CSULB, HS&D, rm 101

Embark on your journey with Spanish for travel! This dynamic course equips you with the essential language skills for travel experiences in Spanish-speaking destinations. Learn practical phrases, cultural insights, and how to navigate everyday situations confidently. Prepare to immerse yourself in Spanish language and culture for unforgettable adventures abroad!

Class limit: 20

Leader: Samuel Perez, Native Puerto Rican with deep connection to Hispanic culture combined with extensive travel experience in Spanish-speaking countries.

Thursday

IT HAPPENED IN BROOKLYN

Thursdays, Oct. 10 - Nov. 7 (5 wks)
9:30 - 11:00 a.m. Zoom

This is a romp through Brooklyn, NY, from its beginnings to present day, with videos that epitomize Brooklyn life. The course will highlight many famous people that grew up in Brooklyn and their achievements. It will cover neighborhoods, landmarks and Brooklyn's impact on the world as well as describing how life in Brooklyn today is different from how it was when many OLLI people grew up there. Class limit: 20

Instructor: Len Jacobson, MSEE

MEMOIR WRITING: A NOVEL APPROACH

Thursdays, Oct. 3 – Nov. 21
9:30 - 11:30 a.m. Zoom

In this class, participants prepare memoirs that detail memorable life experiences. Each week, we meet, share, and read essays written in advance.

Participants are asked to honor an 800-word/5-minute reading time limit in order to accommodate all class members. Each author will receive gentle, constructive, and supportive feedback related to the writing following their reading time.

Discovering one's personal writing style, voice, and effectiveness are part of the fun we enjoy in this class. All writing levels are welcome.

Class limit: 20

Class Leaders: Michael Marshall & Pam Kiwerski

Thursday

AI ENHANCED VIDEO PRODUCTION: CREATE AND EDIT WITH SMART TOOLS

Thursdays, Oct. 3 – Nov. 21
10:00 - 11:30 a.m.
CSULB Tech Lab / Zoom

Want to film events in your life and the lives of your family and friends? Easy! Use the camera on your smartphone, tablet or laptop, or an action camera. Learn how to shoot and edit videos on each device, when it is best to use each one, filming techniques, smartphone video apps, useful accessories. We will discuss creating scripts, background music and voice narration, editing tools, and how to get the best video quality and frame rates. Learn how to use action cameras, what they are best used for, and the difference between a GoPro and other action cameras. *Prerequisite: bring your charged device to each class*.

Class limit: 10

Instructor: Perla Gutierrez

NEW CLASS!

CUT THE CABLE: LEARN TO STREAM

Thursdays, Oct. 3 - 24 (4 wks)
10:15 - 11:45 a.m.
CSULB, HS&D, rm 101 / Zoom

Aren't sure how to cut your cable and watch streaming services? This is a perfect environment for you to take advantage of an avalanche of streaming content far greater than what the cable companies offer. Learn the benefits and drawbacks of saying goodbye to your cable service, determine if you already have compatible equipment or if additional items may be required. Learn how Smart TVs, streaming devices, like the Amazon Firestick, Chromecast, and Roku, work, and how to watch your favorite local TV channels.

Class limit: 60

Instructor: Jack Friedman

AUTHORITARIANS, CULTS, AND CONSPIRACY THEORIES

Thursdays, Oct. 31 - Nov.7 (2 wks)
10:15 - 11:45 a.m.
CSULB, HS&D, rm 101

A CNN report in July 2023 found that 58% of all Americans say they are just a little or not at all confident that elections represent the public will. A Democracy must have a free flow of accurate information that is believed by the majority. This class will examine three important conditions that cause people to believe misinformation and lies that will weaken our democracy and foster Authoritarianism.

Class limit: 25

Instructor: Donald Hucker, B.S. Management, CSULB; M.B.A. Comparative Management, USC; seminar participant in The Science of Stress, and in The Central Nervous System

TAI CHI CHUAN 101

Thursdays, Oct. 3 – Nov. 21
10:30 - 11:30 a.m.
CSULB, LifeFit, KIN 110B

An introduction to basic principles of Tai Chi Chuan through the learning of the classic movements of Yang Style tai' chi. Students will apply five basic principles: relaxation, separation of weight, waist turn, upright body and virgin hands. While Tai Chi has its roots in Taoist philosophy and the martial arts of Qi Gong, this form was developed for its health benefits. It seeks to create balance, flexibility and strength and awareness and connection between the body, the mind and the animating life force of Tao. I welcome you to join.

Class limit: 15

Instructor: Richard Richina, has decades of tutelage and practice of the Yang Style as developed by Master Cheng Man Ching.

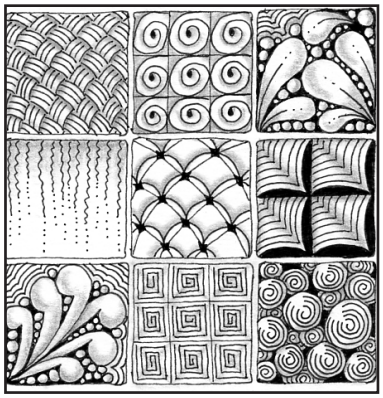
WRITING FOR WELLNESS

Thursdays, Oct. 3 – Nov. 21
11:00 a.m.- 12:30 p.m. Zoom

It's a well-known fact that writing about things important to you can help to resolve your feelings. This class is not about publication, grammar or polish. It's about making you feel better. Sharing is encouraged but not a requirement. Join us.

Class limit: 12

Facilitator: Joan Smith



ZENTANGLE PATTERNS

Thursdays, Oct. 3 – Nov. 21
11:30 a.m. - 12:30 p.m.
Alpert Jewish Community Center

Come draw with me - one line at a time. The Zentangle Method is an easy-to-learn relaxing and fun way to create beautiful images by drawing structural patterns. The patterns are called "Tangles". We will create pencil and ink abstract drawings together on 3 ½" paper tiles. Materials needed; Notebook, #2 pencil, eraser, Micron 01 pen, tortillon (paper blender) and 3.5" paper tiles.

No experience, planning or over-thinking required. Class limit: 18

Instructor: Tom Taylor

NATIONAL & INTERNATIONAL CURRENT EVENTS & ISSUES

Thursdays, Oct. 3 – Nov. 21
12:00 – 1:30 p.m.
CSULB, HS&D, rm 101

Stay informed and have your say on the news of the day. Instructors will choose a few current event topics each week, give a brief presentation for each and then ask for thoughtful comments and questions from the class. These discussions are very much valued and are the core of the class. Class members are also encouraged to choose a topic of their own and present it for discussion. Class limit: 98

Instructors: leadership alternates among five volunteer instructors. Barbara Mikalson, Doug Haigh, Mary Meyer, Bill Shaddle and Gary Murph.

NEEDLEWORK CAFÉ CROCHET / KNITTING FOR BEGINNING AND INTERMEDIATE

Thursdays, Oct. 10 – Nov. 21 (7 wks)
1:00 – 3:00 p.m.
Alpert Jewish Community Center

Introduction to basic knitting and crochet stitches using class demonstration and individual instruction. Beginners: for the first class, bring a skein of worsted yarn and either size 7 or 8 knitting needles or a size H or I crochet hook (depending on choice to learn knitting or crochet). Intermediate students will continue to work on their projects. The instructor, as needed, will assist all students.

Class limit: Beginners 7, Int. 7
Instructor: Carolyn Sabol

AI-POWERED SOCIAL MEDIA: APPS AND STRATEGIES FOR SUCCESS

Thursdays, Oct. 3 – Nov. 21
1:00 – 2:30 p.m.
CSULB Computer Lab / Zoom

Ever been curious about an app, but don't know how to get started using it? Join this class! Choose from popular free apps like Skype, Whatsapp, LinkedIn, YouTube, Uber, Google Maps, or Eventbrite. We will try ChatGPT 4 too! Many are part of the social media environment. Learn about gifs / memes, how to navigate the huge amount of choices at Amazon, the App Store or Google Play Store. This is a hands-on class with help and practice using the apps you choose. Learn on all devices including computers or mobile devices. If you bring a mobile device to class, make sure it is charged.
Class limit: 10
Instructor: Perla Gutierrez

MUSIC BEGINNING THEORY – SPORT OF MUSIC - THE BASICS

Thursday, Oct. 3 – Nov. 21
1:30 – 2:30 p.m.
Los Altos UMC Hall

This class is an introductory course to understanding the music language, how to read and perform rhythms and pitches. Materials needed for the class: $5.00 for printed pages; a three- ring binder or pocket folder and pencil with eraser. Class limit: 15

Instructor: Kathy Price, a Kodaly Method certified Music Specialist and professional vocalist, composer and arranger, taught in private music schools for 37 years. She continues to sing with multiple vocal ensembles and choirs in Southern CA, and teaches beginning and intermediate piano. Also currently directs the OLLI Chorus "Catch the Spirit of Singing"

NEW CLASS!

LAWN BOWLING: FUN WITH FRIENDS

Thursdays, Oct. 3 – 24 (4 wks)
1:30 – 3:30 p.m.
LB Lawn Bowling Club - Rec Park
1109 Federation Dr. LB

Lawn Bowling is a game that has something for everyone. It ranges from a fun social game to a world competitive sport. It is easy to learn, but incredibly challenging to master rolling a bowl to hit the jack. A fun activity to share with current and new friends. Learn the basic skills and strategies of the world-wide game. This class is open to all physical abilities, as it is easy on the body while mentally challenging. Beware, you may just find your lifelong sport!

Class limit: 24
Instructor: Mel Leach, Emerita Professor, Club approved Lawn Bowling Instructor and competitor

"CATCH THE SPIRIT OF SINGING" CHORUS

Thursdays, Oct. 3 - Nov 21
3:00 – 4:30 p.m.
Los Altos UMC Hall

Whether you are an experienced singer or have always desired to sing, this creative chorus is for you. Together we will gain confidence in our individual natural singing abilities and music. Performances to be scheduled when we are fully prepared.

NOTE * $10.00 for music (subject to change), a pencil with eraser, and a 1" BLACK 3 ring binder for music are required.

Class limit: 50
Instructor: Kathy Price,

(see Music Theory)

Thursday

MAXIMIZE YOUR ONLINE PRESENCE: WEBSITES, VLOGS & PODCASTS WITH AI INTEGRATION

Thursdays, Oct. 3 – Nov. 21
3:00 – 4:30 p.m.
CSULB, HS&D Tech Lab / Zoom

Find out how easy it is to build your own website, blog, chat or webinar. Create your own or watch and learn how it is done. We will study examples of popular websites builders, learn strategies to reach your favorite audience and bring people to your site. See how to increase communications on social media channels with your website, build loyalty, then maintain your website, blog, or chat.

All devices are welcome, but know how to use your device if you want the full experience. Still, you can have a wonderful time just learning about the most important tools of Internet communications. Class limit: 10

Instructor: Perla Gutierrez

ADDED CLASS!

YOGA ON A CHAIR

Fridays, Oct. 4 – Nov. 22
12:30 - 1:45 p.m. Zooml

Join us for this class on how to use a chair to replace the traditional yoga mat! This Chair Yoga class will teach yoga poses with levels of flexibility to accommodate every body and both experienced yoga practitioners and beginners!

Class limit: 30

Instructor: Claudia Ellano-Ota

Friday

NEW CLASS!

BASIC PHOTOGRAPHIC COMPOSITION

Fridays, Oct. 4 – 25 (4 wks)
8:30 – 10:00 a.m.
CSULB, HS&D Tech Lab

Starting with some basic composition guidelines, students will learn how to create more pleasing and compelling images by using the elements and arrangements of color, shapes, contrast, angles, and the placements oiliness within the four edges of a photo. Whether using a camera, iPhone or iPad, students will learn to improve their photographic art while viewing numerous sample images. After class, students will have an opportunity to transfer and save images to computers. Class limit: 10

Instructor: Larry Hicks

MEDITATION WITH CAROL

Fridays, Oct. 4 – Nov. 22
9:00– 10:30 a.m.
CSULB, HS&D, rm 101

Meditation has been defined as a way to quiet the mind, connect with our inner self, and even heal the body. It has been used for centuries within most spiritual and religious settings. In the Western world it is being accepted not only as a spiritual practice, but also as an adjunct to other therapies to treat chronic pain, lower blood pressure, and PTSD. It is a useful tool for everyone to disconnect from the constant barrage of emails, negative news, and traffic jams.

Carol believes daily meditation provides insight into different levels of consciousness. After experimenting with other forms of meditation, today she primarily uses a technique classified as "open focus." She is working on her doctorate and studying people's motivations for beginning a meditation practice during the pandemic.

Class limit 50

Instructor: Carol Beckerman, MA

NEW CLASS!

WATERCOLOR PAINTING BASICS

Fridays, Oct. 4 - Nov. 22
10:00 a.m.– 12:00 p.m.
CSULB, DESN, rm 111

Let's work on the Watercolor basics. I'm an Artist and Art Educator. I've taught Art for 38 years. We'll work on practice pieces and sharpen our skills. Learn and practice new techniques. We will paint a different subject together each week. Subjects will range from still life to nature, landscapes, animals, people, and abstract. Build a portfolio of work in which you will see your skills growing. You'll need to bring your own materials. I'll send out an email with a list of materials after registration. iliveart@mac.com

Class limit: 18

Instructor: Valerie Berry

JEWELRY FROM A - Z

Fridays, Oct. 4 - Nov. 22
10:30 a.m. – 12:30 p.m.
Alpert Jewish Community Center

Have you admired a piece of jewelry and wanted it to match your colors? Have you wanted to explore a new medium and make art you can wear? If so, this class is for you! We will explore jewelry making from A to Z, learn a variety of techniques including how to create unique jewelry pieces. Belinda is a fiber artist by training and has been studying jewelry making and design for over 20 years. She enjoys creating jewelry from various and inexpensive objects.

Class limit: 20

Instructor: Belinda K. Belisle

Friday

WRITERS READ ALOUD

Fridays, Oct. 4 – Nov. 22
10:45 a.m. – 12:15 p.m.
CSULB, HS&D, rm 101

Everyone has a story to tell. Everyone has several stories to tell. Regretfully, they seldom are brought to life, never articulated, never shared. This class encourages us to write our stories and share them in a classroom environment that is attentive and supportive. Each class member will read from stories they have written outside of class. This OLLI writing class meets in person. It offers a sense of intimacy, spontaneity, and possible surprise. You are invited to join our lively readings and discussions. Class limit: 15

Facilitator: Joseph Van Hooten, retired teacher, artist, and aspiring writer.

BLUEGRASS MUSIC JAM

Fridays, Oct. 4 – Nov. 22
11:00 a.m. – 1:00 p.m.
Los Altos UMC Hall

Increase your Guitar playing skills with this group of musicians. Peer learning with a *Focus on The Fundamentals.* Questions?? Contact frankswatek@hotmail.com

Class limit: 20

Instructors: Frank Swatek, with Mark Shutts and Dennis Murphy

OPEN COMPUTER LAB
Fridays 1:30 - 3:30

Come check out the demo computers in the OLLI Lab or talk technology with Wes Peck! (Windows 11, Mac iOS, Chrome OS / ChromeBooks and Linux)
Send an email with your questions to olli@ csulb.edu

SOUL TAI CHI WITH JIMMY

Fridays, Oct. 4 – Nov. 22
11:00 a.m.- 12:00 p.m.
CSULB, LifeFit Center, KIN 110B

This class is designed for anyone who wants to improve the flow of energy throughout their body and work on balance. My Tai Chi process will enhance your overall system harmony and incorporates many different styles. My teachings are open and available to anyone who wants to heal and feel fluidity in their life. Students may find that, over time, they exude a glow or energetic illumination!. Class limit: 25

Instructor: James Matthews, 10+ years of Tai Chi experience

NEW CLASS!

THE PLANTS AROUND US

Fridays, Nov. 1-8-15 (3 wks)
11:00 a.m. – 1:00 p.m.
CSULB, HS&D, rm 105

If you ever have been curious about the history and importance of the plants that surround us, then join Howard Manning as he explores the relationship to plants in our gardens, parks, around our homes, and in our wilderness areas. This class will deepen your understanding about edible, toxic and invasive plants as well as help you discover how climate change and human activity have influenced plants over the past hundred years. Discover through tastings and discussion, how plants have played an important part in human development over thousands of years.

Class limit: 20

Instructor: Howard Manning, retired safety engineer and lifelong forager; MS in Safety from USC, former owner of HarvestinHoward LLC..

SHAPE SHIFTING: EXPLORING COLLAGE

Fridays, Oct. 4 – Nov. 22
12:30 - 2:30 p.m.
Alpert Jewish Community Center

This class will offer you an opportunity to develop skills in cutting and tearing, composition, color, and texture leading to a finished collage and strong artistic statement. You will enjoy a sense of exploration and experimentation and a wonderful feeling of artistic accomplishment.

Class limit: 20

Instructor: Alice Dworkin

SHORT STORY DISCUSSION GROUP

Fridays, Oct. 4 - Nov. 22
1:00 - 3:00 p.m. Zoom

This session we will finish reading prize-winning short stories from the 2023 edition of ***The Best American Short Stories***. This is an opportunity to read outstanding stories from both new and well-known authors, published in American or Canadian publications in 2022. Each week we will read a short story and discuss our responses to what makes the story unique: themes, techniques, characters, atmosphere, etc. All class members participate, contributing multiple views of the same story. The results are stimulating, entertaining and sometimes surprising. The anthology is: ***The Best American Short Stories 2023***, Min Jin Lee, Ed., with Heidi Pitlor (Boston, New York: Mariner Books, HarperCollins, 2023).

Please, arrange access to this anthology to use for the class discussions. It is available in several formats: Kindle, paperback, Audible.

Class limit: 24

Class Leader: Fern Ramirez

Friday

NEW CLASS!

PHYSICS AND CHEMISTRY IN EVERYDAY LIFE

Fridays, Oct. 4 - Nov. 22
12:30 - 2:15 p.m.
CSULB, HS&D, rm 101

Discover the fascinating side of physics and chemistry through real-world applications and interactive experiments. This course combines lectures, engaging discussions, thought-provoking questions, hands-on activities, and demonstrations. Learn how chemistry and physics are part of your everyday life. You will understand why iron rusts, why certain organisms glow at night, why we add preservatives to foods to keep them fresh longer, and why certain detergents and softeners work best for laundry. Take part in fun, hands-on activities that show science ideas in action, making them easier to understand. This course will inspire you to keep learning about science even after the class is over and to share what you learn with others.
Class limit: 50

Instructor: Jessica Duron, a distinguished scholar with dual BS degrees in physics and chemistry from Cal State Fullerton , currently pursuing a MS degree in physical chemistry. Her research career began in physics, focusing on mitigating radiation therapy damage in cancer treatment. She transitioned to chemistry research, developing imaging probes for hyperpolarized 13C spectroscopy to observe metabolic processes in real-time. Now, she combines her passion for both fields, focusing on 2D nanomaterials using density functional theory (DFT) to study the effects of oxygenated hole defects on electronic properties. Jessica has presented her work at conferences, including the American Physical Society, the American Chemical Society, and the Conferences for Undergraduate Women in Physical Sciences

NEW CLASS!

COMEDY CAPERS

Fridays, Oct. 4 - Nov. 22)
2:30 – 4:30 p.m.
CSULB, HS&D, rm 101 / Zoom

More laughter featuring a few more of my favorite comedy movies from the 40s, 60s, 70s, and 80s. These will further our matinee study of the different comedy genres. This session continues the laughs with films I have enjoyed and I hope you will too! Most are not the mainstream comedies you would expect, but rather overlooked films that deserve a second chance. This Hyflex class (both Zoom and on Campus) will make you smile with an occasional chuckle. Time to grab the popcorn and get ready to enjoy your afternoon.

Class limit: 80
Instructor: Karen Lucas.

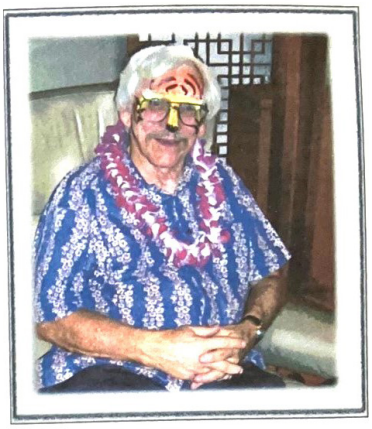
STAINED GLASS MAKING

Fridays, Oct. 4 - Nov. 22)
2:30 – 4:30 p.m.
CSULB, HS&D, rm 105

Learn secrets to design, build, and/or restore stained glass windows. This course will cover leaded and copper foil techniques that haven't changed for hundreds of years. Complete a project to beautify your own home and/or give to friends as keepsakes. A list of materials will be provided at the first class meeting. Contact the instructor at: snewcomb@congruex.com

Class limit: 20
Instructor: Stephen Newcomb.

OLLI FAREWELL



For anyone who has admired the watercolor artwork in the OLLI office, please know that they were done by **Roy Hubbs,** one of the early OLLI instructors who taught drawing and watercolor art. He taught classes on campus for close to ten years, inspiring many to improve and create art.

His family contacted us to say that Roy died on August 14, 2024 and they wished for a notice in *The SUN* or a newsletter so that the many students at OLLI would remember Roy.

A poem was written by Carol Feeney, another former OLLI member in a poetry class. Roy's wife, Barbara, thought maybe one paragraph would describe Roy's OLLI career.

Wearing a Hawaiian shirt splashed with hibiscus,
The artist teacher walks to the podium.
Speaking of the necessity of art,
he proffers his classes
Inviting students to enroll –
watercolor, papermache….

We will miss Roy's talents and enthusiasm for his art and for teaching.

Saturday

WATERCOLOR WORKSHOP-

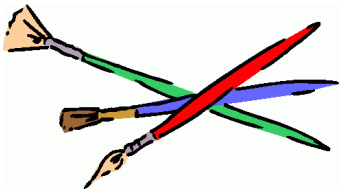
Saturdays, Oct. 5 - Nov. 23
9:00 a.m. – 12:00 p.m.
CSULB, DSN, rm 111

This workshop offers an opportunity to improve your watercolor painting focusing on fundamental elements such as colors, value patterns, perspectives, and composition. It is intended for students who have experience with watercolors. Bring your own materials and reference photos.

Mike gives lessons from 10:00 - 12:00, but all students contribute to the class by sharing experience, feedback and critiquing each other's work. Students decide on their own hours to work independently or with lessons.

Class limit: 30

Instructor: Mike Daniel



THE ART OF SONG: SONGWRITING

Saturdays, Oct. 5 - Nov. 23
10:00 a.m. - 12:00 p.m.
CSULB, HS&D, rm 101

The art of songwriting is one that just about anyone can learn. Whether or not you've tried your hand at music composition in the past, this class will give you the opportunity to get creative, or receive re-assurance to continue your passion for songwriting.

The class will be an interactive, exploration of songwriting, tools, techniques, including guest artists sharing their process and work. While it will be useful to have access to a musical instrument this is not a requirement.

Each class participant will be encouraged to write and develop a song during the session, receiving feedback and support along the way, with a final session "special event" performance of our class songwriters.

Class limit: 16

Instructors: Marc Davidson & Robin Alpers

FREE ! Special Events

ROE AND RIGHTS

Thursday, October 10
1:45 - 3:15 p.m.
CSULB, HS&D, rm 101

The theme of this event is how rights work, and don't. Roe vs. Wade, synonymous with the right to an abortion, has much to teach us about the origin and vulnerability of rights. It is perhaps the most well-known, the most misunderstood and the most still-relevant overruled case in Supreme Court history. We will explore what Roe actually said and the relationship between the state and federal governments in protecting privacy -based rights Class limit: 25

Instructor: Patricia Leary, Retired Law Professor

IF HEARTS COULD TALK

Monday, October 14
2:00 - 3:30 p.m.
Alpert Jewish Community Center

WE ARE WHAT WE EAT. Learn more about oxidants, antioxidants, and the best food for your health. We will discuss the following trending topics:

How to prevent heart disease through diet, exercise, and weight management.

What are the fruits and vegetables, one needs to eat and why.

Are you aware of the nutrition rainbow & plant power?

Come with your questins and comments. Class limit: 25

Instructor: Dr. Sabrina Tejani

FREE ! Special Events

PUNDITS, POLLS, & POLITICS

Wednesday, October 16
10:00 a.m.- 12:00 p.m. Zoom

Mtg ID to be published

The '24 Election is here! How can we make an informed choice? Let's 1) Review POTUS "Approval" history 1945-2020), 2) Explore how better voter polls are done, 3) Discuss major '24 election issues and 4) Identify party positions. We'll review the current polls and do some in-class survey exercises such as a typical Corporate Assessment Model (CAM) on the choice for POTUS. CAM is a "tool" to rank the issues AND the candidates! We will hold a class electoral vote prediction, state-by-state! Just 1 in 20 voters actually decide an election! Let's be a better prepared voter and be part of the "1"! *A cell-phone and some familiarity with Q/R codes is helpful, but not required.* This is a non-partisan discussion! Class limit: 60

Presenter: Doug Stowell is a consumer and political polling veteran. He launched Market Resource Associates in 2008 and conducts opinion polls on U.S. and global issues. He is a member of the Furman University OLLI in Greenville, SC and conducts more than 80 Zoom programs nationally!

ELDER SCAMS & FINANCIAL SECURITY

Tuesday, October 29
10:00 - 11:30 a.m. Zoom

Beware of Elder Scams!! Financial exploitation of older Americans has reached epidemic proportions. This highly educational, entertaining and effective presentation provides what one needs to know about how to protect oneself and others. Steve has been addressing these issues for the past decade with this non-profit collaboration providing prosecution, protection and preventative solutions..

Class limit: 50

Instructor: Steve Benton, Financial Counselor

FREE ! FREE Special Events - Everyone Invited FREE !

HOLOCAUST DESTINATION: ECUADOR!

Wednesday, October 23
2:00 - 3:30 p.m. Zoom

When Hitler and the Nazis rose to power in the 1930s, it became evident to Jews across Europe that their civil and religious rights would soon be in serious peril. About 5,000 Jews ended up in Ecuador as their haven in the storm. Many of them thrived and made lives there, even though they could leave once WWII ended. Even American Jews were unaware of this tiny Jewish community and its many contributions to their adopted county. Doris Rubenstein was a Peace Corps Volunteer in Ecuador from 1971–73 and was fascinated to learn about this outpost of Jews. Class limit: 50

Instructor: Doris Rubenstein

TODAY'S STOCK MARKET & YOUR PORTFOLIO

Tuesday, November 12
12:45 - 2:15 pm Zoom

Whether you are currently in retirement or preparing for your retirement, the performance of the stock market could dramatically affect your Golden Years.

This class is designed to help you answer important questions regarding your investments, reduce volatility from your portfolio, create enough income from your portfolio, paving the way for a smooth retirement. Class topics include: asset allocation – do you have the right mix of stocks and bonds, creating income with your portfolio, simple estate planning techniques, real estate investing, and importance of establishing or maintaining a good credit score**.**

Class limit: 60

Presenter: James Wigen, IFM founder

CPR AND AED AWARENESS

Monday, November 18
3:00 - 4:30 p.m.
Alpert Jewish Community Center

With a half-million cardiac arrests each year, CPR (cardiopulmonary resuscitation) can help save a life if a person's breathing or heart stops. Why is CPR Important? Keeping the blood flow active – even partially – extends the opportunity for a successful resuscitation once trained medical staff arrive on site.

Bill F. is donating time to teaching others how to save a life using CPR and AED. Bill is an RN and currently teaches EMT and Pharmacology at LBCC. He is an AHA CPR instructor and has taught many classes both for certification and for general knowledge such as this being offered for OLLI. Class limit: 30

Instructor: Bill Fitzpatrick, RN

A WWII STORY

Thursday, November 7
2:00 - 3:30 p.m. Zoom

Explore a World War II story through S. Sgt. Jacob John de Vries' sketches of people, landscapes, and churches in France, Austria, and Germany in 1944-45. de Vries served in the US Army 103rd Infantry (Cactus) Division in Europe and First Allied Airbourne Army occupying forces in Berlin. Even before his formal art training, he was always sketching, including during his four years in the Army. The storyteller is John's daughter, Janet, who lives in Casper, Wyoming, and retired from Casper College. This lecture includes her travels to France to locate some of the sites her father sketched.. Class limit: 50

Instructor: Janet de Vries

DANCE FOR FUN AND FITNESS

Wednesdays, Oct. 2 - Nov. 20
1:00 - 3:00 p.m. Bellflower Womens Club 9402 Oak St.

Enjoy diverse rhythms and melodies as you learn traditional dances from around the world. Dancing benefits: The Brain (focused attention, sequential memory) The Body (balance, agility, coordination & posture) The Spirit (feeling of pleasure, accomplishment, camaraderie with other dancers.) International recreational folk dance is appropriate for all fitness levels. Wear low heeled shoes that allow lateral movement and turning. Enter Woman's Club from rear entrance. Beginners and experienced dancers welcome. Your OLLI membership is required. The class is FREE

Class limit: 40

Leader: Diane Baker, retired teacher, President of the Folk Dance Federation of CA, South

AGE WELL AT HOME WITH INDEPENDENCE AT HOME

Wednesday, November 20
12:00 - 1:30 p.m.
CSULB, HSD, rm 101 / Hyflex

Join an informational presentation by ***Independence at Home***, a SCAN Community Service. Learn about various resources and programs available to help you and your loved ones on your aging journey. Focus will be placed on the Multipurpose Senior Services Program (MSSP): a no-cost California program that provides long-term care management, allowing older adults to thrive in their own homes. Everyone welcome to learn in the classroom or at home

Class limit: 40

Presenter: Reina Oliver, Director of Government Contract Programs

Introducing a Musical Masterpiece…. Kathy Price

How does one corral 35-plus people to blend their voices into a variety of musical pieces, match musical pitches and learn how to read notes? Some of our OLLI students have had years of singing experience while in the shower. Our wonderful choral teacher, Kathy Price, is up to that challenge! She has been teaching music in one fashion or another since she was young. God gifted her with a love of music, as well as growing up in a "musical" family.

Kathy was born and raised in the Long Beach area. She acquired her love of music from her family of musicians and encouraged by her "musical" aunt, Fran Harding, who also taught in the Long Beach Unified School District. Kathy was influenced by the teaching method of Zoltan Kodaly, a composer and musicologist. He created the Kodai method which instructs that everyone is born with musical aptitude that should be developed as early as possible - first at home, then in the school curriculum. Kathy learned the method while studying at CSULB.

She was a music specialist with local private schools in the Long Beach and Orange County areas. She taught choral music, hand bells and music theory, but her focus with children was how to read and feel music, often without instruments. She has carried this forward in her **Beginning Music Theory** class at OLLI. At one time Kathy had a business called "The Sport of Music," and she feels that choral music is a game, where the "team" of singers play together vocally.

Along with her volunteer work at OLLI, Kathy also sings with both the Meritage Vocal Arts choral group and So Cal Chorale in Orange County. Her past professional vocal work includes two sacred/gospel solo albums, musical theater, multiple ensembles and choirs which perform in various venues such as Disney Concert Hall, Universal Studios and Disneyland. She is a very busy lady!

After she retired from teaching, she realized she wasn't ready to quit and felt blessed that she inherited the **Catch the Sprit Chorus** class at OLLI. Friendships have been made between the "regulars" who have been in the class for many years and the newer students who have recently joined.

Try Something NEW …. with your Virgin Hands Tai Chi Chuan with Richard Richina

There are numerous health benefits associated with **Tai Chi Chaun**: improved posture and breathing, relaxation, gracefulness, balance, flexibility, coordination, healing, and - most important of all - the beginning of a journey toward the unification of the physical, mental and spiritual sides of being.

The instructor, Richard Richina, grew up in Manteca, California until thirteen years of age when he left to attend a seminary school in Missouri. After high school, Richard went on to St. Joseph's College in Indiana and, upon graduation, began his career as a social worker in Berkeley, California.

While in Berkeley, he happened to see a group of people practicing Tai Chi In a park. Attracted to the motion and flow of the practice and motivated to increase his coordination, he joined them. Since that day in 1975, he has practiced Tai Chi Chaun on and off for many years, doing a shortened form of Yang Style Tai Chi developed by Master Cheng Man Ching.

Since this is an introductory class, no experience is necessary. One of the form's principles, "virgin hands," best describes the approach to the class: having a desire for exposure to a new experience. You will find that Tai Chi, a moving meditation, will have a wonderful impact on your health and well-being.

Find more profiles on the OLLI website.

OLLI Community Sites

Alpert Jewish Community Center
3801 East Willow St. Long Beach
(562) 426-7601

Visit the JCC website

Houghton Park
6301 Myrtle Ave. Long Beach
(562) 570-1640

https://www.longbeach.gov/park/park-and-facilities/directory/houghton-park/

Long Beach Bridge Center
4782 Pacific Coast Hwy. Long Beach
562.498.8113

Visit Long Beach Bridge Center

Whaley Park
5620 E. Atherton St., Long Beach

Visit the Whaley Park website

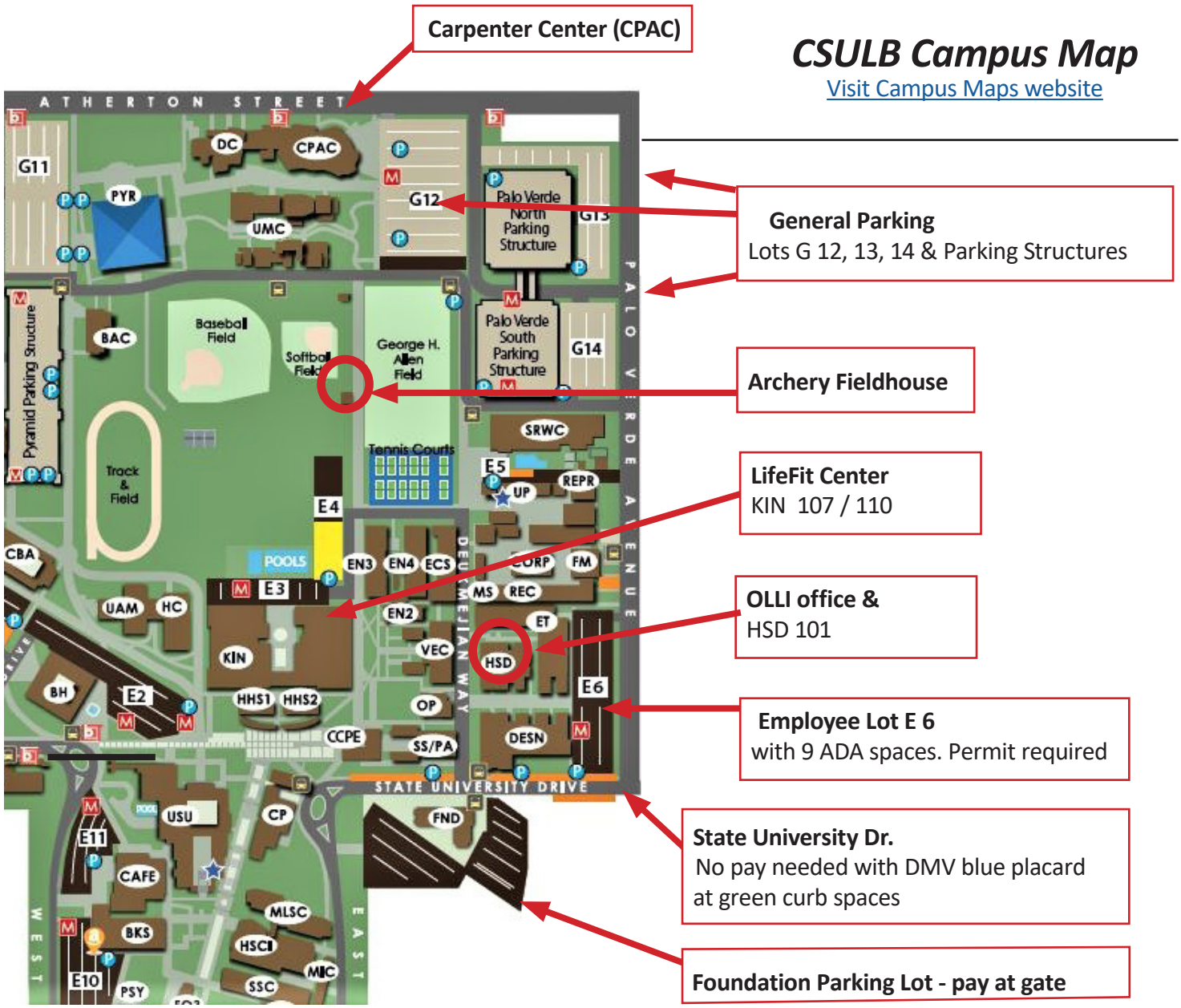
Los Altos United Methodist Church
5950 E Willow St., Long Beach
562-598-2451

Visit the LAUMC website

Signal Hill Library
1800 E Hill St.Signal Hill, CA 90755
562-989-7323

/Signal-Hill-Public-Library

CSULB Campus Map
Visit Campus Maps website



OLLI at CSULB
Building HS&D 100
1250 Bellflower Blvd
Long Beach, CA 90840-5609
Return Service Requested

101533
N0065 00259

OLLI @ CSULB is located on the sacred site of Puvungna (Pronounced: POO-VUN-GAH) village. We acknowledge that we are on the land of the Tongva/ Gabrieleno (Pronounced: TON-VAH/ GABRIEL-EN-YO) and the Acjachemen/Juaneno (Pronounced: AH-HACHAH- MEN/JUAN-EN-YO) Nations who have lived and continue to live here.

We recognize these Nations and their spiritual connection as the first stewards and the traditional caretakers of this land. We thank them for their strength and perseverance, and for letting us meet on this land.

If you would like more information on the Native American history in our southern California region, visit the CSULB website https://www.csulb.edu/puvungna

Visit the OLLI Website

2024 OLLI CLASS SESSIONS

Fall	October 1 - November 23, 2024
Winter	January 6 - February 28, 2025
Spring	April 2 - May 24, 2025
Summer	July 7 - August 30, 2025

HOLIDAYS No OLLI Classes, Campus & Office Closed

Labor Day	September 2
Veterans Day	November 11
Thanksgiving	November 28 - 31
Winter Holidays	December 25 - Jan 1

www.csulb.edu/olli 562.985.2398