

## Saturday

## FREE! Special Events

### WATERCOLOR WORKSHOP-

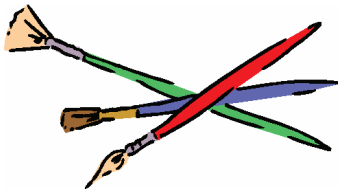
**Saturdays, Oct. 5 - Nov. 23**  
**9:00 a.m. – 12:00 p.m.**  
**CSULB, DSN, rm 111**

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*

### 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!*

## 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 questions and comments. Class limit: 25

*Instructor: Dr. Sabrina Tejani*

### 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 Airborne 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*