



The Osher Lifelong Learning Institute  
at CSULB



## 2025 Winter Class Schedule

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

### New Classes

#### LINCOLN & ENGLISH READER

Instructor: Don Hucker  
Fridays in person

#### GOOD OLD DAYS!

Instructor: John Wilson  
Mondays in Rm 101

#### RE-IMAGINE DEATH

Instructor: Constance Malaambo  
Tuesdays in person at JCC

#### HIDDEN MESSAGES: SCULPTURE

Instructor: Blaga Angelow  
Wednesdays in Rm 101

#### FROM SLAVERY TO FREEDOM

Instructor: Nilce Wicks  
Wednesdays in Rm 101

#### HANNA-BARBERA:

##### Cartoons and more

Instructor: Greg Ehrbar  
Thursdays on Zoom

#### AMERICAN TV: A BIOGRAPHY

Instructor: Jim McKairnes  
Fridays on Zoom

#### DEEPAK CHOPRA: PERFECT HEALTH

Instructor: Kerry Abram  
Tuesdays on Zoom

### Learn More

## Religions: Relating Past and Present

By Tom Lockhart

Dr. Carlos Piar will keep you glued to your chair as he unravels the labyrinthian journeys of each of the world's three major religions, Judaism, Christianity, and Islam, took to get to today's convoluted, and quite possibly unresolvable, state.

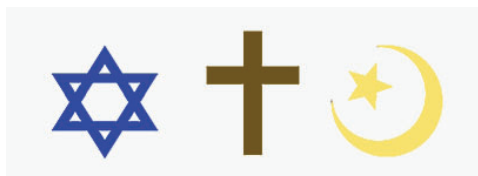
They have at least three things in common: their monotheistic shared belief in an all-powerful and feared God they worship; the city of Jerusalem and the buildings in it; and using a sacred book to document their journey. Together they are considered "Abrahamic religions," all tracing their ancestry to the prophet Abraham. Despite those momentous values, they have managed a staggering amount of animosity toward each other for two millennia. Some historians claim more people have died in wars fought over religion than any other cause.

The three beliefs have many common people, events and locations in their histories, perhaps most notably Jerusalem's Dome of the Rock. They all practice pilgrimage, from Islam's deeply meaningful trips to Mecca to the disastrous Crusades spanning 300 years and achieving only more violence and hate.

Dr. Piar will describe and dissect their belief systems and practices, the paths each took through the centuries, and significant events that offered hope or despair, progress or missed opportunity. He will also discuss why each religion even today has internal strife among various factions. He has been teaching Religious Studies at Cal State Long Beach for 37 years. We look forward to welcoming him to OLLI.



Dr. Carlos Piar, Ph.D.



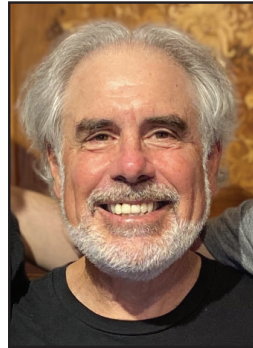
Classes start January 6

[www.csulb.edu/olli](http://www.csulb.edu/olli)

## The President's Corner: We are a community!

OLLI at CSULB is a community – more than a collective group of members. Relationships made with lifelong learning are creating a social bridge for so many of us.

We often meet each other for the first time or connect again with old friends, and cultivate mutual interests, subjects and activities that build new social intersections. It occurred to me that when we “bring a friend” and introduce them to our OLLI program, we’re not only offering an opportunity to participate in the quality of classes offered, but to strengthen their “community.” I could not think of a more relevant time to build community by strengthening relationships and friendships – and foster conversation.



Marc Davidson

Our Winter session classes and instructors look strong and exciting. We’ll be welcoming in eight new instructors, 14 new classes, including language, arts, and religion. Our Member Services and the Communication Working Groups are planning exciting events for our members, volunteers and instructors – stay tuned for more information and details!

Lastly, I wanted to personally reflect on the recent passing of Barbara Norberg, a longtime member of OLLI, as well as leader and significant volunteer with Member Services. Barbara, as a member of the Governing Council, was a key mentor to me this past year as the new president. Her wisdom, passion and sparkle will be indelibly benchmarked in my work. May Barbara’s memory forever be a blessing to those who knew and loved her.

I look forward to seeing and hearing from you – anytime!  
Marc.Davidson@csulb.edu

**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
Kathy Winkenwerder	Technology
Wesley Peck	Technology
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 30, Issue 2

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



OLLI will be transitioning to a new registration software program named **CampusCE** in early 2025. The office staff and volunteers are learning, testing and organizing our database now in hopes that it will be easier, more efficient, and accessible for all. More information to come in January 2025.

# From the Executive Director: Looking Ahead

*"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."* - Edith Sitwell

Winter is a very special time for OLLI. As stated in the quote above, it is a time for good food and warmth, a touch of a friendly hand and for our membership, a time for home at OLLI. OLLI provides the opportunity to bring people together in celebration of the holiday season as well as a New Year!



*Patti LaPlace*

As OLLI moves towards the year end, we have many things to celebrate and find comfort. We

continue to recruit new instructors and offer new courses. In addition, we are continuing to explore additional community site locations to offer OLLI courses. Our partnerships with other College of Health and Human Services departments in terms of research and intergenerational collaborations continue to grow. We are currently working with Recreation and Leisure Studies, Gerontology, Center for Successful Aging, Nursing Administration and Health Science. There are some potential partnerships in the works with School of Social Work and the Design Department. We also continue our partnership and collaboration with Life Fit as well. These endeavors help with our visibility not only at the university, but in the

community as well.

In *The Sun* Fall edition, I wrote about the wonderful work that our Governing Council and Working Groups are doing. During the Fall, we began work on our 2024-2029 Strategic Plan with the Governance Working Group taking the lead in this process. In addition, a small committee has been formed to plan an OLLI open house to take place in the Spring of 2025 called a "Taste of OLLI." The Taste of OLLI event will promote the "Bring A Friend" campaign as well as highlight the great courses and events that OLLI offers.

We continue to make our presence known in the community by participating in local events. This year I attended the 75th Year celebration for CSULB and shared a table with the Recreation and Leisure Studies Department. Many OLLI members stopped by and we distributed *The Sun* catalogs and brochures about OLLI to interested individuals. The Communications Working Group members continue to attend many local senior resource fairs to increase our visibility in the community. Our presence on our Facebook site continues to grow with ongoing postings and advertisement of activities. Our website continues to improve and expand. Yes, as we come to the end of 2024, we have been doing many great things.

May all of you enjoy your end of the year celebrations and your touch of a friendly hand and talk beside the fire. OLLI is our home.

## With Fond Farewell: Barbara Norberg

Barbara Kathleen Norberg passed away on October 24, 2024, at the age of 78, due to complications from surgery and a subsequent infection.

Born in Nebraska, she attended U. of Nebraska. Barbara was a member of the Nu Chapter of the Alpha Phi Sorority and graduated with a BA degree in May 1969. She immediately left Nebraska and headed for New York City. Shortly after her arrival in New York, she was hired by Pan American World Airways and graduated from their Stewardess College. This started her on a job she loved, traveling around the world. Barbara remained a Pan American employee until the company ceased operations in 1991. Shortly afterwards, Barbara was hired at USC where she also received an MA in Communications from the Annenberg School for Communications and Journalism.

In 2000, Barbara hired on with So. Cal. Edison as a project manager in IT. Happily, she met Paul Killins at Edison, and they became a couple in 2006. Paul shared her zest for travel, and they had many an adventure together. She retired from Edison in 2012.

Barbara was a believer in the mission of the Osher Lifelong Learning Institute (OLLI) and was both a student, an active volunteer and co-leader of the Member Services Working Group.

To honor Barbara's memory, members of the Member Services Working Group are contributing towards the installation of an electronic messaging board for the OLLI lobby. Donations in Barbara's memory may be made via the OLLI website or by check.

Barbara's leadership and smiles will be missed by the Killins family and her legion of friends.

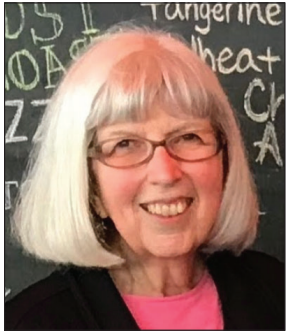




# News from the Technology Lab: Winter 2025 classes

by Kathy Winkenwerder

These days it's hard to read or hear anything about computers without seeing AI mentioned. However, the beginnings of it have been around for a while. In the early 2000s it powered things like spam filters and facial recognition software. Later on it was the foundation for digital assistants



Kathy Winkenwerder

like Siri, Alexa and Google Assistant without most of us knowing what was running them. In just a few years, a lot has changed. Our smartphones, social media, shopping, streaming services and more now have AI-based features.

If you have an Apple iPhone, iPad, Mac or Watch and want to know how the artificial Intelligence

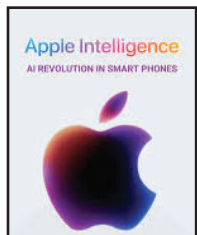
features work in your devices, this is the class for you.

Although Apple has been using AI for a while, the company hasn't labeled those AI features until recently. Chris Wisniewski, who teaches the 8-week class, **AI For The Rest of Us**, will lead you through the AI capabilities of your Apple devices: what it does in texts, email, documents, making simple graphics and tables, even creating



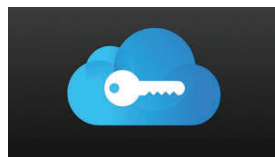
Chris Wisniewski

graphics. Then he will show you how you can use it yourself. And since Chris is an Apple beta tester, he also will give you a preview of what new and exciting AI features will be released by Apple this coming spring.



Passwords. We need them to guard our accounts, but they drive us crazy trying to create, remember and even store them. Chris Wisniewski's class, **Get a Handle on your Passwords: the Apple Passwords Edition** will show you how to make those strong passwords and passkeys, when to use multi-factor authentication, and also the features of Apple's new Passwords app. In addition,

you also will explore the different kinds of password managers, which can generate strong passwords by coming up with long combinations of letters, numbers and symbols, and are a place to store your passwords instead of those easy-to-misplace paper records. Chris will show you what some of the password managers, like 1Password and Bitwarden look like and how they operate



→ See registration page for class days and times

**Keynote is Apple's slideshow application** that comes with the operating system and is free to use. Keynote isn't just for the working environment, although it's great there too. Apple Keynote also works for personal projects like making a travel journal with photos and other graphics that are easily shareable with friends and family. You also can make a photo album for special occasions like birthdays or graduations, create invitations and schedules for parties. Or you can show a young relative how to make a favorite family recipe. All this can be put together with templates that make it fast work.



I will teach this three-week class.

## Wanted! Hyflex Helpers

Volunteers needed to help at the lectern in the campus classroom while the instructor is lecturing in a hyflex class. Training is provided. Interested? Contact **Bill Shaddle** at [bill.shaddle@csulb.edu](mailto:bill.shaddle@csulb.edu).

## Wanted: New Members

Would an OLLI membership make a great Holiday gift?! Our membership continues to grow and rebuild since the pandemic, but we want to welcome **more** new members to our ranks so they can also benefit from all OLLI has to offer.

Bring a Friend  
&  
Learn Together!



Please play a part 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](http://www.csulb.edu/olli)
- Invite a friend to a free event (See pages 24-25)
- Give an OLLI bookmark or brochure when talking to friends and neighbors (a supply of 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

## OLLI Activities:

### The Art of Song...Songwriting

By Marc Davidson

*"The world needs songwriters more now than ever. Songwriters have the capacity to imagine, the patience to notice, the empathy to perceive, and the artfulness to craft all of that into something memorable to hand back to the tribe."*

(Songwriting School of Los Angeles)

Marc Davidson and his co-host Robin Alpers lead a class on songwriting in the Winter OLLI session. 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 reassurance to continue your passion for songwriting.



Marc reflects "songwriting has been a passion of mine since 1964 when I first saw and heard the Beatles on Ed Sullivan. I became captivated by the creative process of writing and performing your own material; so I began writing - sometimes just prose, but usually evolving into a song." Marc continues, "Songwriting became an outlet to express my thoughts, ideas, and opinions. I was especially influenced early by Guthrie, Seeger, Dylan, Lightfoot, and just about anything that was coming out of Greenwich Village and the folk circuit. Songwriting is for me the alignment of creative ideas merging around concepts influenced by our social interactions, relationships, shared or conflicting visions, expressed in a final product or message. Prose, poetry, or simply a statement."

The Art of Song class will review and listen to legendary singers/songwriters, local guest songwriters, and explore their art, influences, backstories, and approaches. We'll look at some of the fundamentals of songwriting, building knowledge as we progress. While it will be useful to have access to a musical instrument, this is not a requirement. Students can participate in the course just using voice or with freely available music software.

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 performance from our class songwriters.

Marc currently serves as the President of the OLLI Governing Council, co-hosts the OLLI Play It Again Jam with Carol Baker, and sits on the Board for the Arts Council for Long Beach. He is the VP and Co-founder of the harmonica Club of Harps. He performs frequently with his wife Pattie in the acoustical band Second Wind, as well as the duo Marc+Pattie. Marc's music can be found at: <https://marcndavidson.com>



## OLLI Activities: Writers Read Aloud

This class encourages members to write stories, and in this case poems, to read to the class for supportive discussion. Marilyn came up with this reflection! It might inspire you to join the class to **Write and Read Aloud**.

### OLLI Days

Friday's we gather our group to share  
Stories in OLLI's cozy lair  
Chairs half circle not in rows  
We're led by mellow Mr. Joe

Truth or fiction, memoir or poem  
Our creativity is free to roam  
Through our mind to pen and paper  
Not to vanish like wispy vapor

Some are brave and read with zeal  
While others struggle with how they feel  
Exposing their thoughts in written word  
Is very different from being heard

Motionless we listened, and even cried,  
To Andy's tribute to his childhood bride  
Words that stir the human emotion  
Far more beautiful when they are spoken

Carl takes us to visit a time long ago  
Years that many of us never did know  
Innocence and prejudice hand in hand  
Once walked ignorantly through our land

Not content to be rooted and stay  
Norma spread her wings and flew away  
Sold her beloved Chevy Impala  
To study in far off Guatemala

The Peace Corp called and Karen went  
Two years in Columbia where she was sent  
She taught and traveled by foot and bus  
Her stories now written to share with us

Is Shakespeare a fake? We'll never know  
But Dan has a story for a TV show  
We're sure he will make a million or more  
Just remember your friends when you start to soar

Where have you been Cindy and Tom?  
We've missed your stories when you've been gone  
So hurry back and find your chair  
We love your creativity and want you to share

Bill shares his books and magazines  
For all of us to read and glean  
In hopes we can become better writers  
And tell the stories that hover inside us

Our written words are really much more  
Than 5 minute readings of creative lore  
Journeys, adventures, parts become whole  
Sharing bits & pieces of our hearts and soul

Marilyn Sweet

# Thank You To Our Donors

## FALL 2024 DONORS

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

Marilyn Kay Austin  
Carl Becker  
Nessa Bernstein  
Pamela Chapin  
Mary Cliby  
Randolph Currin  
Carl Curtis  
Ginny Cusenza  
Marilyn Dancey  
Geraldine Eckner  
Judy Ekmalian  
Carolyn Estrada  
Jean Fromm  
Suzanne Gilon  
Douglas Haigh  
Roberta Hamfeldt

*In Memory of Erik*

Deborah Hastings  
Donna Hawk  
Linda Henry  
Mark Higa  
Mary Holzgang  
Jill Humphries  
Diane Ito  
Elisabeth Ito  
Len Jacobson  
Paul Jeffers  
Bruce Jeske  
Livia (Jakyung)Kim

*In Memory of Steve Maleski*

Jim King  
Daryl Leabo  
Bobbi Liberton  
Janet Lipson  
Sam Lopez  
Joe MacDonald  
Rojean Maciula  
Michael Marshall  
*CSULB OLLI is a life saver*  
Diane McLeod  
Selma Moreau  
Gary Murph  
Robert Murrin  
Karen Pruett  
Jody Ramsey  
Carolyn Sabol  
Sylvia & Brian Schoelkopf  
Timothy Schwab  
Kathryn Sexton-Allen  
Marion Shanker  
Kathy Shea

Louise Soe  
*In Memory of Christian Soe*  
Judy Swaaley  
Janice Teraoka  
Mary Kay Toumajian  
Yvonne Troutman  
Theresa Troutman  
Virginia "V" Tse-Horiuchi  
Naida Tushnet  
Claudia Van Holt  
Joan & Joseph Van Hooten  
Barbara Vangness  
Lois Wachovsky  
Harriet Warner  
Jerald Warren  
Howard Watkins

*With great appreciation for the outstanding leadership and staff making the OLLI programs such a rich experience.*

Wesley Wong  
*In Memory of Carroll Jones*  
William Younglove  
Nina Zasorin



## 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](http://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](mailto:Plannedgiving@csulb.edu)  
[beachlegacy.org](http://beachlegacy.org)

## 2024-2025 FUNDRAISING GOAL

2024 is coming to an end and thoughts are turning to the upcoming holiday season. Please include OLLI in your holiday gift giving plans. Our end of the year fund raising continues with the theme of

**"Financial Sustainability."**

We hope to raise \$30,000 so that we can continue to bring you the high quality programs and social activities that you deserve. Donations can be made for any amount either online or by mail. You should have received a request for donations in your mailbox with a return addressed envelope included. We hope that you will return that envelope and show your support for this local program that serves Seniors so well.

OLLI thanks you for your generosity.

Sincerely,

Glenn Libby, Leader of the Development Working Group  
Tax ID # 45-22163910

## 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.



## 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](http://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 annual membership only if you have not already done that in 2024

##### ***Step 1: Visit the website***

- Go to OLLI website [www.csulb.edu/olli](http://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 January 6***

- Select Session - Winter 2025. 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](http://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](mailto: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.



Registration starts

**Monday, Dec. 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](mailto: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](mailto:lee.sianez@csulb.edu)

### Learn how to Zoom

Visit the **[www.Zoom.US](http://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.



# WINTER 2025 CLASS LIST & REGISTRATION

www.csulb.edu/olli

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Address (if new) \_\_\_\_\_

OLLI ANNUAL Membership (if not paid) \$40.00 _____ Class Tuition _____ x \$15.00 ea _____ <b>Donation</b> \$ _____ Contributors will be acknowledged in publications. To remain anonymous check here. <input type="checkbox"/> Check # _____ Checks payable to CSULB Foundation <b>NO Cash</b> Total \$ _____
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**Z = Zoom      IP = In Person      Hyflex = Zoom and in room**

## MONDAYS, Jan. 6 - Feb. 24 / (7 weeks - Holiday Jan. 20)

Time	Class Title	Class Leader	Location / Comment	Mode	
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 2: Lessons 10 - 18 (9 wks)	H. Dunbar	LB Bridge Center- \$20 fee	IP	
10:30-12:00	Good Old Days!	J. Wilson	NEW - CSULB HSD 101	IP	
10:30-12:00	Let's Dish: A little Savory...Sweet...Spicy	Y Rihbany & N. Stein	NEW topics and outings	IP / Z	
10:30-12:00	Apple Keynote (3 wks)	K. Winkenwerder	Tech - Mac - 1/6 - 20	Z	
10:30-12:00	iOS 18: What's New ? (3 wks)	K. Winkenwerder	Tech - iOS - 1/27 - 2/10	Z	
<b>10:30-12:30</b>	<b>Prevent Heart Disease, Cancer &amp; Alzheimers</b>	<b>W. Covalt</b>	<b>Meets 1/6 &amp; 8</b>	<b>Z</b>	FREE
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, HSD 101	IP	
1:00-4:00	Finish Up & a New Storybook	S. Haglund	NEW project - JCC	IP	
<b>1:00-2:00</b>	<b>Bluegrass Guitar Workshop</b>	<b>F. Swatek</b>	<b>Lessons for Jam session</b>	<b>Z</b>	FREE
<b>2:30-3:30</b>	<b>Bluegrass Mandolin Workshop</b>	<b>F. Swatek</b>	<b>Lessons and practice</b>	<b>Z</b>	FREE
2:00- 5:00	Hollywood Classic Movies!	J. Hathcock	NEW - CSULB, HSD 101	IP	

## TUESDAYS, Jan. 7 - Feb. 25

Time	Class Title	Class Leader	Location / Comment	Mode	
8:30-10:00	iPhone: Beyond Basics	K. Winkenwerder	TECH - iOS	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 - 1/14 - 2/4	Z	
9:30-11:30	Bridge 3: Lessons 19 - 27 (9 wks)	H. Dunbar	LB Bridge Center- \$20 fee	IP	
9:30-11:00	Geopolitics: Update	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	Intro to Shakespeare	D. Shere	JCC - new tales	IP	
10:00-11:30	Foundations of Investing	A. Dilsaver	Ongoing topics	Z	
10:30-11:30	Tai Chi Chuan 101 (Beginners)	R Richina	NEW - Beginning KIN 110	IP	
11:15-12:45	How to Publish a Short Story	D. Slay	CSULB, HSD, rm 101	IP	
12:00-1:30	Spanish Story Time	P. Kiwerski	New tales and talk	Z	
<b>12:00-1:00</b>	<b>Better Capitalism: How to...</b>	<b>P. Knowlton/A.Hedges</b>	<b>NEW - Special 2/11</b>	<b>Z</b>	FREE
1:00-2:30	Re-imagine Death (6 wks)	C. Malaambo	NEW - JCC 1/7 - 2/11	IP	
1:00-2:45	Looking Back: the Life Story (5 wks)	K. Skrabo	NEW CSULB, rm101 1/7 - 2/4	IP	
1:30-3:00	AI for the Rest of Us	C. Wisniewski	TECH - NEW Apple OS	Z	
2:00-4:30	Deepak Chopra's Perfect Health.... (6 wks)	K. Abrams	NEW - 1/7 - 2/11 (2hrs30)	Z	
<b>2:00-3:30</b>	<b>Today's Stock Market and Your Money</b>	<b>J. Wigen</b>	<b>NEW - Special 1/28</b>	<b>Z</b>	FREE
3:30-5:00	Keep it to Yourself: Privacy.... (4 wks)	C. Wisniewski	TECH - NEW 1/7 - 28	Z	
3:30-5:00	Get a Handle on your Passwords (4 wks)	C. Wisniewski	TECH - NEW 2/4 - 2/25	Z	
<b>4:00-5:30</b>	<b>CPR &amp; AED Awareness</b>	<b>B. Fitzpatrick</b>	<b>NEW - JCC Special 2/4</b>	<b>IP</b>	FREE

**WEDNESDAYS, Jan. 8 - Feb. 26**

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
8:30-9:45	Yoga with Jean Marie	J. VanDine	CSULB LifeFit KIN 110B	<b>IP</b>	
8:30-10:00	Fashion & Style for Women (3 wks)	K. Marshall	Zoom 1/8 - 22	<b>Z</b>	
9:00-10:00	Art of Downsizing	T. Sievers	CSULB, HSD, 101	<b>IP</b>	
9:00-10:30	Embodied Mindfulness:	S. Pinsky	NEW - Signal Hill CC	<b>IP</b>	
10:00-11:30	Talking Story: Fabric of our Lives	C. Estrada/R. Hamfelt	Houghton Park	<b>IP</b>	
<b>10:00-12:00</b>	<b>Only Hope: My Mother and the Holocaust...</b>	<b>I. Lubliner</b>	<b>NEW -Special 2/12</b>	<b>Z</b>	<b>FREE</b>
10:15-11:45	Hidden Messages: ...classical sculpture (4 wks)	B. Angelow	NEW - 4 wks 1/8 - 29	<b>IP</b>	
10:15-11:45	Self Care = Self Love (4 wks)	D Devar	NEW - 4 wks 2/5 - 26	<b>IP</b>	
<b>10:30-12:30</b>	<b>Prevent Heart Disease, Cancer, Alzheimers</b>	<b>W. Covalt</b>	<b>Meets M &amp; W 1/6 &amp; 8</b>	<b>Z</b>	<b>FREE</b>
11:30-1:00	Acoustic Guitar 2: Beyond Basics	B. Bradshaw	Whaley Park	<b>IP</b>	
10:00-11:30	Photos on your iPad /iPhone	M. Gettys	Tech Lab iOS - All levels	<b>IP</b>	
11:45-1:15	Travel with your iPad / iPhone	M. Gettys	Tech Lab iOS - All levels	<b>IP</b>	
12:00-1:30	Nutrition and Foods (6 wks)	A. Bianchino	CSULB - HSD, rm 101	<b>IP</b>	
12:30-2:00	Writing for Wellness	J. Smith	Back for more writers	<b>Z</b>	
<b>1:00-3:00</b>	<b>Dance for Fun and Fitness: Folk Dance</b>	<b>D. Baker</b>	<b>More fun! Bellflower</b>	<b>IP</b>	<b>FREE</b>
1:00-2:30	ABCs of Medicare (3 wks)	D. Dillman	3 wks 1/8 - 22	<b>Z</b>	
1:00-2:30	4 Stories, 4 Weeks (4 wks)	M. Panitz	JCC 4 wks 1/8 - 29	<b>IP</b>	
1:30-3:00	Introduction to the iPad	M. Gettys	Tech Lab - Beginners	<b>IP</b>	
1:45-3:15	From Slavery to Freedom (7 wks)	N. Wicks	CSULB, HSD 101 1/15-2/26	<b>IP</b>	
3:30-5:00	Conversations in French	M. Green	CSULB, HSD 101	<b>IP</b>	

**THURSDAYS, Jan. 9 - Feb. 27**

9:30-11:30	Memoir Writing: A Novel Approach	Kiwerski/ Marshall	Email needed	<b>Z</b>	
10:00-11:30	AI Enhanced Video Production - all devices	P. Gutierrez	Tech- CSULB, Lab /Zoom	<b>Hyflex</b>	
10:15-11:45	History of Labor Unions in the US	N. Tushnet	NEW - CSULB, HSD 101	<b>IP</b>	
10:00-11:00	Tai Chi Chuan 101	R. Richina	CSULB, LifeFit KIN 110B	<b>IP</b>	
11:30-12:30	Zentangle Art	T. Taylor	JCC - see supplies	<b>IP</b>	
12:00-1:30	National and International Current Events	Team	CSULB, HSD, 101	<b>IP</b>	
1:00-2:30	AI Powered Social Media - all devices	P. Gutierrez	Tech- CSULB, Lab / Zoom	<b>Hyflex</b>	
1:30-2:30	Music Beginning Theory	K. Price	LAUMC -Materials fee	<b>IP</b>	
1:00-3:00	Needlework Cafe - Beg and Intermediate	C. Sabol	JCC	<b>IP</b>	
1:00-3:00	Hanna-Barbera: from Modern Stone Age (6 wks)	G. Ehrbar	NEW 1/9 - 2/13	<b>Z</b>	
2:00-4:30	Movie Matinee - Again: A New Look at Classics	T. Hood	NEW -CSULB, HSD rm101	<b>IP</b>	
3:00-4:30	Maximize Online Presence: Website,Blogs & AI...	P. Gutierrez	Tech-CSULB, Lab/Zoom	<b>Hyflex</b>	
3:00-4:30	Catch the Spirit of Singing...Chorus	K. Price	LAUMC location	<b>IP</b>	

**FRIDAYS, Jan. 10 - Feb. 28**

8:30-10:00	Basic Photo Composition (4 wks)	L. Hicks	NEW-Tech Lab 1/10 -31	<b>IP</b>	
<b>9:00-10:30</b>	<b>Righting Roe</b>	<b>P. Leary</b>	<b>NEW - Special 2/28</b>	<b>IP</b>	<b>FREE</b>
9:30-11:00	American TV: a Biography	J. McKairnes	NEW - 6 wks 1/10-2/14	<b>Z</b>	
10:30-12:30	Jewelry from A to Z	B. Belisle	JCC - new projects	<b>IP</b>	
10:45-12:15	Writers Read Aloud	J. Van Hooten	CSULB, HSD 101	<b>IP</b>	
10:00-12:00	Bluegrass Music Jam	F. Swatek	LAUMC Hall	<b>IP</b>	
11:00-12:00	Soul Tai Chi with Jimmy	J. Mathews	CSULB, LifeFit KIN 110B	<b>IP</b>	
12:30-2:00	Judaism, Christianity, Islam: past & present	C. Piar	NEW - CSULB HSD 101	<b>IP</b>	
12:30-2:00	Abraham Lincoln & the English Reader (2 wks)	D. Hucker	CSULB, HSD 105 2/7-14	<b>IP</b>	
12:30-1:45	Chair Yoga	C. Ellano	For everybody!	<b>Z</b>	
1:00-3:00	Shape Shifting: Exploring Collage	A. Dworkin	JCC - new projects	<b>IP</b>	
<b>1:30-3:30</b>	<b>Open Computer Lab</b>	<b>W. Peck</b>	<b>Tech Lab</b>	<b>IP</b>	<b>FREE</b>
1:00-3:00	Short Story Discussion Group	F. Ramirez	Book purchase	<b>Z</b>	
2:30-4:30	Comedy Capers - more funny films	K. Lucas	CSULB, HSD 101 or Zoom	<b>Hyflex</b>	
2:30-4:30	Stained Glass making	S. Newcomb	CSULB, HSD 105	<b>IP</b>	
<b>3:15-4:45</b>	<b>Cardmaking in a Day</b>	<b>M.Fujimori/S.Tiessen</b>	<b>NEW -JCC Special 1/10</b>	<b>IP</b>	<b>FREE</b>
3:15-4:45	Russian for Beginners (7 wks)	J. Fisher	NEW - JCC 1/17 - 2/28	<b>IP</b>	

**SATURDAYS, Jan. 11 - Feb. 22 (7 weeks)**

9:00-12:00	Watercolor Workshop	M. Daniel	CSULB, DSN 111	<b>IP</b>	
10:00-12:00	The Art of Song: Songwriting	M. Davidson	CSULB, HSD 101	<b>IP</b>	
10:00-12:00	Herbalism & Natural Living (3 wks 1/11 - 25)	A. Lawrence	CSULB, HSD 105	<b>IP</b>	

**PLAY THE RECORDER**

**Mondays, Jan. 6 - Feb. 24**

**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*

**BRIDGE 2: LESSONS 10 - 18**

**Mondays, Jan. 20 - Feb. 24+**

**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.** Class limit: 50

*Instructor: Hank Dunbar*

**NEW CLASS!**

**THE GOOD OLD DAYS**

**Mondays, Jan. 6 - Feb. 24 (7 wks)**

**10:30 - 12:00 a.m.**

**CSULB, HS&D, room 101**

United States 1945-1963. Ending WWII. A-Bombs. Truman. McCarthy. Korea. Jackie Robinson. Ike. Feminine mystique. Dodgers/Giants move west. Warren court. Civil rights. JFK. Cuban missile crisis. How good were the good old days? Explore and wrestle with that concept, including video from David Halberstam’s “The Fifties.”

Class limit: 50

*Instructor: John Wilson, Professor Emeritus of History;*

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

**Mondays, Jan. 6 - Feb. 24**

**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 take a culinary journey, as well as learn from each other. Participate in robust discussions on new topics this term. There will be a combination of virtual class meetings on Zoom and include field trips, demonstrations, cook-a longs, exchanges, and others. Participants will help shape the direction of some of the session. Let’s talk about food! Class limit: 20

*Facilitators: Norma Stein & Yesmean Rihbany, Food Enthusiasts*

**FREE!**

**PREVENT HEART DISEASE, CANCER & ALZHEIMERS**

**Monday, Jan. 6 & Wed. Jan 8**

**10:30 a.m.- 12:00 p.m. Zoom**

Would you like to enjoy a healthy, long life, which sometimes seems elusive for people after they reach age fifty? These two classes will explain why heart disease, stroke, and cancer are the major causes of death in the U.S. with poor diet and lifestyle as primary factors. Understand which foods promote excellent health and how to develop a health-oriented diet so your risk of heart disease and cancer will drop dramatically. Wendell is a Certified Food Over Medicine Instructor, who has never taken a prescription drug and has no known medical issues. He has given health presentations in many venues, including Princess Cruises and CSULB. His lectures, graphs, and data are based on his 40 years of health experience, training, and a variety of books. Class limit 80

*Presenter: Wendell Covalt, B.S. Civil Engineering from Purdue UN; MBA from Indiana UN*

**APPLE KEYNOTE (MAC)**

**Mondays, Jan. 6 - 20 (3 wks)**

**10:30 a.m - 12:00 p.m. Zoom**

Keynote is the slideshow application that comes with Apple computers, iPads and iPhones. It isn’t just for the work world, although it’s great there too. You can use Keynote slide shows for personal projects like making a travel journal with photos and other graphics, a photo album for special occasions like birthdays or graduations, or invitations and schedules for parties. There are endless possibilities because you can use templates as a springboard to add your own touches like photos from your computer or iPhone, music, and even a video, all by making simple adjustments. Class limit: 18

*Instructor: Kathy Winkenwerder*



**iOS 18 - WHAT’S NEW (iOS)**

**Mondays, Jan. 27 - Feb.10 (3 wks)**

**10:30 a.m - 12:00 p.m. Zoom**

Take a tour of the iPhone’s new operating system update that has more new features than ever, some are a Password app that stores your passwords, passkeys, Wi-Fi passwords and more all in one place. Or you can see how to customize your iPhone’s home page and add to the expanded Control Center. Photos improvements lets you remove people and objects from images, and see your photos by collections you browse through. And for those of you who have newer iPhones, how to use the AI-powered apps that include generated images and expanded search for some iPhones.. Class limit: 20

*Instructor: Kathy Winkenwerder*



## YOGA WITH BARBARA

**Mondays, Jan. 6 - Feb. 24 (7 wks)**  
**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*

## PARLONS FRANCAIS! LET'S SPEAK FRENCH!

**Mondays, Jan. 6 - Feb. 24 (7 wks)**  
**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.*

## UKULELE: BEYOND BEGINNER

**Mondays, Jan. 6 - Feb. 24**  
**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: Nancy Intriere & Carol Baker*



**FREE!**

## BEGINNING BLUEGRASS GUITAR WORKSHOP

**Mondays, Jan. 6 - Feb. 24**  
**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, Jan. 6 - Feb. 24**  
**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*

## FINISH UP AND A NEW STORYBOOK

**Mondays, Jan. 6 - Feb. 24**  
**1:00 - 4:00 p.m. (3 hours)**  
**Alpert Jewish Community Center**

We will keep working during this Winter session on any unfinished TIN BOX EMBELLISHMENT projects. You can enjoy a great sense of accomplishment in finally finishing those projects sitting on your shelf. Then we will begin a new project... A GOLDEN BOOK prompt-inspired Storybook. This class will test your skills so participants should have mid to higher level crafting skills. (Not for Beginners) You will be using papercraft and mixed-media tools and techniques. You will bring your tool kit to each class and any tools you need for your project. Questions? Contact Sheryl at sherylhaglund@verizon.net

Class limit 14

*Instructor: Sheryl Haglund*



## HOLLYWOOD CLASSIC MOVIES

**Mondays, Jan. 6 - Feb. 24 (7 wks)**  
**2:00 - 5:00 p.m.**  
**CSULB, HS&D, room 101**

Join Jeff to watch the films and have a discussion of these movies: *Vertigo* - Jimmy Stewart, Kim Novak  
*Northwest Passage* - Spencer Tracy, Robert Young  
*The Last Hurrah* - Spencer Tracy  
*A Hard Day's Night* - The Beatles  
*The Professionals* - Lee Marvin, Burt Lancaster  
*Hopalong Cassidy Enters* - William Boyd  
*Wanda Nevada* - Brook Shields, Peter Fonda  
*The Best Years of Our Lives* - Dana Andrews, Myrna Loy

Class limit: 50

*Instructor: Jeff Hathcock*

## IPHONE: BEYOND BASICS (iOS)

**Tuesdays, Jan. 7 - Feb. 25**

**8:30 - 10:00 a.m. Zoom**

It's an exciting time to have a smartphone. But every year there are more interesting features, and sometimes it's hard to keep up with all the changes. Learn about a wide range of iPhone features and services ranging from phone care to current Apple AI, 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, how to take advantage of the iPhone's health features and much more.

Class limit: 18

*Instructor: Kathy Winkenwerder*



## LONGEVITY STICK ART MOVEMENTS

**Tuesdays, Jan. 7 - Feb. 25**

**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*

## MINDFUL MOVEMENT: QIGONG AND STRETCHING

**Tuesdays, Jan. 14 - Feb. 4 (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. Handouts and links to YouTube videos and an optional DVD are available from the instructor (not included in cost of course). Participants should be able to lie down and get up from the floor and move comfortably in a home space while watching Zoom. Class limit: 50.

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

## BRIDGE 3: LESSONS 19- 27

**Tuesdays, Jan. 21- Feb. 25 +**

**9:30 - 11:30 a.m. LB Bridge Center**

Prerequisite: Bridge 1 and 2 or

knowledge of Bridge materials. Topics include: preempts and The Law, leads and carding, 2 club strong opener, 1430 and slam bidding, finesses, defensive thoughts, plus an in-class tournament for master points. **Pay the additional \$20 card fee to the LB Bridge Center.** Class limit: 50

*Instructor: Hank Dunbar*

## GEOPOLITICS: UPDATE

**Tuesdays, Jan. 7 - Feb. 25**

**9:30 - 11:00 a.m. Hyflex**

**CSULB, HS&D, room 101**

The class will focus on geopolitical hot spots, including updates on China's internal challenges, China vs. US and our global allies, the global impact of technology, Health Care and other new geopolitical challenges. Class limit: 90

*Instructor: Dick Lunde*

## PLAY IT AGAIN JAM

**Tuesdays, Jan. 7 - Feb. 25**

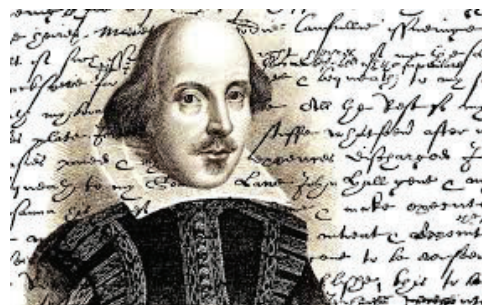
**10:00 a.m. - 12:00 p.m.**

**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 Songbook, and provided digitally. The Jam class is built around guitar and ukulele; but diverse instruments (bass, banjo, harmonica) are welcome.

Class limit: 45

*Instructors: Carol Baker & Marc Davidson*



## INTRO TO SHAKESPEARE

**Tuesdays, Jan. 7 - Feb. 25**

**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*

**FOUNDATIONS OF INVESTING**

*Tuesdays, Jan. 7 - Feb. 25  
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!**

**TAI CHI CHUAN 101 (BEGINNERS)**

*Tuesdays, Jan. 7 - Feb. 25  
10:30 – 11:30 a.m.  
CSULB, LifeFit, KIN 110B*

This course introduces basic principles of Tai Chi Chuan through the learning of the classic movements of Yang Style tai' chi. **It is meant for Beginners.** Through demonstrations and practice of movements 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 of Tai Chi was developed primarily for its health benefits.

See Thursday for more details. Class limit: 15 students

*Instructor: Mr. Richard Richina's knowledge of Tai Chi Chaun comes from decades of tutelage and practice of the Yang Style shortened form*

**SHORT STORY: HOW TO DEVELOP, SUBMIT, AND PUBLISH**

*Tuesdays, Jan. 7 - Feb. 25  
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.*



**SPANISH STORY TIME**

*Tuesdays, Jan. 7 - Feb. 25  
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*

**LOOKING BACK: THE LIFE STORY**

*Tuesdays, Jan. 7 - Feb. 4 (5 wks)  
1:00 – 2:45 p.m.  
CSULB, HS&D, room 101*

Building a life story is in large part based on chronological age, but the story itself grows through the addition of new episodes and themes, as well as re-interpretation of life experiences and letting go of what no longer fits our world view. By the time we are in our later years, we have a very layered story; a story with specific features. This course uses the Life Story Model to provide shape and grounding to our story. Class includes lecture followed by sharing exercises based on story prompts.

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!**

**RE-IMAGINE DEATH**

*Tuesdays, Jan. 7 - Feb. 11 (6 wks)  
1:00 – 2:30 p.m.*

*Alpert Jewish Community Center*

This class will create a place of safety and fearlessness with an opportunity to understand the death process. Join me in an informal, relaxed, and intimate small group setting where we will discuss ideas and concepts regarding death and dying. We will reduce fear through knowledge and support of each other. Something we will all experience. Possible topics: death doulas, when to invite hospice, directives, homeopathy at end of life and more. Class limit: 15

*Instructor: Constance Malaambo*



**NEW CLASS!**

**NEW CLASS!**

**NEW CLASS!**

**DEEPAK CHOPRA:  
PERFECT HEALTH**

**Tuesdays, Jan. 7 - Feb. 11 (6 wks)  
2:00 - 4:30 p.m. Zoom**

Based on Deepak Chopra, MD’s global bestseller, PERFECT HEALTH, this beautiful program teaches simple yet profound skills for promoting healing, vitality and longevity. Beginning with Kerry’s FEEL BETTER NOW!, students learn a powerful regimen of health practices, backed by the latest science, orchestrated to create mind-body balance, enhance nutrition, & reduce emotional turbulence. By design, our bodies continually seek Perfect Health. They naturally progress toward this goal in the ideal environment. As we apply new life skills, we are empowered to make nourishing life choices, achieving the changes we seek. **Textbook**

**Included!**

Wk 1: FEEL BETTER NOW! Latest science on activating your body’s own healing powers

Wk 2: Principles of Ayurveda- 3 mind-body types & determining yours

Wk 3: Food As Medicine- create individualized diet to optimize digestion, nutrition & health

Wk 4: Perpetual Renewal- recognize imbalances, eliminate toxins, plus rejuvenating daily techniques

Wk 5: Emotional Freedom- tools for conscious communication & releasing pent-up feelings

Wk 6: Inner Pharmacy- how 5 senses can activate body’s ability to heal & balance

Presenter: Kerry Abram, B.A., UCLA, M.P.P, Harvard University Chopra Center Certified Instructor

**AI FOR THE REST OF US**

**Tuesdays, Jan. 7 - Feb. 25  
1:30 - 3:00 p.m. Zoom**

“Apple Intelligence” is a modest, easy-to-use, and practical use of artificial intelligence, with Apple’s take on A.I. cleverly integrated into its operating systems’ everyday features. Apple is releasing its new A.I. capabilities in bits and pieces throughout the year in safe, sane, and limited ways. If your device is running iOS 18.1, iPad 18.1, macOS 15.1, or watchOS 11.1 or later, then you’re already able to tap into the initial Apple Intelligence capabilities that Apple has released so far. This class will cover those features and those that followed later in 2024, and how to get the most from them. And we’ll also preview new Apple Intelligence features arriving in the Spring. Class limit: 30.

Instructor: Chris Wisniewski



Apple Intelligence

**KEEP IT TO YOURSELF! PRIVACY FOR TODAY’S INTERNET USERS**

**Tuesdays, Jan. 7 - 28 (4 wks)  
3:30 - 5:00 p.m. Zoom**

It’s so easy to visit web sites and use apps on our phones and computers in ways that jeopardize our privacy and security. Our digital data is being scattered far and wide in ways that we may not even realize and that will certainly come to haunt us later. But there’s lots you can do to keep your activity from prying eyes and marketer’s databases. This short class will introduce you to some Internet and web site fundamentals that will help you “tint your windows,” as it were, while traveling the Internet superhighway and also to turn off those trackers. We’ll also cover how to learn what web site owners already know about you and how you can purge the data that they have collected. Take control of your digital footprint! Class limit: 30.

Instructor: Chris Wisniewski

**NEW CLASS!**

**GET A HANDLE ON YOUR PASSWORDS:  
THE APPLE PASSWORDS EDITION**

**Tuesdays, Feb. 4 - Feb. 25 (4 wks)  
3:30 - 5:00 p.m. Zoom**

Learn to create and manage strong passwords and passkeys, the difference between the two, and when to use one or the other. We’ll also discuss multi-factor authentication, explore different password managers, including browser-based ones (Google, Microsoft) and third-party ones (1Password, Bitwarden), focus on Apple’s new Passwords app, and discuss when and why to choose and switch password managers. Using a password manager eliminates so many hassles and problems.

They securely store your information in a vault that only you control, turning the creation and remembering of strong and unique passwords into a one-click operation. They automate typing when logging in, alert you to account breaches and, when a breach inevitably happens, they help you change the password on the effected web site with just a few taps or clicks. Class limit: 30

Instructor: Chris Wisniewski



See FREE Special Events on pages 24 - 25

### YOGA WITH JEAN MARIE

**Wednesdays, Jan. 8 - Feb 26**  
**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*

### EMBODIED MINDFULNESS

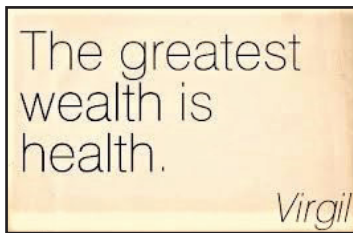
**Wednesdays, Jan. 8 - Feb. 26**  
**9:00 - 10:30 a.m.**

**Signal Hill Community Room**

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. With an attitude of curiosity, we will delve into: An introduction to the principles of the Alexander Technique. Increase body awareness and awareness of the self as a whole and of habitual patterns of tension. Experiment with tools for improved physical coordination, relaxation & stress reduction.

Class limit: 5 (Signal Hill 5)

*Instructors: Sarah Pinsky, mAmSAT*



### TALKING STORY

**Wednesdays, Jan. 8 - Feb. 26**  
**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), grief group facilitator*

### THE ART OF DOWNSIZING

**Wednesdays, Jan. 8 - Feb. 26**  
**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! 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: Tere Sievers*

## NEW CLASS!

### HIDDEN MESSAGES OF ANCIENT COLORS

**Wednesdays, Jan. 8 - 29 (4 wks)**  
**10:15 – 11:45 a.m.**

**CSULB, HS&D, rm 101**

*New ways of reading Classical Sculpture.* Today ancient statues and their copies imbue museums, gardens, and public buildings with elegance and a sense of history. Did you know that their blank eyes and gleaming white surfaces were once covered with paint? Come learn how and why classical statues were painted, and what messages we miss when we ignore their now-invisible colors. We will explore the modern fondness for white marble and how ancient color perception can enrich our awareness of the colors around us. Ultimately, we will learn fresh new ways of reading classical sculpture. Class limit: 20

*Instructor: Blaga Angelow, MA Archaeology and Ancient History, U. of Leicester, England; MA Teaching ESL, U. of Warwick, England; BA English Philology, Sofia U. Bulgaria; Tour guide at the J. Paul Getty Villa Museum in Malibu, CA.*

### FASHION AND STYLE FOR WOMEN

**Wednesdays, Jan. 8, 15, 22 (3 wks)**  
**8:30- 10:00 a.m. Zoom**

This class will show you how to create a look that is uniquely you. You will know what colors best complement your skin tone. You will learn about your body type and what clothing styles best complement it; this can assist in looking pounds thinner just by knowing what clothing styles work for your body type. You will learn what fashion personality you have; to help when making clothing selections. Do you know what face shape you have? Knowing this will assist you in selecting glasses, earrings and hair-styles. I will show you how to create a Core-Wardrobe in your fashion personality, your body type and in clothing colors that best complement you. Learn how to use accessories to create more looks from the clothes you already have. Class limit: 15

*Presented by Kathy Marshall-Certified Image Consultant*

[www.KathyMarshall.com](http://www.KathyMarshall.com)

**NEW CLASS!**

## SELF CARE = SELF LOVE

**Wednesdays, Feb. 5 - 26 (4 wks)**  
**10:15 - 11:45 a.m.**  
**CSULB, HS&D, room 101**

We've got you covered if you're looking for new ways to meet like-minded people and improve your health and well-being! Join us at our OLLI Wellness Parties! These gatherings are designed to make creating a personalized wellness plan more manageable through daily practices. Participants will learn to boost their health and well-being, embracing a holistic lifestyle to achieve and maintain physical, mental, and emotional health and wellness. Learn how to reset and self-regulate with the four-minute "Reset" method- (Tapping, EMDR, and Essential Oils). Craft personal care and cleaning products that promote health and well-being and nurture and nourish our body and the planet.

Let's work together to simplify and customize a lifestyle that promotes wellness! Some weeks you will take home a self-made wellness product. Other weeks you will take home a feeling of joy, friendship, and improved self-worth. Cost for supplies: \$15.00.

Class limit: 10

*Instructor: Deborah Devar, Holistic Self-Care i.e, Aromatherapy, mindfulness, culinary, nutrition, gardening, candle/soap making,*

**FREE!**

## PREVENT HEART DISEASE, CANCER & ALZHEIMERS

**Wednesday, Jan. 8 (Day 2)**  
**10:30 a.m.- 12:30 p.m. Zoom**  
 See the Monday description  
*Instructor: Wendall Covalt*

**FREE!**

## ONLY HOPE: MY MOTHER AND THE HOLOCAUST

**Wednesday, Feb. 12**  
**10:00 a.m.- 12:00 p.m. Zoom**  
 See page 25 for details  
*Presenter: Irv Lubliner*

## ACOUSTIC GUITAR 2: BEYOND BASICS

**Wednesdays, Jan. 8 - Feb. 26**  
**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*

## PHOTOS ON YOUR IPAD/IPHONE

**Wednesdays, Jan. 8 - Feb. 26**  
**10:00 - 11:30 a.m.**  
**CSULB, HS&D, Tech Lab**

Learn everything the iOS Photo app can do, from the process of taking a picture with your iPhone or iPad, to editing it, to the additional apps you can get to further enhance your pictures, to the many ways you can share it. The class will include editing your photos with the Photo and other apps, creating albums, slideshows, prints, photo books, and anything else you want to do with them, and then how your pictures can be stored and backed up on clouds and on physical devices. Bring your charged iPad or iPhone to each class. Class limit: 12

*Instructor: Marilyn Gettys*

## NUTRITION AND FOODS

**Wednesdays, Jan. 8-Feb. 12 (6wks)**  
**12:00 - 1:30 p.m.**  
**CSULB, HS&D, room 101**

Are you interested in learning about nutrition and how you can eat healthier? In this class you will learn the basics of nutrition and how to apply that knowledge to your food choices for better health. For example, how well do you understand Nutrition Labels? After the basics, we will discuss nutrition's links to diseases (like high blood pressure and diabetes), diets and supplements. You will have a better understanding of nutrition to decipher and analyze various claims on food labels and advertising. And it is always fun to talk about food and share ideas! Class limit: 40

*Instructor: Annie Bianchino, Ph.D.*



## TRAVEL WITH YOUR IPAD/IPHONE

**Wednesdays, Jan. 8 - Feb. 26**  
**11:45 a.m. - 1:15 p.m.**  
**CSULB, HS&D, Tech Lab**

Explore a variety of travel apps you can download to your iPhone or iPad. We'll cover how to use apps to find places to go, search for hotels and other accommodations; how to book and manage airline travel, car rentals and cruises, how to find free Wi-Fi; how to use maps, both online and offline when no Wi-Fi is available; how to use a translation app when you're in a foreign country. Also, when you're traveling by car, how to use apps like Uber, Gas Buddy and iExit. Bring your charged iPad or iPhone to each class. Class limit: 12

*Leader: Marilyn Gettys*



**WRITING FOR WELLNESS**

**Thursdays, Jan. 8 - Feb 26**  
**12:30 - 2:00 p.m. Zoom**

You do not need to be a writer for this class. Each one of us has faced conflicts or stressors in our lives. Your words can help you heal. The simple acts of writing and sharing are the basic tools. Based on the techniques in the book *Writing for Wellness*, by Julie Davey, writing topics include “Choosing Happiness”, “Expelling Anger”, “Changing Priorities and Recapturing Joy”. Books (optional) are available in libraries or for purchase.

Class limit: 10

Facilitator: *Joan Smith*

**ABC'S OF MEDICARE**

**Wednesdays, Jan. 8 - 22 (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*

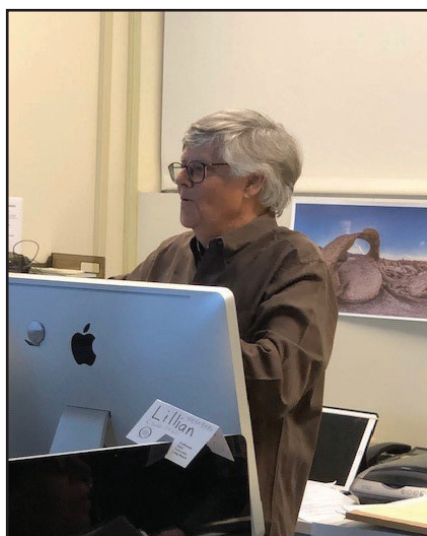
**FOUR STORIES- FOUR WEEKS**

**Wednesdays, Jan. 8 - 29 (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*



**INTRODUCTION TO THE IPAD**

**Wednesdays, Jan. 8 - Feb 26**  
**1:30 - 3:00 p.m.**

**CSULB, HS&D, Tech Lab**

Have an iPad and not sure how to use it? This beginners' class will discuss and demonstrate all the basic features of the iPad. Learn how to use the touch screen and gestures, how to download apps and organize them, how to get and send email, how to personalize apps in Settings, how to talk to and get answers from Siri, take Notes, keep a Calendar and address book, search the web with Safari, and take, edit and store Photos. Bring your iPad with you to each class.

Class limit: 12

Leader: *Marilyn Gettys*

**FROM SLAVERY TO FREEDOM**

**Wednesdays, Jan.15 - Feb 26 (7 wks)**  
**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: 30

Instructor: *Nilce Wicks*



**CONVERSATIONS IN FRENCH**

**Wednesdays, Jan. 8 - Feb 26**  
**3:30 - 5:00 p.m.**

**CSULB, HS&D, rm 101**

When you studied French in high school or college, you learned to memorize vocabulary, translate sentences and conjugate verbs. In this class you will practice what you have learned and increase your skills in understanding what you hear, see, and need to say in everyday life in a French-speaking community. In addition, you will learn more about French culture and practical techniques for enjoying life in the French-speaking world. Recommended preparation: previous study of French in high school or college and some proficiency in speaking and understanding French.!

Class limit: 20

Leader: *Malcolm Green, M.A.*

See **FREE**  
**Special Events**  
 on pages  
**24 - 25**

**MEMOIR WRITING:  
A NOVEL APPROACH**

**Thursdays, Jan. 9 - Feb. 27  
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*

**AI ENHANCED VIDEO  
PRODUCTION: CREATE AND EDIT  
WITH SMART TOOLS**

**Thursdays, Jan. 9 - Feb. 27  
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*

**HISTORY OF LABOR UNIONS  
IN THE US**

**Thursdays, Jan. 9 - Feb. 27  
10:15 - 11:45 a.m.  
CSULB, HS&D, rm 101**

The history of labor unions in the United States shows periods of large growth in membership and periods of membership decline. This course will examine the historical contexts for both growth and decline. It will also explore changes in approaches to organizing --who are the organizers? what constituency do they see as potential members? how has the nature of union membership and activities changed? what influenced the changes? The class will include lectures and time for discussion. Class limit: 60

*Instructor: Naida Tushnet*

**TAI CHI CHUAN 102**

**Thursdays, Jan. 9 - Feb. 27  
10:00 - 11:00 a.m.  
CSULB, LifeFit, KIN 110B**

If you are familiar with basic principles of Tai Chi Chuan and have practiced in the past, come to this second class in 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. Beginners will meet on Tuesdays Class limit: 15

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

**ZENTANGLE PATTERNS**

**Thursdays, Jan. 9 - Feb 27  
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 1/2" paper tiles. Materials needed; Notebook, #2 pencil, eraser, Micron 01 pen, tortillon (paper blender) and 3.5" paper tiles.

No experience, planning or overthinking required. Class limit: 18

*Instructor: Tom Taylor*



**NATIONAL & INTERNATIONAL  
CURRENT EVENTS & ISSUES**

**Thursdays, Jan. 9 - Feb 27  
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.*

**AI-POWERED SOCIAL MEDIA:  
APPS AND STRATEGIES FOR  
SUCCESS**

**Thursdays, Jan. 9 - Feb 27**

**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 that helps you 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*

**NEEDLEWORK CAFÉ  
CROCHET / KNITTING FOR  
BEGINNING AND INTERMEDIATE**

**Thursdays, Jan. 9 - Feb 27**

**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*

**HANNA-BARBERA:  
FROM MODERN STONE-AGE TO  
MEDDLING KIDS**

**Thursdays, Jan. 9 - Feb 13 (6 wks)**

**1:00 – 3:00 p.m. Zoom**

A comprehensive history of Bill Hanna, Joe Barbera, and their artists, who gave us Tom and Jerry, The Flintstones, Yogi Bear, Scooby-Doo, The Jetsons, Jonny Quest, Smurfs, Huckleberry Hound, The Banana Splits, Wacky Races, and hundreds more. Their television work in animation and live-action is covered in detail, along with theatrical films, recordings, and the overall impact the studio had on the entertainment industry to this day..

Class limit: 50

*Presenter: Gregory Ehrbar, an author/presenter with accomplishments in television, advertising, publishing, theme parks, and online. His credits include content for Disney Marketing and Imagineering, Warner Bros., DreamWorks, Universal, and the Television Academy. A two-time Grammy Award nominee and Addy Award winner, he lectures at numerous universities; has appeared on CNN and consulted for the BBC. Books include Mouse Tracks: The Story of Walt Disney Records (with Tim Hollis), and the comprehensive Hanna-Barbera: The Recorded History. He also hosts the interview podcast, The Funtastic World of Hanna and Barbera.*



**MUSIC BEGINNING THEORY:  
SPORT OF MUSIC - THE BASICS**

**Thursday, Jan. 9 - Feb 27**

**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. See below*

**“CATCH THE SPIRIT OF SINGING”  
CHORUS**

**Thursdays, Jan. 9 - Feb 27**

**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,*



## Thursday

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

**Thursdays, Jan. 9 - Feb 27**  
**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*

## Friday

**NEW CLASS!**

### BASIC PHOTOGRAPHIC COMPOSITION

**Fridays, Jan. 10 - 31 (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 of lines 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*

**NEW CLASS!**

### AMERICAN TELEVISION: A BIOGRAPHY

**Fridays, Jan. 10 - Feb. 14 (6 wks)**  
**9:30– 11:00 a.m. Zoom**

**The Bear. Abbott Elementary. Shogun. Hacks. Only Murders in the Building. The Crown.**

Big new players on the changing TV ballfield. (Whatever “TV” means anymore, right?) For each of these and scores of other series, though, there’s a history that connects to television’s own. This course tracks it, offering a conversational and video-heavy look at a century of television in biographical form. From its 1920s conception to its 1940s infancy to its 1970s adolescent rebellion to its mid-life crisis and re-invention in the early 2000s, this is the bio of the one person we’ve all met and yet want to know more about: TV. Tune in for the clips, the discussions, and, of course, the memories! Class limit 60

*Instructor: Jim McKairnes, TV and media fan and scholar*



### MOVIE MATINEE: A NEW LOOK AT CLASSICS

**Thursdays, Jan. 9 - Feb 27**  
**2:00 – 4:30 p.m. CSULB, HS&D rm 101**

It gives me great pleasure to host this session’s “Movie Matinee.” Although I have never worked in the film industry, I have been a cinephile since First Grade. When I sat in a small improvised theater with my classmates, I was transfixed as I watched “Black Beauty” and “Arabian Nights.” I was hooked as the films took me to places I had never been and dazzled me with their thrilling action and nail-biting suspense.

My film preferences changed when my children grew and watched films of their own choosing. Newly divorced and free to choose my own entertainment, I gravitated to independent films like “Cinema Paradiso,” “Sex Lies and Video Tape,” and my first Almodovar film, “Women on the Verge of a Nervous Breakdown.” I fell in love with cinema all over again.

Since then, I have developed an eclectic taste for many different genres: Road Movies, Coming of Age Movies, Comedies, Serious relationship movies, Musical theater pieces, and Emotional dramas. I hope you can join me to experience the wonderful world of make believe or better yet, stories that pluck at our heartstrings, make us laugh, think, and enrich our own personal lives.

Class limit: 60 *Instructor: Tom Hood, Life-time Cinephile, Former Science teacher in a visual and performing high school. Lover of the Arts: Cinematic, theatrical, impressionist painters, dance, music*

### JEWELRY FROM A - Z

**Fridays, Jan. 10 - Feb. 28**  
**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*

**BLUEGRASS MUSIC JAM**

*Fridays, Jan. 10 - Feb. 28*  
**10:00 a.m. – 12:00 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](mailto:frankswatek@hotmail.com)

Class limit: 20

*Instructors: Frank Swatek, with Mark Shutts and Dennis Murphy*

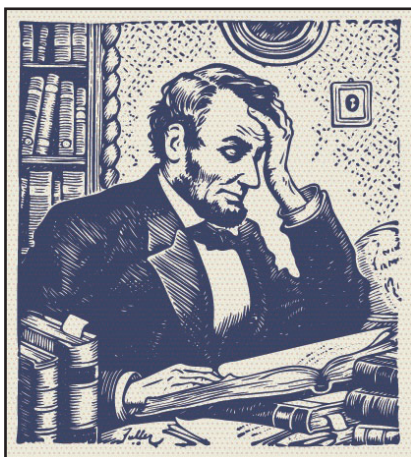
**WRITERS READ ALOUD**

*Fridays, Jan. 10 - Feb. 28*  
**10:45 a.m. – 12:15 p.m.**  
**CSULB, HS&D, rm 101**

Everyone has a story to tell or 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. It offers a sense of intimacy, spontaneity, and possible surprise. This OLLI writing class meets in person. **Each week ALL class members will read a story they have written outside of class.** Come join our lively readings and discussions.

Class limit: 10

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



**SOUL TAI CHI WITH JIMMY**

*Fridays, Jan. 10 - Feb. 28*  
**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!**

**ABRAHAM LINCOLN AND THE "ENGLISH READER"**

*Fridays, Feb. 7 & 14*  
**12:30 – 2:00 p.m.**  
**CSULB, HS&D, rm 105**

Abraham Lincoln wrote that the most important book for the development of his values, philosophy, and ways to govern was "Murray's English Reader", written in 1826 by Lindley Murray and republished by Forgotten Books. Lincoln read the book many times during his adult years. For this class you will choose two readings from this book that you consider most important and be prepared to read them aloud; a class discussion of each student's selection will follow. The book is available from Amazon for \$12.95.

Class limit: 15

*Instructor: Don Hucker.*

**JUDAISM, CHRISTIANITY, AND ISLAM: RELATING PAST AND PRESENT**

*Fridays, Jan. 10 - Feb. 28*  
**12:30 - 2:00 p.m.**  
**CSULB, HS&D, rm 101**

In order to understand contemporary events, it is important to have an understanding of the diverse systems of belief, ritual, and morality that intersect and collide in the world. This course will survey the three major Western religions, their basic beliefs and practices, and their impact on events in our times. Class Limit: 25

*Instructor: Carlos Piar, Professor of Religious Studies at CSULB; Ph.D. in Religion/Social Ethics from USC; recipient of a Master of Theology and a Master of Divinity from Talbot Theological Seminary; has also taught at UC Riverside, U. of San Francisco, Talbot Theological Seminary, Fuller Theological Seminary, Claremont School of Theology.*

**CHAIR YOGA**

*Fridays, Jan. 10 - Feb. 28*  
**12:30 - 1:45 p.m. Zoom**

Come learn 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! Lakshmi Voelker Chair Yoga (LVCY) has been taught around the world including to yoga teachers and therapists at Mayo Clinic, Cleveland Clinic, and New York Department of Education.

Yoga has been shown to be of value to decrease stress, stretch muscles for flexibility, strengthen muscles, improve posture and improve balance. This Yoga also incorporates energy medicine exercises based on the Eden Energy Medicine model of Donna Eden.

"Yoga is for Every Body!" Class limit: 24

*Instructor: Claudia Ellano-Ota,*

### SHAPE SHIFTING: EXPLORING COLLAGE

**Fridays, Jan. 10 - Feb. 28**  
**1:00 - 3:00 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, Jan. 10 - Feb. 28**  
**1:00 - 3:00 p.m. Zoom**

**NEW BOOK** -- This session we will begin reading O. Henry Prize-winning short stories, selected by Amor Towles, from the 2024 edition of *The Best Short Stories*. This is an opportunity to read outstanding stories from both new and well-known authors, published in English or translated into English in the previous year. For comparison, a few stories published earlier may also be considered. 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 new anthology is: *The Best Short Stories 2024: The O. Henry Prize Winners*, Amor Towles, Guest Ed., with Jenny Minton Quigley, Series Ed. (New York: Vintage Books, 2024). **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

### COMEDY CAPERS

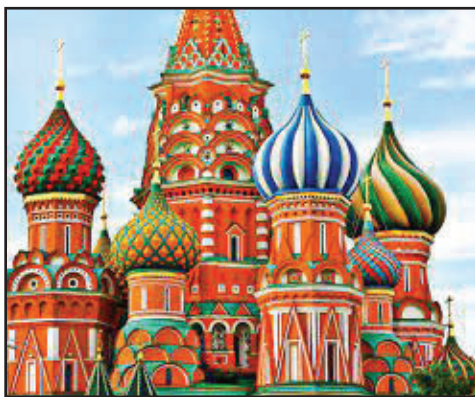
**Fridays, Jan. 10 - Feb. 28)**  
**2:30 – 4:30 p.m.**

**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.



### NEW CLASS!

### BEGINNING RUSSIAN LANGUAGE

**Fridays, Jan. 17 - Feb. 28 (7 wks)**  
**3:15 – 4:45 p.m.**

**Alpert Jewish Community Center**

Join this Beginning Russian class to learn the basics of the Russian language. It will be a participation class to learn the alphabet and some phrases. There will be handouts to help you. This class certainly will offer some interactive fun.

Class limit: 20

Instructor: Jay Fisher

### STAINED GLASS MAKING

**Fridays, Jan. 10 - Feb. 28**  
**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](mailto:snewcomb@congruex.com)

Class limit: 20

Instructor: Stephen Newcomb.



### 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](mailto:olli@csulb.edu)





## Saturday

### WATERCOLOR WORKSHOP

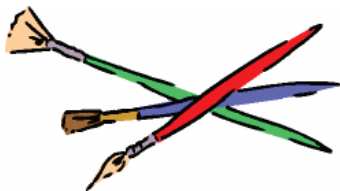
**Saturdays, Jan. 11 - Feb. 22**  
**9:00 a.m. – 12:00 p.m.**  
**CSULB, DSN, rm 111**

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, Jan. 11 - Feb. 22**  
**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*

### HERBALISM & NATURAL LIVING

**Saturdays, Jan. 11 - 25 (3 wks)**  
**10:00 a.m.- 12:00 p.m.**  
**CSULB, HS&D, rm 105**

The students will learn self-sufficiency skills and new ways of implementing natural alternatives into their lives. The goal is to empower the students to learn more ways to take care of themselves and to acquaint them with information about how to use free and/or inexpensive materials that are better for our health and the environment. Class limit: 12

*Instructor: Alexis Lawrence*



**FREE!**

## Special Events

**FREE!**

### DANCE TO WORLD MUSIC FOR FUN AND FITNESS

**Wednesdays, Jan. 8 - Feb. 26**  
**1:00 - 3:00 p.m. Bellflower Womens Club 9402 Oak St.**

Welcome to the "United Nations of dance & music!" Come dance weekly and learn new steps and meet new friends. We discover that common step patterns underlie traditional dances from various world cultures. Schottiches, Syrtos, Sambas and Polkas, Horas, Pravos, Halays and Tamzaras fill our dance cards. Intriguing rhythms challenge our brains; sustained movements provide cardio exercise; and camaraderie and the joy of dance induces us to smile inside and out. Research in brain activity suggests that synchronous movement with a group activates both sides of the brain and enhances endorphins. Other benefits of dancing include increased strength, balance, coordination and agility. The musical styles, ranging from rousing to peace-inducing, call forth a wide range of feelings as well as a sense of community. Comfortable shoes that allow for lateral movement are recommended. The facility has a responsive wooden floor ideal for dancing. 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. She is a life-long learner, dedicated dancer, and retired physical educator who enjoys world travel and making new friends.*

### RIGHTING ROE

**Friday, February 28**  
**9:00 - 10:30 a.m.**  
**CSULB, HS&D, rm 101**

Building upon the Roe and Rights event from last October, we will continue and expand our discussion of the nature of rights. November 5 has told us more about the future of federal political power and how states are acting and not acting in response to Roe's demise. We also can explore the future of reproductive and analogous rights. You do not need to have participated in the October event to attend and enjoy this one.

Class limit: 55

*Instructor: Patricia Leary, retired law professor*

**FREE!****FREE Special Events - Everyone Invited****FREE!****CARDMAKING IN A DAY****Friday, January 10****3:00 - 5:00 p.m.****Alpert Jewish Community Center**

Join us for a free card-making workshop where you will create two cards: a Valentine card, and a wallet gift card holder. All materials will be provided. (A \$5 donation for the supplies would be appreciated, but is not required.) Class limit: 12

*Instructors:*  
Maryse Fujimori  
and Sally Tiessen

**TODAY'S STOCK MARKET & YOUR MONEY****Tuesday, January 28****2:00 - 3:30 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, helping you 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, investing in mutual funds versus private portfolio management. Learn about earnings and economic updates for current market conditions. Other topics include simple estate planning techniques, real estate investing, avoid becoming over or under insured, and importance of establishing or maintaining a good credit score. Class limit: 60

*Presenter: James Wigen,*  
*IFM founder*

**CPR AND AED AWARENESS****Tuesday, February 4****4:00 - 5:30 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*

**BETTER CAPITALISM****Tuesday, February 11****12:00 - 1:00 p.m. Zoom****How We Can Move from the Tragedy of "More" to Mutual Profit**

In your experience with capitalism, have you ever felt that there's got to be a better way? This special event will identify exactly when and how our corporate ethics and capitalism took a wrong turn. And it will offer you concepts, actions, and real-life examples for effective corrections. It will be a fast-moving hour that fans and critics of capitalism will appreciate.

Class limit: 40

*Presenters: Paul Knowlton & Aaron Hedges, Institute for Better Capitalism, Inc.*

**ONLY HOPE: MY MOTHER AND THE HOLOCAUST...****Wednesday, February 12****10:00 a.m. - 12:00 p.m. Zoom**

Before she died in 1974, Felicia Bornstein Lubliner wrote about her internment in ghettos and concentration camps in Nazi-occupied Poland. These powerful stories were published later by her son, Irv Lubliner, professor emeritus at Southern Oregon University. Irv will share excerpts from "Only Hope: A Survivor's Stories of the Holocaust," shedding light on his mother's fortitude and indomitable spirit, as well as his own experience as a child of Holocaust survivors. You will learn about the Holocaust through the eyes of a survivor, as well as how the instructor, the child of two survivors, was impacted by his parents' experiences..

Class limit: 50

*Instructor: Irving Lubliner is a professor emeritus at Southern Oregon University (SOU), where his specialty was mathematics education. During his 40-year career, he taught at all levels, kindergarten through graduate school, led seminars for teachers in 39 states, and gave over 350 conference presentations. In 2019, he created Felabra Press and published his mother's writings about her experiences during the Holocaust, the book that will serve as the theme for this presentation.*



**Register at [www.csulb.edu/oli](http://www.csulb.edu/oli) starting Dec. 9 9 am**

**The Hidden Messages of Ancient Colors:  
New Ways of Reading Classical Sculpture**

by Shari Faris

Are you interested in learning more about art and history? Come explore what classical sculptures can teach us about art and history in the new OLLI class: **The Hidden Messages of Ancient Colors: New Ways of Reading Classical Sculpture.** The Instructor, Blaga Angelow, is excited to share this topic with students, and hopes that the class will provide them with the chance to enjoy looking at ancient art and sculpture and learn about the context in which it was made.



Blaga Angelow

The four sessions of the class will focus on: the different periods in art history and how they shaped our view of ancient sculptures; the use of color and pigments in ancient sculptures; how sculptures were displayed in antiquity and the meaning they conveyed; and what we can learn from these works of art about our modern environment.

Blaga is particularly interested in exploring how our perception of the works of art may change depending on whether we are looking at the traditional white marble sculpture we are familiar with, or a recreation of the same sculpture to show what it looked like originally when it was painted with color. Her experience as a tour guide at the J. Paul Getty Villa Museum and her background in Archeology and Ancient History bring a unique perspective to the class. Please join us to explore the world of ancient sculpture and what we can learn from it.

See class description on page 16.



**SPECIAL PRESENTATION FORUM:  
The Vital Fifth Sign – Pain!**

by Lou Haglind

Most people know the vital signs in medicine: Temperature, blood pressure, pulse and respiratory rate. But what about the fifth vital sign – pain? It’s reported as a symptom in over 80% of doctor visits, affecting 76.2 million Americans – more than diabetes, heart disease and cancer combined. Pain costs America more than \$100 billion each year in health costs, compensation and litigation.

It might be that no one knows more about pain management than Dr. Marsha Stanton, a registered nurse in this important field of medicine. What led her to helping people with their pain? In the mid-90’s the Chief of Anesthesia at Holy Cross Hospital in Salt Lake City called and told her he wanted to start a pain service. When she inquired about it, he handed her a book, told her to read it



Dr. Marsha Stanton

and turn in a business plan the next day! After reading the book, Marsha thought, “I should have been doing this all my life!” In the initial stages of her career, the overriding philosophy had been ‘don’t overdose’. But thanks in large part to the Veterans Administration, managing pain dramatically improved in a positive manner. Marsha served in leadership roles with the Intermountain West Pain Management Nurses, American Society for Pain Management Nursing, Academy of Integrative Pain Management, American Academy of Pain Medicine, and Pain Management Education Consultants. She’s responsible for the education of healthcare prescribers, consumer and community programming at national, regional and international levels. She is also very active legislatively, working with a team from the American Society for Pain Management Nursing.

Her overwhelming concern is to make sure patients aren’t suffering. She feels that anything that affects you physically also affects you emotionally and spiritually. So attend her forum on **Dec. 3rd at 2:00 pm at the Alpert JCC** -- learn how you and your loved ones can deal with this vital “fifth sign”! Please RSVP to [olli@csulb.edu](mailto:olli@csulb.edu)

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](#)

**Carpenter Center (CPAC)**

**General Parking**  
Lots G 12, 13, 14 & Parking Structures

**Archery Fieldhouse**

**LifeFit Center**  
KIN 107 / 110

**OLLI office & HSD 101**

**Employee Lot E 6**  
with 9 ADA spaces. Permit required

**State University Dr.**  
No pay needed with DMV blue placard at green curb spaces

**Foundation Parking Lot - pay at gate**

**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



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

## 2025 OLLI CLASS SESSIONS

Winter	January 6 - February 28, 2025
Spring	April 2 - May 24, 2025
Summer	July 7 - August 30, 2025
Fall	October 6 - November 22, 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](http://www.csulb.edu/olli) 562.985.2398