



The Osher Lifelong Learning Institute
at CSULB



2025 Spring Class Schedule

Class Registration Starts Monday, March 17 at 9 a.m.

New Classes

LINCOLN & ENGLISH READER

Instructor: Don Hucker
Tuesdays in person

THE SILK ROADS

Instructor: Delrie Hobbs
Tuesdays in Rm 101

RUSSIAN - BEG & INT

Instructor: Jay Fisher
Fridays in person at JCC

STARS & THEIR EVOLUTION

Instructor: Montserrat Geier
Mondays on Zoom

PERENNIALS IN THE GARDEN

Instructor: Leslie Grenier
Fridays in Rm 101

GET ORGANIZED A - Z

Instructor: Sharon Farley
Tuesdays on Zoom

NAVIGATION & TIME

Instructor: Len Jacobson
Thursdays on Zoom

ALMOST NAKED-EYE ASTRONOMY

Instructor: Patrick Kenealy
Wednesdays on Zoom

SEE CATALOG INSIDE

Learn More

A Taste of OLLI - Open House

By Jan Stein

Have you wondered what OLLI classes are like? Some of the topics sound interesting and even enticing? How would you like to find out more and learn beyond the description in *The SUN*?

On March 8, 2025, from 10:00 a.m. to 12:00 noon, Osher Lifelong Learning Institute (OLLI) at California State University, Long Beach will host "A Taste of OLLI" open house for the community. This free event will be held on the CSULB campus in the Duncan Anderson Gallery, Design Building, 6351 E. State University Dr. (near Palo Verde Ave. / Anaheim Rd).

Attendees will experience an informative and fun-filled morning where they will find out about the vast array of classes and social activities offered by OLLI for adults 50+. The program will provide opportunities to meet passionate instructors, lifelong learners and OLLI leaders. Guests will learn how to become an OLLI member and the steps needed to register for Spring Session classes. Those classes will start on April 1 and run through May 24. You will be ready for the first registration day that happens on March 17.

All attendees will be eligible to participate in a drawing to win OLLI memberships and receive giveaways and free refreshments. Convenient free parking at the Foundation Lot will also be provided for those that RSVP. RSVP by March 5th to: olli@csulb.edu.

This is a great opportunity for our current members to "bring a friend" (or two) to share the joy of lifelong learning and get them acquainted with the OLLI community.

▶▶▶

OVER 70 CLASSES
OFFERED IN-PERSON
OR ONLINE

**NEVER STOP
LEARNING**

OLLI
CALIFORNIA STATE UNIVERSITY
LONG BEACH

Classes start April 1

www.csulb.edu/olli

The President's Corner: If I Only Had a Brain!

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

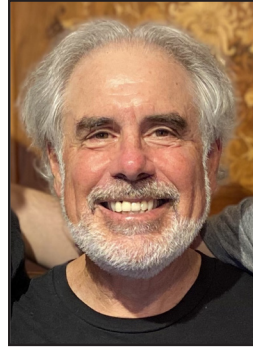
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| Patti LaPlace | Executive Director |

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

THE SUN Volume 30, Issue 3

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

My OLLI Music Jam friend Myra recently provided me with info to share with our members on The BenfoTeam clinical research trial currently being conducted at USC for mild cognitive and Alzheimer conditions. Relieved that there had not been any signals she'd seen in my behavior as co-host of the Jam class, I did ponder what OLLI brings to the beneficial exercising and stimulation of our cognitive strength.



Marc Davidson

I am already a great believer in the power of music, witnessed so strongly in my mother's recent end-of-life journey. And there are countless brain exercises and stimulation advocated now in the healthcare and therapeutic fields of medicine.

However, we may sometimes forget how significant and powerful the OLLI program is to our members, not only from continuing education through the diversity of classes offered, but from the benefit of in-person social interaction. Our participation in OLLI classes and special events provides us all with the opportunity to communicate with each other, process information, formulate questions, and deliver opinions. This activity is powerful and hugely beneficial to building and sustaining our cognitive strength. I will quickly confess that I am not a doctor, nor am I trained in healthcare and cognitive science. I do feel certain that the opinion I have expressed would be validated by those who spend their careers on the science of this subject.

If you have been an OLLI member for many years and appreciate the above, please consider this an important message. Talk with friends or community with whom you may be describing the impact of the Osher Lifelong Learning Institute, and encourage their participation.

And a big thank you to our Membership Services and Communications Working Groups who continue to strengthen our message at OLLI.

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

PLANNING FOR THE FUTURE? WE'RE HERE TO HELP—FOR FREE!

Thinking about the legacy you'll leave behind? Whether it's providing for loved ones or supporting the programs you love—like OLLI—having a solid estate plan brings peace of mind.

CSULB's Office of Planned Giving offers free estate planning resources to make the process easier:

- Informative webinars
- Estate planning toolkits
- Access to trusted advisors

If you'd like to explore how a future gift could support OLLI or CSULB, we'd love to help you create a plan that reflects your values and wishes.

We're happy to chat! Contact us at: **CSULB Office of Planned Giving**
 PlannedGiving@csulb.edu | beachlegacy.org | 562-985-6460



From the Executive Director: Spring Seasoning!

“Spring adds new life and new joy to all that is”

– Jessica Haroldson.

For the upcoming Spring session, we have many new classes and opportunities that will bring new life and joy to OLLI. I am very excited about this session at OLLI!

Spring for me is also a way to have a fresh new look on things and opportunities. This Spring, we are launching a new registration and membership software platform, CampusCE! Our “transition team” of OLLI staff and volunteers have been planning this for months. Our new platform will greatly enhance our OLLI operations as well as allow us to track new data that aid outreach and course offerings.



Patti LaPlace

On January 25, we had our first leadership workshop, led by Janet Lipson who holds the Member at Large position on the Governing Council. This workshop provided an

opportunity for OLLI members to learn about OLLI in general as well as volunteer opportunities within our organization. It was a very successful event with more to come in the future.

We will continue to offer a variety of 80 some courses in our Spring session schedule. We are fortunate to have so many volunteers who wish to teach for us. Classes include

some intergenerational offerings with Social Work, Nursing, Recreation and Leisure Studies Departments as well as a student intern from the Speech, Language and Pathology department. Our opportunities are expanding in terms of partnerships with other college departments.

This Spring we will also be hosting our first in-person OLLI Open House since the pandemic; “A Taste of OLLI” on March 8th. We are encouraging our OLLI members to “bring a friend” to this event as well. The Open House will take place from 10 am – 12 noon in the Design Gallery located in the Design building on campus. Participants will have the opportunity to interact with some of our instructors, learn about the benefits of membership as well as get to know other OLLI participants and volunteer opportunities. We are excited to offer this exciting campus venue to promote OLLI in our community.

Of course, Spring would not be complete without our Volunteer Recognition luncheon which will be held in April (TBA). This luncheon is our “big event” to celebrate our wonderful volunteers that help keep OLLI running and thriving. I am forever thankful for all our volunteers and the great work they do as well as their passion for OLLI. As with Spring, our volunteers add new life and joy to all that is OLLI!

From OLLI members: Kudos!

By Cari Blitzer

I initially heard about OLLI through a friend after I retired, about 6 years ago. I encourage everyone I meet to check out the Osher Lifelong Learning Institute.



Cari Blitzer

I’m absolutely thrilled with all the classes I’ve taken through OLLI. I’ve taken finance classes both from Andy and from Dave, volunteers who have given time and effort to teaching finance. Both classes were excellent!

I’ve taken the foodie class “Let’s Dish” many times and never get tired of learning new dishes, and going to new places for unique shopping adventures and eating. I’ve also taken numerous

music related classes: Play it Again Jam (which could be called Blue Zone Jam because it put you in a “blue zone”), Advancing Ukulele Skills and “Catch the Spirit” choir. Also, I’ve taken classes like Current Events, numerous history classes and a variety of other subjects. The caliber of the people leading

these classes is absolutely wonderful.

I’m so enthusiastic about OLLI that I drop off catalogs at my doctors’ offices, PT places and anywhere I see a significant amount of our senior population. I take OLLI flyers everywhere I go and I give them out to future retirees. I even take them to parties and small get-togethers.

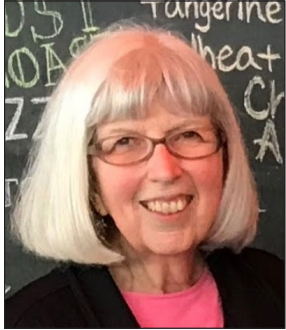
What can I say... the locations are close, the courses are exciting, the instructors are top of the line and the price is right. I’m sold on OLLI. Thank you!!!



News from the Technology Lab: Spring 2025

by Kathy Winkenwerder

To all of you who took part in our technology survey, thank you. We will be comparing the previous year's survey results soon with those we've conducted in the past. The results will be published in the Summer *SUN*. One trend that's already clear: we're all moving from larger computing devices



Kathy Winkenwerder

to smaller ones.

Many of you have asked for an Apple Watch class, and now we're happy to offer one again. So if you already have an Apple Watch, are thinking about getting one, or are just curious about what one can do, **Make the Most of Your Apple Watch** is the class for you.

Instructor Bob Cohen will show you how the watch works, including how

it can track exercise, monitor health, along with showing safety features like fall detection and Emergency SOS, how to pair your Apple Watch with your other Apple devices and so much more.



Want to try using a free chatbot but don't know how to go about it? Louise Soe's class, **Get to Know AI Chatbots**, can show you. You'll learn how to write effective prompts (questions) that will work for most chatbots, and how you can use this new skill when you make appointments, create to-do



Louise Soe

lists, get health information, plan a meal based on what you have in your kitchen, plan a big gathering, or research a topic you're interested in. Students will also choose one chatbot to download for the class and get to know how it works.

Sometimes all the technology in our lives can be overwhelming

because it seems there's always some new development to keep up with. If that's how you feel, consider **The Foundations of Technology** class. Instructor Bob Cohen will explain in simple and everyday language what services like the Internet or a cloud, or your computer, pad or smartphone can do and how you can benefit from using them. Beginners and those needing an "update" are welcome!

If you take an iPhone class, you learn about Apple apps. But among the hundreds of apps in the Apple App Store there also are **Non-Apple Apps** you may find useful as well. This

OLLI Forum: Cyber Security Led by Dave Babcock & Chris Hodek

FREE

You are invited to a presentation that examines common real-world cybercrime case studies and provides participants with solutions and techniques. Learn about security tools to better defend against cyber criminals. Everyone welcome.

Please RSVP to olli@csulb.edu

Thursday March 13 - 12:00 pm
Alpert Jewish Community Center

Complete a guest questionnaire before attending at <https://alpertjcc.org>

Wanted: New Members

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.

Please play a part in our "Bring a Friend" campaign.

There are many ways you can support this initiative:

- Bring a friend to a class to experience OLLI firsthand.
- Direct a friend to our website: 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 (items located 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.
- Invite a friend and come to the "Taste of OLLI" March 8
- Gift a \$20 Membership for a friend!

by Jan Stein,

Communications Working Group



class was suggested by some iPhone students when they saw other-than-Apple apps on the instructor's iPhone during class. Useful and interesting non-phone apps will cover mostly free apps and include all kinds of news, music, travel apps, to name a few categories. There will be time for students to share their favorite useful and interesting apps, too. I'll be teaching this class.

OLLI Classes

Learn French History through Film

By Tom Lockhart

Few countries have had their history documented in memorable films as has France. Sit back and relax like you were in a really comfortable movie theater and let Alain Silverston tell you all about it in his **French History in Film** class.



Alain Silverston

We begin with the silent movie, **La Passion de Jeanne d'Arc** (The Passion of Joan of Arc), as you travel through Joan of Arc's 15th century rallying of French forces against the English invaders. She epitomized the heroism and dedication to France of her young generation. Then follow a temporary liberation of morals, after

the long rigid reign of Louis XIV (72 years), the **Regency Que la fete commence** (Let Joy Reign Supreme). Beset by conniving subordinates, the young Louis XV falls prey to palace intrigue and betrayal until the people oust the ruling class, leading to the excesses of the French Revolution.

As if that wasn't enough, the epic struggles and devastation of World War I are chronicled in **La Grande Illusion** (The Grand Illusion), a 1938 movie by the great Jean Renoir. Be shocked by the class distinctions evident even on the battlefield in a time of profound suffering. Then World War II, living under the smothering boot of German occupation and with it the riveting fear of antisemitism in **Le Dernier Metro** (The Last Metro). Human emotions run rampant and reflect, ironically, behavior not that uncommon in peacetime.

In between wars witness the power of money over people and the fragility of true friendship following the 1936 events, the arrival, for the first time, of a left-wing government, led by Leon Blum: **La Belle Equipe** (They were Five).

The postwar era and its rush to prosperity and modernism is depicted in **Mon oncle** (My Uncle), a humorous multi-generational look at the cultural and technology revolution appearing like an oncoming train right around the corner.

Two contemporary movies round out the journey through French history, **Milou en Mai (May Fools)**, a 1990 film by Louis Malle which portrays the impact of French revolutionary fervor of 1968 on a French village. Last is **La Haine** (Hate), about life and discrimination in the suburbs. Come on Fridays to enjoy this visual history class.



OLLI Classes

Getting From Here to There

By Tom Lockhart

Back in the 1700s, developing a reliable timekeeping system on sailing ships was the key to accurate navigation. Listen to Len Jacobson unravel the mystery of the relationship among time, latitude and longitude in his **Navigation and Time – the Untold Story of Getting From Here to There** class. From ancient mariners to modern day supertankers, the search to find where we are and where we are going has taken on epic proportions.

Latitude was pretty easy, but longitude eluded solution for centuries, becoming feasible only with the development of reliable shipboard timekeeping systems, chronometers (initially developed by John Harrison in the mid-1700s). Sailing schedules could be developed and tracked and long-range cargo shipping became much more profitable, enhancing a world-wide business that continues to this day.

Modern technology developments such as the magnetic compass, gyro compass, speed log, automatic radar plotting, autopilot and in 1910 the introduction of two-way radio greatly improved navigation accuracy. In the early 1950s inertial navigation systems provided accurate navigation positions without the need to reference the positions of the sun or stars. Advances in timekeeping such as digital clocks all the way to atomic clocks have achieved time tracking of unparalleled accuracy, the last step in the search for exact navigation.

Finally, the very technology quest that resulted in reliable navigation systems in the first place produced the ultimate navigation system. GPS, the Global Positioning System, developed over the last 40 years, ironically rendered obsolete virtually every navigation system and advancement in the previous 500 years!

Len was educated in NY and earned his MSEE there, then moved west and worked in the Defense Electronics industry. He is considered an expert in GPS technology, writing two books on that topic. Len is a longtime OLLI student and instructor. He volunteered as President of the Governing Council in 2020-21 before moving north to be closer to family. He continues to participate in OLLI activities and Zoom classes!



Len Jacobson



Thank You To Our Donors

WINTER 2025 DONORS

With thanks to ALL of our Anonymous Donors and those who donated class fees for cancellations.

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THANK YOU FOR YOUR CONTRIBUTIONS

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

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

BECOME A NEW MEMBER of the NEW DATABASE!!

OLLI Membership

Membership is open to adults 50 or older.
Annual Membership is \$40 for 2024-2025.
Half-Year membership is \$20 and starts March 1
Register for any class for a \$15 tuition fee.
Paid Membership is required to take any class.

NEW ONLINE ACCOUNT AND MEMBERSHIP

Option 1: Visit the OLLI website

Go to OLLI website www.csulb.edu/olli
Click the NEW ACCOUNT link on the Registration page

Option 2: Create your OLLI online Account

Go to the CampusCE link. olli.csulb.edu

- Create a new Username and Password.
- (Record this to use every time you log on)
- Add your email - confirm it
- Fill in the required personal and address information
- Click Submit. *You now have an OLLI account!*

Step 3: Purchase your OLLI membership

- Membership now is \$20 if you are NEW to OLLI
- Enter your email address to get a receipt.
- Fill in credit card information.
- Click *Submit Payment*. Wait for processing!

Step 4: Purchase your OLLI classes -

Log in to Your CE Account

- Membership may be paid any time before registering for classes.

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 check payable to: CSULB Foundation
- Mail /bring your registration form and check to OLLI:
OLLI at CSULB - HS&D 100
1250 Bellflower Blvd., Long Beach, CA
90840-5609
- Visit the OLLI office. *No cash accepted at this time.*



Tips for registering for classes:

1. Always sign in to your Account first.
2. Click "Browse Current Classes" to select and purchase classes or SEARCH for classes.
3. The "add to cart" button will show if you have a current membership.
4. Select your classes by clicking "add to cart" (to exit cart and return to class list click the red "x" in the top right hand corner of the cart).
5. When you have finished choosing your classes, you will click "CHECKOUT" and complete payment process.
6. You will receive a confirmation email once process is completed from olli@csulb.edu.

If you are still having trouble, we are creating guides with more detailed instructions. Contact the Tech Support line - 562 985-2398

- How to create an account
- How to register for membership and classes

MORE OLLI STORIES AND ACTIVITIES

Visit the OLLI website for more stories and photos
Check a copy of *The SUN* to see what classes are being offered and read about teachers or events

[READ MORE STORIES ABOUT OLLI](#)

<https://www.csulb.edu/college-of-health-human-services/osher-lifelong-learning-institute/member-information>

Suggestions for stories welcome at any time.

OLLI at CSULB - HS&D 100
1250 Bellflower Blvd., Long Beach, CA 90840-5609
olli@csulb.edu

Visit us on the web

www.csulb.edu/olli

SCHOLARSHIP POLICY

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

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

OLLI POLICIES AND PROCEDURES

Class Limits - Enrollment in all classes *with limits* will be on a first-come, first-served basis. Wait lists will NOT be kept for FULL classes. Check *The SUN* or online for class limits. Zoom classes may NOT be audited.

NOTE: Please keep OLLI financially healthy by paying for all classes.

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

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

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

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



Registration starts

Monday, March 17

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

Learn how to Zoom

Visit the www.Zoom.US website for training tips.

Get ready to Zoom

A few minutes before a class is due to start,

- make sure your device has a power cord handy
- locate the Zoom link in the OLLI letter
- be camera ready from the waist up!

Then follow the directions below to Join a Meeting.

Join a class meeting

Use the Confirmation Letter that was sent from OLLI and click on the blue link to start Zoom. A Passcode and Meeting ID may be included in case you use the *Join a Meeting* option.

- Save the OLLI Letter in an email folder or copy the Link to a Word doc/Notepad file on your desktop.

The same link will be used for all weeks.

- Create a calendar meeting and include the Link.
- If you cannot hear audio or get into the meeting, close all Zoom windows and try the link again.

SPRING 2025 CLASS LIST & REGISTRATION

www.csulb.edu/olli

Name: _____

Email: _____ Phone: _____

Address (if new) _____

| | | |
|--|---|-----------------------|
| OLLI Membership (only if not paid) \$20.00 _____ | Class Tuition _____ x \$15.00 ea _____ | |
| Donation \$ _____ | Contributors will be acknowledged in publications. To remain anonymous check here. <input type="checkbox"/> | |
| Check # _____ | Checks payable to CSULB Foundation | NO Cash |
| | | Total \$ _____ |

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

MONDAYS, April 7 - May 19 / (7 weeks)

| Time | Class Title | Class Leader | Location / Comment | Mode | |
|------------------|--|----------------------|--------------------------------|-----------|-------------|
| 9:45-11:15 | Play The Recorder (Int / Adv) | T. Schneider | Whaley Park | IP | |
| 9:30-11:30 | Bridge 3 (3/31 - 5/26) | H. Dunbar | LB Bridge Center- \$20 fee | IP | |
| 9:30-11:00 | Non-iPhone Apps (2 wks) | K. Winkenwerder | Tech - iOS - 4/7 - 14 | Z | |
| 9:30-11:00 | What's New in iOS 18? (3 wks) | K. Winkenwerder | Tech - iOS - 4/28 - 5/12 | Z | |
| 10:30-12:00 | Make the Most of Your Apple Watch (2 wks) | B. Cohen | Tech - CSULB, HSD 4/21-28 | IP | |
| 10:30-12:00 | Foundations of Technology (3 wks) | B. Cohen | Tech - CSULB, HSD 5/5 -19 | IP | |
| 11:30-12:30 | Yoga with Barbara | B. Bannerman | CSULB, LifeFit KIN 110B | IP | |
| 11:30-1:00 | Ukulele: Beyond Beginners | N. Intriere/C. Baker | Whaley Park | IP | |
| 12:15-1:45 | <i>Parlons Francais!</i> - Intermediate French | P. Davidson | NEW CSULB, HSD rm 101 | IP | |
| 1:00-4:00 | Storybooks and Tin Boxes | S. Haglund | NEW projects - JCC | IP | |
| 1:00-2:00 | Bluegrass Guitar Workshop | F. Swatek | Lessons for Jam session | Z | <i>FREE</i> |
| 2:30-3:30 | Bluegrass Mandolin Workshop | F. Swatek | Lessons and practice | Z | <i>FREE</i> |
| 2:00- 3:30 | Stars and their Evolution | M. Geier | NEW | Z | |
| 2:00- 5:00 | Hollywood Movies! | J. Hathcock | NEW- CSULB, HSD rm 101 | IP | |

TUESDAYS, April 1 - May 20

| 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 Movement | C. Taylor | CSULB, LifeFit KIN 110B | IP | |
| 9:00-10:30 | Mindful Movement- Qigong & Stretch (4 wks) | N. Raynolds | Keep fit - 4/8 - 29 | Z | |
| 9:30-11:30 | Bridge 1: Lessons 1 - 10 (9 wks) | H. Dunbar | LB Bridge Center- \$20 fee | IP | |
| 9:30-11:00 | Geopolitics: Update | D. Lunde | CSULB, HSD 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 | No class April 8 | Z | |
| 10:00-12:00 | Mastering Watercolor | A. Kupillas | All levels | Z | |
| 10:30-11:30 | Tai Chi Chuan 101 (Beginners) | R Richina | NEW - Beginning KIN 110 | IP | |
| 10:30-12:00 | Get to Know AI Chatbots (4 wks) | L. Soe | NEW - 4/1 - 22 | Z | |
| 11:00-12:30 | Papercrafting - Cards and More (1 day) | M. Fujimori | NEW - JCC Special 5/13 | IP | <i>FREE</i> |
| 11:15-12:45 | Abe Lincoln and the English Reader (2 wks) | D. Hucker | NEW - CSULB, 101 4/8-15 | IP | |
| 12:00-1:30 | Spanish Story Time | P. Kiwerski | NEW tales | Z | |
| 1:00-2:30 | Reiki 1 (5 wks) | P. Tahara Rassouli | NEW - LAUMC 4/8 - 5/6 | IP | |
| 1:00-2:30 | The Silk Roads: A Closer Look | D. Hobbs | NEW - CSULB, HSD rm 101 | IP | |
| 1:30-3:00 | Improve Your Mac Skills | C. Wisniewski | TECH - NEW Apple OS | Z | |
| 2:00-3:30 | Get Organized A- Z | S. Farley | NEW | Z | |
| 3:00-5:00 | Clash of Wings | P. Killins | NEW - CSULB, HSD, rm 101 | IP | |
| 3:30-5:00 | Get a Handle on your Passwords (6 wks) | C. Wisniewski | TECH - NEW 4/1 - 5/6 | Z | |
| 4:00-5:30 | CPR & AED Awareness | B. Fitzpatrick | NEW - JCC Special 4/29 | IP | <i>FREE</i> |

WEDNESDAYS, April 2 - May 21

| <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 | IP | |
| 8:30-10:00 | Looking Good on a Budget (3 wks) | K. Marshall | New topics 4/16,23,30 | Z | |
| 9:00-10:00 | Art of Downsizing | T. Sievers | CSULB, HSD, rm 101 | IP | |
| 9:00-10:30 | Embodied Mindfulness | S. Pinsky | Los Alamitos CC | IP | |
| 10:00-11:30 | Talking Story: Fabric of Our Lives | C. Estrada/R. Hamfelt | Houghton Park | IP | |
| 10:15-11:45 | Almost Naked-Eye Astronomy.... | P. Kenealy | NEW-CSULB, HSD, rm 101 | IP | |
| 11:00-12:00 | YoMeKi™ (4 wks) | P. Tahara Rassouli | NEW -LAUMC 4/30 -5/21 | IP | |
| 11:00-12:30 | How the Election Impacts Finances | J. Pak | NEW - Special 5/7 | Z | FREE |
| 11:30-1:00 | Acoustic Guitar 2: Beyond Basics | B. Bradshaw | Whaley Park | IP | |
| 11:30-12:30 | Supporting Aging Voices: disorders... (4 wks) | J. Chen | NEW - 4/9 - 30 | Z | |
| 10:00-11:30 | Camera & Photos on your iPad /iPhone | M. Gettys | Tech Lab iOS - All levels | IP | |
| 11:45-1:15 | Tips & Tricks for iPad / iPhone | M. Gettys | Tech Lab iOS - All levels | IP | |
| 12:00-1:30 | Practical AI: Beginners Guide.... (3 wks) | K. Chandiramani | NEW-CSULB, HSD 4/9-23 | IP | |
| 12:00-1:30 | Hidden Messages:...classical sculpture (4 wks) | B. Angelow | CSULB, HSD,101 4/30-5/21 | IP | |
| 1:00-3:00 | Dance to World Music for Fun and Fitness | D. Baker | More fun! Bellflower | IP | FREE |
| 1:00-2:30 | ABCs of Medicare (3 wks) | D. Dillman | 3 wks 4/2 - 16 | Z | |
| 1:00-2:30 | 4 Stories, 4 Weeks (4 wks) | M. Panitz | JCC 4 wks 4/30 - 5/21 | IP | |
| 1:30-3:00 | Settings on Apple Devices | M. Gettys | Tech Lab - All levels | IP | |
| 1:45-2:45 | Ukulele for Beginners | N. Intriere, C. Baker | NEW CSULB, HSD rm 101 | IP | |
| 3:00-4:00 | Community Connections | R. Danon, N Schwartz | NEW -CSULB, HSD rm 101 | IP | |

THURSDAYS, April 3 - May 22

| | | | | | |
|-------------|---|--------------------|-------------------------|--------|--|
| 9:00-10:30 | Birding Adventures: Fun with the Flock (4 wks) | E. Swift | NEW 5/1 - 22 - Parks | IP | |
| 9:00-12:00 | Watercolor Painting Basics | V. Berry | NEW CSULB DSN rm 111 | IP | |
| 9:30-11:30 | Memoir Writing: A Novel Approach | Kiwerski/ Marshall | Email needed | Z | |
| 9:30-11:00 | Navigation and Time...the untold story... (5 wks) | L. Jacobson | NEW- 4/3 - 5/1 | Z | |
| 10:00-11:30 | AI Enhanced Video Production - all devices | P. Gutierrez | Tech- CSULB, Lab /Zoom | Hyflex | |
| 10:15-11:45 | Looking Back: The Life Story (5 wks) | K. Skrabo | CSULB, HSD rm 101 | IP | |
| 10:00-11:00 | Tai Chi Chuan 102 (Intermediate) | R. Richina | CSULB, LifeFit KIN 110B | IP | |
| 11:00-12:30 | Zentangle Art | T. Taylor | JCC - see supplies | IP | |
| 12:00-1:30 | National and International Current Events | Team | CSULB, HSD, 101 | IP | |
| 1:00-2:30 | AI Powered Social Media - all devices | P. Gutierrez | Tech- CSULB, Lab / Zoom | Hyflex | |
| 1:00-2:30 | Music Beginning Theory | K. Price | LAUMC -Materials fee | IP | |
| 1:00-3:00 | Needlework Cafe - Beg and Intermediate | TBD | JCC | IP | |
| 2:00-4:30 | Movie Matinee: A New Look at Classics | T. Hood | NEW -CSULB, HSD rm101 | IP | |
| 3:00-4:30 | AI Build: Website,Blogs... Maximizing Online... | P. Gutierrez | Tech-CSULB, Lab/Zoom | Hyflex | |
| 3:00-4:30 | Catch the Spirit of Singing...Chorus | K. Price | LAUMC location | IP | |

FRIDAYS, April 4 - May 23

| | | | | | |
|-------------------|--|------------------|--------------------------|-----------|-------------|
| 8:00-10:30 | History of France through French Cinema | A. Silverston | NEW- CSULB, HSD rm 101 | IP | |
| 9:30-11:00 | Purposeful Living: with the KonMari Method... | K. Ishii | NEW - | Z | |
| 10:30-12:30 | Jewelry from A to Z | B.Belisle | JCC - new projects | IP | |
| 10:45-12:15 | Writers Read Aloud | J. Van Hooten | CSULB, HSD rm 101 | IP | |
| 10:00-12:00 | Bluegrass Music Jam | F. Swatek | LAUMC Hall | IP | |
| 11:00-12:00 | Soul Tai Chi with Jimmy | J. Mathews | CSULB, LifeFit KIN 110B | IP | |
| 12:30-2:00 | Perennials in the Garden: selection, care (7 wks) | L. Grenier | NEW - CSULB HSD 101 | IP | |
| 12:30-2:15 | Stress: What is it and How it Affects Us (5/23) | D. Hucker | NEW-CSULB HSD 101 | IP | FREE |
| 12:30-1:45 | Yoga on a Chair (7 wks) | C. Ellano | LAUMC / Zoom | Hyflex | |
| 1:00-3:00 | Shape Shifting: Exploring Collage | A. Dworkin | JCC - new projects | IP | |
| 1:30-3:30 | Open Computer Lab | W. Peck | Tech Lab | IP | FREE |
| 1:00-3:00 | Short Story Discussion Group | F. Ramirez | Book purchase | Z | |
| 2:30-4:30 | Comedy Capers - more funny films | K. Lucas | CSULB, HSD 101 / Zoom | Hyflex | |
| 2:30-4:30 | Stained Glass making | S. Newcomb | CSULB, HSD 105 | IP | |
| 3:30-5:00 | Russian Language 101 | D. Cook | NEW - JCC | IP | |

SATURDAYS, April 5 - May 24

| | | | | | |
|-------------|------------------------------|-------------|-------------------|----|--|
| 9:00-12:00 | Watercolor Workshop | M. Daniel | CSULB, DSN rm 111 | IP | |
| 10:00-12:00 | The Art of Song: Songwriting | M. Davidson | CSULB, HSD rm 101 | IP | |

NEW CLASS!

NEW CLASS!

PLAY THE RECORDER

Mondays, April 7 - May 19
9:45 - 11:15 a.m. (Int. / Adv.)
Whaley Park

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 3

Mondays, March 31 - May 26
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

NEW CLASS!

USEFUL AND INTERESTING NON-IPHONE APPS (iOS)

Mondays, April 7 - 14 (2 wks)
9:30 - 11:00 a.m. Zoom

This class was suggested by former iPhone class students who were curious about a few of the nearly 1,900 free apps that weren't part of the iPhone operating system and some that were used by the class instructor and coaches. We will cover a grab bag of apps, mostly free, and take a quick look at how to use them: AI search engines and chatbots, the California electronic driver's license, and more under the headings of reading, travel, news, music, retail, puzzles and others. Class members can also share their favorite non-Apple apps. Class limit: 20

Instructor: Kathy Winkenwerder

MAKE THE MOST OF YOUR APPLE WATCH

Mondays, April 21 - 28 (2 wks)
10:30 a.m.- 12:00 p.m.
CSULB, HS&D, room 101

Discover how to make the most of your Apple Watch in this beginner-friendly class! Designed for non-technical users, we'll explore key features like tracking health and fitness, managing notifications, using Siri, customizing watch faces, and staying connected with ease. Learn practical tips for everyday use, troubleshooting basics, and how to pair your watch with other Apple devices. Whether you're new to Apple Watch or want to maximize its potential, this class will leave you feeling confident and empowered. No prior tech knowledge or Apple Watch required—just bring your curiosity! Class limit: 50

Instructor: Bob Cohen



FOUNDATIONS OF TECHNOLOGY

Mondays, May 5 - 19 (3 wks)
10:30 a.m.- 12:00 p.m.
CSULB, HS&D, room 101

Build your confidence with the basics of technology in this easy-to-understand program. We'll demystify computers, smartphones, software applications, the internet, and the cloud. You'll gain a foundation of technology and the terminology to help you understand technology better whether you use Apple, Microsoft, or Google, or almost anything else. Class limit 50

Presenter: Bob Cohen



WHAT'S NEW IN iOS 18

Mondays, April 28 - May 12 (3 wks)
9:30 - 11:00 a.m. Zoom

This new operating system has more new features than ever, including a dedicated Password app that stores your passwords, passkeys, Wi-Fi passwords and more. Others help customize your iPhone's home page and an expanded Control Center. Photos improvements allows you to remove people and objects from images, and see your photos by collections you now can browse by topic. You also will hear how to record a phone call, then transcribe that sound file into text. We'll also touch briefly on the AI-powered features that only a few iPhone models currently can operate. Class limit: 20

Instructor: Kathy Winkenwerder

YOGA WITH BARBARA

Mondays, April 7 - May 19
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

NEW CLASS!

UKULELE: BEYOND BEGINNER

Mondays, April 7 - May 19
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. Knowledge of ukulele chords is necessary with an eye toward learning and developing more advanced techniques. Bring your Uke, music stand, capo and have fun!

Class limit: 25

Instructors: Nancy Intriere & Carol Baker



NEW CLASS!

**PARLONS FRANCAIS!
 INTERMEDIATE FRENCH**

Mondays, April 7 - May 19
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.

STORYBOOKS AND TIN BOXES

Mondays, April 7 - May 19
1:00 – 4:00 p.m. (3 hours)
Alpert Jewish Community Center

We will keep working during this Spring session on any unfinished TIN BOX EMBELLISHMENT projects. You can enjoy a sense of accomplishment in finishing those projects sitting on your shelf along with the 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. Bring your tool kit to each class and any materials or tools you need for your project. Questions? Contact Sheryl at sherylhaglund@verizon.net
 Class limit 12

Instructor: Sheryl Haglund

FREE!

**BEGINNING BLUEGRASS
 GUITAR WORKSHOP**

Mondays, April 7 - May 19
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, April 7 - May 19
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

STARS AND THEIR EVOLUTION

Mondays, April 7 - May 19
2:00 – 3:30 p.m. Zoom

We will begin by examining our star, the Sun, and learning about the maximum solar storm activity expected this year, potentially producing effects on Earth like radio blackouts, power outages, and spectacular northern lights. Then, we will leave our sun behind and analyze the properties of stars. Finally, we will study the evolution of stars and investigate the remnants of dead stars such as supernovae and black holes. Through these studies, we will gain an understanding that “we are star dust.” All class sessions feature striking visual presentations and stunning images taken with powerful telescopes like JWST. We will also use an open-source virtual planetarium that shows a realistic sky in 3D, just like what you see with the naked eye. Class limit 50

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

NEW FILMS!

HOLLYWOOD MOVIES

Mondays, April 7 - May 19
2:00 – 5:00 p.m.

CSULB, HS&D, room 101

Join Jeff to watch and discuss these favorite movies:
 The Great Escape- Steve McQueen
 Red River- John Wayne, Montgomery Clift
 Five Easy Pieces- Jack Nicholson
 My Big Fat Greek Wedding- Lani Kazan
 Sleeper- Woody Allen
 Two Mules for Sister Sarah- Clint Eastwood, Shirley McClain
 Marriage Italian Style- Sophia Loren, Marcello Mastroianni
 Class limit: 50
Instructor: Jeff Hathcock

IPHONE: BEYOND BASICS (iOS)

Tuesdays, April 1– May 20
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 MOVEMENT

Tuesdays, April 1– May 20
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, April 8 - April 29 (4 wks)
9:00 - 10:30 a.m. Zoom

Join OLLI members from across the nation in this online class, designed to help students develop or improve a daily movement program. This is an introduction to Qigong, T'ai Chi and Somatic Meditation. Movements will be taught both as exercises and as methods for improving present moment awareness and mindfulness of subtle perceptions. Handouts and links to YouTube videos and an optional DVD are available from the instructor (not included in course fee). 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 1: LESSONS 1 - 10

Tuesdays, April 1 - May 27 (9 wks)
9:30 – 11:30 a.m. LB Bridge Center

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

Instructor: Hank Dunbar

GEOPOLITICS: UPDATE

Tuesdays, April 1– May 20
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, April 1– May 20
10:00 a.m. - 12:00 p.m.
Whaley Park

We are a group of amateur musicians and vocalists, beginner to experienced, gathering to have fun and make music. We play and sing together to develop our personal instrumental skills. Song sheets with chords of favorite Folk, Blues, Country and Pop tunes are compiled in a Song-book, and provided digitally. The Jam class is built around guitar and ukulele; but diverse instruments (bass, banjo, harmonica) are welcome. Class limit: 50

Instructors: Carol Baker & Marc Davidson



INTRO TO SHAKESPEARE

Tuesdays, April 1– May 20
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, April 1– May 20
No class on April 8
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, April 1– May 20
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. 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

MASTERING WATERCOLOR

Tuesdays, April 1– May 20
10:00 a.m. – 12:00 p.m. Zoom

This lab-style watercolor workshop continues building on skills and theory. Bring your own subject material - photographs that you desire to paint - and over the course of the lessons, you will work through finding your subject, defining elements of the story, composition, value and color. Learn to use apps on your phone or pad to assist with the process. The goal is to be able to confidently translate any subject into a watercolor painting. Get as much feedback and critique from your peers as you want, and work at your own pace. This class will also help artists find their own personal style and voice. Instructor Anne K. will incorporate skill exercises to flex your muscle memory when it comes to various watercolor techniques.

Class limit: 32

Instructor: Anne Kupillas



SPANISH STORY TIME

Tuesdays, April 1– May 20
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

GET TO KNOW AI CHATBOTS

Tuesdays, April 1 - 22 (4 wks)
10:30 a.m.– 12:00 p.m. Zoom

Want to learn more about chatbots but don't know where to start? This four-week class will show you how to write effective prompts (chatbot for questions) and how to use chats to do some everyday tasks. The prompts you learn will work for most chatbots, either those that you download from the APP store on your mobile device, and/or use on the web (e.g., on your computer). ChatGPT will be demonstrated in class. Students will need to download and sign up for at least one free chat APP or technology (ChatGPT, Google Gemini, or Microsoft Copilot, for example) and learn how to use it. Learn how to interact with one of these powerful AI tools on your mobile device and/or computer to answer questions, suggest problem solutions, or help with writing tasks. Class limit: 25

Instructor: Louise Soe, Ph,D Professor Emerita Cal Poly Pomona

NEW CLASS!

ABRAHAM LINCOLN AND THE "ENGLISH READER"

Tuesdays, April 8 & 15 (2 wks)
11:15 a.m.– 12:45 p.m.
CSULB, HS&D, room 101

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: 10.

Instructor: Donald Hucker

NEW CLASS!

NEW CLASS!

REIKI 1 - SELF HEALING

Tuesdays, April 8 – May 6 (5 wks)
1:00 - 2:30 p.m. LAUMC

Now more than ever is the time to learn Reiki, healing energy! Reiki will calm your fears and long-standing issues, helping you to maneuver in our ever-changing world. In addition, you will learn the five Reiki principles, the chakra system, how to meditate, and get info on how to create a healthy daily routine. Recommended curriculum book, *The Beauty of Reiki*—\$20.00— is available to buy in class. Class limit: 15
Instructor: Patty Tahara Rassouli, Reiki Master Teacher



IMPROVE YOUR MAC SKILLS

Tuesdays, April 1– May 20
1:30 - 3:00 p.m. Zoom

This class is designed, in part, to introduce beginners to the fundamental concepts of Mac computers and Apple’s cloud service, called iCloud, but everyone is welcome. You’ll learn about significant Mac improvements and the apps that come with it in the last few years. Learn about advancements in file management, photo editing, web browsing, document creation, content sharing, and password management. We’ll also explore how to use your Mac and Apple devices, like iPhones /iPads, together in order to further boost your productivity and creativity. There will be handouts and time for questions. Class limit: 30.
Instructor: Chris Wisniewski

GET ORGANIZED A - Z

Tuesdays, April 1– May 20
2:00 - 3:30 p.m. Zoom

Less clutter, more storage-sound like a dream? It can be your reality. Learning the ABCs of managing your clutter results in a peaceful life.
 A: Act-If you want to do it, act on it now.
 B: Break It Down-A project is easier to do if you break it into manageable parts.
 C: Containerize-Store belongings in see-through, plastic containers. And more...
 Class limit: 20.
Instructor: Sharon Farley



THE SILK ROADS: A CLOSER LOOK

Tuesdays, April 1 – May 20
1:00 - 2:30 p.m.
CSULB, HS&D, room 101

The term “Silk Roads” usually conjures up romantic images of camel caravans crossing desert dunes and merchants trading silk and spice. It is usually thought of as one “highway” connecting China with the “West” (Eastern Mediterranean). However, the reality of the silk roads is more complex: they were, in fact, a web of interlocking roads linking Asia, Africa and Europe—from Japan to the British Isles, from the Arctic to Madagascar. We’ll take a closer look at this network during its defining period between 500-1000ad. We’ll examine personal letters, documents, maps, objects, music, food, textiles, landscapes, cities, peoples, religions, etc. to reveal the people, places, ideas and objects that flowed back and forth across this network of silk roads. Class limit: 50.
Instructor: Delrie Hobbsi

GETAHANDLE0NYURPASSWRDS!

Tuesdays, April 1– May 6 (6wks)
3:30 – 5:00 p.m. Zoom

Passwords: Most people hate them but are forced to use them, leading to poor password habits and numerous security breaches. Avoid problems by employing a password manager. Password managers turn the creation and remembering of strong and unique passwords a one-click operation. Starting with or improving your use of a password manager is easier than you think! We’ll cover creating and managing strong passwords and passkeys, and when and why to use one or the other. We’ll explore different password managers from the big providers (Google, Microsoft, etc.) and third-party apps (1Password, Bitwarden, etc.), as well as Apple’s very good / new “Passwords” app, which is a great choice for persons using at least one Apple product. We’ll discuss the best strategies for slowly and safely transitioning away from paper-based and electronic Note-based systems. Class limit: 30
Instructor: Chris Wisniewski

NEW CLASS!

CLASH OF WINGS

Tuesdays, April 1– May 20
3:00 - 5:00 p.m.
CSULB, HS&D, room 101

Clash of Wings is a wide-ranging survey of the great air campaigns of World War II extending from the first bombs dropped in Poland to the atomic weapons exploded in Japan.
 It covers all theaters from the frozen steps of the Soviet Union to the nightmare heat of Pacific jungle fighting. In each theater, the principal focus is on the people doing the fighting, and it is important to note that the ordinary soldiers, sailors, and airmen fought with dignity and courage irrespective of their country or their cause. As each campaign is analyzed, we will take note of the technical developments of the time—new aircraft, new weapons, new tactics--and the leadership is evaluated. Class limit: 50.
Instructor: Paul Killins

YOGA WITH JEAN MARIE

Wednesdays, April 2 - May 21
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

LOOKING GOOD ON A BUDGET

Wednesdays, April 16,23, 30(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

THE ART OF DOWNSIZING

Wednesdays, April 2 - May 21
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. Planning a move and 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! 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!

EMBODIED MINDFULNESS

Wednesdays, April 2 - May 21
9:00 - 10:30 a.m.

Los Alamitos Community Center

Are you overwhelmed? Do you notice recurring physical discomfort in your body? This experiential class will give you the opportunity to slow down and come back to yourself. We'll gently explore our own habitual physical and mental responses by way of simple, everyday movements (i.e. sitting, standing, walking, lying down). 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. Experiment with tools for improved physical coordination, relaxation & stress reduction. Class limit: 12)

Instructor: Sarah Pinsky, mAmSAT

ALMOST NAKED-EYE ASTRONOMY

Wednesdays, April 2 - May 21
10:15 – 11:45 a.m.

CSULB, HS&D, rm 101

How did human beings figure out their physical place in the universe? How special is our human frame of reference? What information about the universe and our place in it, can we get with our naked eyes? From ancient Greece to the present, what have humans understood light energy to be? One needs to "think physically" about what happens in the world and accept explanations for events only in terms of other physical events that you know are possible. The question always is: Why do we believe what we do about the natural world? Why is the daylight sky blue or the evening or morning sky red and yellow? What do stars and constellations tell us? Historically, how did we make sense of this physical world? Class limit: 90

Instructor: Patrick Kenealy, Emeritus Professor of Physics and Science Education.



TALKING STORY: FABRIC OF OUR LIVES

Wednesdays, April 2 - May 21
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

NEW CLASS!

NEW CLASS!

YOMEKI™

Wednesdays, April 30 - May 21(4 wks)
11:00 a.m.- 12:00 p.m.
Los Altos UMC - Hall

YoMeKi™ is Yoga + Meditation + Reiki energy—all in one! Try this very healing class to ease away stress and anxiety. The class is divided into three parts. First, you do very gentle yoga poses to loosen and relax the body. Next, you will be led in a peaceful guided meditation to clear your mind and to work on the subconscious. Lastly, you will be the recipient of Reiki energy which helps to balance your mind, body and spirit. Bring yoga mats, blankets, pillows, etc.—whatever makes you comfortable. Class limit: 30

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

FREE!

HOW DOES THE ELECTION IMPACT FINANCES?

Wednesday, May 7
11:00 a.m.- 12:30 p.m. Zoom

With the elections behind us, you may be wondering what it means for your money. Is there anything you should be doing differently, financially? Is it prudent to shore up cash, postpone buying a house, invest in the stock market, or wait to retire? It is natural to be concerned when new leadership takes over the white house, because each party brings along their own brand of solutions to address age-old economic issues like inflation, unemployment; retirement related topics like healthcare and social security; and not to mention the fate of the sunset provisions of the Tax Cuts and Jobs Act.

John will share tips on how to survive the uncertainty and manage your finances with confidence regardless of a democratic or republican presidency

Instructor: John Pak, Financial Advisor

ACOUSTIC GUITAR 2: BEYOND BASICS

Wednesdays, April 2 - May 21
11:30 a.m. - 1:00 p.m.
Whaley Park

Ready to move on to the next level, add 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: 20

Instructor: Brian Bradshaw, et al.

Find more
 FREE Special
 Events on pages
 25 - 26

CAMERA & PHOTOS ON IPAD/IPHONE

Wednesdays, April 2 - May 21
10:00 - 11:30 a.m.
CSULB, HS&D, Tech Lab

Learn everything about the camera app on your Apple device, using camera settings, and taking pictures. Learn the photo app, photo editing, albums, creating slide shows, photo books, how to store your photos. Some 3rd party apps that are available for camera and editing will be reviewed. Class limit: 12

Instructor: Marilyn Gettys

SUPPORTING AGING VOICES

Wednesdays, April 9 - 30 (4 wks)
11:30 a.m.- 12:30 p.m. Zoom
Addressing Voice, Swallowing, and Feeding Disorders in Older Adults

As we age, our bodies experience natural changes that can affect critical functions such as speaking, swallowing, and eating. These changes may lead to voice disorders, swallowing difficulties, and feeding challenges. When left unaddressed, can significantly impact an older adult's quality of life, social interactions, and overall health. This class is designed to raise awareness and provide information about how these underlying issues arise as part of the aging process. Learn how voice disorders (e.g., hoarseness, vocal fatigue) and swallowing and feeding disorders (e.g., dysphagia, aspiration) manifest in older adults. Class limit: 50

Instructor: Jia Chen et al.



TIPS/TRICKS ON IPAD/IPHONE

Wednesdays, April 2 - May 21
11:45 a.m. - 1:15 p.m.
CSULB, HS&D, Tech Lab

Learn tips and tricks to use your devices more effectively or efficiently. Learn how to use control center, app switcher, split screen, Siri, how to get free apps. Learn how to get phone life, daily tip app, advice free apps, show health app, internet reader version. Come find out how to get downloads, search, add to home screen, find my app, and many other shortcuts Bring a charged iPad or iPhone to class. Class limit: 12

instructor: Marilyn Gettys

NEW CLASS!

PRACTICAL AI: BEGINNERS GUIDE FOR SENIORS

**Wednesdays, April 9 - 23 (3wks)
12:00 - 1:30 p.m.**

CSULB, HS&D, rm 101

Discover how artificial intelligence can simplify daily tasks and enhance your digital experience. This course introduces AI tools like voice assistants, smart search, and chatbots. Learn to navigate technology confidently and securely.

- Understand the basic concepts of AI and its real-world applications.
- Learn how to use AI-powered tools like ChatGPT, voice assistants, and smart devices.
- Explore AI to refine papers, write email, plan schedule and other daily tasks
- Gain confidence in interacting with AI safely and effectively. No prior experience needed—just curiosity and a willingness to explore AI’s potential!

Class limit: 50

Instructor: Kunal Chandiramani, Entrepreneur, author, and speaker with expertise in artificial intelligence, business strategy, and technology. TEDx speaker.

ABC’S OF MEDICARE

**Wednesdays, April 2 - 16 (3wks)
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. Should you 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 learn how to decipher your medical bills.

Class limit: 60

Leader: Diana Dillman, Medicare Options Specialist License #4189213

HIDDEN MESSAGES OF ANCIENT COLORS (SCULPTURE)

**Wednesdays, April 30-May 21 (4wks)
12:00 - 1:30 p.m.**

CSULB, HS&D, rm 101

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? In this class, we will 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: 50

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

SETTINGS ON APPLE DEVICES

**Wednesdays, April 2 - May 21
1:30 - 3:00 p.m.**

CSULB, HS&D, Tech Lab

Ever wonder what you can change on your device? This class will cover the settings available on your Apple device, including camera functions, focus, accessibility, passwords, notifications. We will also cover the settings within apps, how to use filters within apps, how to navigate within an app, and tips for using your devices more efficiently. Bring your charged iPad/iPhone with you to each class. Class limit: 10

Leader: Marilyn Gettys

FOUR STORIES- FOUR WEEKS

**Wednesdays, April 30 - May 21 (4 wks)
1:00 - 2:30 p.m.**

Alpert Jewish Community Center

Have the winter blahs? Looking for a Spring class? Simply sign up for Four Stories-Four weeks, and you’ll be treated to enticing short stories by excellent writers, some familiar ones, and some you’ve never heard of before. This class is an adventure! Class limit: 20

Instructor: Mona Panitz

NEW CLASS!

UKULELE FOR BEGINNERS

**Wednesdays, April 2 - May 21
1:45 – 2:45 p.m.**

CSULB, HS&D, rm 101

Have you wanted to learn the ukulele and didn’t know where to start? This beginning ukulele class will teach you how to tune and strum your uke and provide you with basic chords that will enable you to play many songs. Music is provided. You will need a ukulele, tuner and music stand. .Class limit: 20

Instructors: Nancy Intriere & Carol Baker

NEW CLASS!

COMMUNITY CONNECTIONS

**Wednesdays, April 2 - May 21
3:00 - 4:00 p.m.**

CSULB, HS&D, rm 101

The gals who brought you the CULTURE VULTURE and COMMUNITY CONNECTIONS series are back with a new set of great LB groups who will educate us about their mission, vision, events and volunteer opportunities available! This term will include Long Beach Opera, SPCA-LA, International City Theatre, Friends Of The Long Beach Library, Landmark Theater, and more. *Note: There is a **time change**; we are now meeting at 3:00 - but you can still feel free to bring a snack! Class limit: 50

Leaders: Rosemary Danon & Nancy Schwartz

NEW CLASS!

**BIRDING ADVENTURES:
FUN WITH THE FLOCK**

**Thursdays, May 1 - 22 (4 wks)
9:00 - 10:30 a.m.**

Week 1-Meet at El Dorado Park Duck pond. See website for other locations.

Ever wonder about the names of the birds you see when walking about the neighborhood or in a park? Do you enjoy being out in nature? Come with us to various local parks to explore birding whether you are a beginner or a seasoned birder. Explore a great way to escape the business of life and learn about the various birds. Enjoy social interaction with fellow OLLI members. Learn something new and possibly begin a healthy hobby or satisfy your curiosity—this is a win-win adventure. Participants are encouraged to bring binoculars, to wear walking shoes, and have transportation to travel to local parks. Class limit: 20

Class Leader: Elaine Swift, a Birding citizen scientist, member of two Audubon chapters,



WATERCOLOR PAINTING BASICS

**Thursdays, April 3 - May 22
9:00 a.m - 12:00 p.m.**

CSULB, DSN, rm 111

This is a great introductory or refresher course. We cover the Elements and Principles of Art. Whether you are a beginning artist, intermediate or seasoned veteran that just needs a refresher, this class can help you let go of your inner critic and boost your confidence and art skills. We use a wide variety of materials for the fun experience of it. I do encourage the intermediate artists to push themselves a little bit harder. I promise you will see growth in your work. Class limit: 20

Instructor: Valerie Berry

NAVIGATION AND TIME

**Thursdays, April 3 - May 1 (5 wks)
9:30 - 11:00 a.m. Zoom**

THE UNTOLD STORY OF GETTING FROM HERE TO THERE.

Inspired by a Smithsonian Museum exhibition, this course will survey both time determination and navigation and show how the two disciplines converge to enable today's phenomenal capabilities. Throughout history humans have devised methods to find their way across land and sea. They strove to understand the concept of time and how to measure it. Modern society is highly dependent on having both accurate timekeeping and precise positioning and navigational awareness. This class covers the history of both timekeeping and navigation from the earliest endeavors of mankind to cross the vast oceans to land, sea, air. Review from space travel using today's satellite navigation systems and from observing the sun's daily behavior to using the atomic clocks that synchronize much of the world's communications and commerce. Class limit: 90

Instructor: Len Jacobson, MSEE

**MEMOIR WRITING:
A NOVEL APPROACH**

**Thursdays, April 3 - May 22
9:30 - 11:30 a.m. Zoom**

Participants will write 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

**Thursdays, April 3 - May 22
10:00 - 11:30 a.m.**

CSULB Tech Lab / Zoom Hyflex

CREATE AND EDIT YOUR VIDEOS WITH SMART TOOLS

Want to film events in your life and family and friends? Use the camera on a smartphone, tablet, laptop or an action camera like a GoPro. Learn how to shoot, edit, and enhance videos on each device, when it is best to use which one, filming techniques, smartphone video apps, useful accessories. Learn to create scripts, background music, voice narration, editing tools, and AI as a tool to do and edit videos. Connect your work to other devices, achieve the best video quality and explore action cameras like GoPro. *Prerequisite: bring your charged device to each class.*

Class limit:10

Instructor: Perla Gutierrez

TAI CHI CHUAN 102 - INT.

**Thursdays, April 3 - May 22
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 Intermediate 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 meet on Tuesdays. Class limit: 15

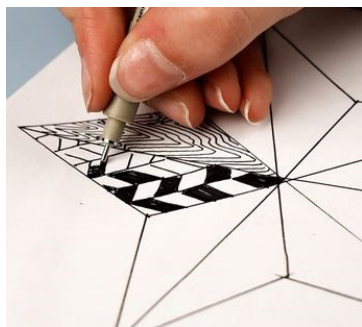
Instructor: Richard Richina, has decades of tutelage and practice of the Yang Style as developed by Master Cheng Man Ching.

LOOKING BACK: THE LIFE STORY

*Tuesdays, April 3 - May 1 (5 wks)
10:15 – 11:45 a.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. 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 and sharing exercises based on story prompts. Class limit: 10

Instructor: Kathryn Skrabo: MSW has worked across age groups and populations. Certified Guided Autobiography Facilitator



ZENTANGLE PATTERNS

*Thursdays, April 3 - May 22
11:00 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 over-thinking required. Class limit: 18

Instructor: Tom Taylor

NATIONAL & INTERNATIONAL CURRENT EVENTS & ISSUES

*Thursdays, April 3 - May 22
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: 90

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



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

*Thursdays, April 3 - May 22
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: TBD

AI-POWERED SOCIAL MEDIA: APPS AND STRATEGIES FOR SUCCESS

*Thursdays, April 3 - May 22
1:00 – 2:30 p.m.
CSULB Tech Lab / Zoom Hyflex*

Ever been curious about an app, but don't know how to start using it? Join this class and try out popular free apps like Skype, WhatsApp, LinkedIn, YouTube, Uber, Google Maps, Eventbrite, or AI apps like Canva. Many are part of the social media environment. Learn about gifs, memes, or how to navigate the huge selection on Amazon, the App Store, or Google Play Store. This hands-on class helps you practice using the apps you choose. Learn on all devices and platforms, including computers or mobile devices. Please bring a charged mobile device to class. Class limit: 10

Instructor: Perla Gutierrez

AI BUILD: WEBSITES, VLOGS & PODCASTS TO MAXIMIZE YOUR ONLINE PRESENCE

*Thursdays, April 3 - May 22
3:00 – 4:30 p.m.*

CSULB, Tech Lab / Zoom Hyflex

Find out how easy it is to build your own website, blog, chat or webinar. Make your own site or watch how it is done. We will explore popular website builders, including use of AI tools with WIX. Learn strategies to reach your intended audience, attract visitors to your site, enhance communications through social media channels, build loyalty, and maintain your site. All devices are welcome, but know how to use your device if you want the full experience. Enjoy this class by just learning about the most important tools of Internet communications.

Class limit: 10

Instructor: Perla Gutierrez

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

Thursdays, April 3 - May 22
1:00 – 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, April 3 - May 22
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,

**MOVIE MATINEE:
A NEW LOOK AT CLASSICS**

Thursdays, April 3 - May 22
2:00 – 4:30 p.m.
CSULB, HS&D rm 101

I am happy to return as your host for Spring session. Join me to view many of the classics that stayed with me over my past thirty-five years of film exploration. It must have been the ability of these films to reach me on a deeper level, or to merely add joy to my life that made memories. The selections I have chosen are what could be considered noir, some are animated, some suspenseful, and some thought provoking. I chose them for their excellent writing, their dialogue, the acting, and for overall aura. If you like delving more deeply into this art form enhanced in a discussion group setting, then this is the place to be
Class limit: 60

Instructor: Tom Hood, Cinephile, Former Science teacher in a visual / performing high school. Lover of the Arts: Cinematic, theatrical, impressionist painters, dance, music and all that is creative!



**HISTORY OF FRANCE THROUGH
GREAT MASTERPIECES
OF FRENCH CINEMA**

Fridays, April 4 - May 23
8:00– 10:30 a.m.
CSULB, HS&D rm 101

During each class, a French film masterpiece, describing parts of the History of France, will be presented and followed by a brief discussion.

Movie / (English title) Period of History
La Passion de Jeanne d’Arc

(Passion of Joan of Arc) Joan of Arc

Que la fete commence

(Let Joy Reign Supreme) Louis XV

La Grande Illusion

(The Grand Illusion) WWI

La Belle Equipe

(They were Five) 1936

Le Dernier Metro

(The Last Metro) WWII

Mon oncle

(My Uncle) The 30 Glorious years

Milou en Mai

(May Fools) Contemporary

La Haine

(Hate) Contemporary

Class limit 60

Instructor: Alain Silverston, MA Economics and Econometrics, Paris I, Pantheon-Sorbonne. Studied Cinema with Jean Collet and Jean Douchet, two founding members of the French New Wave (Nouvelle Vague)



NEW CLASS!

Friday

**PURPOSEFUL LIVING:
TRANSFORM YOUR SPACE
AND MIND**

Fridays, April 4 - May 23
9:30 – 11:00 a.m. Zoom

REIGNITE YOUR DREAM FOR REJUVENATION

Together, we'll follow the KonMari Method & use guided meditation to overcome procrastination, to declutter rooms and create harmonious spaces. Meditations will help us overcome procrastination and reflect on life's journey, rekindling relationships and rediscovering forgotten dreams for a more organized, harmonious and rejuvenated life. Class limit: 25

Presenter: Keiko "Kayco" Ishii, Certified KonMari Organizational Consultant, Certified KonMari Business Coach, Certified



JEWELRY FROM A - Z

Fridays, April 4 - May 23
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, April 4 - May 23
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
Class limit: 20

Instructors: Frank Swatek, with Mark Shutts and Dennis Murphy



WRITERS READ ALOUD

Fridays, April 4 - May 23
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, April 4 - May 23
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!

CHAIR YOGA

Fridays, April 4 - May 16 (7 wks)
12:30 - 1:45 p.m. Hyflex
Los Altos UMC Hall

Yoga is for Every Body! Chair Yoga provides the full advantage of yoga's amazing health benefits including relaxation and a feeling of well-being with adaptations for all levels of flexibility. This class uses yoga exercises, breath, energy work, affirmation and visualization as relaxation and mindfulness techniques. Students report better balance and stress management skills, along with increased strength and flexibility as a result of Chair Yoga! This Energy Medicine Yoga model is based on Lakshmi Voelker Chair Yoga (LVCY) and the Eden Energy Medicine model of Donna Eden.

NEW: attend at the church location or Zoom in from home.
Class limit: 40

Instructor: Claudia Ellano-Ota,

NEW CLASS!

Friday

**PERENNIALS IN THE GARDEN:
SELECTION AND MAINTENANCE**

**Fridays, April 4 - May 16 (7 wks)
12:30 – 2:00 p.m.
CSULB, HS&D, rm 101**

Learn what to look for when selecting new plants for your landscape. Learn, also, how to prune and care for various types of perennials so that they remain attractive, healthy and last for years. Class limit: 15

Instructor: Leslie Grenier, B.S. Industrial Design; 30 years experience as a nursery woman, landscape designer and installer.

**SHORT STORY
DISCUSSION GROUP**

**Fridays, April 4 - May 23
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: The O. Henry Prize Winners*. 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 classic 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, access this anthology to use for class discussions. It is available in several formats: Kindle, paperback, Audible.**

Class limit: 24

Class Leader: Fern Ramirez

**SHAPE SHIFTING:
EXPLORING COLLAGE**

**Fridays, April 4 - May 23
1:00 - 3:00 p.m.
Alpert Jewish Community Center**

Learn and develop skills in cutting and tearing, composition, color, and texture leading to a finished collage and strong artistic statement. Enjoy a sense of exploration and experimentation and a wonderful feeling of artistic accomplishment. Class limit: 20

Instructor: Alice Dworkin

NEW CLASS!

COMEDY CAPERS

**Fridays, April 4 - May 23
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 enjoy your afternoon. Class limit: 80

Instructor: Karen Lucas.

STAINED GLASS MAKING

**Fridays, April 4 - May 23
2:30 – 4:30 p.m.
CSULB, HS&D, rm 105**

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

Class limit: 20

Instructor: Stephen Newcomb.



NEW CLASS!

RUSSIAN LANGUAGE 101

**Fridays, April 4 - May 23
3:30 – 5:00 p.m. Alpert Jewish Community Center**

Beginning with simple words and phrases is hardly new news! I will try to combine methods as practiced in the US Army Language School (when I was there, now the Defense Language Institute, West Coast) and The Berlitz Corporation. Learning should be enjoyable and students will be speaking and hearing from day one. Additionally, familiarity with German and Spanish are helpful as there are always parallels among European languages. We aim for a good second-grade appreciation for the language written, heard and spoken! Learning the Cyrillic alphabet is important, along with pronunciation and word recognition.

Class limit: 20

Instructor: Donald Cook

Saturday

WATERCOLOR WORKSHOP

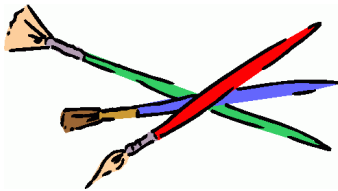
Saturdays, April 5 - May 24
9:00 a.m. – 12:00 p.m.
CSULB, DSN, rm 111

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, April 5 - May 24
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

Special Events

OPEN TECH LAB Fridays 1:30 - 3:30

Come to the Tech Lab and check out the computers and software. (Windows 11, Mac iOS, Chrome OS / ChromeBook and Linux)

Talk technology with Wes Peck who can help with explaining the functions of a Mac or PC.

We're also looking for volunteers to assist others with devices / phones or Pads. Come visit and take advantage of using the Lab computers for any project you might have.

Send an email with your questions to olli@csulb.edu



FREE!

Special Events

FREE!

DANCE TO WORLD MUSIC FOR FUN AND FITNESS

Wednesdays, April 2 - May 21
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.



FREE!**FREE Special Events - Everyone Invited****FREE!****HOW DOES THE ELECTION IMPACT FINANCES?****Wednesday, May 7
11:00 - 12:30 pm Zoom**

With the elections behind us, you may be wondering what it means for your money. Is there anything you should be doing differently, financially? Is it prudent to shore up cash accounts, postpone buying a house, invest in the stock market, or wait to retire? It is natural to be concerned when new leadership takes over the White House. Usually, each party brings along their own brand of solutions to address age-old economic issues like inflation, unemployment and retirement related topics like healthcare and social security. We'll take a look at the fate of the sunset provisions of the Tax Cuts and Jobs Act.

John will share tips on how to survive the uncertainty and manage your finances with confidence regardless of a Democratic or Republican presidency. Class limit: 60

*Presenter: John Pak***PAPER CRAFTING IN A DAY****Tuesday, May 13
11:00 a.m.- 12:30 p.m.
Alpert Jewish Community Center**

Join us for a free papercraft workshop where you will create one card and a paper giftable. 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 Elyse Gordon**CPR AND AED AWARENESS****Tuesday, April 29
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***STRESS! WHAT IS IT AND HOW DOES IT AFFECT THE MIND AND BODY****Friday, May 23
12:30 - 2:15 p.m.
CSULB, HSD, rm 101**

In the latest stress report from the American Psychological Association, 69% of adults in the United States felt the presidential election was a significant source of stress.

This class will define stress, how it affects our mind and body, and how stress can be reduced.

Don Hucker participated in a stress seminar at the Institute for Behavioral Knowledge with Hans Selye, a key researcher in the science of stress.

Class limit: 50
*Instructor: Donald Hucker***A PRESENTATION ON CYBER SECURITY****Thursday, March 13
12:00 - 2:00 p.m.
Alpert Jewish Community Center**

Dave and Chris are current members of the LA County District Attorney (LADA) Cyber Investigation Response Team, the U.S. Secret Service Cyber Fraud Task Force, and the Los Angeles Sheriff's Identity Theft Task Force. Their unit investigates cyber-attacks and intellectual property thefts targeting LA County government technology assets and resources, including human resources. Dave and Chris have trained thousands of IT security professionals and citizens in the disciplines of in-depth cyber security, risk reduction, and Internet investigations.

Come to this presentation to learn about the latest threats and the actions you can take to prevent cyber crime.

RSVP to olli@csulb.edu

Everyone invited!

*Instructors: Dave Babcock & Chris Hodek***A Taste of OLLI**

Where Curiosity Never Retires

Spring Open House!

- Meet some of our instructors
- Learn how to register for classes
- Raffle for a Free OLLI membership
- Free giveaways & refreshments

RSVP BY MARCH 5
RSVP: olli@csulb.eduSATURDAY, MARCH 8
10 AM - 12 PM
DUNCAN ANDERSON GALLERY

Learn More, Age Less!

Call
(562) 985-8237Visit
www.csulb.edu/olli**Register at www.csulb.edu/olli starting March 17 9 am**

Looking Good on a Budget - Kathy Marshall

by Shari Faris

Are you interested in learning which clothes and accessories look best on you? Kathy Marshall's OLLI class **"Looking Good on a Budget"** will teach students how to create a unique look with clothing and accessories, on a budget. Kathy will provide students with the tools to make clothing choices so that they look and feel better.



Kathy Marshall

Kathy is a Certified Image Consultant and stylist with many years of experience consulting and holding workshops that help individuals and businesses learn how people can look their best. Her 3 session OLLI class will guide students so that they learn which clothing styles work for their body type, which colors best complement skin tones, and their fashion personality type. With these tools, students will learn how to make clothing choices that complement them and build their wardrobe on a budget. Kathy will share how to use accessories to create more looks from the clothes you already have.

Kathy has seen how these tools help make clothing choices easier and save time and money. Kathy believes that "when you know what makes you look and feel your best, you gain confidence in yourself." Come join us on Wednesdays from 8:30 to 10:00 a.m. for a three week Zoom session and learn how to transform your wardrobe and look good on a budget.



Caring for Perennials - Leslie Grenier

by Tom Hood

If you've ever wished to be more successful choosing and tending to perennial plants in your home garden, potted plants on a patio, or in your house, **"Caring for Perennials,"** is a great way to broaden your knowledge and enhance craftsmanship.



Leslie Grenier

The instructor, Leslie Munro Grenier, grew up in Malibu. As a young child, she developed a love of plants, playing in the native plant environment. After graduating from high school, she earned a bachelor's degree from Cal State Long Beach in Industrial Design, focusing on furniture design. When she began working in the field, Leslie discovered that her true passion was horticulture, and enrolled in courses at Long Beach City College.

On a visit to Heard's Nursery in Westminster shortly after her Long Beach City enrollment, Leslie talked Mary Lou Heard into hiring her. This was a dream job; a satisfying and great learning experience about cottage gardens and expertise on how to grow and maintain many different types of perennials. While working at Heard's, Leslie began offering garden consultations to customers who asked for design ideas. This eventually turned into running her own landscape design business, a pursuit that has lasted over thirty years.

A lot of people wander about local nurseries looking for ways to beautify their homes and yards without too much thought. This class will increase your knowledge about which plants are climate adapted to do well in different areas of your yard and will also act as a guide about making the right choice of plants that have the characteristics you want.



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](#)

Los Alamitos Community Center

10911 Oak Street, Los Alamitos
562-430-1073

<https://cityoflosalamitos.org/160/Recreation-Community-Services>

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

| | |
|--------|-------------------------------|
| Spring | April 1 - May 24, 2025 |
| Summer | July 7 - August 30, 2025 |
| Fall | October 6 - November 22, 2025 |
| Winter | January 5 - February 28, 2026 |

HOLIDAYS No OLLI Classes, Campus & Office Closed

| | |
|------------------|-------------|
| Memorial Day | May 26 |
| Independence Day | July 4 |
| Labor Day | September 1 |
| Veterans Day | November 11 |

www.csulb.edu/olli 562.985.2398