



Serving persons 50 or older

Osher Lifelong Learning Institute @ CSULB



Winter 2023 January 4 - February 28

Classes

MONDAYS, Jan. 9 - Feb. 27			
8:30	Z	Stand Tall, Stand Strong	Day 1
10:00	IP	The Recorder Consort	Park
10:00	Z	Guided Autobiography	5 wks
10:30	Z	Prevent Heart Disease	
10:30	Z	Let's Dish - more Food talk	
11:45	IP	Hispanic Cinema Films	
11:30	Z	Yoga with Barbara	LFC
12:00	IP	Advancing Ukulele Skills	Park
1:00	IP	Something New /Crafts	SIHP
1:00	Z	Bluegrass Guitar/Mandolin Wkshop	
2:00	IP	Before They Were Stars: Films	
6:00 pm	IP	Play Board Games	ADV JCC

TUESDAYS, Jan. 10 - Feb. 28			
8:30	Z	What's New in iOS 16	3 wks
8:30	Z	Exploring PAGES	4 wks
9:00	IP	Longevity Stick	LFC
9:00	Z	Mindful Movement	4 wks
9:00	Z	Bridge 1 for Beginners	LBBC
9:45	H	Geopolitics Update 2023	
10:00	IP	Play it Again Jam	Park
10:30	Z	Folk Guitar 1	
11:00	IP	Gerotranscendence:	SIHP
11:30	IP	Investing for Women	
12:00	Z	Better Capitalism	2 wks
12:00	Z	Spanish Story Time	
12:00	Z	Mastering Watercolor	
1:30	Z	The Cloud / Digital Privacy	
3:30	Z	Mac Skills: Beg & Int	
3:00	IP	Operation Cartwheel: WWII	
6:00 pm	IP	Play Board Games	BEG JCC

WEDNESDAYS, Jan. 4 - Feb. 22			
8:30	Z	Stand Tall, Stand Strong	Day 2
8:30	IP	Cyber Crimes	
10:00	IP	iPad - Travel with Devices	
10:00	Z	Foundations of Investing	
10:00	Z	Pearl Harbor to Midway	
10:00	IP	Play Reading Circle	
10:15	IP	Light. Color, Sound ...	
11:45	IP	iPad - Photos and Editing	
11:00	IP	Pilates Matwork	LFC
11:30	IP	Acoustic Guitar 2	Park



Registration Starts Friday, Dec. 9, 9 am

Classes are:
In Person (IP) - various locations
On Zoom (Z) - links will be sent
HyFlex(H) - at home and at CSULB

Learn More ~ Age Less

WEDNESDAYS, Jan. 4 - Feb. 22			
12:00	IP	Art in America: 20th Century	
12:00	Z	Russia and the Russians	
1:00	Z	Navigation and Time	
1:00	IP	5 Stories, 5 Weeks	JCC
1:45	IP	Introduction to the iPad	
1:45	IP	Showtime: Theatre	
3:30	IP	Ethics in America	

THURSDAYS, Jan. 5 - Feb. 23			
8:30	IP	Yoga with Jean Marie	LFC
9:30	Z	Memoir Writing: Novel Approach	
10:00	H	Shoot/Edit Videos - tech	
10:15	IP	Too Much Stuff	
10:30	Z	Practicing Flexibility	
11:00	Z	Writing for Wellness	
11:45	IP	Shiny, Sparkley Papers	JCC
12:00	IP	Current Events and Issues	
1:00	H	Apps and Social Media -tech	
1:00	IP	Music Theory 101...	SIHP
2:00	IP	Movie Matinee: Cinema Art	
2:00	IP	Needlework Cafe	JCC
3:00	IP	Catch the Spirit Chorus	SIHP
3:00	Z	This is Sinatra!	

Technology Classes

MONDAYS, Jan. 9 - Feb. 27			
8:30	Z	iPhone: Beyond Basics	iOS

TUESDAYS, Jan. 10 - Feb. 28			
8:30	Z	What's New in iOS 16 3 wks	iOS
8:30	Z	Exploring PAGES	iOS
1:30	Z	The Cloud: What? (3 wks)	ALL
1:30	Z	Digital Privacy (5 wks)	ALL
3:30	Z	Mac Skills - Beg & Int	iOS

WEDNESDAYS, Jan. 4 - Feb. 22			
10:00	IP	iPad -Traveling with Devices	iOS
11:45	IP	iPad - Photos and Apps	iOS
1:30	IP	Introduction to iPad	iOS

THURSDAYS, Jan. 5 - Feb. 23			
10:00	H	Shoot & Edit Videos	All
1:00	H	Apps and Social Media	All

FRIDAYS, Jan. 6 - Feb. 24			
1:30	IP	OPEN TECH LAB - FREE	All

FRIDAYS, Jan. 6 - Feb. 24			
8:45	IP	Writers Read Aloud Group	
10:30	IP	Plants Around Us (3 wks)	
10:30	IP	Camino or Bust! (2 wks)	
10:30	Z	Jewelry Making	
11:30	IP	Bluegrass Music JAM	SIHP
12:30	Z	Yoga on a Chair	
12:45	IP	Healthcare through Cannabis	
1:00	Z	Short Story Discussion Group	
2:30	H	Comedy Capers: Films	

SATURDAYS, Jan. 7 - Feb. 25			
9:00	IP	Watercolor Workshop - Adv	
10:00	Z	Fashion for All Women 3 wks	

The Osher Lifelong Learning Institute

OLLI @ the Beach is located in the HS&D building on the California State University, Long Beach campus.

Fall Registration starts

Friday, December 9
ONLINE AT 9 AM



OLLI support line: 562 985 2398

Online Registration can be easy!!

Use a credit card and email address to pay and register for classes from home.

Find the directions in *The SUN* to update or start your ONLINE account. Go to the OLLI website www.CSULB.EDU/OLLI for the link to register.

Not ONLINE? Mail a Registration form with check payable to *CSULB Foundation* to the OLLI office:

OLLI @ CSULB (HSD 100)
1250 Bellflower Blvd. LB 90840 - 5609

A link to a Zoom class will be emailed to you a few days before the class starts. The annual Membership fee of \$40 is due now if you didn't pay. It must be paid before you can register for any classes.

Classes will be held at a variety of in-person locations, on Zoom or in HyFlex mode. Questions? Leave a message at the office number or call the OLLI support line. 562.985.2398



Join the LifeFit Center @CSULB

- Open to all 50+ seeking healthy activity
- Contact Ayla.Donlin@csulb.edu or call 985-2015

For information please call 562-985-8237 or
Email: olli@csulb.edu

See / Download a copy of *The SUN* online
www.csulb.edu/olli

WINTER SPECIAL EVENTS - FREE

Every Wed. Jan. / Feb. 12:00 - 1:00 Zoom	SS and Medicare Workshops by Steve Carr See listing in <i>The SUN</i> for topics
Tue., Jan. 24 3:00 - 4:30 Zoom	Verismo! in Opera by Larry Verdugo Tales of betrayal and violence....
Wed., Jan. 25 12:30 - 2:30 Zoom	Understanding Electoral College by Terry McAteer Baffling or mysterious?
Fri., Jan. 27 10:30 - 11:30 CSULB, HSD 101	RISK! Accident Prone or just Lucky? by Howard Manning
Tues., Feb. 7 1:00 - 3:00 Zoom	Only Hope... My Mother and the Holocaust by Irv Lubliner
Fri., Feb. 17 10:30-12:30 CSULB, HSD 101	75 Days of India: a mission of Giving and Unexpected Receiving by Anita Razin

FREE EVENTS are a good way to spread the word about OLLI. No need to Register. Invite a friend!

Read the descriptions of these events in *The SUN* and as listed on the OLLI website.
Zoom links will be sent by news emails.

