



2022 Fall News and Class Schedule

Class Registration Starts Tuesday, September 6 at 9 a.m.

OLLI Now Offers Three Class Formats

In Person

Everyone attends in person at one location.

Zoom

Everyone attends online using Zoom.

HyFlex

Everyone can attend in person or on Zoom for any HyFlex class.

For example: attend the first class meeting in person, but stay home to attend the second class on Zoom. It's your choice.

(See page seven for more details.)

Fall HyFlex Classes

Geopolitics

Dick Lunde

Topics in Asian Art

Delrie Hobbs

Architecture and Film-making

Rick Meghiddo

End of Life Thoughts

Constance Malaambo

Social Media or Shoot/Edit Video

Perla Gutierrez

Streets, Buildings And Public Spaces **Architecture and Film-making**

by Tom Lockhart

The 2019 OLLI class, **How to Look at Architecture**, conducted by Rick Meghiddo, was so successful OLLI asked Rick to give an update this year. Rick's **Architecture and Film-making** course will give the students an opportunity to see the latest developments in the intersection of architecture with art, music and the environment. The course medium will be some of Rick's more than twenty new documentary films, many shown at international film festivals, depicting architectural developments as they relate to the other disciplines.

A special emphasis will be on three elements of our lives: streets, buildings and public spaces. All are influenced significantly by architectural standards and are all too often taken for granted.

Among the documentaries is Rick's award-winning "Piazzolla Con Brio," presented to show how some styles of architecture mirror the artistry of world-famous Argentine musician Astor Piazzolla's compositions.



Rick Meghiddo

A continuing thread throughout the course will be the emphasis on environmental issues as we face the threat of global warming and the need for clean, renewable energy. LEED (Leadership in Energy and Environmental Design) is the world standard green building rating system. It outlines a process for developing cost-saving, environmentally friendly building designs. Rick is an LEED Accredited Professional Architect.

A key aspect of LEED is Permaculture Design, in which the finished building will store or conserve more energy in its lifetime than was used to construct and maintain it.

Rick was born and raised in Buenos Aires, a cosmopolitan city that considers itself more European than Latin American. It has more libraries per person than any city in the world. He also studied in Rome. He holds a Masters of Architecture and Urban Design from UCLA and a Doctor of Architecture degree from the University of Rome.

→ See description page 28

Vision: Osher Lifelong Learning Institute at California State University Long Beach is dedicated to promoting the positive aspects of aging. We offer an environment that fosters personal growth and promotes individual empowerment. Lifelong learning is celebrated and human potential is nurtured.

Mission: The mission of OLLI is to provide quality educational opportunities for older adults by offering a broad spectrum of programs.

THE GOVERNING COUNCIL

Patti LaPlace	Executive Director
Glenn Libby	President
Karin Covey	Vice President
Myles Newborn	Treasurer
Mary Kay Toumajian	Secretary
Phyllis Spear	Member-at-Large
Joan Smith	Member-at-Large
Rojean Maciula	Communications SUN
Jan Stein	Communications PR
Pat Wrenn	Education - Scheduler
Donna Hawk	Education
Carolyn Estrada	Education
Kathy Winkenwerder	Technology
Wesley Peck	Technology
Barbara Norberg	Member Services
Naida Tushnet	President Emeritus

Members-at-Large represent the general membership at Governing Council meetings.

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

THE SUN VOLUME 28 , ISSUE 1

Editor: *Rojean Maciula*
 Production Manager: *Rebecca Low*
 Writers: *Tom Hood, Marianne Klinger, Tom Lockhart, Shirley Wild*
 Proofreader: *Louise Haglind*

The Write Stuff

Take a look at our SUN staff and meet writer Tom Lockhart.

Why I Write For The SUN By Tom Lockhart

When OLLI asked me if I was interested in writing course synopses for inclusion in their SUN Magazine, I jumped at the chance. My reasons for seizing the opportunity were many and go back a long way.

I have never been that good at speaking, public or private. I don't have the "gift of gab" as my sainted mother put it. I found myself much better at expressing my thoughts, ideas and experiences through the written language rather than the spoken one.

Writing Experience

I had received compliments on my writing as an undergraduate student at Penn State, even though I was an engineering major, a group not known for their writing skills or their command of the English language. I even breezed through the English proficiency test required of all students for graduation.

Through the years of my professional career as an engineer and software developer with the Department of Defense I was required to write many technical reports, users' manuals, and so forth. They did not have to be literary gems, not the "great American novel," just coherent and accurate. This accumulation of writing experience served me well later on with various efforts, including the SUN articles. It required me to collect my thoughts and express them clearly.

After retirement I took a short story writing class at OLLI. What started out as a curiosity ended up as a six-year effort and the sale of three short stories to magazines. Apparently, I had honed my writing skills pretty well, so OLLI asked me to try my hand at writing for the SUN.

Bringing It All Together

I have traveled all over the world and the United States. My hobbies have ranged from ballroom dancing to flying to white water rafting, and I served a tour of duty in Vietnam with the Marines. These help me relate to the OLLI classes on geography, history and travel, among others, allowing me to incorporate my personal experiences and knowledge into the course descriptions. The topic of travel especially appeals to me, having been to 52 foreign countries, six continents and 49 states. I missed Alaska and Antarctica. I'm from Pennsylvania, but having lived in Southern California for forty years, I just don't like cold places.

Part of the OLLI writing assignments allow me to talk to the course instructors to get their perspective on the material and their motivation for teaching it at OLLI. I get an insight into their personal experiences and philosophies of life which I use to enhance the course descriptions. It's always interesting to hear what other people think of their own lives and how that relates to their work. I also appreciate seeing how their views and philosophies differ from mine and finding ways to include them in the course synopses. These people are very well educated, remarkably knowledgeable in their respective fields and possess a real passion for the OLLI program!

Writing for OLLI adds a lot to the joy of being retired.

If you are interested in writing for The SUN contact us at OLLI@csulb.edu



Tom Lockhart

The President's Corner: It's a Hybrid/HyFlex World

Take a close look at OLLI@CSULB. We have changed in a significant way compared to our pre-Covid19 existence. We are never returning to our pre-pandemic way of life.

The most obvious change is the smaller number of students on campus, many of them wearing masks, even outdoors. Another striking change is the shrinking number of automobiles in the parking lots. These changes were all triggered by the Covid19 pandemic. The increase in parking rates is likely to sustain a smaller number of automobiles. In response to the increased parking rates and to make OLLI@CSULB more accessible to all members, we have built up our off-campus learning sites throughout Long Beach. Check out all of our sites and class offerings in our recently redesigned SUN, under the leadership of our new editor, Rojean Maciula.

The Covid19 virus has undergone several mutations in an attempt to continue this pandemic. The most recent hybrid variant, BA5, is highly contagious but less severe compared to previous variants. Given the age and medical history of many OLLI members, we have no choice but to continue our vigilance and follow university guidelines regarding this pandemic. Please follow your physician's recommendations and stay up to date on your vaccination status.



Glenn Libby, MD

OLLI@CSULB has responded in a positive fashion by developing our Hybrid (now termed HyFlex) system to encompass both in-person and remote learning. We have state-of-the-art equipment and programs, thanks to our newly retired executive director, Barbara White. We have cautiously introduced the HyFlex system in our recently completed summer session. Our very own Becky Low moderated a class called "Animation Classics" utilizing this system. Thank you, Becky. We are still working out the kinks in the system but are optimistic that we have a winner.

We need to replenish our OLLI enrollment this Fall. We have put together a diverse and exciting lineup of classes, including in-person, remote and HyFlex classes. The class lineup was put together by our education working group under the direction of Donna Hawk and Carolyn Estrada, and with the experienced guiding hand of Pat Wrenn.

That brings me to the final ingredient in our OLLI 2022-2023 revitalization: YOU. We need your participation, enrollment, financial support and word of mouth in order to thrive in this hybrid world. We want OLLI@CSULB to come back, and in a big way. I am looking forward to seeing you all in October 2022.

Glenn Libby, M.D.

Meet Our New OLLI Executive Director: Patti LaPlace

Patti currently is a Lecturer at CSULB with the Recreation and Leisure Studies Department in the College of Health and Human Services. She worked previously as Mental Health Coordinator with the City of Long Beach Department of Health and Human Services.

Patti has a Bachelor's Degree in Recreation and Leisure Studies from CSULB, and a Master's in Public Administration from California State University, Dominguez Hills.

She currently serves on the Board of Directors for both Mental Health America and Alternative 4 Vets, as well as a volunteer for non-profit and advocacy organizations.

Areas of Interest:

Social Isolation, Health Disparities in Aging (particularly mental health), Age Friendly Communities, Interprofessional Collaboration, and Homelessness from a Social Justice perspective



Patti LaPlace

Vision Statement:

In collaboration with OLLI staff, volunteers and the university, Patti hopes to **"Provide opportunities for all older adults to experience the benefits of lifelong learning in inclusive and barrier-free environments."**

The Executive Director is an employee of the University reporting to the Dean of the College of Health and Human Services.

What does the Executive Director do?

- Oversees operations and administration of OLLI.
- Acts as liaison between OLLI and the College, other University entities, and the Osher Foundation.
- Is responsible for the successful implementation of OLLI's programs
- Provides leadership to staff in carrying out policies and objectives of the organization
- Supervises the fiscal management of OLLI
- Develops resources and grant opportunities

New Class: 20th Century American Art *by Tom Lockhart*

The 20th Century is called the American century and was as tumultuous as a hundred years can be. It included two World Wars and stunning socioeconomic upheaval. Cultural changes were also a staple of the century, and among the most significant were those in the world of American art.

Fred Trof conducts his 20th Century American Art class in the context of those exciting decades. The class will include classic, traditional and modern art, as well as discussions of the evolution of prints, mixed media, sculpture and photography as art. It will cover the transition from urban and rural American art (still under the influence of European surrealism in the first half of the century) to the emergence and ultimate dominance of genuinely American styles. These include abstract expressionism, minimalism and pop art, whose influences continue to this day.

He will discuss a multitude of works, including artists from the early Ashcan school of gritty urban imagery to the "action painting" style of Jackson Pollock's pouring

and flowing technique; from Andy Warhol's pop art to Ansel Adams' dramatic contributions to photography as art form. Impressionists, regionalists, social realists, minimalists and others will be dissected and analyzed to understand their contribution to American art.



Fred Trof

Among the featured artists will be Mary Cassatt, Roy Lichtenstein, Georgia O'Keeffe, Helen Frankenthaler, Mark Rothko, Willem & Elaine de Kooning, Robert Motherwell and Mabel Alvarez.

Fred brings to the class his nearly 50 years of experience in collecting and trading art. He also spent a great deal of time in France, particularly in and around Paris, learning the European art market.

He has a BA in Business Administration from New York University (NYU) and has many years of experience as an OLLI teacher in Nevada. → See description page 18

Hollywood: The African American Experience *by Tom Hood*

If you are a film buff, hungering for great in-depth discussions focused on the many aspects of cinema, then Allan Goldstein's topic this session, "The African American Experience as Seen Through the Lens of Hollywood," will certainly fill the bill. This class is centered around the evolution of African American representation in the motion picture industry from the 1950's to current day and will show how the shifting of racial politics has acted on Hollywood.

Allan, at eleven years of age, worked for free at a local theater in Montreal. The biggest perks? He got to eat all the candy he wanted and if the opportunity arose, a chance to see the same movie three or four times, vacuuming around the seats in between shows. This early exposure and burgeoning love of cinema led to a lifelong passion and a career of writing and directing.



Allan Goldstein

After earning a Bachelor of Arts from Concordia University and a Master of Arts from York University, both in Montreal, Allan worked in the entertainment industry for several years before moving to New York. He was in his late twenties

when he went to work as a TV screenwriter and director. He enhanced his entertainment abilities by directing off-Broadway theater and PBS productions.

Hollywood beckoned when Allan sold a screenplay to Taylor Hackford, a noted producer, director and writer (*An Officer and a Gentleman*, *Against All Odds* and *Dolores Claiborne*). For the next thirty years, Allan would write and direct 50 movies, many of them sharing his deepest insights. He continues to play an active part of the film business by writing screenplays.

Allan: "Cinema is art, and the essence of art is pushing the limits of perception. I want my students to be thought-provoked, challenged and

→ See description page 27

**Member Sarah Grossi
writes about her Summer OLLI
experiences in the Fall issue
of Long Beach 908 magazine.
Check it out!**

New Class:

A Trip Along The Ancient Silk Road *by Mariann Klinger*

There was a time when a camel might be taken captive by an invading army or become a gift for a king.



Pat Larkin

But for Pat Larkin the two-humped beast of burden was an inspiration — an inspiration she's determined to build on for her class on the Silk Road trade route.

As the class unfolds, she'll be sure to share her fascination with the camel, starting with her Great Aunt Isabel's camel statue collection.

She and her brother Jerry admired the statues whenever they visited their aunt's home in northern New York.

Little did she know that the camel would keep cropping up in her life. Years later she and her husband Paul happened to watch a documentary called "The Story of the Weeping Camel," which reawakened her interest. This time her interest took her off to a presentation at the Oasis Camel Dairy in Ramona. The following year, she and her brother spent three days at the dairy's Camel Camp.

For centuries merchants counted on the camel to carry their goods across Asia and Europe. In turn, the camel needed little attention, being able to go without water for a week and without food for a month.

In 2019, Ms. Larkin took a trip to Central Asia with a Road Scholar group along the 1500-year-old Silk Road route. They travelled the northern part of the route, visiting Kazakhstan, Uzbekistan, Kurdistan and Turkmenistan.

The three-week adventure took her to mountains and deserts where she watched artisans at their work. She admired the rich Islamic architecture of mosques, madrassas, minarets and mausoleums.

She learned about the products traded and the processes of making paper and silk. Today's wealthy take rocket rides, but back then, wealthy people often collected small, trade treasures such as spices and silk.

She plans on sharing her rich trip experiences with students in her two-class series.

→ See description page22

On The Road:

Tour Of SoFi Stadium In Inglewood *by Barry Bosscher*



On June 8, 25 OLLI members and friends hopped on a bus for a tour of SoFi Stadium in Inglewood. The first stop was for lunch at The Pointe, a collection

of restaurants in El Segundo. Of course we all took advantage of the ice cream vouchers provided by Good Times Travel.

We then got back on the bus to SoFi Stadium the home of the Super Bowl Champions, Los Angeles Rams and the Los Angeles Chargers. There we took a guided behind the scenes tour of the magnificent new stadium. Opened in 2020 and built at a cost of nearly \$5 billion, it is an architectural and technological marvel. We were able to experience what it was like to be a VIP, visiting a luxury suite. We were also able to see the stadium from

a player's perspective by going into the luxurious locker room and walking down the tunnel and onto the field. On the field we were given the opportunity to throw passes, kick a field goal or just stroll around the field imagining 70,000 fans cheering us on.

Like any tour, we ended in the gift shop where we were given the opportunity to

purchase stadium-exclusive merchandise and gear. The hour long drive back to Long Beach went by quickly as John, our Good Times Travel trip leader, shared the story of Inglewood's incredible renaissance and their ambitious plans for the future.



Photos by Barry Bosscher

New: Here Comes iOS 16

One of the signs of Fall in the Apple computer world is the iOS operating system update in September. That leads to an OLLI class which demonstrates the latest features you'll see on your iPhones once you update them. A few iOS 16 features include the ability to personalize your phone's lock screen with photos, different fonts and even how to add widgets. A new feature in the Health app lets you create schedules and reminders so you won't miss taking any medications, vitamins or supplements. And if you've ever sent a text message where a typo or autocorrect has changed the meaning of a sentence, iOS 16 will let you edit text messages right after you send them. There are many more features which the class will explore. I will be teaching this class.



Kathy Winkenwerder

New: The Apple Ecosystem And Its Services

If you have one or more Apple devices, odds are that you have used at least one of the company's services and not realized it, especially if you are using a free one. If you subscribed to AppleCare when you first bought your Apple device, that's an example of a service you have to pay for. Chris Wisniewski will tell you how the services - both the free and paid kind - work and how to manage them. You'll also learn about some new privacy-related services such as iCloud+, Private Relay and Hide My Email.

In addition, class members will discover the security benefits of Passkeys, available on Macs, iPhones, iPads, Apple TVs, and Apple Watches. They will learn how this alternative to passwords works when they log onto websites and some apps using their fingerprints or Face ID.



News Flash: NO PASSWORDS!

For many of us, dealing with passwords when we go online is a necessary evil. We have to use them for our own safety, but they are annoying to manage no matter how you look at it. But here is some good news about them courtesy of Chris Wisniewski, one of our technology instructors.

"This is one of the most exciting developments in personal computing ever: the ability to log into your website accounts securely and easily — without needing to enter (or remember) passwords! This long sought-after capability has finally become a reality thanks to the hard work and cooperation from all major web browser makers and companies such as Apple, Microsoft and Google, which together developed an industry-wide standard. **Passkeys** is the Apple version that can be used with Apple devices this fall."

There will be some coverage of **Passkeys** in my iOS 16 class and a more detailed discussion in Chris's new Apple Ecosystems class.

→ See descriptions for class days and times.

New:

Telling Your Pandemic Story

You'll be guided through the process of collecting photos (either ones you already have, or those you find online), putting them in an easy-to-use format, then describing them to reflect your thoughts and experiences while your movements were restricted at the height of the COVID-19 pandemic. The pictures could show how your life was changed while you were confined to your home; how it felt to finally be out in public; some new skills you learned or experiences you had. The result will be a memoir you can pass on to friends and family members, as well as something you can keep to remind you of that difficult time. New-to-OLLI Instructor Jessica Kyle will teach the class.

Have Computer Questions?

Visit our friendly tech volunteers at the OLLI Computer Lab any Friday from 1:30 - 3:30 p.m.

Class Registration Starts Tuesday, September 6 at 9 a.m.

HyFlex: Innovation at OLLI

First there were in-person classes. Then there was COVID. So we stayed home and Zoomed. Now OLLI has added HyFlex, a system that combines in person and Zoom in one class.

HyFlex = hybrid + flexible

1. HyFlex classes give you the flexibility to participate in person or on Zoom for any HyFlex class you register for. If you are ill, traveling, or challenged to find accessible campus parking, classes will still be available.
2. HyFlex offers improved accessibility for individuals experiencing barriers that prevent in-person class attendance.
3. HyFlex helps increase class registration limits, so more students are able to sign up for our most popular classes.

The Classroom

HyFlex classes are based in OLLI's classroom #101. This classroom has been newly equipped with high tech microphones, cameras, projectors, two screens, and a control center podium. This new equipment allows interaction between instructor, in-person students, and Zoom students. Everyone can see and hear everyone else.



Becky at the controls with a CSULB IT coach

Next Steps

Our first HyFlex format class -- Becky Low's *Animation* class -- was offered this summer. This "test run" helped us learn to use the new equipment and identify what classes are best suited for HyFlex. We are on a learning curve and will be providing both instructors and members with tools to become effective participants.

An Opportunity For Members

The Hyflex format requires Classroom Assistants and Zoom Hosts to assure a satisfying experience. If you have technical skills, curiosity, and a willingness to learn, this is your opportunity to support our instructors in the classroom.

Contact Becky at 562-985-8237 for more information.

Questions & Answers

Is HyFlex the same as hybrid?

Sort of. Hybrid is a general term for combining two different elements. (Like hybrid cars with both gas and electric engines.) HyFlex is a combination of hybrid + flexible and describes an instructional system that delivers classroom and Zoom content at the same time.

Is HyFlex replacing in-person and Zoom classes?

No. We are offering three different class formats:

1. **In Person:** Everyone attends in person at one location.
2. **Zoom:** Everyone attends online using Zoom.
3. **HyFlex:** Everyone has the choice to attend in person or on Zoom for any HyFlex class. For example: attend the first class meeting in person, but stay home to attend the second class on Zoom. It's your choice.

How do I sign up for a HyFlex class?

Check the class listings on page 15 and 16 for the word HyFlex in the next to last column, then sign up as usual. In a HyFlex class your feedback and patience are important for our success.

I'm confused. How can I learn more?

Contact Becky at 562-985-8237

A Little History

We began talking about "distance learning" with Carl Curtis several years ago as a way to increase participation in popular classes with limited classroom space. With the onset of COVID-19 the Osher National Resource Center began offering information about HyFlex equipment.

The Team Does Research

The committee worked tirelessly for more than a year to find the equipment that best suited our needs.

Barbara White: Chair and Liason with CHHS IT.

- **Becky Low:** Office Administrator
- **OLLI Volunteers:** Karin Covey, Carl Curtis, Ed Dignan, Jack Friedman, Len Jacobson, Glenn Libby, Wes Peck, Kathy Winkenwerder, and Chris Wisniewski.
- **Pon Yi, Hieu Vu:** CHHS IT representatives

Member Support

The HyFlex system was researched and recommended. But was it worth a \$55,000 investment, and did OLLI members want it? The project was discussed at the 2021 member meeting and was met with a resounding "yes and we will be willing to make a donation for it".

Funding the Project

Fundraising resulted in 185 members donating a total of \$55,200 for the project. We thank these additional generous individuals: *Carl Curtis, David DeWenter, Len Jacobson, Livia Kim (in memory of Steve Maleski), Gael and Glenn Libby, Vicki O'Toole, and Barbara White.*

12 years of Service

Honoring Barbara White *by Karin Covey*

Dr. Barbara White joined OLLI at CSULB as our Executive Director in early 2009. She was our first Executive Director and we couldn't have wished for one an Executive Director with a more apt background of education and experience than Dr. White. With a master's degree in Nursing, a Doctorate in Public Health and many years' experience and responsibility at CSULB in nursing, gerontology, and successful aging she was tailor-made for OLLI. (Despite all this and her standing in the world of academia, over the years Dr. Barbara White gradually became Dr. Barb and eventually just plain Barb.)



When Barb joined OLLI, we had satellite sites at Leisure World and Pine Avenue in downtown Long Beach. Although we withdrew from Leisure World in 2018, we have continued to add sites beyond our campus classrooms – the Alpert Jewish Community Center, Long Beach Bridge Center, American Gold Star Manor, St Isidore Historic Plaza, and Long Beach Parks, Recreation and Marine locations. And OLLI steadily grew from a little over 1,000 members in 2008-09 to over 2,000 in 2018-19.

There have been many accomplishments and milestones during Barb's tenure as Executive Director.

- Some routine - two strategic plan cycles, by law revisions, staffing changes, new classroom and lobby furniture, installation of the OLLI patio, collaboration with other campus entities, etc.
- Some major – qualification for a second Osher Endowment in 2012, celebration of our 20th anniversary in 2016 with a Founders Day, implementation of online registration in 2017, establishment of the OLLI Donor Wall, a market downturn in 2018 affecting our endowment distributions, a change in tuition fees in Fall 2019 and our 25th Anniversary Celebration in 2022.

- And one near catastrophic – the COVID 19 Pandemic!

When the pandemic shut-down took place in March 2020, most of us stood around wringing our hands as we watched enrollment and membership plummet. Barb grabbed us by the scruff of the neck and pulled us into the

world of online classes. Many volunteers jumped in to help but she learned Zoom, helped set up class links, helped train instructors and members, and continues to this day to host classes.

Probably most important, she started sending out a regular weekly email to current and former members. The messages were informative, timely and often humorous, including offerings from many OLLI members. And, best of all, they kept us connected to our community during the worst of the pandemic.

And when it became clear we needed to not only upgrade our AV capabilities we also needed to go to include Hyflex, there was a chorus of objections – it's too hard, it's too expensive, how do we know our members want hybrid, etc. Barb basically told us "Never mind - it's the future of OLLI."

It's been a wild ride over the past twelve years, however, with Barb sharing the helm, we have thrived and survived.

Although we are now saying Farewell to Dr. Barbara White, OLLI Executive Director, hopefully before not too long we will be saying Welcome to Barb White, OLLI Volunteer!



Meet OLLI's Education Working Group

The Education Working Group (EWG) is one of several working groups whose volunteers support the mission of OLLI: to provide quality educational opportunities for older adults by offering a broad spectrum of programs.

The EWG members brainstorm needs and interests for new classes. They then seek out instructors who might be willing and able to offer those classes. Before



EWG volunteers: (top left) Fran Wenger, Donna Hawk, Carolyn Sabol, Renee Belville, (lower left) Joan Smith, Karin Covey, Pat Wrenn, and (below) Carolyn Estrada



the pandemic, all classes were held on campus or at one of our off-campus sites. However, during the pandemic we were forced to cancel all in-person classes and hold all classes online on Zoom. This required finding instructors who were willing and able to teach

using the Zoom format. Through the collaboration of the Education Working Group and the Technology Working Group and the office, instructors and OLLI members were trained in the use of Zoom. Because of Zoom, we have been graced with the presence of many new instructors from various OLLI campuses throughout the United States. We are especially grateful for their talents, generosity and diversity of topics. As we have gradually been able to return to in-person classes, we have also expanded our schedule of classes on Zoom. Thanks to generous donations from OLLI members, OLLI is now able to offer HyFlex classes (*see page 7*) that can be attended in person or on Zoom. Our current schedule now offers classes in three different formats: in-person, Zoom, or HyFlex.

Each session the EWG members consider proposed classes, looking for general appeal, background of the

instructor and diversity. The EWG scheduler orients the new and veteran instructors to the format for presenting classes at OLLI - discussing session dates, choice of days/times/sites/ and methods of presenting, whether in-person/Zoom/HyFlex. In return, the instructors share availability and preferences to the above. The scheduler continues a connection with the instructors throughout the scheduling period.

The EWG members also make sure instructors are aware that teaching a class is a volunteer activity - instructors are not paid. EWG members provide support to instructors, whether on campus at CSULB or at one of our various off-campus sites. Prior to the beginning of each session, working group members phone instructors to assist with any questions or concerns they may have and thank them for donating their time and talent.

The EWG members are always alert for community people who can present interesting and stimulating one-day "Special Event" presentations to be included each session. These presentations are offered free of charge to OLLI members as well as the general public.

For the fall 2022 session the EWG has scheduled 78 classes covering a wide variety of topics. Twenty-eight of our 78 classes feature a new topic, or a new instructor. Fifty classes are led by a veteran instructor. Of all classes, 28 will be via Zoom, 46 will be in-person, and six will be HyFlex. In addition, there are four special events which are open to OLLI members and the public.

Currently OLLI in-person classes are being held at several sites around Long Beach (*see page 31.*) EWG members are also responsible for organizing an orientation for "Instructors New to OLLI" twice yearly wherein University and OLLI expectations are discussed. Members offer some critical educational suggestions to make the teaching experience a positive and pleasant one. Many OLLI instructors have never taught in a classroom BUT they are very willing and able to "Teach Their Passion" and provide an interesting learning environment, and they do appreciate a few positive suggestions to help the class run smoothly. Each is given a working Handbook for New Instructors that is compiled by the EWG members.

The EWG always welcomes more members who are committed to the OLLI mission and can donate a few hours a month to OLLI. Please contact a member of the group or Becky Low, in the office, if you are interested in being a part of our EWG mission.

ACTIVITY CLASSES THIS FALL

Ageless Archery

Mondays, 10:00-11:50 a.m. Oct. 3 - Nov 14 (6 wks)
Archery Fieldhouse, CSULB Campus

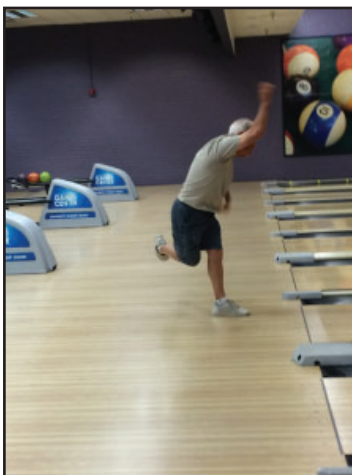


Whether in the past, you have tried archery or have just dreamt of shooting, this course will give you skills and thrills of healthy activity, endurance and a feeling of youth in archery. All levels. Equipment provided for a \$10 rental fee to instructor. Class Leader: Mel Leach

Bowling for Better Health

Mondays, 1:00 - 2:50 p.m. Oct. 3 - Nov. 14 (6 wks)
CSULB, University Student Union Bowling Lanes

Can indoor sports be fun and healthy? Come find out what your bowling aptitude is! The CSU Student Union offers "state of the art" bowling lanes. Mel Leach will use her best coaching techniques to help you learn or improve your bowling IQ..Former students welcome. \$15 cash fee paid to USU Lanes desk covers lane, ball and shoe rental.



OLLI Farewells

Florence St Peter (1936 - 2022)

Florence Lee Hawkins St. Peter was born on December 28, 1936. She was a graduate of East Cleveland High School and went on to Study the Arts at Cleveland's acclaimed Karamu



House. There she sang, danced and acted in stage productions. She furthered her education at Boston University where she met and married her husband, Frank St. Peter, a Jazz musician, arranger and composer. They started their own Jazz Quintet and Big Band. Together they had 2 children; a daughter Rene and a son Sean.

Following a dream, Florence and her family moved to Los Angeles where she carved out a niche career as an Actress and Model becoming the first Black Model at Macy of Pasadena and guest starring on television series such as *Mod Squad*, *The Bold Ones* and *Mannix*. She was a part of Hollywood's Black Film and Television explosion of the late 1960's and early 70's.

Staying true to her first love, she began singing in local night clubs and took roles in touring theater productions while working as an Executive Secretary at TRW. She continued to model and do independent Films. Music Videos and PSAs. She even did a sketch on the Keenan Ivory Wayans Show and had her own Radio Show, "Florence's Place" featuring her favorite Jazz and Blues artists.

Florence gave back to her community as much as she received. She volunteered at the Carpenter Performing Arts Center and at St. Mary's Medical Center in Long Beach. She was most fulfilled as a licensed Tai Chi Chih instructor. She taught in the LB Senior community and was a favorite teacher at OLLI at CSULB. She will be missed. Florence took her final curtain call May 19th, 2022 at the age of 85.

SAVE THE DATE!

OLLI Art Show

Discover the Artistic talents of OLLI members and friends. Add your own submission to the Gallery. Join us for the Artists Reception.

Wednesday, October 12 - Saturday, October 15
Reception Saturday, Oct. 15th 12:00 - 2:00 pm

Volunteers are needed to setup and host in the gallery. Email to OLLI@csulb.edu if you can help or would like to participate. Art submission guidelines will be available online or in the office.

Scott Obey (1967-2022)



Five days before his death, Scott was refining his notes for The Tudors and Stewarts class that he would teach in Spring. He loved teaching, and doubly so teaching OLLI classes. His public school students often acted like hostages, but senior students are aficionados. He loved your questions and observations. You inspired him and drove him to find all the nitty-gritty details of the British royals; it was fun sharing it with you. As his widow, it brings me comfort that in his last days he was doing something he dearly enjoyed.

It was a sudden end to a life lived to the fullest; an unexpected heart attack at home. In the '80s, Scott was a punk rocker in the OC music scene; later playing in the Long Beach live music scene for 25 years. He played rock and blues guitar like he was dueling the devil and recorded albums with the rock band *40RodPop*. Music was his passion alongside history. He made pilgrimages to Chopin's grave in Paris and Mozart's home in Salzburg. He never passed up a museum, armory, or a good meal. In every country we visited, I would find him deep in conversation with a local about any subject. He was a master storyteller. He loved writing but was shy about sharing it. See his writing on his Facebook page *Mr. Obey's History Class*. Thank you for bringing him so much happiness.

~ Eda Obey

OLLI Farewells

Terry Geiling (1938 – 2022)

OLLI, CSULB, American Gold Star Manor, the Veterans' Administration and his family mourn the unexpected death of Terry Geiling, a member of OLLI and a pillar in the Long Beach community. Mayor Robert Garcia lauded him saying "He leaves an enormous and incredible legacy." Don Knabe, former LA County Supervisor said "Terry improved the lives of so many people . . ." and the president of the Long Beach Rotary club referred to him as ". . . an amazing human being who couldn't say no when helping other people."



We at OLLI met Terry when he reached out to us in his role as CEO of American Gold Star Manor. He was the catalyst for OLLI offering classes at the Manor and later delighted in taking OLLI classes. He was an advocate for older adults and for veterans and their families. Terry served 8 years in the Navy on active duty on submarines and continued in the Naval Reserve.

Most recently, his dedication to military families prompted him to accept the position of the President of Fisher House Southern California, which "provides veteran families with housing near their loved one while they are hospitalized for an illness, at no cost to them." Linda Rahn, executive director of the organization said Terry "had an endearing smile, a gentle style, loads of energy, and great ideas." Those of us who had the pleasure of knowing him saw a role model for his vision, dedication, and leadership in service to others, especially older adults and veterans – and **a vision of him behind the wheel of his top-down RED convertible**. Rest in peace.

Craig Myers

Born October 11, 1942, Craig Myers grew up in Trenton, N.J. He left as soon as he could. A degree in history from Rutgers didn't help his plans, so he joined the Peace Corps in the mid-sixties, and spent the next two years of his life in Malawi, working on a health project.

Following that inspiration, he returned to Los Angeles to get a Master's in Public Health. Later, he was hired by the Dooley Foundation to run his hospitals in Laos for two years, then he returned to California. Craig spent the next 50 years as a hospital administrator. He spoke a form of Swahili, Lao, French, some Vietnamese, and east coast English. He was the kindest man you would ever meet, and an extraordinary husband, and friend.

~ Sherri Sobel



Thank You To Our Donors

SUMMER 2022 DONORS

With thanks to ALL, including our Anonymous Donors, and members who generously donated their canceled class fees from the Summer 2022 session.

Jane Adair	Karen & Patrick McDonoug
Marilyn Kay Austin	Jane Mermelstein
Leslie Avalos	Nancy Messineo
Jan Berliner	Mary Meyer
Nessa Bernstein	Barbara Millman
Stephen Biskar	Susan Mora
Kathleen Brady	Nancy Mullio
Kenneth Buckley	Gary Murph
Anne & Bill Courtney	Barbara Norberg
Richard Crowe	Barbara Paul
Susan Csikesz	Karen Pruett
Randolph Currin	Jody Ramsey
Ginny Cusenza	Arlene Rees
William del Castillo	Alissa Rose
Carolyn Estrada	Marion Shanker
Lorraine Goldman	Joyce Shirado
<i>In Honor of David Hennage</i>	Joan Smith
Lisa Gonzales-Burris	Phyllis Spear
Roberta Hamfeldt	Stefan Steinberg
<i>In Memory of Erik</i>	<i>In Honor of Sylvia Manheim</i>
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Bobbi Liberton	<i>In Memory of Louise Wilde</i>
Bill Lindsay	
Janet Lipson	
Larry Luckey	
Sylvia Manheim	
<i>In Honor of my 96-yr-old self!</i>	
Marian Manocchio	
Michael Marshall	
Kerry Martin	



VOLUNTEER AT OLLI

Volunteering creates a more vibrant learning community and connects you to other OLLI members. It's a great way to make new friends and is personally satisfying and rewarding.

Currently we have more than 150 OLLI member volunteers. They are the creative source for all of our courses, special events, social activities, publications and classroom services.

OLLI committee chairs and Board members are always on the lookout for volunteers. These are a few of positions currently open for volunteers:

- **Classroom Assistants and Zoom Hosts** - If you have technical skills, curiosity, and a willingness to learn, this is your opportunity to support our instructors in the classroom.
- **Instructors and facilitators** - Do you love to help others learn? Please share your interests and expertise in areas such as: history, literature, travel, science, math, or technology. All topics are welcome.

Contact the OLLI office at (562) 985-8237 to volunteer.

ABOUT OLLI DONATIONS

Approximately 25% of our operating budget is funded by donations from OLLI members and friends.

Donations may be made online via credit card by logging in to the OLLI Registration site with your User Name and Password. Look for the Donate menu. Add the donation to your checkout process or as a separate transaction. Donations made on the OLLI site may be made in Memory of or in Honor of a special person or cause or may be directed to a special purpose.

www.csulb.edu/OLLI

Another way to donate online: go to www.csulb.edu and select Give and then select Give Online Now. On the next page, select College of Health and Human Services and then Osher Lifelong Learning Institute. You can also make a recurring donation to OLLI at this site.

Donations may also be made by check, payable to CSULB Foundation, mailed to the OLLI office:

OLLI at CSULB

HSD 100, 1250 Bellflower Blvd.

Long Beach, CA 90840-5609

Donations to OLLI are acknowledged in *The SUN* unless anonymity is requested.

Osher Lifelong Learning Institute has 501 (c)(3) non-profit status. Donations are tax deductible as allowed by current law.

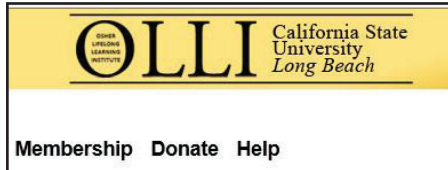
BECOME A MEMBER

OLLI Membership

- Membership is open to adults 50 or older.
- Membership is \$40 for a full year
- Register for any class for a \$15 tuition fee
- Paid Membership is required to take any class.

New Membership and Online Account

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



Step 1: Visit the website

- Go to OLLI website www.csulb.edu/olli
- Click the Register link on the web page

Step 2: Create your OLLI online account

- At the upper right, click "New User? Start Here"
- Fill in the required personal and address information
- Create a new Username and Password.
(Save a copy to use every time you logon)
- Click Submit. *You now have an OLLI account!*

Step 3: Purchase your OLLI membership

- Membership may be paid any time before registering for classes.
- Yearly Membership is \$40. Click *Select*. Then *Continue*.
- Enter your email address to get a receipt
- Fill in credit card information.
- Click *Continue Checkout*.
- Review information.
- Click *Submit Payment*. Wait for processing!

Paper Still Accepted!

Step 1

- Check a printed edition of *The SUN* to see what classes are being offered and make notes!

Step 2

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

Step 3

- Make checks payable to: CSULB Foundation
- Mail your registration form and check to OLLI:
OLLI at CSULB

Building HS&D 100
1250 Bellflower Blvd., Long Beach, CA
90840-5609

- Or visit the OLLI office.

No cash payments are accepted at this time.

RETURNING MEMBERS

Is Your Membership Current?

EVERYONE will need to "JOIN OLLI" and pay Annual membership of \$40 - Thank you for supporting OLLI!

Step 1: Visit the website

- Go to OLLI website www.csulb.edu/olli
- Click the Register link on the web page

<https://reg135.imperisoft.com/csulbolli/Search/Registration.aspx>

Step 2: Login:

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

Step 3: Pay your OLLI membership

- Membership may be paid any time before registering for classes.
- Yearly Membership is \$40. Click *Select*. Then *Continue*.
- Enter your email address to get a receipt
- Fill in credit card information.
- Click *Continue Checkout*.
- Review information.
- Click *Submit Payment*. Wait for processing!

Step 4: Register for Classes starting Sept. 6

- Select Session - Fall 2022. Easiest Search for your class is by Day only
- To enroll, click *Register*.
- Return to Search, and repeat the process.
- When you are finished, click *Checkout*.
All classes are listed in the checkout window.

Step 5: Checkout

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

Congratulations! You are enrolled at OLLI!

- - Record your Username and Password so you can return as needed to add classes or to Donate.
- - You may view your transactions when Logged in - Click on your name and view *My Account*.

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 can be issued.

Refunds - Request for refunds or 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.

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



Registration starts

Tuesday, Sept. 6

9:00 a.m. - ONLINE

Helpline 562-985-2398

Online registration, confirm membership status, ZOOM links, class transfers or drops, change contact information.

Office line 562-985-8237

General questions, or to leave a message

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

ZOOM CLASSES

A confirmation letter for each class you have enrolled in will be **emailed to you 5 - 7 days before classes start**. The Zoom link, if needed, will look something like this: <https://csulb.zoom.us/j/111111111111x11x1>. Check your SPAM 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. The Passcode and Meeting ID are included in case you use the *Join a Meeting* option and can type in the ID and Passcode.
- 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 cannot get into the meeting, close all Zoom windows and try the link again.

Name: _____ Date: _____

Address: _____ Email: _____

OLLI Membership

Annual fee \$40.00 _____ Class Tuition _____ x \$15.00 _____

Donation \$ _____ Contributors will be acknowledged in publications. To remain anonymous check here. ☐Check # _____ Checks payable to CSULB Foundation **NO Cash** Total \$ _____**Z = Zoom****IP = In Person****HyFlex = Zoom and in class**

TIME	CLASSES		Comment		
MONDAYS, October 3 - November 14 (7 weeks)					
8:30-9:50	Stand Tall, Stand Strong (Day 1)	L. Goldman	Exercise bands	Z	
8:30-10:00	iPhone: Beyond the Basics (iOS)	K. Winkenwerder	Tech - Int. iPhone	Z	
9:30-11:30	Bridge 1 for Beginners or Review	H. Dunbar	\$20 fee at LBBC starts 10/17	IP	
10:00-11:30	The Recorder Consort (not Beginner)	M. Pendleton	Whaley Park	IP	
10:00-12:00	Guided Autobiography	B. Llamas	5 wks (10/3-31)	Z	
10:15-11:45	The Economics of Sports	Keenan & Wilson	New - CSULB rm 101	IP	
10:30-12:00	Let's Dish - more food talk!	Rihbany & Stein	New Topics	Z	
10:30-12:00	Folk Guitar	C. Lowe	Beginners	Z	
11:00-12:30	What's New in iOS 16	K. Winkenwerder	Tech - 3 wks Oct. 18-Nov 1	Z	
11:30-12:30	Yoga with Barbara	B. Bannerman	CSULB KIN 110	IP	
12:00-1:30	Advancing Ukulele Skills (not Beginner)	Intriene & Baker	Whaley Park	IP	
12:00-1:30	Art in America: 20th Century	F. Trof	New - CSULB rm 101	IP	
11:00-12:30	Essence of SoulCollage	A. West	New - St Isidore Plaza	IP	
1:00-3:00	NEW Paper Doll Making in 2022	S. Haglund	New - St. Isidore Plaza	IP	
1:00-2:00	Bluegrass Guitar Workshop	F. Swatek	All levels	Z	<i>free</i>
2:30-3:30	Bluegrass Mandolin Workshop	F. Swatek	All levels	Z	<i>free</i>
1:30-3:00	Samsung Smartphone Basics	R. Sherwood	Tech - Android	Z	
2:00- 4:30	Hispanic Film Review: Spanish films	H. Cannon	New- CSULB rm 101 4 wks	IP	
2:00-4:00	Camino or Bust!	J. Campos	CSULB rm 101 11/14-21	IP	
3:00-4:30	Understand Our Place in the Universe (Part 2)	M. Geier	New - Part 2	Z	
6:00-8:00 pm	Play Modern Board Games (Advanced)	G. Page	JCC - email Gary for details	IP	
10:00-11:50	Ageless Archery (See page 10)	M. Leach	New - Campus 6 wks	IP	
1:00-2:50	Bowling for Better Health (See page 10)	M. leach	New - Campus USU - fee	IP	

TUESDAYS, October 4 - November 15 (7 weeks)

8:30-10:00	Beginning iPhone	K. Winkenwerder	Tech -	Z	
9:00-10:00	Longevity Stick Art Movements	C. Taylor	CSULB - KIN 110B	IP	
9:00-10:30	Mindful Movement: Qigong and Stretching	N. Raynolds	4 wks 10/25 - 11/15	Z	
9:00-10:30	Talking Story (new added)	C Estrada	See online for description	Z	
10:00 -11:30	The Apple Watch	D. Kisner	Tech - 4 wks	Z	
10:00-11:30	Telling Your Pandemic Story	J. Kyle	Tech - NEW Computer Lab	IP	
10:00-11:00	Facts for Healthy Living	B. Llamas, M. Martin	New-Health Tips from SCAN	Z	
10:00-12:00	Play it Again Jam	C. Baker	Location TBD	IP	
10:30-12:00	Geopolitics: Past, Present, Future	D. Lunde	CSULB rm 101 or by Zoom	HyFlex	
11:00-1:00	The Renaissance: An Integrative Review...	E. Moran	NEW Painting/Sculptures	Z	
12:15-1:45	Empowering Health Through Cannabis	W. Jones	CSULB rm 101	IP	
12:00-1:30	Spanish Story Time	P. Kiwerski	New tales and talk	Z	
12:00-2:00	Mastering Watercolor	A. Kupillas	All levels - Bring materials	Z	
1:30-3:00	The Cloud (2 wks) / Digital Privacy (5 wks)	C. Wisniewski	Tech - Any OS	Z	
3:30-5:00	The Apple Ecosystem	C. Wisniewski	Tech - Apple OS or devices	Z	
2:00-3:30	Topics in Asian Art	D. Hobbs	CSULB rm 101 or by Zoom	HyFlex	
2:00-3:30	Get Organized A to Z	S. Farley	New or Review welcome	Z	
3:45-5:00	How to Take a Better Picture	J. Vallee	New - CSULB rm 101 4 wks	IP	
6:00-8:00 pm	Play Modern Board Games (Beginning)	Page 15	JCC - limited seats	IP	

WEDNESDAYS, October 5 - November 16

8:30-9:50	Stand Tall, Stand Strong (Day 2)	L. Goldman	See Monday	Z	NC
8:30-10:00	The Ancient Silk Roads: What and Where? 2 wks	P. Larkin	New - CSULB rm 101	IP	
8:30-10:00	Giving Candy to Strangers 2 wks 10/19 -26	S. Holden	New - CSULB rm 101	IP	
10:00-11:30	iPad for Advanced Users	M. Gettys	Tech - CSULB Lab 5 wks	IP	
10:00-11:30	Foundations of Investing	A. Dilsaver	Current topics	Z	
11:45-1:15	iPad / iPhone and Photos	M. Gettys	Tech - CSULB Lab 5 wks	IP	
10:15-11:45	Re-evaluating The Civil War	D. Schwartz	New - CSULB rm 101	IP	
11:00-12:30	Constitutional Law	M. Hamblin	New- 6 wks SIHP	IP	
12:00-1:30	Staying Alive	F. Grannis, MD	CSULB rm 101	IP	
12:00-1:00	Medicare/Social Security Workshop	S. Carr	Issues & questions	Z	free
12:30-2:00	Acoustic Guitarr 2: Beyond Basics	B. Bradshaw	Rec Park - 5 wks	IP	
1:00-2:45	4 Stories - 4 Weeks	M. Panitz	JCC -4 wks 10/26-11/16	IP	
1:30-3:00	iPad /iPhone for Travel	M. Gettys	Tech - CSULB Lab 5 wks	IP	
1:45-3:15	Napoleon	F. Carbone	CSULB rm 101	IP	
3:00-4:30	Understanding Our Place in the Universe (Part 1)	M. Geier	From Summer	Z	
3:30-5:00	Ethics in America: Critical Thinking...	D Else	CSULB rm 101	IP	
6:00 -8:00 pm	Advanced Directive Workshop	C. Malaambo	JCC - 3 wks 10/5 - 19	IP	

THURSDAYS, October 6 - November 17

8:45-9:50	Yoga with Jean Marie	J. VanDine	CSULB LifeFit Center	IP	
9:00-10:30	Japanese Culture	W. Teweles	JCC	IP	
9:30-11:00	Memoir Writing: A Novel Approach	F. Fitzpatrick/Pam K.	Email needed	Z	
10:00-11:30	Shoot and Edit Videos - all devices	P. Gutierrez	Tech-CSULB Lab / Zoom	HyFlex	
10:00-11:30	Too Much Stuff	T. Sievers	New - CSULB rm 101	IP	
10:30-11:50	Practicing Flexibility	L. Goldman	All levels - Yoga based	Z	
11:00-12:30	Writing for Wellness	J. Smith	All Levels	Z	
11:30-1:30	Go Ahead: Make Their Day (with a card!)	L. Malmsten	JCC - supplies fee \$15	IP	
12:00-1:30	Current /International Events and Issues	Team	CSULB rm 101	IP	
1:00-2:30	Apps & Social Media - all devices	P. Gutierrez	Tech-CSULB Lab / Zoom	HyFlex	
1:00-2:00	Poems of ee cummings & Yeats	B. Natelson	5 wks 10/6 - 11/3	Z	
1:00-2:30	Music Theory: The sport of music	K. Price	New - SIHP	IP	
2:00-5:00	Movie Matinee: African American Experience	A. Goldstein	New - CSULB rm 101	IP	
2:00-4:00	Needlework Cafe	C. Sabol	JCC - Bring supplies	IP	
3:00-4:30	Catch the Spirit of Singing...Chorus	K. Price	Back again - SIHP	IP	
3:00 - 4:30	Songs from the Great American Songbook....	M. Agron	New- 4 wks	Z	
3:30-5:15	Lawnbowling - See details on page xxx	M. Leach	New- 4 wks at LBLBC	IP	

FRIDAYS, October 7 - November 18 (Holiday on 11/11)

9:30-11:00	Writers Read Along Group	A. Berger	CSULB rm 105	IP	
10:30-12:00	Architecture & Film making	R. Meghiddo	New- CSULB rm 101 or.	HyFlex	
10:30-12:30	Jewelry Making	B. Belisle	Back again - supplies	Z	
11:30-1:00	Bluegrass Music JAM	F. Swatek	Meets at SIHP	IP	
12:15-2:15	Plants Around Us 3 wks (10/7 - 21)	H. Manning	CSULB rm 101	IP	
12:30-1:45	Yoga on a Chair	C. Ellano-Ota	All levels	Z	
1:00-3:00	Short Story Discussion Group	F. Ramirez	Book purchase	Z	
2:30-5:00	Comedy Capers: Films and discussion	K. Lucas	CSULB rm 101/ Zoom	Hyflex	
1:30 - 3:30	OPEN COMPUTER LAB	W. Peck	CSULB rm 100 LAB	IP	

SATURDAYS, October 8 - November 19

9:00-12:00	Watercolor Workshop - Adv.	M. Daniel	CSULB rm DSN 111	IP	
10:00-11:30	Got your Ducks in a Row?	T. Clark	Life Planning	Z	
10:00-11:30	Fashion for All Women	K. Marshall	3 wks - 10/8 - 22	Z	
10:00-11:30	Exploring the CSULB campus	S. Faris	Walk and tour talks	IP	

Monday Classes

STAND TALL - STAND STRONG

***Mondays, Oct. 3 - Nov. 14 &
Wednesdays, Oct. 5 - Nov. 16
8:30 - 9:50 a.m. Zoom***

This active Zoom class meets Mon. and Wed.; choose to attend once or twice weekly. It integrates stretching, coordination, stability, and strengthening exercises.

You will need a space of about 6 ft. in diameter, a stable chair, and a resistance band. Water is essential. An elastic tube, covered in cloth, with soft handles is recommended. These are available online at Amazon or FitCord, or BigFive, Target, TJ Maxx. Choose a resistance level: Moderate resistance for regular exercise. If you have shoulder conditions, consider Light resistance. If you are tall, get a longer length cord. Cloth covered tubes are not inexpensive, but they protect the skin and should the tube break, it will not snap back at you. Questions? email me at: manosfrios@gmail.com.

Class limit: 50

*Instructor: Lorraine Goldman,
MPT Retired., Certified EEAA*

IPHONE: BEYOND BASICS (iOS)

***Mondays, Oct. 3 - Nov. 14
8:30 - 10:00 a.m. Zoom***

If you feel comfortable using the phone, text and email apps on your iPhone, why not explore some other iPhone features? We'll cover news apps and aggregators, Calendar, Notes, and how to listen to music and podcasts on your iPhone. Also included will be the Health app, a review of some of the iPhone's accessibility features, such as making icons and text bigger and reading aloud options, and how to use the new iPhone library and make stacks. See how to add new browsers and

search engines, and explore app settings. Prerequisite: know how to use your iPhone's Phone, Message and Email apps. Class limit: 15

Instructor: Kathy Winkenwerder

BRIDGE 1

***Tuesdays, Oct. 17-Dec. 12 (9 wks)
9:30 - 11:30 a.m. at the L.B.B.C.***

For new and returning players. Join this 9 week course held in person at the L. B. Bridge Center. There is a \$20 additional fee paid to the Center at the first lesson for card fees. Topics include an introduction to duplicate bridge scoring, opening major and minor suits, no trump openers with Stayman and transfer responses, strategies in playing and defending a hand, and how to use the modern two over one bidding system. Class limit: 50

Instructor: Hank Dunbar

THE RECORDER CONSORT

***Mondays, Oct. 3 - Nov. 14
10:00 - 11:30 a.m. Whaley Park***

This class provides an opportunity for the more **advanced** recorder players to participate 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

Instructor: Muriel Pendleton

GUIDED AUTOBIOGRAPHY

***Mondays, Oct. 3 - 31 (5 weeks)
10:00 a.m. - 12:00 p.m. Zoom***

The course is based upon the work of Dr. James Birren, a professor and pioneer in the field of Aging Studies. It is a semi-structured process of recalling, writing, and sharing one's life story based on universal themes provided each week. You will be

provided with writing tips, creative exercises and tools for writing your own life story. The first session is a 60-minute orientation about the structure, expectations, and student commitments to the class. The next 4 sessions are approximately 2 hours long, depending on the class size. Class participants will return each week with a two-page story based on the theme provided. Each group member will share his/her story and receive positive feedback with assured confidentiality. No need to be a talented writer, just tell your own story. Class limit: 10

Instructor: Barbara Llamas



THE ECONOMICS OF SPORTS

***Mondays, Oct. 3 - Nov. 14
10:15 - 11:45 a.m.
CSULB, HS&D room 101***

This class will be an overview of the economics of professional sports leagues and teams, specifically, MLB and the NFL, NBA and NHL. We look at how sports leagues have market power, how baseball got its antitrust exemptions, team revenues and costs, the history of player salaries and free agency, discrimination in sports, how cities pay for sports facilities and the Fan Cost Index. We ask: Why have ticket prices gone so high? How much money do owners make? Are players really underpaid? How the public gets stuck with paying for sports facilities. Class limit: 98

*Instructors: Diane Keenan,
M.A. Political Science, UCLA; M.A.
Economics, Claremont Graduate
School, Author; "Slamdunk; The
Economics of Sports" &*

*Professor John Wilson, Professor
Emeritus of History, special interest;
Baseball History*

Monday Classes

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

Mondays, Oct. 3 - Nov. 14

10:30 a.m. – 12:00 p.m. Zoom

If you're interested in food, this is for you. Take a culinary journey as we explore all aspects of food, cooking, baking. Participate in robust discussions on a variety of topics. Class includes demonstrations, presentations, and guest speakers from various parts of the food world. Bring your ideas, questions, challenges and be part of engaging food community. (an update of We're Talking Food.) Class limit: 20

Facilitators: Yesmean Rihbany & Norma Stein

FOLK GUITAR

Mondays, Oct. 3-Nov. 14

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

Dust off that old guitar and play! We offer a chord-based approach to learn guitar. The emphasis will be on folk, country, blues and early pop music. We'll practice playing chords, strums, and fingerpicking. Reading music is not required. All you need is an acoustic guitar and your enthusiasm! Class limit: 10 (Min. 5)

Instructor: Craig Lowe

WHAT'S NEW IN iOS 16

Mondays, Oct 18 - Nov 1 (3 wks)

11:00 a.m. – 12:30 p.m. Zoom

Apple is at it again with yearly updates. New features include being able to personalize your lock screen and schedule an email to be sent at a certain time. For years users have asked for a way to correct typos on a just-sent text message, and now you can if you make the correction right away. Changes in Photos include Visual lookup, detect duplicate photos, and share photos with friends and family in the new iCloud Shared Photo Library. Class limit: 15

Instructor: Kathy Winkenwerder

YOGA WITH BARBARA

Mondays, Oct. 3-Nov. 14

11:30 a.m. - 12:30 p.m.

at 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 to reduce stress, depression and anxiety. This practice will create a flexible and strong body mind-connection. Class limit: 30

Instructor: Barbara Bannerman

ADVANCING UKULELE SKILLS

Mondays, Oct. 3 – Nov. 14

12:00 – 1:30 p.m. Whaley Park

Calling all ukulele players! Join the group to have fun playing and learning new songs. This is not a class for beginner lessons. There will be "leaders", but participants are encouraged to bring songs to introduce to the group. Knowledge of ukulele chords is necessary with an eye toward learning and developing more advanced techniques. Bring your Uke and have fun! Class limit: 25

Instructors: Nancy Intriore & Carol Baker

ART IN AMERICA: THE 20TH CENTURY

Mondays, Oct. 3 – Nov. 14

12:00 – 1:30 p.m.

CSULB, HS&D, room 101

It was a tumultuous century in America – the Spanish-American War, two world wars, the Korean conflict and the ushering in of the nuclear age. There was the Great Depression, talking films and the Titanic. The first half of the century saw burgeoning art movements, yet our young country still could not escape the influence of the European artists and

movements, led by Pablo Picasso. Then, as WWII ended, the abstract expressionists burst upon the scene, seemingly in a revolt against the European surrealists. The 60's saw the advent of Pop Art and minimalism, dynamic departures from abstract expressionism. We will survey 20th century American art in pictures, video, film, and discourse to see how geopolitical conditions, technology and of course an incredibly innovative group of artists changed the landscape of painting forever. Class limit: 60

Instructor: Fredericik Trof, Fine-Art Consultation, Space Planning, Interior Design & Fine Furniture



ESSENCE OF SOULCOLLAGE

Mondays, Oct. 3 – Nov. 14

11:00 a.m. – 12:30 p.m. SIHP

SoulCollage is a fun and intuitive way to use imagination and get in touch with our internal process. There are many aspects of ourselves; feelings, thoughts, desires, etc. At times trying to describe them or understand them, or even to know they exist can be a challenge.

Using SoulCollage supports this effort and helps us find the way to these many different parts of ourselves. Find images from books, magazines or photos that have a tug or pull or interest or curiosity for us, cut them out and put these images on a 5x8 card. Supplies also available at Amazon or the SoulCollage.com store (about \$15-20) I will provide all other supplies. Questions? Email me @ alouelleanwest@yahoo.com or (707) 631-3949. Class limit: 20

Instructor: Amanda West, BS Psychology; MS Clinical Psychology

NEW

NEW

Monday Classes

NEW

EXPLORE "NEW PAPER DOLL MAKING IN 2022"

Mondays, Oct. 3 – Nov. 14
1:00 – 3:00 p.m. SIHP

Come explore the modern world of paper doll making using our current world of fabulous paper crafting materials, techniques and tools. We will create 3 to 4 finished paper doll projects for Halloween and/ or Christmas. Materials include your own personal paper stash, magazines, printed and solid papers, ephemera, used household items (used paint brushes), currently available craft supplies and tools. This class is a mid level craft skills class for those with paper crafting experience. There may be a supply fee which will be discussed the first class. Bring a tool kit that includes pencil, pens, erasers, ruler, scissors, glues, your personal tools for crafting, and a portable plastic or silicone work surface. This is an in person class with Zoom option. Questions? sherylhaglund@verizon.net

Instructor: Sheryl Haglund

BEGINNING BLUEGRASS GUITAR WORKSHOP

Mondays, Oct. 3 – Nov. 14
1:00 – 2:00 p.m. ZOOM

Time for questions and personalized ZOOM lessons and guitar tips with Frank. **No charge for workshop.** Class limit: 6

Instructor: Frank Swatek

BEGINNING BLUEGRASS MANDOLIN

Mondays, Oct. 3 – Nov. 14
2:30 – 3:30 p.m. ZOOM

Time for questions and personalized help to learn the Mandolin in ZOOM lessons. No charge for workshop. Class limit: 6

Instructor: Frank Swatek

SAMSUNG SMARTPHONE BASICS (ANDROID)

Mondays, Oct. 3 – Nov. 14
1:30 – 3:00 p.m. on Zoom

See what you can do with a Samsung smartphone besides making and answering phone calls or texts. Get comfortable with the touch screen. Learn what comes with your phone, and how to download the apps that don't. You'll learn how to check mail, use the camera, browse the Web, play games, listen to music, and get directions from a map. Class limit: 10

Instructor: Richard Sherwood

HISPANIC FILMS

Mondays, Oct. 3 – 24
(4 wks)

2:00 – 4:00 p.m.

CSULB, HS&D, room 101

Bienvenidos (Welcome) It is my desire to take you on a cinematic journey that requires your punctual and consistent attendance. Some movies you may not have seen before or heard of; all are films with challenging themes and provocative styles. We are interested in the story but more importantly HOW the story is told. Is it character driven? Through who's POV? (point of view) How is B/W or color used to create mood? An intro comes before the movie and discussion after. The fun is in the discovery!

Professor Harold Cannon-Lopez

CAMINO OR BUST

Mondays, Nov. 14 & 21 (2 wks)
2:00 – 4:00 p.m.

CSULB, HS&D, room 101

You traveled the world and your bucket list is complete. NOT SO!!! Not until you do a CAMINO! You will learn all aspects of camino: when to go, what to bring OR NOT to bring, where to stay and eat, what to see, the cost, how to prepare for camino and, most of all, how to collect the most wonderful memories of your lifetime!

Instructor: Jelica Campos, ret. teacher

UNDERSTANDING OUR PLACE IN THE UNIVERSE (PART 2)

Mondays, Oct. 3-Nov 14
3:00 – 4:30 p.m. on Zoom

We will examine different types of stars and how far away they are from us. We will study the evolution and death of stars, and learn about planetary nebulae, white dwarfs, supernovae, black holes, and neutron stars. Finally, we will discuss the origin and evolution of our solar system and cosmos. We will come to understand our place in the universe. Every class session will include striking visual presentations to stimulate and sustain student interest.

NOTE: It is recommended that participants take **Understanding Our Place in the Universe, Part 1, (see Wednesdays)**, before taking this class...Part 2. Class limit: 50

Instructor: Dr. Montserrat Geier, taught Physics /Astronomy at CSULB. Retired Lecturer Emerita, she now spends evenings observing the night sky with her telescope on the island of Kauai.



PLAY MODERN BOARD GAMES (ADVANCED)

Mondays, Oct. 3 - Nov 14
6:00 – 8:00 p.m. JCC

Continue learning to be a board gamer. This Advanced class offers different modern board games to play with others in the class. We will put our skills to the test as we play against each other. Take your seat at the table if you are an experienced player of games. Email Gary to be included in this class. garypage56@gmail.com Class limit: 5

Instructor: Gary Page

Tuesday Classes

BEGINNING IPHONE

Tuesdays, Oct 4 - Nov 15
8:30 - 10:00 a.m. Zoom

Just get a phone or haven't had time to learn how to use it? This beginners' class will concentrate on some of the most frequently used iPhone apps. You'll see how to make phone calls, read, send and receive email and text messages, flag that important email, manage contacts, use Siri, search the web, enter text, use maps to get around, organize your apps, and get familiar with some of the settings. Prerequisites: have an iPhone 6 or higher. Make sure your phone is charged. Class limit: 15

Instructor: Kathy Winkenwerder

LONGEVITY STICK ART MOVEMENTS

Tuesdays, Oct 4 - Nov 15
9:00 - 10:00 a.m.
CSULB LifeFit KIN 110

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, Oct. 25 - Nov. 15 (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. There will be printable handouts as well as links to YouTube and an optional DVD available from the instructor (not included in cost of course). Participants will need to be able to lie down and get up from the floor and be able to move about comfortably at home while watching Zoom. Class limit: 50.

Instructor: Nando Reynolds, MA studied and taught T'ai Chi, Karate, Kenpo, Qigong,

THE APPLE WATCH

Tuesdays, Oct. 4 - Nov. 1 (4 wks)
10:00 - 11:30 a.m. Zoom

Did you just get an Apple Watch? Or are you thinking about getting an Apple Watch and want to know if you should? Have you had an Apple Watch for a while and want to know what new things it can do? This class will review the Apple Watch, how it has evolved over the years, what it can do now and what is predicted for the future of Apple Watches.

Class limit: 20

Instructor: Don Kisner

NEW

TELLING YOUR PANDEMIC STORY

Tuesdays, Oct 4 - Nov 1 (4 wks)
10:00 - 11:30 am
CSULB, HS&D, Computer Lab

The pandemic has been a difficult time for us. Even if we didn't get sick, we stayed home, away from people we cared about. The isolation triggered learning new skills. Learn how to tell your own pandemic story by choosing photos that illustrate your experiences. You will be guided how to place photos in a storytelling format to create a brief presentation, which will become a digital memoir for you to share with your friends and family.

Instructor: Jessica Kyle

FACTS FOR HEALTHY LIVING

Tuesdays, Oct 4 - Nov 15
10:00 - 11:00 a.m. Zoom

Join this class to learn a variety of Health Tips: **Control Your Cholesterol, Bone Health Basics / Understanding Osteoporosis, Active Every Day, Benefits of Drinking Water, Goals for a Healthier You, Living Better with Arthritis, Depression:** How do you know when it's depression and not the "blues"? **Aging and Vision Loss.** Class limit: 95

Presenters: Barbara Llamas & Maira Mesa; Independence at Home, a SCAN Community Service

PLAY IT AGAIN JAM

Tuesdays, Oct. 4 - Nov 15
10:00 a.m. - 12:00 p.m. Rec Park

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

Instructors: Carol Baker & Marc Davidson

GEOPOLITICS: PAST, PRESENT AND FUTURE

Tuesdays, Oct. 4 - Nov 15
10:30 a.m. - 12:00 p.m.
CSULB, HS&D, room 101 & HyFlex

The class will focus on geopolitical hot spots, including updates on China vs. US and our global allies, the Indo-Pacific World, the global impact of technology, global sea powers, Health Care, preparing for future epidemics. Class limit: 98

Instructor: Dick Lunde

Tuesday Classes

NEW

THE RENAISSANCE: AN INTEGRATIVE REVIEW OF PAINTING AND SCULPTURE

Tuesdays, Oct. 4 to Nov. 8 (6 wks)
11:00 a.m. - 1:00 p.m. Zoom

We usually teach the arts without a review and understanding of the society conditions at the time of the artwork was created. In this course, we will review the art of the time in the light of major factors that has molded our lives:

- The structure of the society,
- The economy of the people and governments
- The religion and the Church,
- The philosophy,
- The political arena
- The mores of the people,
- The prevailing customs
- The way of life from which the artists and their creation emerged.

We will discuss the paintings and sculptures of Florence, Rome, Venice, and Milan in Italy, of the German-speaking artists of the Holy Roman Empire, and of the Flemish and Dutch artists in the Low Countries, Spain, and France. Class limit: 75

Instructor: Dr. Edgar Moran

EMPOWERING INDEPENDENT HEALTHCARE THROUGH CANNABIS

Tuesdays, Oct. 4-Nov. 15
12:15 - 1:45 p.m.

CSULB, HS&D, room 101

Cannabis, or medical marijuana, is becoming more prominent as a medicinal option for a plethora of medical conditions. With more ways available to access cannabis and CBD products, it can be challenging to decipher information from on-line info or dispensary budtenders with no medical experience. Explore the Endocannabinoid system and how cannabis/CBD works in the body.

As an RN who is also cannabis

competent, I will teach how to access reliable information, answer questions so you can safely navigate the cannabis space. Make intelligent and informed decisions for your personal healthcare journey. Class limit: 90

Instructor: Wendy Jones

SPANISH STORY TIME

Tuesdays, Oct. 4 - Nov. 15
12:00 - 1:30 p.m. Zoom

Read /discuss different pieces of children's literature to improve Spanish skills by focusing on vocabulary development and comprehension. The instructor believes in a natural approach to language acquisition, encouraging all participants to be fully engaged in a positive learning environment where they can practice speaking skills in any fluency levels. Class limit: 12

Instructor: Pam Kiwerski

MASTERING WATERCOLOR

Tuesdays, Oct. 4 - Nov. 15
12:00 - 2:00 p.m. Zoom

Gain a mastery of key skills through painting in watercolor. Students will learn and practice different skills and techniques. Additionally, students will gain a greater understanding of how to use color, value, composition, etc. while practicing their skills. Each week, students will come away with small works and lots of practice sheets. Bring your own materials. A list of suggested materials for newcomers will be made available prior to the first class. Class limit: 32

Instructor: Anne Kupillas

TALKING STORY

Tuesdays, Oct. 4 - Nov. 15
9:00 - 10:30 a.m.

ADDED LATE- See description online for this class.

Instructor: Carolyn Estrada

THE CLOUD — WHAT IS IT, WHERE IS IT, AND WHY SHOULD I CARE?

Tuesdays, Oct 4 -11 (2 wks)
1:30 -3:00 pm Zoom

"The Cloud" has become a commonplace but often confusing term with respect to personal computing. This short class will give you a better understanding of cloud computing: how it affects for good and for ill what you do on your computer, mobile phone, tablet, television, and smart home devices. Class limit: 20

Instructor: Chris Wisniewski

DIGITAL PRIVACY AND COMPUTER SECURITY: protect your identity, data, and devices from hackers, thieves, scoundrels, and snoops

Tuesdays, Oct 18 - Nov 15 (5 wks)
1:30 - 3:00 p.m. Zoom

Take charge of your online life! There are easy ways to protect your identity and data in this new, digital wild west world we're living in. Learn a handful of simple, practical, and safe ways to protect your privacy through lecture and discussion, examples, and handouts. Class limit: 20

Instructor: Chris W.

NEW

APPLE ECOSYSTEM: MAKE SENSE OF... THEN TAKE ADVANTAGE

Tuesdays, Oct 18 - Nov 15 (5 wks)
3:30 -5:00 p.m. Zoom

If you have an Apple product, there are a number of Apple services you can use. Some are free, others are paid subscriptions. Examples include iCloud, iCloud Drive, Apple Music, Apple News, and Apple TV+. These services and features help you manage and synchronize your important digital data, such as your contacts, calendar and photos, across your devices. We'll see new features (iCloud) and learn how to use the new secure feature, Passkeys.

Instructor: Chris Wisniewski

Tuesday Classes

NEW

TOPICS IN ASIAN ART

Tuesdays, Oct. 4 - Nov. 15

2:00 – 3:30 p.m.

CSULB, HS&D, room 101 & HyFlex

This course will cover an eclectic mix of topics ranging in time, geography, culture, religion, etc. and from a different approach. Each class begins with a question that we will then proceed to examine. For example: Why does the European Organization for Nuclear Research (CERN) in Geneva, Switzerland have a statue of a Hindu god in its courtyard? How did medieval Europeans believe that Chinese porcelain was made? Is the term “Pax Mongolica” an oxymoron? Would Hokusai approve of the “Great Wave” emoji? The answers might surprise you. Class limit: 98.

Instructor: Delrie Hobbs

GET ORGANIZED A-Z

Tuesdays, Oct. 4 - Nov. 15

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.

Class limit: 20

Instructor: Sharon Farley



Wednesday Classes

NEW

STAND TALL - STAND STRONG

Mondays, Oct. 3 - Nov. 14

Wed. Oct. 5 - Nov. 16

8:30 - 9:50 a.m. Zoom

This active Zoom class meets Mon. & Wed; choose to attend once or twice weekly. See Monday class description.

Instructor: Lorraine Goldman

Tuesday Classes

NEW

HOW TO TAKE A BETTER PICTURE

Tuesdays, Oct. 4 - 25 (4 wks)

3:45 - 5:00 p.m.

CSULB, HS&D, room 101

It doesn't matter whether you use an iPhone, a digital camera, or an older film camera; we'll teach you how to operate it, the fundamentals of photography, and techniques for getting better photographs of your family, friends, and vacations. Class limit: 30

Instructor: Jeff Vallee.

Currently works as a commercial advertising photographer and director in Los Angeles and New York, creating dynamic and energetic imagery for companies like Nike, Samsung, and Amazon. Focussing on lifestyle photography that emphasizes human connection and spontaneity.

PLAYING MODERN BOARD GAMES (BEGINNER)

Tuesdays, Oct. 4 - Nov. 15

6:00 – 8:00 p.m. JCC

Want to keep your mind active and sharp while having fun? Then you are the perfect candidate to be a board gamer. We will learn “gateway” games (games which are easy to learn and play in a short amount of time) and put our skills to the test as we play against each other. We are in the Golden Age of Board Games. Enjoy a relaxing, stimulating, and friendly evening of gaming. Questions? garypage56@gmail.com Class limit: 5

Instructor: Gary Page

WHAT WAS THE ANCIENT SILK ROAD AND WHERE IS CENTRAL ASIA?

Wednesdays, Oct 5 & 12 (2 wks)

8:30 – 10:00 a.m.

CSULB, HS&D, room 101

This two-class series offers PPT slides of travels in Central Asia with a Road Scholar group in the fall of 2019. See a showcase of memorabilia, souvenirs and relevant information.

Metaphorically, the Silk Road could be considered ‘our first internet of trade and idea exchange.’ An amazing and often



under-appreciated creature that made it all possible will be featured as our honorary guest – the CAMEL!

Class limit: 50

Presenter: Pat Larkin

NEW

GIVING CANDY TO STRANGERS

Wednesdays, Oct. 19 & 26 (2 wks)

8:30 – 10:00 a.m.

CSULB, HS&D, room 101

Learn the art of building your greatest resource—relationships—to create abundance in your life and business by stepping out of your comfort zone, creating new relationships and cultivating the old... with a “pay it forward” mindset.

Based on parts of the best-selling book *Giving Candy To Strangers*, this class is not a **How-To** but rather a **How-To-Be** guide. Class limit: 80

Instructor: Stan Holden, a commercial art director who has moved creative expertise into a successful sales and writing career. He is the author of the critically acclaimed best seller “Giving Candy To Strangers”, one of the few business and self help books written from an artist’s perspective.

IPAD FOR ADVANCED USERS

Wednesdays, Oct. 5 - Nov. 2 (5 wks)
10:00 - 11:30 am

CSULB, HS&D, Computer Lab

Now that you know how to use your iPad, you are ready to learn about more of the apps that come with your device. Learn how to use Maps to help you get where you're going, how to talk on FaceTime, how to buy eBooks online or borrow them from the library, and how to buy music or put your own music on your device. Learn how to use iTunes to back up and store your media, how to watch Video, how to listen or watch Podcasts, and take, store and edit Photos. Prerequisite: Intro to iPad or knowledge of topics covered in that class. Bring your iPad and cable with you to each class. You could bring an iPhone if you know how to use it.

Instructor: Marilyn Gettys

IPAD / IPHONE AND PHOTOS

Wednesdays, Oct. 5 - Nov. 2 (5 wks)
11:45 - 1:15 p.m.

CSULB, HS&D, Computer Lab

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

Class limit: 10

Instructor: Marilyn Gettys

CONSTITUTIONAL LAW

Wednesdays, Oct. 12 - Nov. 16 (6 wks)
11:00 a.m. - 12:30 p.m. SIHP

We will touch on origins of our constitution, from English history through colonization of America. Then we will read through the constitution leading to discussions of interpretation and points of view. Classroom collaboration makes the information real and current. There always is something new about the framework of our democracy. Along the way, myths will be confronted and new information will be discovered. Class limit: 50

Instructor: Marla Hamblin; 20 years a deputy public defender; Orange County Attorney of the year; Criminal & Constitutional Law

NEW

STAYING ALIVE

Wednesdays, Oct. 5 - Nov 16
12:00 - 1:30 p.m.

CSULB, HS&D, room 101

This course will provide a review of the most common causes of death among middle-aged and senior citizens in the U.S. today. Sessions will cover cancer, cardiovascular disease and viral illness, including up-to-date evidence on methods of prevention, early detection and treatment that can reduce risk of premature death and disability from these diseases. Class limit: 98

Instructor: Frederic W. Grannis Jr. MD, Emeritus Professor of Thoracic Surgery at City of Hope National Medical Center, extensive clinical and research experience in diseases of the heart, lungs, and blood vessels

The greatest
wealth is
health.

Virgil

NEW

FOUNDATIONS OF INVESTING

Wednesdays, Oct. 5 - Nov. 16
10:00 - 11:30 a.m. Zoom

We will cover essential investing and opportunity exploration in today's post COVID market recovery. Increasingly volatile markets 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. Learn about Social Security/long term care and ways to maximize benefits. Learn about 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



RE-EVALUATING THE CIVIL WAR

Wednesdays, Oct. 5 - Nov. 16
10:15 - 11:45 a.m.

CSULB, HS&D, room 101

America in the 1850s and 1860s was MORE polarized than today. This lecture series will examine the causes, course and consequences of the 'war between the states' and look at how the interpretation of the Civil War has changed over the past century and a half. Class limit: 85

Instructor: Don Schwartz

Wednesday Classes

ACOUSTIC GUITAR 2: BEYOND THE BASICS

Wednesdays, Oct. 5 - Nov. 2 (5 wks)
12:30 - 2:00 pm Rec Park

Ready to move on to the next level, add some sophistication to your guitar repertoire? Join us if you want to play the music of our roots--folk, country, 60's-70's rock & roll, & blues. Instruction will be chord- and song-based, and is designed for advanced beginners to intermediates. Instruction will include: Flat Picking (Right Hand) Techniques, Tablature, "Licks," "Intros," "Outros," Double Stops, Bass Runs, and Barre Chords. Looking for performance opportunities in the OLLI community and beyond. Class limit: 15

Instructor: Brian Bradshaw

4 STORIES - 4 WEEKS

Wednesdays, Oct. 26 - Nov. 16 (4 wks)
1:00 - 2:45 pm JCC

What happened to all the reading you planned to do this summer? Worry not. Sign up for Four Stories - Four Weeks and you'll be treated to some excellent writers guaranteed to provoke your imagination and intellect with a congenial group of classmates. Class limit: 16

Instructor: Mona Panitz

IPAD/IPHONE FOR TRAVEL

Wednesdays, Oct. 5 - Nov. 2 (5 wks)
1:30 - 3:00 pm

CSULB, HS&D, Computer Lab

Explore a variety of travel apps you can download to your iPhone or iPad. We'll cover: how to use apps to find places to go, search for hotels; how to book and manage airline travel, car rentals and cruises; how to find free Wi-Fi; how to use maps, both online and offline; how to use a translation app when you're in a foreign country; and when you're traveling by car, how to use apps like Uber, Gas Buddy and iExit. Bring your charged iPad or iPhone to each class. Class limit: 10

Instructor: Marilyn Gettys

NAPOLEON

Wednesdays, Oct. 5 - Nov. 16
1:45 - 3:15 p.m.
CSULB, HS&D, room 101

This class will be centered on the life and times of Napoleon Bonaparte. We will do an in depth investigation of his life from childhood in Corsica, his rise and fall and rise again in the army, his takeover of the government, his conquest of Europe, to his death in St. Helena. Of course, the French Revolution and it's causes also will be explored because of it's bearing on his rise and fall. The methods of instruction will include lecture interspersed with audio/visual effects. Students will leave with a better understanding of the man and the times in which Napoleon lived. Class limit: 75

Instructor: Frank Carbone, retired High School History teacher

UNDERSTANDING OUR PLACE IN THE UNIVERSE: PART 1

Wednesdays, Oct. 5 - Nov. 16
3:00 - 4:30 p.m. Zoom

In this class we will study the basic inventory of our universe: earth, our solar system, stars, galaxies, and clusters of galaxies, plus we will learn about the appearance of these heavenly bodies, their features, and their relative sizes and distances from each other. We will examine the sky, the motion of the Earth, and the cause of seasons. We will learn about eclipses and the phases of the Moon. Together, we will discuss different types of telescopes and how astronomers use them. Finally, we will learn about our Sun. Each class session will include striking visual presentations to stimulate and sustain student interest. Class limit: 50

Instructor: Montserrat Geier, see description on Monday - Part 2 class.

ETHICS IN AMERICA: A COURSE IN CRITICAL THINKING & ETHICS

Wednesdays, Oct. 5 - Nov. 16
3:30 - 5:00 p.m.

CSULB, HS&D, room 101

This class has two main goals: to teach important approaches and sources in the academic discipline of social ethics and to enable students to reflect on and analyze ethical issues facing contemporary American society. We will focus on some of the dilemmas and opportunities created by the diversity in different areas of American cultural and social life. The course will provide an overview of ethics as an academic discipline, including introductions to major ethical theories and thinkers. We will also address various obstacles – cultural, economic, and political – that make those visions difficult to achieve. Class limit: 98

Instructor: Dr. Daniel Else, Professor of Sociology and Psychology; Professor of Critical Thinking Studies and Ethics

NEW

HEALTH CARE ADVANCE DIRECTIVE WORKSHOP

Wednesdays, Oct. 5 -19 (3 wks)
6:00 - 8:00 p.m. JCC

Constance Malaambo, R.N., 34 years of Emergency Medicine experience, will lead this class on medical decision-making. She will encourage you to think about what types of care you would or would not want in the event you are unable to speak for yourself. Information will be presented about the different medical devices and treatments to assist you in making informed decisions regarding your healthcare. Learn how to complete an Advance Directive form, to help you communicate your wishes to care providers and family members. Class limit: 25

Instructor: Constance Malaambo, Registered Nurse, Masters in Homeopathy

Thursday Classes

YOGA WITH JEAN MARIE

Thursdays, Oct. 6– Nov. 17
8:45- 9:50 a.m.

CSULB, LifeFit, KIN room 110B

This class will allow students to enjoy an hour of stretching and relaxing muscles while building stability and balance. We will work on posture, circulation, and preventing injury. Class limit: 30

Instructor: JeanMarie VanDine, Certified Yoga Instructor

(日本の文化 JAPANESE CULTURE)

Thursdays, Oct. 6– Nov. 17
9:00 – 10:30 a.m. JCC

A general but personalized foray into Japanese culture with a slight emphasis on daily life aspects ("small-c culture" vs. Large 'C' or art, lit & music-centered). Topics will include names, festivals/holidays, basic cuisine as well as modes of communication and transportation. Students familiar with Japan(ese) are encouraged to bring their own recollections and props. Computer access (esp. via g-mail) is encouraged but not required. Class size:20 (5 min.)

Instructor: William Teweles, Ph.D

MEMOIR WRITING: A NOVEL APPROACH

Thursdays, Oct. 6– Nov. 17
9:30 - 11:00 a.m. Zoom

If you have memories you would like to share with family or friends, then this is the class for you! Write your own unique memoirs at home. Each author then has an opportunity to read his/her piece in class and receive gentle, constructive suggestions and feedback in a supportive environment that inspires everyone to discover his/her own voice and effective writing style. Class limit: 20

Class Leaders: Jo Fitzpatrick & Pam Kiwerski

TOO MUCH STUFF

Thursdays, Oct. 6 – Nov. 17
10:00 – 11:30 a.m.

CSULB, HS&D, room 101

• Tired of your clutter? Do you have a lot of stuff?

• Has it crowded your closets, cupboards, counters, spare room, or taken over your garage?

• Are you stuck? Tried to let it go but had no luck?

Find out what is holding you back so you can move forward. Discover your true treasures to keep. Experience the freedom of finding space for everything you truly need and love. Join this class, in person, for a challenge that will leave you with more free time, more space, and a lighter load. Class limit: 25

Instructor: Tere Sievers

SHOOT & EDIT VIDEOS (ALL DEVICES)

Thursdays, Oct. 6– Nov. 17
10:00 - 11:30 a.m. Computer Lab & HyFlex

Want to film your life and the lives of family and friends? Learn how to shoot and edit videos using the camera on your smartphone, tablet or laptop, or use an action camera like a GoPro. Learn when it is best to use which one. Learn filming techniques, smartphone video apps, and useful accessories. Create scripts, background music and voice narration. Use editing tools, learn how to connect what you do to other devices, and how to get the best video quality and frame rates.

The action camera section of the class will cover use and the difference between a GoPro and other action cameras. Create a video, then learn how to post finished product on Facebook or YouTube. Make sure your device is charged for each class. Class limit: 10

Instructor: Perla Gutierrez



PRACTICING FLEXIBILITY

Thursdays, Oct. 6– Nov. 17
10:30 - 11:50 a.m. Zoom

This is a yoga-based class, inspired by Roshi David Hennage. You will need a yoga mat and water. A blanket, and yoga block are optional. A yoga strap is recommended (a web belt with two hand loops). We will not be practicing fully inverted postures, however if you have a condition with increased eye pressure, you will want to modify your pose or take the seated yoga class. As this is a zoom presentation, you are responsible to make the adjustments your body needs to avoid pain as we practice various asanas (poses). If you are new to yoga or a practiced yogi, hopefully you will find motivation and inspiration as we practice bringing the mind, body and breath together. Questions ? email: manosfrios@gmail.com Class limit: 30

Instructor: Lorraine Goldman MPT, retired, Certified Exercise Expert for the Aging Adult

Thursday Classes

NEW

WRITING FOR WELLNESS

Thursdays, Oct. 6-Nov. 17
11:00 a.m. – 12:30 p.m. Zoom

You do not need to be a writer for this class. Each one of us has faced conflicts or stressors in our lives. Your words can help you heal. The simple acts of writing and sharing are the basic tools. Based on the techniques in the book *Writing for Wellness*, subjects include Choosing Happiness, Expelling Anger, Changing Priorities and Recapturing Joy. Books are available for purchase or loan. Class limit: 15

Facilitator: Joan Smith

NATIONAL & INTERNATIONAL CURRENT EVENTS & ISSUES

Thursdays, Oct. 6 – Nov. 17
12:00 – 1:30 p.m.

CSULB, HS&D, room 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 to the class for discussion. Class limit: 98

Instructors: The leadership of the class will alternate between five volunteer instructors: Barbara Mikalson, Doug Haigh, Mary Meyer, Bill Shaddle and Gary Murph.

GO AHEAD: MAKE THEIR DAY

Thursdays, Oct. 6 – Nov. 17
11:30 a.m. – 1:30 p.m. JCC

Life has been blah for too long, but we still have heroes large and small, celebrations and rites of passage. Let's recognize them in a colorful, energizing way! This card making class is for everyone, from the complete newbie who'd like detailed instructions to the advanced card maker who can springboard from basic ideas to make a "blow 'em away" card for a special occasion.

Students will be provided with specialty papers and will use the instructor's tools, stamps, and inks. A \$15 (cash) supply fee will be collected at the first class meeting to cover supplies. This class will be busy, fun and VERY social as we encourage and share with each other. Please bring your personal "basic kit" to the first and every class: 12-inch paper trimmer with ruler, .05 Micron (or ultrafine Sharpie or similar permanent marker), tape runner, "wet" glue like Aleene's Quick Dry Tacky Glue, detail scissors, small watercolor set (Crayola's kid set of 16 colors is fine) and 10-15 sheets of white cardstock (acid- and lignin-free, and at least 80-lb. weight.)

Questions? Email the instructor at lisapaperarts@gmail.com.

Class limit: 15

Instructor: Lisa Peskay Malmsten

APPS AND SOCIAL MEDIA (ALL DEVICES)

Thursdays, Oct. 6 – Nov. 17
1:00 – 2:30 p.m. Computer Lab & HyFlex

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

Instructor: Perla Gutierrez

THE POEMS OF E.E. CUMMINGS AND WILLIAM BUTLER YEATS #5

Thursdays, Oct. 6 – Nov. 3 (5 wks)
1:00 - 2:00 p.m. Zoom

When I told an OLLI classmate I intended on teaching a poetry class on e.e. cummings, he said: "The one who had a broken typewriter." Of course, he was referring to the unique syntax that cummings created in constructing his poetry. William Butler Yeats was an Irish poet, a pillar of the Irish literary establishment, and one of the foremost figures of 20th-century literature. We will study in depth 1 or 2 poems of each poet at different stages of their lives each class. Class limit: 15 (minimum of 10)

Instructor: Bernard F. Natelson, M.B.A., Psy.D., A.B.M.P.

LAWN BOWLING for FUN!

NEW

Thursdays, Oct. 6 -27 3:30 - 5:15 (4 wks)
at the LB Lawn Bowling Club

1109 Federation Dr. near Rec Park

Open to Beginner or Former players.

Join OLLI and register for the class. Be ready to pay a \$15 cash fee to instructor Mel Leach/LBLBC for equipment rental and supplies.

NEW

Thursday Classes

MUSIC THEORY 101: THE SPORT OF MUSIC & RULES OF THE GAME

Thursdays, Oct. 6 – Nov. 17
1:00 – 2:30 p.m. SIHP

This class is an introductory course to understanding music language, how to read it and translate it into action, sound and creativity. **This is not a “singing” class.** The goal is for each student to gain a basic experience of how musicians “play” music successfully. 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,
see Chorus description

NEW

MOVIE MATINEE

Thursdays, Oct. 6 – Nov. 17
2:00 – 5:00 p.m.
CSULB, HS&D, room 101

We are going to time travel from 1950 to the present day as we examine the African American experience as presented through the lens of Hollywood. The inclusion of African Americans in major motion picture roles often stirred controversy and is limited, dating back decades due to racist ideas and the fact that the motion picture industry is dominated by white executives, directors, and other decision makers. In the 1950's African Americans were cast as subservient maids and butlers such as in, “*Imitation Of Life*” in which the stellar acting of Louise Beavers was never properly recognized. During the '60s, as people everywhere joined the fight for civil rights, Hollywood mostly stayed away but films such as, “*In The Heat of the Night*”, sent shock waves through popular culture when Det. Tibbs, an African American of great humanity, depth and righteous indignation, slapped plantation owner

Endicott in the face. In 1989, a film about racial injustice again blasted into popular culture with Spike Lee's, “*Do the Right Thing*”, which for the first time reflected a nuanced and loving portrait of a Black community. Join us as we watch groundbreaking films that reflect the journey Hollywood has traversed over the past eighty years. Class limit: 35

Host: Allan Goldstein

NEEDLEWORK CAFÉ

Crochet and knitting for beginning and intermediate students.

Thursdays, Oct. 6 - Nov 17
2:00 – 4:00 p.m. JCC

Introduction to basic knitting and crochet stitches using class demonstration and individual instruction. We'll learn: basic stitches for crochet and knitting, pattern interpretation and basic materials. Intermediate students will work independently on their projects, to be assisted by the instructor as needed. Beginners: on the first day of 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 bring an ongoing project. Class limit: beginners 8, intermediates 8

Instructor: Carolyn Sabol

“CATCH THE SPIRIT OF SINGING” CHORUS

Thursdays, Oct. 6 - Nov 17
3:00 – 4:30 p.m. SIHP

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 natural singing abilities and music-ship. Performances will be scheduled when we are fully prepared. \$5.00 for music and a 1” BLACK 3 ring binder are required. Class limit: 50

Instructor: Kathy Price, a Kodaly Method certified Music Specialist and professional vocalist, taught in private music schools for 32 years, sang vocal ensembles and choirs in So CA, and currently teaches beginning and intermediate piano.

NEW

SONGS FROM THE GREAT AMERICAN SONGBOOK AND BEYOND!

The Intersection Between Entertainment, Patriotism, Politics and Social Justice

Thursdays, Oct. 6 – 27 (4 wks)
3:00 – 4:30 p.m. Zoom

The Great American Songbook centered in New York City's Tin Pan Alley produced iconic standards for Broadway, film, popular music and jazz. Composers such as Irving Berlin, Leonard Bernstein & Stephen Sondheim wrote about themes on domestic violence, race, civil rights, ethnicity, and lofty ideals. The sixties brought us the Folk Rock era with social justice themes and songs from Bob Dylan, Peter, Paul & Mary, and others.

This class will explore how these beloved songs addressed the issues of their day, and still speak to us today. We will unpack backstories of how these songs came to be, hear recordings, and watch videos of singers from Broadway, film, pop, rock, and jazz who threaded the needle between entertainment, patriotism, politics, and social justice. Class limit: none

Presenter: Mike Agron – Music Aficionado: He has delivered many popular seminars including This is Sinatra, Celebrating Perfect Vocal Harmony Groups, Celebrating Composers and his most recent seminar, Celebrating the Great Vocal Jazz, and Pop Albums - Part I.

Friday Classes

WRITERS READ ALONG GROUP

Fridays, Oct. 7 – Nov. 18
9:30 - 11:00 a.m.

CSULB, HS&D, room 105

Do you like to write about your special life moments? Are you interested in listening to other supportive compassionate and excited non-fiction writers? Have you written poems, chapters, prose or letters that you would like to share with fellow creative non-fiction writers? If so, come join us! We are a group of writers who are interested in sharing our written stories in a safe, caring and supportive environment. Class limit: 18

Facilitator: Amy Berger



ARCHITECTURE AND FILMMAKING: ARCHITECTURE, ART, MUSIC, AND THE ENVIRONMENT

Fridays, Oct. 7 – Nov. 18
10:30 a.m. – 12:00 p.m.

CSULB, HS&D, rm 101 & HyFlex

How to Look at Architecture, a former class given at OLLI by Rick Meghiddo, comes now in a new version: Architecture and Film-making. The class will increase awareness not only of architecture but also of art, music, and the environment. View short architecture documentaries followed by Q&A, the presentation will expand your awareness of the spaces we live in throughout our lives - streets, buildings, and open public spaces. Class limit: 98.

Instructor: Rick Meghiddo, Doctor of Architecture from the University of Rome, Italy; Master of Architecture and Urban Design from UCLA.

JEWELRY FROM A-Z

Fridays, Oct. 7 – Nov. 18
10:30 a.m. - 12:30 p.m. Zoom

Have you admired a piece of jewelry and wanted it to match your colors? Have you wanted to explore a new medium and have art you can wear? If so, this class is for you! We will explore jewelry making from A to Z, learn techniques including how to create the perfect necklace and 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 a variety of inexpensive objects. Class limit: 20

Instructor: Belinda K. Belisle

BLUEGRASS MUSIC JAM

Fridays, Oct. 7 – Nov. 18
11:30 a.m. – 1:00 p.m.

St. Isidore Historical Plaza

Increase your Guitar playing skills. Peer learning with a Focus on The Fundamentals. Join in the fun at this in-person class held at the Park. Questions?? Contact frankswatek@hotmail.com Class limit: 20

Instructors: Frank Swatek, with Mark Shutts and Dennis Murphy

THE PLANTS AROUND US

Fridays, Oct. 7, 14, 21 (3 wks)
12:15 - 2:15 p.m. (2 hours)
CSULB, HS&D, room 101

If you ever have been curious about the history and importance of the plants that surround us, then join Howard Manning as he explores our relationships to plants in our gardens, parks, around our homes, and in our wilderness areas. This class will deepen your understanding about edible, toxic and invasive plants as well as help you discover how climate change and human

activity have influenced plants over the past hundred years as well as help you discover how plants have played an important part in human development over the thousands of years. Class limit: 25

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

YOGA ON A CHAIR

Fridays, Oct. 7 - Nov. 18
12:30-1:45 p.m. Zoom

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. Class limit: 40

Instructor: Claudia Ellano-Ota

OPEN COMPUTER LAB Fridays 1:30 - 3:30

Send an email if you have specific device questions or just come to talk technology with Wes Peck!



Friday Classes

THE SHORT STORY: DISCUSSION GROUP

Fridays, Oct. 7 - Nov. 18
1:00 - 3:00 p.m. Zoom

This session we will conclude reading selections from the Penguin anthology of stories written between 1972 and 2019. Each week we will read a short story and discuss our responses to what makes the story unique: themes, techniques, characters, atmosphere, etc. The results are stimulating and entertaining and sometimes surprising. Among the authors we will read this session are Sandra Cisneros, Raymond Carver, Dorothy Allison, and Aleksandar Hemon. We will use this anthology for the final time: *The Penguin Book of the Modern American Short Story*, John Freeman, Ed. (New York: Penguin Press, 2021). Please, purchase this book to use for the class discussions. Class limit: 24
Class Leader: Fern Ramirez

NEW

COMEDY CAPERS

Fridays, Oct. 7 - Nov. 18
2:30 - 5:00 p.m.

CSULB, HS&D, room 101 & HyFlex

We can all use some laughter in our lives these days so join in this hybrid class of comedy films. Each matinee will feature wonderful films from the 60s, 70s, 80s, and 90s in a mix of types---romantic, western, horror, film noir, and dark comedy. Also, on the schedule is a film that is a tour de force of the great living comedians of the 60s. So whether you're watching at home or ZOOM with popcorn or sharing belly laughs on campus, this is fun for you!
Class limit: 80 / 40 in room
Presenter: Karen Lucas



Saturday Classes

WATERCOLOR WORKSHOP- ADVANCED

Saturdays, Oct. 8 - Nov. 19
9:00 a.m. - 12:00 p.m.
CSULB, DSN, room 111

This workshop gives you 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 some experience with watercolors. Bring your own materials and reference photos. Mike will give 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



GOT YOUR DUCKS IN A ROW?

The Importance of Preparing
for the Unexpected

Saturdays, Oct. 8 - Nov. 19
10:00 - 11:30 a.m. Zoom

Do you have a pre-plan for final arrangements? We anticipate and plan for many of life's most important events. Why do so many of us leave life's most significant event, pre-planning for final arrangements, to our loved ones to plan during a time of grief?

This course provides an overview of funeral pre-planning, skills for communicating plans and incorporates the perspective of the consumer. Class limit: 50

Instructor: Tatia Clark, Master of Science Gerontology

FASHION FOR ALL WOMEN

Saturdays, Oct. 8 - 22 (3 wks)
10:00 - 11:30 a.m. Zoom

This course will focus on timeless fashion for the ageless woman. We will look at color, first impressions and how choosing the correct colors will make your skin and face glow with natural beauty. Learn about your make up and fashion personalities, which is key when selecting clothing styles and make up. We will discuss the eight body types for women and how to best complement each one with clothing. Learn how to shop within your own wardrobe, create a core wardrobe and how to use your accessories to create more looks that complement your fashion personality and your individual style. Class limit: 20 (minimum 5)

Instructor: Kathy Marshall - CIC, Certified Fashion Consultant

EXPLORING THE CSULB CAMPUS

Saturdays, Oct. 8 - Nov. 19
10:00-11:30 AM
CSULB, HS&D, outside entrance

Come join us as we walk outdoors on the CSULB campus on Saturday mornings and learn more about the interesting places and history of the CSULB campus. We will meet at 10:00 A.M. outside the OLLI building and walk from there, while learning about the history of the campus, the architecture, the art and outdoor sculpture, and more. Have fun enjoying the beautiful campus and connecting with your OLLI friends outdoors. Come prepared to walk outdoors, in comfortable shoes at an easy/moderate pace. Class limit: 30

Instructor: Shari Faris



FREE Special Events - Everyone Invited

FREE DISCUSSION GROUP - SOCIAL SECURITY / MEDICARE

Wednesdays in October and November

12:00 - 1:00 p.m. on Zoom

Topics include:

Oct 5 - Social Security / Medicare Updates for 2023

12 - Strategic Senior Information Videos

19 - Never Stop Chasing Your Dreams and Wishes

26 - Explore Senior Health and Medical information

Nov 2 - Enjoy Your Golden Years at the Highest Level

9 - Best Diets and Exercises for Seniors

16 - The 4 Stages of Retirement



Bring Social Security and /or Medicare questions to the start of each class. Use the same Zoom Link for all sessions - find it at www.csulb.edu/olli

Everyone Invited!

Contact Steven Carranytime

562 233-1400 Zenisys@charter.net



THE CLASSIC ERA OF ROCK & ROLL MUSIC

Wednesday, October 12

3:00 - 4:30 p.m. Zoom

The Classic Era of rock & roll music was a time of incredible creativity in the arts and in artful ways of living. It was a tumultuous time, too, when struggles over civil rights, the Vietnam War, political assassinations, and gender equity sometimes made it seem the world was coming apart. The music helped us get through it. It gave us a voice, an anthem, a gathering place where we shared our dreams and our fears. This is a memoir of those times by a writer with press credentials and a backstage pass at a fascinating period of history, important not only for what it was but also for what it teaches us about where we are now.

Presenter: James Pagliasotti

BABY SHARKS!

Monday, October 17

1:30 - 2:30 p.m. Zoom

Discover the wild and wonderful world of baby sharks – and why the Aquarium of the Pacific is working hard to save them. Did you know that Southern California is an important nursery for many species of sharks and rays? Join us for a virtual deep dive to explore the latest research about baby sharks, and learn why sharks are so important to the ocean's future

Cassandra Davis, MSc., Volunteer Services Mgr Aquarium of the Pacific

RISK

Friday, October 28

12:15. - 1:15 p.m.

CSULB, HS&D, room 101

Are you ok? Feel lucky? Or worried about getting in an accident? What causes accidents anyway? Come hear a retired Northrop Grumman and Cal/ OSHA safety engineer's take on what causes accidents and how to avoid them.

Presenter: Howard Manning

DEFINING END OF LIFE

Friday, November 4

12:15 - 1:30 p.m. HSD 101 & HyFlex

There is much confusion about the differences between palliative care, hospice and death doulas. This is a brief overview class on those differences, when to use each one, the advantages depending upon family and individuals' desires, insurance coverage and more. In addition, Donna Pombriant, R.N., a recently certified death doula, will share her insights.

Constance Malaambo, R.N.

NEW ART MUSEUM @CSULB

Wednesday, November 16

3:00 - 4:30 p.m. Meet at Museum

Join Curator of Education, **Christina Alegria**, and Kleefeld Contemporary Art Museum docents for a tour of the museum's extensive collection show, *Hurry Slowly*. The tour will highlight the museum's nearly fifty years of collecting and reveal trends and initiatives throughout the years. As the title suggests, the time for museums to embrace and include the stories of our diverse community is now. The tour will also include two smaller mixed media exhibitions, **Miyoshi Barosh: The End** and **Juan Gomez: Sangre Hermosa**.



75 DAYS OF INDIA

a Mission of Giving and Unexpected Receiving

Thursday, November 17

9:30 - 11:30 CSULB HSD 101

Rare, essential, spellbinding images from spending 75 days in India in 2020. Extraordinary images captured by the daughter of Indian immigrants during a solo trip. Q & A follows

Presented by Anita Razin, Traveler, writer, producer

OLLI Class Locations

CSULB CAMPUS (C)

HS&D Building, Room 101
Computer Lab 100
562.985.8237

CSULB LIFEFIT CENTER (LFC)

KIN Building, Rooms 107 and 110

AMERICAN GOLD STAR MANOR

Not this session.

LB BRIDGE CENTER (LBBC)

4782 Pacific Coast Hwy,
Long Beach, CA 90804
562.498.8113

THE ALPERT JEWISH COMMUNITY CENTER (JCC)

3801 East Willow Street
Long Beach, CA 90815
562.426.7601

ST. ISIDORE HISTORICAL PLAZA (SIHP)

10961 Reagan St.
Los Alamitos, CA 90720
562.596.9918

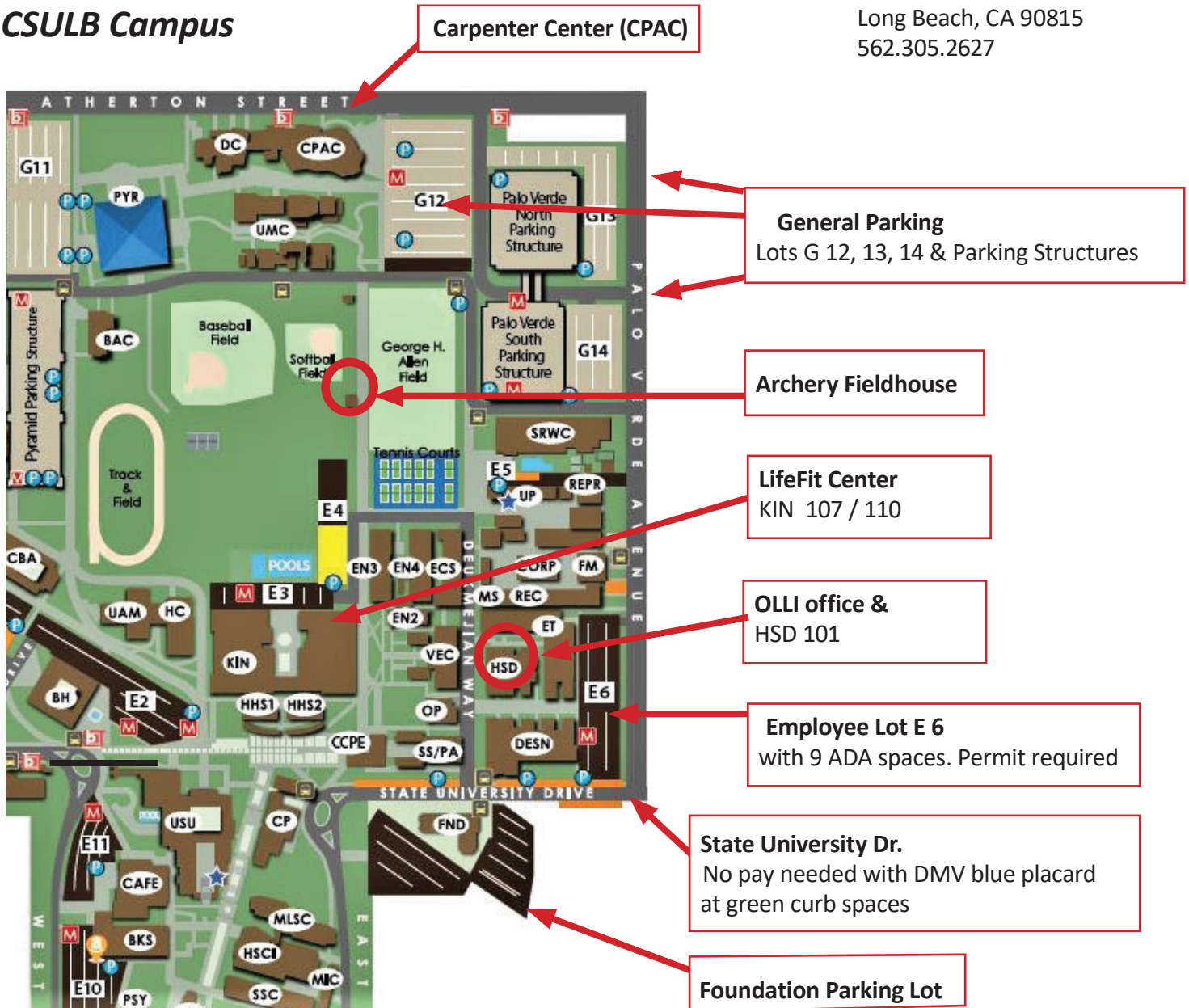
RECREATION PARK COMMUNITY CENTER (REC)

4900 E 7th St.
Long Beach, CA 90804

WHALEY PARK COMMUNITY CENTER (WP)

5620 E Atherton St.
Long Beach, CA 90815
562.305.2627

CSULB Campus



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



Land Acknowledgement Statement

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 and are grateful to have the opportunity to work at this sacred site. We thank them for their strength and perseverance.

If you would like more information on the Native American history in our southern California region, visit CSULB information URL (click here) https://www.csulb.edu/sites/default/files/u69781/csulb_land_and_territorial_acknowledgments_faq_002.pdf

Annual Membership Meeting

The OLLI Annual meeting will be held on **October 8.**

Everyone is invited to attend to hear about current

happenings and status of our 25 year old

Osher Lifelong Learning Institute.

Come hear our speakers in person or use the Hyflex option and stay home and still be informed!!



OLLI at CSULB Calendar

2022-2023 OLLI CLASS SESSIONS

Fall October 3 - November 19, 2022

Winter January 4 - February 28, 2023

Spring April 3 - May 26, 2023

HOLIDAYS

No OLLI Classes, Campus & Office Closed

Veterans Day November 11

Thanksgiving Break November 24-27

Winter Holidays December 23- January 2