



2023 Winter News and Class Schedule

Class Registration Starts December 9 at 9 a.m.

More New Classes

Mondays

Something New &
Something Finished

Before They Were Stars: Films

Tuesday

Investing for Women

Better Capitalism:
U R Right! Is Better Way!

Operation Cartwheel,
Campaign Doomed Japan

Wednesdays

Cyber-Crime Case Studies

Play Reading Circle

Pilates Matwork

Russia & the Russians

Showtime: Senior Theatre

Thursdays

In Beginning:
Origins & Evolution Of Life

Shiny & Sparkly Paper Products

Cinema as Art

This Is Sinatra –
Man, Music, Impact

Fridays

Short Story Discussion

Comedy Capers

Saturdays

A More Glamorous You

Gerotranscendence

Techniques To Aid Aging With Ease

by Mariann Klinger

As a little girl in Wisconsin, Abigale Hanson formed a strong connection with her grandparents — a connection so strong it seemed to guide her life choices.

At 50, she looks back on decades of being drawn to working with older adults. “I noticed the wisdom,” she said of the older participants in her health-based fitness classes.

During the pandemic, she found the opportunity to take her experience a step further. She began studies for a master’s degree in Recreation Therapy at California State University at Long Beach, as well as a master’s degree in theology at the University of San Diego. Her studies have inspired her to share a passion for helping older adults find a richness in aging.

The result is a mindfulness class using Gerotranscendence as an approach to positive aging. Ms. Hanson seeks to guide her students to embrace new free-time activities they can enjoy as much as those they have had to give up. She expects to use meditation, journaling, reminiscent exercises, creative storytelling, yoga and conversation to explore issues of leisure and aging. “I plan to keep it flexible and light,” she said of the class.



Abigale Hanson

She sees spiritual growth as one of the benefits of leisure activities. “We find the spiritual connection in nature and positive interactions with others,” she said, adding that spiritual connections seem to accelerate with aging. In the class,

students will strategize on how to stay engaged even as aging considerations create changes in ability. Older adults remain curious and alive, despite the inevitable aspects of change, Abigale commented.

In the class, students can learn to use mindfulness activities such as yoga and meditation to manage pain and anxiety, and make changes in free-time activities by being thoughtful about choices. “We’ll be doing some fun things,” she said.

→ See description page 21

The Write Stuff

Editor, Rojean Maciula, invites you to meet our SUN staff and meet writer Mariann Klinger

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

THE SUN Volume 28 , Issue 2

Editor: *Rojean Maciula*
 Production Manager: *Rebecca Low*
 Writers: *Tom Hood, Marianne Klinger, Tom Lockhart, Joan Smith, Renee Simon*
 Proofreader: *Louise Haglind*

Why I Write For The SUN *By Mariann Klinger*

Everyone has a story and while I can't know them all, if I work at it I can learn a lot of them. Writing for the SUN gives me a great opportunity to hear and retell the stories of OLLI instructors and their courses.

As a newspaper reporter and editor, I spent decades retelling the stories of others. I met the famous and the infamous. I talked with people from all walks of life. I talked with individuals at their best and their worst.

I wrote stories of Pappy Boynton of WWII fame, the feminist icon Gloria Steinem, President Gerald Ford, Sirhan Sirhan — easily the most infamous, — the author Ray Bradbury, basketball player Dr. J., my favorite actor James Garner and even King Juan Carlos of Spain. I heard sad stories, happy stories, odd stories, even a few unbelievable ones.

How did I get here? I listen carefully, ask questions and record the words and feelings of others in my heart. I still hear the voice of a convicted murderer's mother telling me he was a really good person. I believed her, because I heard the love of a mother. His story didn't end well, but even he was loved.



Mariann Klinger

I listen carefully, ask questions and record the words and feelings of others in my heart.

The path of a story

I pay careful attention to the threads that run through a subject's life. Many times such a thread guides an individual. I started out as a nosey kid, I read the daily newspapers that came to my home from New York City, Philadelphia and my hometown Bethlehem, PA. I pored over the biographies on the public library shelves, reading my way through the stories of others. In high school I gravitated toward the school newspaper, already telling the stories I overheard from friends and teachers, too.

As a young military wife and mother I attended college first at the University of Texas at Austin, Texas, then graduating from the University of Dayton, Ohio. I often had my youngest in tow for classes and sometimes all four of my children went with me. As an older student I had discovered the area of study for me — Journalism — that would allow me to hear and tell the stories of others.

Finally getting the OK

I found jobs on daily newspapers — finally an official listener and storyteller. I covered courts, city and county government, schools and listened to anyone willing to talk. Many did. As a reporter, I shared their stories with others. Now I write for the SUN, telling stories that highlight instructors with the threads that ran through their lives to the courses that bring OLLI alive for students.

The President's Corner: "It is so nice to see you again"

In-person classes are definitely back at OLLI. Some members are wearing masks, but most are not. This is an individual choice based on risk assessment. Covid has not disappeared but most of us feel comfortable being mask free. Please continue to follow the recommendations regarding Covid19 boosters as well as yearly flu shots.

We are making slow but steady transition to the HyFlex system for more of our classes. There is definitely a learning curve for the instructors and their support people. Becky has been carrying the load regarding the computer skills required to make this system work, but many instructors have learned how to navigate this new process. Carl Curtis remains ever vigilant over the operations of the audio-visual system in room 101. Thank you to Becky and Carl.

The annual membership meeting held on October 8th via the HyFlex system went very well. We had a good turnout both in person and via Zoom. Barbara Norberg and her member services group provided refreshments and excellent support for this meeting. Both groups were able to participate in the Q and A at the end of the meeting. To summarize my message at this meeting: We need to grow a more diversified (younger) membership, increase our volunteer participation, and establish long term



Glenn Libby, MD

financial stability.

Patti LaPlace, our new Executive Director, has stepped right into her role in a decisive manner. OLLI at CSULB is in good hands with her at the helm. We are in need of member volunteers that are experienced in social media (FaceBook, Instagram etc). This is a membership growth accelerator that we must pursue. If you have skills in this area, you can help us. Please contact Becky in the OLLI office and let her know that you are willing to volunteer. We also need a photographer for *The SUN* publication. The skill set requirements are very basic. You need a camera (cellphone camera qualifies), basic camera skills and willingness to join the SUN staff. Remember, we are a volunteer organization and we need everyone to participate to the best of their ability in order to succeed.

The holidays are rapidly approaching. 2022 may be the first year in a very long while that may allow resumption of typical Thanksgiving, Hanukah and Christmas celebrations. We need these gatherings on both an individual and group basis. We need to meet, greet and celebrate with each other.

Happy Holidays and Happy Ollidays

- Glenn Libby, M.D.

From Executive Director: OLLI Post Pandemic, Lessons Learned!



Patti LaPlace

We are in a transitional time in terms of meeting again for in person classes and offering courses with our new Hyflex model. Let's examine how the lessons learned during the last 2½ years can help shape the future of a successful OLLI

- OLLI not only survived during the height of pandemic restrictions, many of our members have adapted and even prefer the Zoom classroom formats as well as the variety of formats including Hyflex.

- Due to the successful fundraising efforts and the work of the Hyflex task force, we offered five Hyflex classes during the Fall Semester. A special recognition to Becky Low who piloted a Hyflex class during the summer session and provided very important feedback. The College of Health & Human Services IT Techs have been responsive to our needs in designing a user friendly

classroom. Thank you to our room hosts and volunteers that have helped make this happen.

- We have heard from many members during the pandemic restrictions that OLLI was a "lifeline" in terms of being connected to a community during the social distancing period. Our fundraising efforts this year will focus on "Sustainability of OLLI". Communications-PR/Marketing Working group Leader, Jan Stein will be talking more about this in his article contribution to *The SUN*.

- We are offering many new classes and attracting new instructors each semester. People want to give back and express gratitude for surviving a very difficult period during the 21st Century.

- Lastly, we also are looking at resources available to us at the CHHS. I am particularly grateful to be part of the OLLI family, work with such wonderful staff and volunteers and meet the various instructors and members as they come for classes. Thank you for being so welcoming!

- Patti LaPlace

New Class: Light, Color, Sound and Perception by Tom Hood

If you have ever wondered how you perceive the world that teems with energy around you, filled with light, sound and color but have been a bit hesitant to learn about it, then Patrick Kenealy's class **Light, Color, Sound and Perception** will definitely dispel this hesitancy and broaden your knowledge. Patrick, a Professor Emeritus from California State University Long Beach, taught Physics at the university for 24 years. He will help you unfold and understand these sensory phenomena by speaking in non-technical terms.

***The seven musical notes
are closely related to
the seven colors in the spectrum.***

Patrick, who grew up in Chicago, developed an early interest in astronomy and physics. He hoped to someday be an astronaut and go to the moon. Although he loved talking about science, he majored in English at Wayne State University, quickly discovering that English majors weren't prime candidates for space exploration. Earning

a Ph.D in Physics from Notre Dame, Patrick went back to Wayne State University where he taught that subject for twenty years.

This class will explain how we perceive a small spectrum of light that hits our eyes. Have you wondered why the sky is sometimes blue, sometimes red and yellow? Combined with light energy, sound gives us a sense of the world around us and has impacted survival. Another aspect that might whet your appetite might be how music has always been an analogy to color in that the seven musical notes are closely related to the seven colors in the spectrum.



Patrick Kenealy

Finally, the big idea of this class is to help students open up new horizons of seeing and hearing. It will also explore how we figured all of this out while in the midst of a cacophony of sound and light and made our way in the world.

→ See description page 23

New Class: Pearl Harbor to Midway by Tom Lockhart

December 7, 1941, the "Day of Infamy" of Japan's attack on Pearl Harbor, marked the beginning of World War Two in the Pacific. June 7, 1942, the last day of the Battle of Midway, marked the beginning of the end for Japan. Bob Warwick's class, **Pearl Harbor to Midway: Six Months That Changed the World**, vividly describes those decisive six months.

In between lay the engagements in support of American operations in the Philippines and the savage naval battles for control of the Java Sea. Also, the legendary Doolittle raid on Japan's home islands, and the history making battle of the Coral Sea, the first sea battle conducted solely between naval aircraft. All this is in the context of U.S. forces being undermanned, with very little combat experience, and often equipped with outdated ships and planes.

The decisive U.S. victory at Midway was aided immeasurably from an ingenious maneuver by the leader of the Navy dive bomber squadrons and the breaking

of the Japanese naval code by U.S. Navy intelligence personnel at Pearl Harbor. The sinking of four Japanese aircraft carriers in three days of fighting, with the loss of only one American carrier, was a disaster from which the Japanese navy would never recover. It would haunt them throughout the remainder of the war. Japan was no longer invincible.

The "sleeping giant" was now wide awake, and roaming the Pacific, looking for the enemy. Japan's fate was sealed. Pearl Harbor would be remembered.

For three years in the 1960s, Bob was an officer in the U.S. Navy. He then worked as a lawyer for 40+ years, including 17 years as in-house tax counsel for Reynolds Metals Company. He has also led a number of OLLI courses over the past few years.

Bob holds a Bachelor's Degree in Electrical Engineering from Rensselaer Polytechnic Institute, and an MBA and Juris Doctorate (JD) from Cornell University.

→ See description page 23



Bob Warwick

Visit us on the web

www.csulb.edu/olli

New Class: “Showtime” With Nancy Hathcock *by Renee Simon*

Signing up for Nancy Hathcock’s acting class, **Showtime**, makes no promises that talent agents will be at your door, but it does promise real acting hints, plenty of class opportunities to use them, and — most important — eight sessions bubbling with fun and laughter as she shares with you her enthusiasm for theater. And of course, there’ll be the major end-of-session class performance.



Nancy Hathcock

This year will be the twelfth year (minus two years for Covid) that Nancy has been offering classes at OLLI, although some sessions have been at Leisure World or at the Pine Avenue bungalow building. Nancy, who says her whole life has been theater, describes growing up among both her immediate family (as well as aunts, uncles, cousins who all loved theater), usually singing, playing musical instruments, acting, reciting — what she calls a family of hams. She is a

native Californian, a graduate of CSULB with a BA and MA in theater, a graduate of the former noted Chicago Sherwood Music School (as a correspondence student), hosted her own radio program as a teenager, acted in summer stock, and toured the state entertaining with a small group of girl singers, the Musi-Co-eds.

Nancy says her class is for everyone. It is just the fun of getting to be somebody else. “That’s something we all did as kids.” She explains about the times we may have played “cops and robbers” or played house, we were actually acting and doing creative drama. That, she says, is what acting really is: believing you are the character, the truly bottom line of acting.

To join Nancy’s class is the opportunity, as she tells it, “to get up in front of an audience, forget who you are, forget your aches and pains, and just have a great time learning all about acting and enjoying the experience of getting to be somebody else.” Her final note is: the class does not

→ See description page 24

OLLI Annual Fundraising Campaign

by Jan Stein, Communications Working Group, PR/Marketing Chair

As a member driven, nonprofit organization, all OLLI members can have a role in helping to ensure our organization thrives and can sustain itself today and into the future. While we all pay membership fees and tuition, the need to generate additional financial support through philanthropy is another vehicle in which our members can be instrumental.

Annually, your OLLI Governing Council, in partnership with our staff and the College of Health and Human Services Development Office, conducts a fundraising campaign to support operating and capital needs. This year our goal is to raise \$30,000 for the sustainability of OLLI. While tuition and fees, coupled with distributions from the Osher and other endowments, provide funding to cover expenses, there can be a gap that needs to be filled each year.

“Our members have always generously stepped up to make donations in support of our funding needs,” stated Glenn Libby, OLLI President. This year’s campaign, launched in October, will raise critical funds to ensure our members continue to receive the same level of opportunities for lifelong learning and social engagement

they have long appreciated. Donations will make a vital difference by helping to meet operating costs, ensure there are sufficient reserves and provide scholarships to those in need. Campaign contributions also enable OLLI to continue its mission of being accessible, inclusive, and affordable for our members and the communities we serve.

This year our goal is to raise \$30,000 for the sustainability of OLLI.

Gifts of any size are welcome and tax-deductible. The OLLI website also offers information about the campaign and a platform for submitting a donation.

“So many of our members have expressed gratitude that OLLI was able to continue offering classes during the pandemic,” added Glenn Libby. This was made possible in part because we had the financial resources necessary to keep our organization going despite a drop in enrollment.

This year’s campaign will help to ensure OLLI is there for its members.

Helpline 562-985-2398

Office message line 562-985-8237

Do You Know What Your Device Can Do?

If you're a history buff or can remember events from the Reagan administration, you probably have heard the expression, "you don't know what you don't know." Or maybe if ancient history is your interest you know that Socrates said something similar.

It's the same idea when it comes to computing devices. For instance, you may use your iPhone to make phone calls and texts and that's all, and the only time you use your iPad is to read the news. Or you use your computer as a glorified typewriter and nothing more. If this sounds familiar, think about expanding your knowledge because these devices can do so much more than the one thing they were originally known for. And you don't have to put off learning about them because this term we offer classes that explain some of the things a Mac computer, an iPad, and an iPhone can do. Here are a few things you could learn in these classes.



Kathy Winkenwerder

Using an iPhone, iPad, or Mac together or separately:

- You can copy text and images on one Apple device, then paste them into another.
- From your iPhone and iPad you can see the files on your Mac.
- You have many of the same features on all the devices.

Your Mac computer, lets you:

- Go back in time and look at documents you no longer have.
- Look at a document's content without opening it.
- Set up a dark mode for easier viewing just like you can on your iPhone and iPad.

Your iPad:

- Lets you create a split screen so you can work on two apps at once.
- Can be used as your Mac's second screen.
- Lets you split the keyboard for easier typing.

Your iPhone:

- Has a flashlight, scientific calculator, language translator, and document scanner.
- Can remind you of appointments and keep track of your medications.
- Has a magnifying glass, QR code reader, and voice recorder.

If any of these features sound interesting, think about signing up to take one of our classes.

Need Computer Help?

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

The HyFlex Experience: Update

Exploring the use of the impressive HyFlex technology has been a learning experience for some OLLI instructors, students and even for the techs who support us. We thought it was a huge change when the pandemic lockdown forced us to use Zoom instead of gather in a classroom, but that was just a warmup for this new way of conducting classes.

Yes, there have been some rough patches, but as everyone concerned gains experience, there will be fewer of them. We appreciate the instructors who volunteered to be among the first to teach in this new environment, as well as our students' patience acting as HyFlex testers in the first classes, plus everyone who contributed feedback as we learn how to make this new class experience a valuable one.

We recently welcomed additional help from the university HyFlex Support office which will coordinate both our efforts and those of the techs who've helped

us from the beginning. Before long HyFlex will just seem normal.

HyFlex: Student Feedback

"Having taken the Animation HyFlex class this summer, I prefer coming in person. Not many people attended in person because it is much easier to stay home. But I like attending in person.

"I think the equipment they have in the classroom is terrific, but when we were in the classroom the Zoom people had a difficult time with the audio. They weren't understanding because there was a lot of echo. I thought that wasn't possible. But then I attended one or two classes on Zoom and I experienced it. I knew what they were talking about. The sound was not so good and it seemed to take a long time for them to set it up.

"I'm currently taking a HyFlex comedy movie class and the Zoom functions have improved."

Annual Membership Meeting

Collaborative, Accessible And Open To All By Joan Smith

OLLI's annual membership meeting focused on the challenges facing us now and in the future.

President Glenn Libby first introduced the board, then described the loss of membership as a result of the pandemic, and how ZOOM participation has been able to reduce that loss to some extent.



We know that word of mouth is the best means of reaching out to new students, but we are also working with student interns on a Facebook page, Instagram and ads in the Long Beach Post.

One of our strengths continues to be the use of alternate sites, notably St. Isidore's Historical Plaza, the Jewish Community Center and Whaley Park as well as some others. This allows us to reach areas which might not be accessible to some students. We have been able to maintain our fee schedule and increase access through the use of HyFlex, which allows our classes to be accessible on ZOOM and in person at the same time, and provides an additional opportunity for interaction between students.



Current goals are to raise funds to sustain the program, enhance the use of social media, expand our volunteer base and expand social activities, such as the art show and local travel opportunities.

Glenn introduced our new Executive Director, Patti La Place, who talked about the importance of connection, to the students, the college and the community. To continue to prosper we must be collaborative, accessible and open to all.

Some questions and answers followed before the meeting was adjourned. For those who attended, it was a valuable learning activity.

“We know that word of mouth is the best means of reaching out to new students”



Visit us on the web

www.csulb.edu/olli

Artists and Art Lovers Gather At The 2022 OLLI Art Show



OLLI members and friends enjoyed the Art Show reception Saturday, October 15, in the Duncan Anderson Gallery in the Design Building

Participating Artists:

- Marilyn Goldberg
- Robin Alpers
- Bruce Hatch
- Christine Applequist
- Catherine Paez
- Eloise Donnelly
- Carolyn Sabol
- Rojean Maciula
- Anne Kupillas
- Tim McCall
- Claudia Kaneshiro
- Bill Lindsay
- Terry Fontenrose
- Kenneth C. Buckley
- Mary Martin
- Laurie Egan
- David Wagner
- Michiel Daniel
- Diane Paull
- Peter LaBarba

Art Show Organizers

- Becky Low, Bruce Hatch, Claudia Kaneshiro

Art installation:

- Tim McCall, Bruce Hatch

Art sale:

- Yesmean Rihbany

Gallery monitors:

- Constance Malaambo
- Mary Boykin
- Christine Applequist
- Eloise Donnelly
- Terry Fontenrose
- Carolyn Sabol

Photographers:

- Claudia Kaneshiro
- Rojean Maciula

We are looking forward to next year too!



Viewer's Choice Award (2 paintings tied)



Summer Stroll with Lavender
by Bill Lindsay



Crazy Eyes with Scarf
by Christine Applequist



Thank you to all members who showed their artistic skills and talents.



Meet OLLI's Governance Working Group *by Karin Covey*

When's the last time you read the OLLI Strategic Plan, or looked something up in the OLLI Bylaws or wondered if OLLI has a policy on service dogs in the classroom? Thought so. And you've probably never heard of the Governance Working Group.



Governance Working Group members (back row, left to right) Jan Lipson, Phyllis Spear, Naida Tushnet, and Karin Covey. (Front row) Patti LaPlace and Glenn Libby (Joan Smith Abs)

You may be familiar with the Communications Working Group because they publish the quarterly issue of *The SUN* and handle marketing and PR, making OLLI more visible to the community. And the Education and Technology Working Groups that, among many other things, bring you a rich variety of classes every session. Or the Member Services Working Group as they welcome new members, meet and greet and provide refreshments at social events.

All the while, the Governance Working Group works quietly behind the scenes making sure everything runs smoothly.

- Overseeing the nomination and election of Governing Council Officers every two years
- Reviewing the bylaws regularly and making recommendations for updates as appropriate
- Making recommendations for new policies or revisions to existing policies
- Initiating the strategic planning process every four years
- Reviewing the strategic plan annually to chart progress in meeting our goals

Governance Working Group members are Naida Tushnet, Phyllis Spear, Joan Smith, Jan Lipson, and Karin Covey.

Now go read the OLLI Strategic Plan. You may be asked for input!

Q & A with Karin Covey

Q. What is a strategic plan?

A. A strategic plan includes an organization's mission and vision statements, as well as its goals and objectives and the action plans to achieve them.

Q. Does OLLI have a strategic plan?

A. OLLI has a strategic plan that focuses on developing goals and objectives to move us forward in achieving our mission in a constantly changing environment (i.e., changes in technology, demographics, financial sustainability, etc.)

Q. Where can I read the current Strategic Plan?

A. The OLLI 2019-2024 Strategic Plan is available at www.csulb.edu/olli. Select the **Strategic Plan** link in the left hand column.

Q. How are we progressing in meeting our goals?

A. We recently completed a review of the current strategic plan. Despite the setbacks of the pandemic in membership and financial sustainability, we have made progress in terms of class variety, marketing and public relations, and technology. We still have work to do in enhancing our social media presence, getting our membership up to pre-pandemic levels, and increasing our volunteer base and establishing succession plans.

Q. When will we start creating the next strategic plan?

A. The Executive Council and Governing Council will begin work on a 2024-2029 strategic plan in fall 2023.

Q. How do I give my input on the plan?

A. By contacting a member of the Governing Council. A list of current Governing Council members is available at www.csulb.edu/olli. Select the **Membership Handbook** link in the left hand column.

Q. How do I look something up in the OLLI bylaws?

A. The current OLLI bylaws are available at www.csulb.edu/olli. Select the **Bylaws** link in the left hand column.

Q. Who gets to nominate and elect the Governing Council Officers?

A. The elected officers of the Governing Council are President, Vice President, Secretary, Treasurer and two Members at Large. Elections are held every two years in the fall. An ad hoc nominating committee is formed and OLLI members are encouraged to submit names of potential candidates to the nominating committee. The final slate of candidates is included in the Fall issue of *The SUN*, and the election is held at the annual membership meeting.

OLLI Members And Design Students Collaborate *by Rojean Maciula*

Instructor Makoto Mizutani of the Industrial Design department at CSULB put out a call for OLLI members to participate in a class project -- **Design for Every Body**.

Her students were working on creating products that incorporate the idea of universal design – meaning products designed to accommodate a range of abilities, ages, and demographics. The resulting products are generally better overall.

Students were looking to OLLI members for opinions on usability, functionality, and impressions of the student’s projects. OLLI members handled the prototypes, answered questions, viewed sketches, asked questions, and offered suggestions for improvements.

Students and OLLI members alike were engaged in this creative process and the room was filled with energy and excitement. In our second meeting it was gratifying to see improvements to the prototypes, and even some changes based on our feedback.

Other opportunities for OLLI members to work with CSULB students are announced in the weekly OLLI emails.



OLLI Members Comment On Their Recent Experience:

“I like when CSULB instructors reach out to OLLI members to include us in their studies because it gives value to our suggestions, our ideas, and I think that’s important to OLLI members — to everyone — especially OLLI members.”

“I was here last Tuesday and was absolutely enthralled with all the creativity that the students have. I wanted to come back today to see how it was going.”

“Our hands don’t work right anymore and whatever. Because you students are all young and bright you’ll come up with some big things.”

“I was here last week and it was really interesting. It will be fun to see what’s next.”



Thank You To Our Donors

FALL 2022 DONORS

With thanks to ALL, including our Anonymous Donors and those who donated class fees for cancellations

Jane Adair
Icie Akoto
Nessa Bernstein
Stephen Biskar
Pam Blansfield
Kathleen Brady
Thank you OLLI!
Annie Buchanan
Linda Carr
Vivian Wenhuey Chen
Mary Cliby
Karin Covey
Robert Crabb
Randolph Currin
Gloria Curry
Carl Curtis
Donation toward purchase of a second lavalier microphone for Hyflex system
Ginny Cusenza
Joan DeFrancesco
David Ebright
Thanks to Frank Swatek for the free bluegrass guitar class!
Carolyn Estrada
Joane Ferguson
Ingrid Fuelleman-Ramos
Brian Griffith
Lou Haglind
Roberta Hamfeldt
For the CSULB Scholarship Fund in memory of Erik
Robert Hannan
Deborah Hastings
Donna Hawk
In Memory of Terry Geiling
Linda Henry
Mark Higa
Elisabeth Ito
Diane Ito
Len Jacobson
Paul Jeffers
Claudia Kaneshiro
Livia (Jakyung) Kim
Diane Kirkpatrick
Margaret Kott
Patti LaPlace
Daryl Leabo
Gael & Glenn Libby
Bobbi Liberton
Janet Lipson
Larry Luckey
Joe MacDonald

Constance Malaambo
Sylvia Manheim
In Honor of Sylvia on her birthday. Very happy to be a part of OLLI.
Marian Manocchio
Thanks for providing so many stimulating classes & opportunities!
Mary Meyer
Barbara Millman
Pat Montague
Carol Motry
Gary Murph
Barbara Norberg
In honor of Barbara White and the years of leadership she gave us
Susan Pack
Diane Paull
Jeff Protzman
Fern Ramirez
Arthur Ramirez
Jody Ramsey
In Memory of Seibert Pearson
Arlene Rees
Alissa Rose
Karen Schluntz
Marion Shanker
Kellie Simpson
In Memory of Vicki Pell
Phyllis Spear
Lucy Stone
Patricia Szeszulski
Janice Teraoka
Naida Tushnet
Claudia Van Holt
Joseph Van Hooten
Vincent Vilker
Frances Wang
Harriet Warner
Jerald Warren
Katherine Wightman
Rebecca Williams
In Honor of OLLI's wonderful staff, teachers, and volunteers!
Wesley Wong
In Memory of Carroll Jones
Carol & Richard Zuck



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.

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 working groups and Council members are always on the lookout for volunteers. These are a few of the 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 Class Leaders** - Do you love to help others learn? Please share your interest, "passion" and expertise in areas such as: history, literature, travel, science, math, languages or technology. All topics are welcome.
- Contact the OLLI office at (562) 985-8237 to volunteer.



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

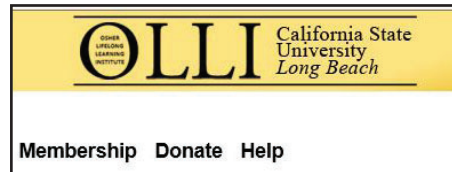
- Select Session - Fall 2022. Easiest Search for your class is by Day only
- To enroll, click *Register*.
- Return to Search, and repeat the process.
- When you are finished, click *Checkout*.
All classes are listed in the checkout window.

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*.



ONLINE REGISTRATION WINTER 2023

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

Friday, Dec. 9

9:00 a.m. - ONLINE

Helpline 562-985-2398

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

Office line 562-985-8237

General questions, or to leave a message

email questions to [OLLI @csulb.edu](mailto:OLLI@csulb.edu)

ZOOM CLASSES

A confirmation 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: _____

Home phone: _____ Cel phone: _____

OLLI Membership	
Annual fee \$40.00 _____	Class Tuition _____ x \$15.00 _____
Donation \$ _____	Contributors will be acknowledged in publications. To remain anonymous check here. <input type="checkbox"/>
Check # _____	Checks payable to CSULB Foundation NO Cash Total \$ _____

Z = Zoom IP = In Person HyFlex = Zoom and in class

TIME	CLASSES	Instructor	Comment	Mode	
MONDAYS, January 9 - February 27 (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	
10:00-11:30	The Recorder Consort (not Beginner)	M. Pendleton	Whaley Park	IP	
10:00-12:00	Guided Autobiography	M Mesa	5 wks (1/23-2/20)	Z	
10:30-12:00	Let's Dish - more food talk!	Rihbany & Stein	New Topics	Z	
10:30-12:00	Prevent Heart Disease, Cancer and more...	W. Covalt	2 days (1/9 & 1/11)	Z	
11:15-1:45	Hispanic Cinema: Film review and discussion	H. Cannon	CSULB rm 101 5 wks	IP	
11:30-12:30	Yoga with Barbara	B. Bannerman	CSULB LifeFit Center	IP	
11:30-1:00	Advancing Ukulele Skills (not Beginner)	Intriere & Baker	Whaley Park	IP	
1:00-3:00	Something New, Something Finished	S. Haglund	New - St. Isidore H. 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>
2:00- 5:00	Before They Were Stars: 7 Films	J. Hathcock	CSULB rm 101	IP	
6:00-8:00 pm	Play Modern Board Games (Advanced)	G. Page	JCC - email Gary for details	IP	

TUESDAYS, January 10 - February 28 (8 weeks)					
8:30-10:00	What's New in iOS 16	K. Winkenwerder	Tech - 3 wks 1/10 - 24	Z	
8:30-10:00	Exploring Pages for Mac / iOS	K. Winkenwerder	Tech - 4 wks 2/7 - 28	Z	
9:00-10:00	Longevity Stick Art Movements	C. Taylor	CSULB LifeFit Center	IP	
9:00-10:30	Mindful Movement: Qigong and Stretching	N. Raynolds	4 wks 1/17 - 2/7	Z	
9:30-11:30	Bridge 1 for Beginners or Review	H. Dunbar	LB Bridge Center start Jan 3	IP	
9:45-11:15	Geopolitics: Update 2023	D. Lunde	CSULB rm 101 or by Zoom	Hyflex	
10:00-12:00	Play it Again Jam	C. Baker	Whaley Park	IP	
10:30-12:00	Folk Guitar 1	C. Lowe	Beginners - New day	Z	
11:00-12:00	Gerotrancendence: Changes During Aging	A. Hanson	New - St. Isidore H Plaza	IP	
11:30-1:00	Investing for Women	C. Carpenter	New - CSULB rm 101	IP	
12:00-2:00	Better Capitalism: A Better Way?	Knowlton & Hedges	New - 2 wks 1/17 - 24	Z	
12:00-1:30	Spanish Story Time	P. Kiwerski	New tales and talk	Z	
12:00-2:00	Mastering Watercolor	A. Kupillas	Int level preferred	Z	
1:30-3:00	The Cloud: What and Where Is It (3 wks)	C. Wisniewski	Tech - 3 wks 1/10-24	Z	
1:30-3:00	Digital Privacy & Security (5 wks)	C. Wisniewski	Tech - 5 wks 1/31- 2/28	Z	
3:30-5:00	Mac Skills: Beginning and Intermediate	C. Wisniewski	Tech - Mac OS	Z	
3:00-5:00	Operation Cartwheel: WWII History	P. Killins	New - CSULB rm 101	IP	
6:00-8:00 pm	Play Modern Board Games (Beginning)	G. Page	JCC-email Gary for details	IP	

WEDNESDAYS, January 4 - February 22

8:30-9:50	Stand Tall, Stand Strong (Day 2)	L. Goldman	See Monday	Z	NC
8:30-10:00	Cyber Crime: Case Studies (3 wks 1/4 - 18))	D. Babcock	New - CSULB rm 101	IP	
10:00-11:30	iPad/ iPhone: Travel with your device	M. Gettys	Tech - CSULB Lab	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	IP	
10:00-12:00	Pearl Harbor to Midway: 80th Anniversary	B. Warwick	New - 3 wks 1/11 - 25	Z	
10:00-11:30	A Playreading Circle	M. Pendleton	New - Whaley Park	IP	
10:15-11:45	Light, Color, Sound & Perception	P. Kenealy	CSULB rm 101 or Zoom	Hyflex	
11:00-12:00	Pilates Matwork	E. Paul	New-CSULB LifeFit Center	IP	
11:30-1:00	Acoustic Guitar 2: Beyond Basics	B. Bradshaw	New at Whaley Park	IP	
12:00-1:30	20th Century American Art	F. Trof	CSULB rm 101	IP	
12:00-2:00	Russia and the Russians	E. Moran	New - 4 wks 1/4 - 25	Z	
1:00-2:30	Navigation and Time	L. Jacobson	New - 6 wks 1/4 - 2/8	Z	
1:00-2:45	5 Stories - 5 Weeks	M. Panitz	JCC -5 wks 1/25-2/22	IP	
1:30-3:00	Introduction to iPad	M. Gettys	Tech - CSULB Lab	IP	
1:45-3:15	Showtime: Senior Theatre	N. Hathcock	New - CSULB rm 101	IP	
3:30-5:00	Ethics in America: Critical Thinking...	D. Else	CSULB rm 101	IP	

THURSDAYS, January 5 - February 23

8:45-9:50	Yoga with Jean Marie	J. VanDine	CSULB LifeFit Center	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	
10:15-11:45	Too Much Stuff: Start the New Year clear!	T. Sievers	CSULB rm 101 6 wks	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	
11:45-1:45	Shiny, Sparkly Paper Projects	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	
1:00-2:30	Music Theory 101 Sport of Music	K. Price	St. Isidore H Plaza	IP	
1:30-3:30	In the Beginning: Origins & Evolution	G. Holt	New - 4 wks 2/2 - 23	Z	
2:00-5:00	Movie Matinee: Cinema as Art	A. Goldstein	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	St. Isidore H Plaza	IP	
3:00 - 4:30	This is Sinatra: Man, Music , Impact....	M. Agron	New- 4 wks 2/2 - 23	Z	

FRIDAYS, January 6 - February 24

8:45-10:15	Writers Read Along Group	A. Berger	CSULB rm 101	IP	
10:30-12:30	Jewelry Making	B. Belisle	BYO supplies	Z	
10:30-12:30	Plants Around Us 3 wks (1/6 - 20)	H. Manning	CSULB rm 101 3 wks	IP	
10:30-12:30	Camino or Bust.... 2 wks (2/3 - 10)	J. Campos	CSULB rm 101 2 wks	IP	
11:30-1:00	Bluegrass Music JAM	F. Swatek	St. Isidore H Plaza	IP	
12:30-1:45	Yoga on a Chair	C. Ellano-Ota	All levels	Z	
12:45-2:15	Empowering Healthcare through Cannabis	W. Jones	CSULB rm 101	IP	
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 or Zoom	Hyflex	
1:30 - 3:30	OPEN COMPUTER LAB	W. Peck	CSULB rm 100 LAB	IP	

SATURDAYS, January 7 - February 25

9:00-12:00	Watercolor Workshop - Adv.	M. Daniel	CSULB rm DSN 111	IP	
10:00-11:30	A More Glamorous You	K. Marshall	3 wks - 1/7 - 21	Z	

Monday Classes (Holiday Jan. 16)

STAND TALL - STAND STRONG

**Mondays, Jan. 9 - Feb 27 &
Wednesdays, Jan. 4 - Feb. 22
8:30 - 9:50 a.m. Zoom**

This active Zoom class meets Mon. and Wed., your choice to attend once or twice weekly. Gentle warm up, stretches, strengthening, and balance activities are included in this full-body work out. You will need a home space about 6 ft. in diameter, and a stable chair. Water is essential. You will need a resistance band: recommended is an elastic tube, covered in cloth, with soft handles. Available online at Amazon and FitCord or at stores Big Five, Target, or TJ Maxx. Choose a resistance level. If you are accustomed to exercise, Moderate resistance should be sufficient. If you have any conditions of the shoulders you may want to consider Light resistance. If you are buff, try Heavy. If you are tall, get a longer length cord. Cloth covered tubes are expensive, but they protect the skin and should the tube break, it will not snap back at you. If you are unsure, please email me at: manosfrios@gmail.com.
Class limit: 50

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

IPHONE: BEYOND BASICS (iOS)

**Mondays, Jan. 9 - Feb 27
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

THE RECORDER CONSORT

**Mondays, Jan. 9 - Feb 27
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, Jan. 23- Feb 20 (5 wks)
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 2 hours long, depending on the class size. Class participants will come each week with a two-page story based on the theme provided. Each class 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

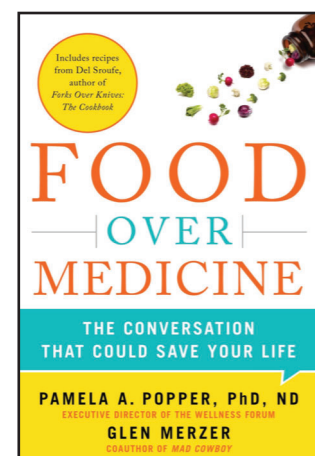
Instructor: Maira Mesa

PREVENTING HEART DISEASE, CANCER, & ALZHEIMER'S DISEASE

**Monday, Jan. 9 &
Wednesday, Jan. 11 (2 wks)
10:30 a.m. - 12:00 p.m. Zoom**

Would you like to enjoy a healthy, long life, sometimes elusive for people after they reach age fifty? These classes explain why heart disease, stroke, and cancer are the major causes of death in the U.S. with poor diet and lifestyle as primary factors. Learn how marketing and lack of health education contribute to poor eating habits. Understand which foods promote excellent health and how to develop a health-oriented diet so your risk of heart disease and cancer will drop dramatically. Wendell is a Certified Food Over Medicine Instructor, who has never taken a prescription drug and has no known medical issues. He has given health presentations in many venues, including Princess Cruises, Beach Cities Health & Fitness Center, and CSULB. Lectures, graphs, and data are based on 40 years of health experience, training, and a variety of books. Class limit 98

*Instructor: Wendell Covalt, B.S.
Civil Engineering Purdue UN; MBA
Indiana UN; past board member &
President of South Coast Botanic
Gardens*



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

Mondays, Jan. 9 - Feb 27
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. Class limit: 20

Facilitators: Yesmean Rihbany & Norma Stein

New Class!

HISPANIC CINEMA

Mondays, Jan. 9 – Feb. 6 (5 wks)
11:15 a.m – 1:45 p.m
CSULB, HS&D, room 101

Bienvenidos! (Welcome) It is my desire to take you on a cinematic journey, your participation is needed! The selection of Latin American and Spanish movies will be different and exciting. 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 black and white or color used to create mood? The class format includes an introduction and supplementary material from the instructor before the movie and discussion after each one. The fun is in the discovery! We'll start with a farce *Women on the Verge of a Nervous Breakdown* and then *Belle Epoque*, *Amores Perros*, and more. Come to discover the other films we'll see. Class limit:30

Instructor: Harold Cannon-Lopez

YOGA WITH BARBARA

Mondays, Jan. 9 – Feb. 27
11:30 a.m. - 12:30 p.m.
CSULB - LifeFit KIN 110B

Enjoy practicing flexibility, strength building, and balance through using different yoga poses or asanas. Participants need to be able to move from a seated position on the floor to standing with ease. Learn relaxation and meditation techniques that help 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, Jan. 9 – Feb. 27
11:30 – 1:00 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 Intriere & Carol Baker

SOMETHING NEW AND SOME THINGS FINALLY FINISHED

Mondays, Jan. 9 – Feb. 27
1:00 – 3:00 p.m. SIHP

New Years resolution: Finish the unfinished projects from Sheryl's classes that I have in my Crafting Corner.

For students who have taken my classes before, this session we will finish those projects you have not yet completed. From the journaling classes, colored pencil or watercolor class, paper doll class and others. This is an opportunity to complete those projects with my help in class. How fun to finally complete the projects!

Our New Project for fun will be a Tim Holtz Tiny House Wreath with a theme of your choice. Tim Holtz is a craft maker who designs tools, mediums and techniques for crafts. He has designed die's for tiny houses, about 4" x 4" x 4" Materials for the Tim Holtz Tiny House Wreath will be sent to you the week before class.

A Card Making class is for former students and students with basic card making skills. You will need your basic crafting tool kit. A detailed list will be sent to you the week before class starts.

Returning students should bring their unfinished projects and supplies to class. I will support your project completion any way I can. Class limit:15

Instructor: Sheryl Haglund



Monday Classes

New Class!

FREE!

BEGINNING BLUEGRASS GUITAR WORKSHOP

Mondays, Jan. 9 – Feb. 27

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

FREE!

BEGINNING BLUEGRASS MANDOLIN

Mondays, Jan. 9 – Feb. 27

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

Try OLLI for Music!

Recorders,
Ukuleles, Guitars

Play it Again
Jam Session

BlueGrass:
Jam session, Mandolin
and Guitar

Music Theory 101

OLLI Chorus

BEFORE THEY WERE STARS

Mondays, Jan. 9 – Feb. 27

2:00 – 5:00 p.m.

CSULB, HS&D, room 101

Come reminisce with us and enjoy viewing and discussing: *The Spiral Staircase, Young Mr. Lincoln, One Million B.C., Reap the Wild Wind, The Man in the Iron Mask, Algiers, Body and Soul, Union Pacific*

Class limit: 50

Presenter: Jeff Hathcock



PLAY MODERN BOARD GAMES (ADVANCED)

Mondays, Jan. 9 – Feb. 27

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

WHAT'S NEW IN iOS 16

Tuesdays, Jan. 10 - 24 (3 wks)

8:30 – 10:00 a.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

New Class!

EXPLORING PAGES (MAC, IOS)

Tuesdays, Feb. 7 - 28 (4 wks)

8:30 – 10:00 a.m. Zoom

Take a look at Pages, Apple's free word processing software. It comes installed on Macs when you buy them, and is a free download for iPads and iPhones. Learn how to create documents, choose from templates or blank pages, format text, make tables, insert and edit photos, graphic shapes, and store the documents you create on the iCloud or other cloud storage locations. Pages is compatible with Microsoft Word, so you can share your documents with anyone. Most of the instruction will be on Mac computers, but some will cover using Pages on the iPad. Prerequisite: Familiar with the Mac operating system. Class limit: 15

Instructor: Kathy Winkenwerder

Tuesday Classes

LONGEVITY STICK ART MOVEMENTS

Tuesdays, Jan. 10 - Feb. 28
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, Jan. 17 - Feb. 7 (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 Raynolds, MA studied and taught T'ai Chi, Karate, Kenpo, Qigong,

BRIDGE 1

Tuesdays, Jan. 3 - Feb 28
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

PLAY IT AGAIN JAM

Tuesdays, Jan. 10 - Feb. 28
10:00 a.m.- 12:00 Whaley Park

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

Class limit: 35

Instructors: Carol Baker & Marc Davidson



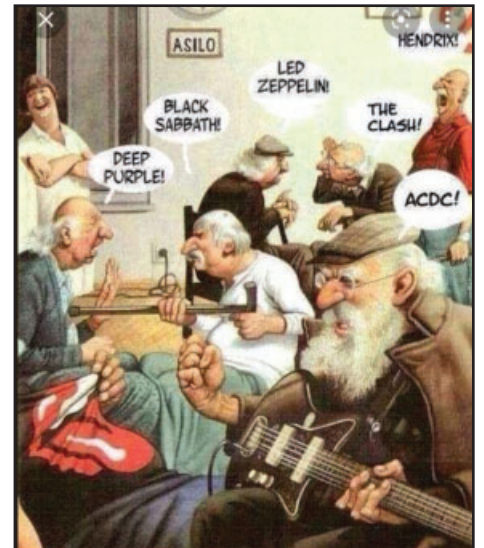
GEOPOLITICS: UPDATE

Tuesdays, Jan. 10 - Feb. 28
9:45 - 11:15 a.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



FOLK GUITAR

Tuesdays, Jan. 10 - Feb. 28
10:30 a.m. - 12:00 p.m. Zoom

Dust off that old guitar and let's play! This class offers 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 or tablature is not required. All you need is an acoustic guitar and your enthusiasm! Class limit: 10 (Minimum 5)

Instructor: Craig Lowe

New Class!

Tuesday Classes

New Class!

GEROTRASCENDENCE: CHANGING LEISURE ACTIVITIES DURING THE AGING PROCESS

**Tuesdays, Jan. 10 – Feb. 28
11:00 a.m. – 12:00 p.m. SIHP**

Come to learn about the aging theory of Gerotranscendence. Participants will learn about the psychological and spiritual benefits of gerotranscendent leisure activities. Contemplative exercises such as reminiscence journaling, meditation, yoga, and therapeutic visualization will be practiced during class. Participants will discuss strategies for accelerating gerotranscendence through changing leisure motivations. Class limit: 6

Instructor: Abby Hanson

New Class!

INVESTING FOR WOMEN

**Tuesdays, Jan. 10 – Feb. 28
11:30 a.m. – 1:00 p.m.
CSULB, HS&D, room 101**

This educational program shares perspectives on financial concerns facing women who are getting ready for, have recently transitioned to, or have been in retirement for some time. You will learn the basics of investing—what is a stock, bond, mutual fund, traditional vs. Roth—in a simplified way that you will understand. We'll also discuss retirement income strategies, including perspectives around Social Security, withdrawal and reliance rates. Lastly, we'll address how to prepare for the unexpected, including market and inflation risks, and the rising costs of health care and long-term care. Class limit: 50

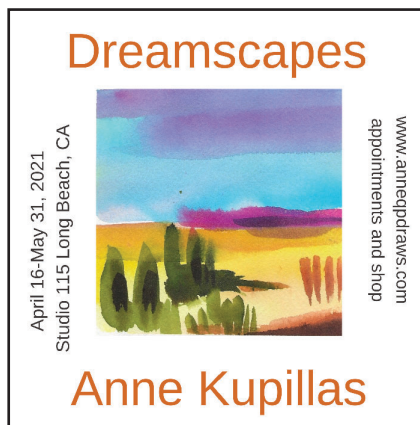
Instructor: Cassandra Carpenter, CRPS: Chartered Retirement Plan Specialist

SPANISH STORY TIME

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

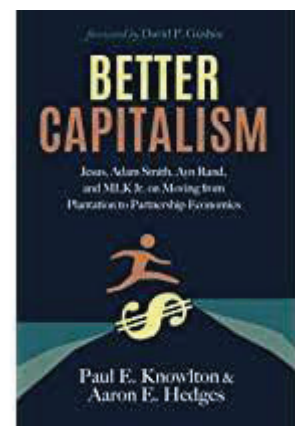
Instructor: Anne Kupillas

AN INTRODUCTION TO BETTER CAPITALISM: YOU ARE RIGHT! THERE IS A BETTER WAY!

**Tuesdays, Jan. 17 & 24
12:00 – 2:00 p.m. Zoom**

At some point you have looked up from a business-related task, paused before your head exploded, and thought, "There has got to be a better way!" Here it is. With this seminar, led by the authors of the recently published book *Better Capitalism: Jesus, Adam Smith, Ayn Rand and MLK Jr. on Moving from Plantation to Partnership Economics* (an Amazon No. 1 new release), you will see that capitalism reinvents itself. We'll see that a post-pandemic reinvention with the principles of Partnership Economics leads to a more profitable and ethical form of capitalism, that is that better way. Join us to unleash mutually beneficial capitalism! Class limit: 25

Instructors: Paul Knowlton, practicing attorney, JD, MDiv, bachelor's degree in engineering, Juris Doctorate (JD), Master of Divinity (MDiv) & Aaron Hedges, MBA, MDiv, lived the organizational life from first-paid employee of entrepreneurial start-up to current role of its CEO as the organization has grown to serve families from 48 states



Tuesday Classes

New Class!

THE CLOUD: *What is it, where is it, and why should I care?*

Tuesdays, Jan. 10 – 24 (3 wks)
1:30 - 3:00 pm Zoom

“The Cloud” is a commonplace but often confusing term. This short class will give you a better understanding of cloud computing: for good and for ill 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, Jan. 31 - Feb. 28 (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 some simple, practical, and safe ways to protect your privacy through lecture and discussion, examples, and handouts. Class limit: 20

Instructor: Chris Wisniewski

MAC SKILLS: BEGINNING AND INTERMEDIATE

Tuesdays, Jan. 10 - Feb. 28
3:30 - 5:00 p.m. Zoom

Learn about your Mac and many of its built-in applications. Topics include: how to use the Dock, Finder windows, menus, keyboard shortcuts, and Siri, Apple’s automated helper. We’ll cover Mail, Contacts, Calendar, Messages, and Photos—and how to synchronize them with your mobile device(s). Learn how to browse web sites, and how to personalize your Mac to reflect your specific interests and needs. Lots of handouts and questions answered.

Have access to a Mac 2012 or later, (MacBook or iMac) running macOS 10.14 or higher (Mojave, Catalina, Big Sur, Monterey, or Ventura)

Instructor: Chris Wisniewski

OPERATION CARTWHEEL

Tuesdays, Jan. 10 – Feb. 28
3:00 – 5:00 p.m.
CSULB, HS&D, room 101

For military history buffs...Let’s take a deep dive into one of the most important campaigns in the Pacific Theater in WW II: Operation Cartwheel. This operation is of interest to military historians because of the incredibly inhospitable terrain it was fought on. It was the first organized combined sea-air-land campaign and it virtually destroyed the Japanese Naval Air Arm, heavily damaged the Imperial Navy’s surface forces, and did significant damage to the Imperial Army forces. Japan was compelled to withdraw their forces from the South Pacific. Operation Cartwheel’s objective was to neutralize the major Japanese base at Rabaul, New Britain. The operation was directed by General Douglas MacArthur, whose forces had advanced along the northeast coast of New Guinea and occupied nearby islands. Class limit: 50

Instructor: Paul Killins, B.S. Engineering Design; M.B.A. Tech Management, former Naval Officer

PLAYING MODERN BOARD GAMES (BEGINNER)

Tuesdays, Jan. 10 – Feb. 28
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

Wednesday Classes

STAND TALL - STAND STRONG

Mondays, Jan. 9 – Feb. 27
Wednesdays Jan 4 - Feb. 22
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

New Class!

CYBER-CRIME CASE STUDIES & SECURITY TECHNIQUES

Wednesdays, Jan. 4 – 18 (3 wks)
8:30 – 10:00 a.m.
CSULB, HS&D, room 101

This course will examine some common real-world cyber case studies and provide the students with immediately actionable information and open-source security tools to better defend themselves against cyber criminals and common cyber-attacks. Students are encouraged to bring their own laptop computers, tablets, and/or smart phones (along with personal Wi-Fi hotspots) as they will be able to follow along with practical hands-on implementation of the Internet tools and techniques discussed. Class limit: 30

Instructor: Dave Babcock, a current & founding member of the L A County District Attorney Cyber Investigation Response Team, and a member of the U.S. Secret Service Cyber Fraud Task Force, as well as the L A Sheriff’s Department Identity Theft Task Force. Dave routinely provides outreach

training in areas of Cyber Security and Cyber Awareness to various community groups, including OLLI.



Wednesday Classes

IPAD/IPHONE FOR TRAVEL

Wednesdays, Jan. 4 - Feb. 22
10:00 - 11:30 a.m.

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

FOUNDATIONS OF INVESTING

Wednesdays, Jan. 4 - Feb. 22
10:00 - 11:30 a.m. Zoom

This class will cover essential investing and opportunity exploration in a rising interest rate/high inflation economy. Increasingly volatile markets can create opportunities and potential pitfalls. This course will address the principals of selecting stocks, bonds, and other investments, with a focus on using investment income to fund retirement. Learn to read financial statements and to translate confusing financial jargon. We will discuss the quickly evolving world of crypto currency (Bitcoin, Ethereum, etc.) and if this investment is right for your portfolio. Social Security/long term care will also be covered with ways to maximize benefits. Information will include the role of a financial advisor and identifying fees and costs. Time will be allotted each session for individual questions and answers. No products or services are sold, endorsed, or marketed. Class limit: 25

*Instructor: Andy Dilsaver, CFP®,
Financial Advisor*

IPAD / IPHONE AND PHOTOS

Wednesdays, Jan. 4 - Feb. 22
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 Photo and other apps, creating albums, slideshows, prints, photo books, and anything else you want to do with them. Learn 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

New Class!

PEARL HARBOR TO MIDWAY: SIX MONTHS THAT CHANGED THE WORLD

Wednesdays, Jan. 11 - 25 (3 wks)
10:00 a.m. - 12 p.m. Zoom

This course is being offered to commemorate the 80th anniversary of the Pearl Harbor attack and the Battle of Midway. The focus will be the first six months of US participation, beginning with the attack on Pearl Harbor and concluding with the "Miracle" at Midway. In addition to the how, what and why of the events themselves, we will consider their significance, not only to the outcome of the Pacific war but also in allowing the allies to carry out the "Germany first" strategy. Class limit: 60

*Instructor: Bob Warwick, three
years active duty as an officer in the
U.S. Navy, lawyer for 40+ years*

A PLAY READING CIRCLE

Wednesday, Jan. 4 - Feb. 22
10:00-11:30 a.m. Whaley Park

Experience drama first-hand! Join this class to read plays from various historical periods. Learn about the playwrights and the times in which they lived and discuss the significance and value of each play. Class limit: 15
Class Leader: Muriel Pendleton

New Class!

LIGHT, COLOR, SOUND, AND PERCEPTION

Wednesdays, Jan. 4 - Feb. 22
10:15 - 11:45 a.m.

CSULB, HS&D, room 101 / HyFlex

We live in a world filled with the energy of light and color and sound and music. This physical energy is shaped and filtered by our ears, eyes, and skin; then delivered to our nerves and brain. You are right now in a space filled with light energy, but you can only see whatever light enters directly into your eyes. From ancient Greece to the present, what have humans understood light to be? How does color come into it? Why are the daylight sky blue, or the evening and morning sky red and yellow? How are color-filled rainbows formed? What information about the world can we get with our naked eyes and ears? Does light and music have a connection? Historically, how did we make sense of this blooming, buzzing world? Class limit: 80

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



Wednesday Classes

New Class!

PILATES MATWORK

Wednesdays, Jan. 4 – Feb. 22
11:00 a.m. – 12:00 p.m.
CSULB, LifeFit, room 110B

Based on the work of Joseph Pilates the mind-body work of Pilates is a workout method with the goal of joints and flexibility with the use of a mat, small props, and instruction. This method of exercise is perfect for health, longevity, and overall well-being. Class limit: 25

Instructor: Eden Paul

ACOUSTIC GUITAR 2: BEYOND THE BASICS

Wednesdays, Jan. 4 – Feb. 22
11:30 am- 1:00 pm Whaley Park

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

5 STORIES - 5 WEEKS

Wednesdays, Jan. 25–Feb. 22 (5 wks)
1:00 - 2:45 pm JCC

Did you over-do during the holidays? Consider something nourishing, filling and zero calories. Our Short Story Class "Five Stories, Five Weeks" will feed your mind and is guaranteed to boost your energy! Class limit: 16

Instructor: Mona Panitz

New Class!

RUSSIA AND THE RUSSIANS

Wednesdays, Jan. 4 - 25 (4 wks)
12:00 – 2:00 p.m. Zoom

As the world is opening to allow a better understanding of the culture of other countries, it is only normal to review the world of Russia and of the Russians. Russia is the largest country in the world and has a captivating history. We shall review its economy, social structure, civilization, culture, and the arts, as well as the changing political systems over centuries. It is only through an objective review of the Russian world that we'll be able to adopt a dispassionate understanding of a unique world, very different from ours in many respects. Class limit:100
Instructor: Edgar M. Moran, M.D.
Professor of Medicine, Emeritus University of California, Irvine

ART IN AMERICA THE 20TH CENTURY

Wednesdays, Jan. 4 – Feb. 22
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. The first half of the century saw burgeoning art movements in both the teeming urban areas as well as the rural Midwest. American art finally was maturing and for the first time dominated Western art. The 60's saw the advent of Pop Art and minimalism, dynamic departures from abstract expressionism, but all flourished and have remained influential worldwide. We will see how geopolitical conditions, technology and an incredibly innovative group of artists changed the landscape of painting forever. Class limit: 50

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

INTRODUCTION TO THE IPAD

Wednesdays, Jan 4 - Feb. 22
1:30 - 3:00 p.m. CSULB Comp Lab

Have an iPad and not sure how to use it? This beginners' class will discuss and demonstrate all the basic features of the iPad. Learn how to use the touch screen and gestures, how to download apps and organize them, how to get and send email, how to personalize apps in Settings, how to talk to and get answers from Siri, take Notes, keep a Calendar and address book, search the web with Safari, and take, edit and store Photos. Bring your iPad with you to each class. Class limit: 10

Instructor: Marilyn Gettys

New Class!

SHOWTIME: THEATRE

Wednesdays, Jan. 4 - Feb. 22
1:45 – 3:15 p.m.
CSULB, HS&D, room 101

Showtime! We are Back! Calling all OLLI members who are thespians at heart, or hams, or people who just love theatrics! You never know what our Showtime class will be up to: Skits, Radio Shows, Poetry, Singing, etc. And yes, we do work toward a performance at the end of our session (February 25th - 2:00). Be part of our fun. Class limit: 15.

Instructor/Director: Nancy Hathcock. Can you believe she graduated from CSULB with a BA and MA in Theater?



Thursday Classes

New Class!

New Class!

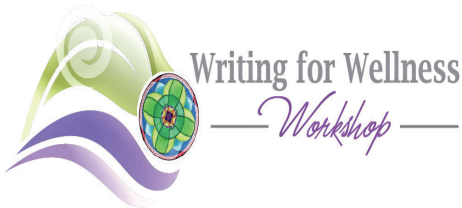
WRITING FOR WELLNESS

Thursdays, Jan. 5 - Feb. 23

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



PRACTICING FLEXIBILITY

Thursdays, Jan. 5 - Feb. 23

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. Blanket, and yoga block are optional. A yoga strap is recommended. We will not be practicing fully inverted postures. As this is a zoom presentation, you are responsible to adjust to your body needs to avoid pain as we practice various asanas (poses). Whether 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

SHINY / SPARKLY PAPER PROJECTS

Thursdays, Jan. 5 - Feb. 23

11:45 a.m. – 1:45 p.m. JCC

Glitter! Mica! Foil! Ramp up your paper projects by adding glitz and glimmer. Great for weddings, showers, birthdays, and even trendy home décor. We'll share ideas and have fun in this very social class. Both beginners and advanced crafters will find projects at their level.

Bring your personal tool kit (12-inch paper trimmer with ruler, detail and regular sharp scissors, wet adhesive like E600 or Aleene's Quick Dry Tacky Glue, a tape runner, a fine line permanent marker / extra-fine Sharpie or Micron pen, a pencil, and a small notebook) as well as 10-20 sheets of 110 lb. white cardstock. Pay a supply fee of \$15 cash to the instructor at the first meeting. Questions? Email the instructor at lisapaperarts@gmail.com.

Class limit: 15

Instructor: Lisa Peskay Malmsten

NATIONAL & INTERNATIONAL CURRENT EVENTS & ISSUES

Thursdays, Jan. 5 - Feb. 23

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 for discussion. Class limit: 98

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

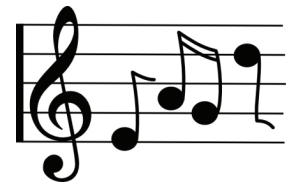
MUSIC THEORY 101 SPORT OF MUSIC

Thursdays, Jan. 5 - Feb. 23

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



APPS AND SOCIAL MEDIA (ALL DEVICES)

Thursdays, Jan. 5 - Feb. 23

1:00 – 2:30 p.m.

CSULB 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

Thursday Classes

NEEDLEWORK CAFÉ

Crochet and knitting for beginning and intermediate students.

Thursdays, Jan. 5 - Feb. 23
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

New Class!

IN THE BEGINNING: ORIGINS AND EVOLUTION OF LIFE

Thursdays, Feb. 2 – 23 (4 wks)
1:30 – 3:30 p.m. Zoom

Life is all around us: In the air above us, inside our bodies, in the ground and sea under us. There are life forms miles under the sea and in places without the sun. When we go out and walk in the woods or on a beach, the most conspicuous item is the diversity of life. The history of life is long; the organisms around us are evolutionary latecomers. How did life begin, what is the evolution of life, and are there life forms outside of Earth? This class will explore these questions from a scientific viewpoint. Be warned, there may be more questions than answers at the end. No Class limit

Instructor: Garland Holt, MPA, PsyD

New Class!

MOVIE MATINEE: CINEMA AS ART

Thursdays, Jan. 5 - Feb. 23
2:00 – 5:00 p.m.
CSULB, HS&D, room 101

What makes someone a visionary?

There are lots of words we use in veneration of excellence – great, masterpiece, legend – but when do we raise the bar and call someone a visionary? Perhaps, when they do something more than just attain greatness, when they do something revolutionary, something that changes the course of art. That sense of futuristic intuition, imagination and foresight – that's what makes someone a visionary.

Filmmakers who fall into this category display complete control over the creative elements when making their films. Their influence on their films is so great, that they are considered the author/auteur of the film, a master of the art of cinema and a visionary of unparalleled stature. If you're a movie buff, like most of you in this class are, then you've been a fan of a few of history's greatest visionaries, such as Lena Wertmueller, Akira Kurosawa, or Federico Fellini. Come join us as we honor eight visionaries of cinema, paying tribute to the auteurs, who with their sheer determination, changed the course of cinema and inspired future generations to come.

Class limit: 35

Host: Allan Goldstein



"CATCH THE SPIRIT OF SINGING" CHORUS

Thursdays, Jan. 5 - Feb. 23
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 Class!

THIS IS SINATRA! CELEBRATING THE MAN, HIS MUSIC, AND CULTURAL IMPACT

Thursdays, Feb. 2 – 23 (4 wks)
3:00 – 4:30 p.m. Zoom

What made Frank Sinatra the most popular singer and entertainer of the 20th century is a fascinating study in grit and determination that begs to be told. The many difficulties in his personal and professional life over his six-decade career, constantly forced him to reinvent himself multiple times and stay relevant. If you are a Sinatra fan or want to know the backstories on what made Sinatra Sinatra, this multimedia class will highlight his incredible singing on records, movies, television, Las Vegas and in concert halls. We will also focus on lesser-known career facts about how he impacted our culture and managed to stay on top of the entertainment world in the 70s, 80s, 90s and beyond. No limit.

*Presenter: Mike Agron,
Music Aficionado*

Friday Classes

WRITERS READ ALONG GROUP

Fridays, Jan. 6 - Feb. 24
8:45 - 10:15 a.m.
CSULB, HS&D, room 101

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



FREE!

OPEN COMPUTER LAB Fridays 1:30 - 3:30

Email specific device questions to
olli@csulb.edu

Or just come to the Lab to talk
technology with Wes Peck!



THE PLANTS AROUND US

Fridays, Jan. 6-20 (3 wks)
10:30 a.m. - 12:30 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 - samples included! Discover how climate change and human activity have influenced plants over the past hundred years as well as discover how plants have played an important part in human development over thousands of years. Class limit: 25

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

CAMINO OR BUST

Fridays, Feb. 3 & 10 (2 wks)
10:30 a.m. - 12:30 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! Class limit: 75

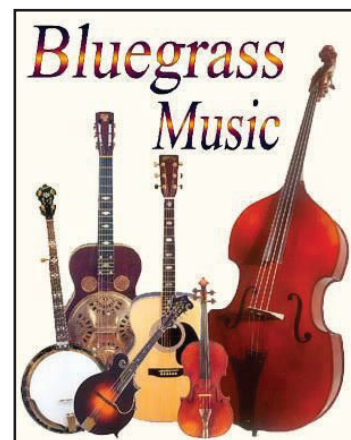
Instructor: Jelica Campos, BS Chemistry, MS Physiology; traveled in many foreign countries; completed 5 caminos in Spain & Portugal.

JEWELRY FROM A-Z

Fridays, Jan. 6 - Feb. 24
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, Jan. 6 - Feb. 24
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 Social Hall - St. Isidore Plaza. Questions?? Contact frankswatek@hotmail.com Class limit: 20

Instructors: Frank Swatek, with Mark Shutts and Dennis Murphy

Friday Classes

YOGA ON A CHAIR

Fridays, Jan. 6 - Feb. 24
12:30-1:45 p.m. Zoom

Yoga is for Every Body! Chair Yoga provides the full advantage of yoga's amazing health benefits: relaxation and a feeling of well-being with adaptations for all levels of flexibility. Learn 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

EMPOWERING INDEPENDENT HEALTHCARE THROUGH CANNABIS

Fridays, Jan. 6 – Feb. 24
12:45 -2:15 p.m.
CSULB, HS&D, room 101

Cannabis, or medical marijuana, is becoming more prominent as a relevant medicinal option for many medical conditions. With more ways to access cannabis and CBD products, it can be challenging to decipher information from online resources and dispensary budtenders with no medical experience, as well as primary care providers. Join me in exploring the Endocannabinoid system and how cannabis/CBD works in the body. As an RN who is also cannabis competent, I will provide you with reliable information, answer questions to safely navigate the cannabis space while promoting intelligent and informed decisions in regards to your personal healthcare journey.

Class limit: 90

Instructor: Wendy Jones

SHORT STORY DISCUSSION GROUP

Fridays, Jan. 6 - Feb. 24
1:00 - 3:00 p.m. Zoom

This session we will continue reading prize-winning short stories first published in 2021. Each week we will read a short story and discuss our responses to what makes the story unique: themes, techniques, characters, atmosphere, etc. All class members participate, contributing multiple views of the same story. The results are stimulating, entertaining and sometimes surprising. We will continue to use the following anthology: *The Best American Short Stories 2021*, Jessmyn Ward, Ed. (Boston, New York: HarperCollins, 2021). Please, arrange access to this anthology to use for the class discussions. It is available in several formats: Kindle, paperback, Audible. Class limit: 24

Class Leader: Fern Ramirez

New Class!

COMEDY CAPERS

Fridays, Jan. 6 - Feb. 24
2:30 – 5:00 p.m.
CSULB, HS&D, room 101 & HyFlex

The laughter continues with a few more of my favorite comedy movies from the 60s, 70s, and 80s, plus a few that are from this century. These will further our matinee study of the different comedy genres. We will feature a few dark comedies, crime and mystery comedies, a film Noir comedy, along with a couple of my favorite comedy dramas. This Hyflex class, both Zoom and on Campus, will make you smile with an occasional chuckle. Time to grab the popcorn and get ready to enjoy your afternoon.

Class limit: 40 in room 101

Presenter: Karen Lucas



Saturday Classes

WATERCOLOR WORKSHOP-ADVANCED

Saturdays, Jan. 7 - Feb. 25
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 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

A MORE GLAMOROUS YOU!

Saturdays, Jan. 7 - 21 (3 wks)
10:00 – 11:30 a.m. Zoom

Learn how to create a look that is uniquely you and on a budget. Learn what colors best harmonize with your skin, hair and eyes. Know your Fashion Personality to prevent impulse purchases. Know your make-up personality to help when selecting cosmetics. Learn how to apply make-up. Learn how to shop within your own wardrobe. Learn the 8 body types for women and the characteristics and styles that best complement each body type. Learn how to create a core-wardrobe using accessories to create many looks that will complement your personality and individual style. Class limit: 20 (minimum 5)

Instructor: Kathy Marshall – CIC, Certified Image Consultant, Fashion Stylist.

FREE!

FREE Special Events - Everyone Invited

FREE!

FREE DISCUSSION GROUP - SOCIAL SECURITY / MEDICARE

Wednesdays in January and February 12:00 - 1:00 p.m. on Zoom

Topics include:

Jan. 11 - Watch out for these Scams and Frauds

18 - Explore Senior Health and Medical insights

25 - Strategic Senior information videos

Feb. 1 - Reduce Medicare Prescription drug costs

8 - Video Surprises

15 - Use a Reverse Mortgage for Long Term Care or to Stay in Home

22 - Successful Retirement Techniques



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

RISK

Friday, January 27

10:30 - 11:30 a.m.

CSULB, HS&D, room 101

Are you OK? Do you feel lucky?

Or are you worried about getting into an accident? What causes accidents anyway? Join Howard for an informative talk about what causes accidents and how to avoid them. Howard is a retired Northrop Grumman and Cal/OSHA safety engineer.

Presented by Howard Manning

ONLY HOPE!

My Mother and the Holocaust

Tuesday, February 7

1:00 - 3:00 p.m Zoom

Before she passed away in 1974, Felicia Bornstein Lubliner wrote about her internment in Polish ghettos and two Nazi concentration camps. Her powerful stories have been published by her son, Irv Lubliner, an emeritus Southern Oregon University professor and OLLI instructor. He will share excerpts from Only Hope... shedding light on his mother's experiences and indomitable spirit, as well as his experience as a child of Holocaust survivors and his process in bringing the book to fruition.

Presented by Irv Lubliner

UNDERSTANDING THE ELECTORAL COLLEGE

Wednesday, January 25

12:30. - 2:30 p.m. Zoom

The Electoral College is a baffling, semi-mysterious portion of the Constitution that defines our Presidential election system. Discover why our Founding Fathers devised this unique process and the history behind some Presidential elections, similar to 2020, where the Electoral College became the centerpiece of the election. We will also create a variety of Electoral College scenarios of how the 2024 election might play out since the readjustments following the 2020 census.

Presented by Terry McAteer



VERISMO!

Tuesday, January 24

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

Love, Passion, Despair and Murder! The stuff of life--and opera! Especially true when we sample operas composed in the late 19th, early 20th century, a time when composers moved away from the grandiosity of grand opera and favored swift moving tales of betrayal and violence. That era was brief but left behind some of our most popular operas.

Larry Verdugo, LA Opera Educator

75 DAYS OF INDIA: a Mission of Giving and Unexpected Receiving

Friday, February 17

10:30 a.m – 12:30 p.m.

CSULB, HS&D, room 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.

Presented by Anita Razin, Traveler & Writer

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 or 110

AMERICAN GOLD STAR MANOR

In future sessions.

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)

In future sessions

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

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 website <https://www.csulb.edu/puvungna>



OLLI at CSULB Calendar

2023 OLLI CLASS SESSIONS

Winter January 4 - February 28, 2023

Spring April 3 - May 26, 2023

Summer July 5 - August 29, 2023

HOLIDAYS

No OLLI Classes, Campus & Office Closed

Thanksgiving Break November 24-27

Winter Holidays December 23- January 2