



**The Osher Lifelong Learning Institute  
at CSULB**



## **2023 Fall Class Schedule**

**Class Registration Starts Monday, September 11 at 9 a.m.**

### **New Classes**

#### **THE FORGOTTEN FOUNDERS**

Instructor: Heather Dudley  
Mondays on Zoom (4 wks)

#### **OUR OBSERVABLE UNIVERSE**

Instructor: Montserrat Geier  
Mondays on Zoom

#### **ARCHERY FOR ALL**

Instructor: Mel Leach  
Tuesdays in person (5 wks)

#### **BASIC PRESENTATION PROGRAMS**

Instructor: Wesley Peck  
Fridays in the Lab and on Zoom

#### **TIMELESS FASHION FOR MODERN WOMEN**

Instructor: Kathy Marshall  
Wednesdays on Zoom (3 wks)

#### **THE ART OF DOWNSIZING**

Instructor: Tere Sievers  
Thursdays in person

#### **RUSSIA FROM TSARS TO PUTIN**

Instructor: Don Schwartz  
Fridays in person

#### **TALKING STORY: FABRIC OF OUR LIVES**

Wednesdays, NEW Location  
In person at Houghton Park

### ***New Class: Travels with Marco Polo* The Silk Road and Beyond**

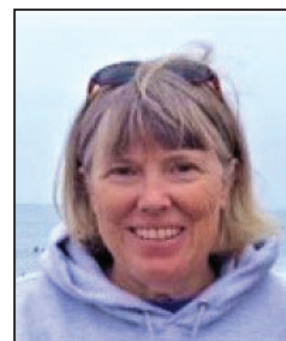
*By Tom Lockhart*

Ever wonder what it was like to be on one of the epic explorations of all time? Join Delrie Hobbs for her Travels with Marco Polo class and follow the journey that opened Europe's eyes to Asia. Travel with the Polo family, seventeen-year-old Marco, his father and uncle (Venetian merchants) to China and back to Venice. It's a 24-year, three-part adventure: first, their travel along the famed Silk Road to China; second, Marco's travels throughout Kublai Khan's empire as his special emissary (17 years); and third, the Polos' return voyage to Venice as escorts for a Mongol princess to the Persian court.

Marco Polo will be put back into historical context (what was the world like in the 13th century?). Then we'll look at the visual culture of the places that he visited (what are some of the places he traveled through and what art and historical objects reflect that culture?).

Delrie's background in Asian Art includes an MA in Asian Art from the University of London; lecturer for OLLI both here at Cal State and at American University in Washington DC; and Docent Emerita, National Museum of Asian Art (Freer & Sackler Galleries, Smithsonian, Washington, DC). Come travel with Delrie and Marco Polo in person!

→ See description page 15



*Delrie Hobbs*

#### **Exciting OLLI communication changes**

*The SUN* just had a makeover. Although it will continue to have important class, instructor, donor, membership and registration information, it's a little slimmer now. Some timely information is being moved online to our website and to the Facebook page. Read what president Glenn Libby has to say about it on page 2.

**Classes start October 2**

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

## The President's Corner: Transitions

**Vision:** We celebrate the positive aspects of aging through a community that fosters personal growth, promotes individual empowerment, and nurtures human potential through lifelong learning.

**Mission:** OLLI at CSULB provides educational opportunities, encourages an active lifestyle, and promotes social opportunities for older adults

### The Governing Council

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

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

### THE SUN Volume 29 , Issue 1

Editor: *TBD*

Production Manager: *Rebecca Low*

Writers: *Tom Hood, Marianne*

*Klinger, Tom Lockhart, Renee*

*Simon, and Joan Smith*

Proofreader: *Louise Haglind*

Summer heat is just starting to build up as I write this article. Southern Californian sunshine has been a late arrival this summer, compared to other parts of the country. Kids return to school locally in August. OLLI has an off month in September and then the new academic year begins in October.

Several things will be different this Fall at OLLI. OLLI is ramping up its communication and branding activities. *The SUN* will continue to be our cornerstone method for communicating with and recruiting for OLLI members. At the same time, we will be increasing our digital presence on our FaceBook and our OLLI website. We are very proud of the progress in both of these areas. We believe that we can reach out to a much larger and a bit younger audience using these tools.



*Glenn Libby, MD*

The website will continue to carry all of the vital information such as registration, classes, donations, calendar, volunteer opportunities, strategic plan and bylaws. It will also carry all of the information available in the print edition of *The SUN*. In addition, the website will feature timely updates on the social activities occurring within OLLI and campus wide. We anticipate these updates will occur on a monthly basis. This restructuring and emphasis on our website has been achieved with the guidance our OLLI webmaster Ed Dignan, Rojean Maciula, prior editor of the *SUN*, and Jan Stein, leader of our communications working group. We are looking for volunteers to assist in making these timely updates on our website and FaceBook pages.

Finally, OLLI has its yearly membership meeting on October 14, 2023. This meeting will be available to all of our members either in person or via our HyFlex system. There is a proposed slate of officers for the OLLI executive committee. I will be stepping down but not away from the OLLI Executive Council after that election. The immediate ex-president is a member of the Executive Council. OLLI will have a very talented and dedicated new president in Marc Davidson.

It has been an honor and a pleasure to serve as OLLI president these past two years. I anticipate great things for OLLI@CSULB in the near future. I hope you are planning on being part of that success. - *Glenn Libby, MD*

### Good News for Campus Parking!

Parking and Transportation Services will freeze parking permit fees at the current 2022-23 prices for the upcoming Academic Year 2023-24 beginning on July 1, 2023. Prices for monthly permits will be the same (**\$55 per month**). If you are coming to the campus more than once per week, an investment in the permit is of value...also allowing you to park at the Library, Art Museum and Carpenter Center at any time. For resources and information about parking services on campus, please visit [www.csulb.edu/parking](http://www.csulb.edu/parking).

# From the Executive Director: A Time of Renewal For OLLI

Renewal is defined as “an instance of resuming an activity or state after an interruption.” So how is this term helping to define OLLI today? Well, we know that OLLI had many types of “interruptions” during the pandemic restrictions, especially for in person classes and events.



Patti LaPlace

We all experienced a tremendous amount of adjustments during that time that impacted the way we socially connect with each other. Although we can now safely connect with each other on a person to person level, we are also re-evaluating ways we can continue to connect, since Zoom is sometimes more convenient; right?

The renewal process for our OLLI is continuous. We have many exciting things that are happening. Some of these things are part of ongoing renewal tasks such as the upcoming nominations and elections to replace exiting Governing Council Members at our Hyflex Annual Membership meeting on Saturday, October 14th. I am looking forward to working with our newly elected Governing Council members this Fall. As Glenn Libby talks about in his President's Corner article, we have some very exciting changes that are coming to *The SUN* as well as our OLLI website.

Our renewal journey is being enhanced by engaging more actively in our community through social media platforms such as Facebook and participation in community events and advocacy opportunities when appropriate. This Fall, we have a lot of new classes as well as renewal of past instructors and courses. During August, we renewed our in-person New Membership event with a new location at the Earl Burns Japanese Garden on campus. And, of course we have the renewal of our Annual Art Gallery Show and that will be taking place the week before and ending on Saturday November 4th. The success of last year's Annual Art Show showed us how much we missed each other and the need to renew our personal connections. There are many prospects at CSULB as well as the community for OLLI to engage in renewal!

Let's celebrate our “renewal” of OLLI this Fall and in the upcoming New Year! Our membership is growing again as a result of hardworking marketing and community engagement encounters. As mentioned earlier, we have many new classes and partnerships at our community sites as well. I also want to thank the OLLI family for their wonderful support and camaraderie during my first year as the Executive Director. (Yes, it is already a year!) I feel OLLI has given me a sense of “renewal” in terms of personal connections and new opportunities. I am very humbled and extremely grateful!

- Patti LaPlace

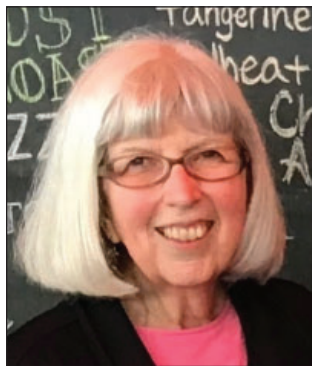
## Welcome to New Members

A Welcome event was held at the campus Earl Burns Miller Japanese Garden in August. We are so happy to return to in-person events and are also pleased that the OLLI membership continues to grow. .



# News from the Technology Lab: New Fall Tech Classes!

by Kathy Winkenwerder



Kathy Winkenwerder

If you're not sure where you should put files on your computer, or can't remember where you put some of them, learn to make your computer life more orderly in Wesley Peck's four-week **Computer Data Organization** class. He will show you how your computer organizes your files as well as how to quickly find what you may have misplaced. In-

person students will work on lab computers while online students will be emailed handouts. Demonstrations will start with the Windows operating system, but can extend to Mac, Chrome and Linux operating systems if students request it.

New to Photoshop or want to brush up your Photoshop skills using your computer? Check out Louise Soe's **Basic Photoshop** class. You'll learn how to restore those old family photos or get your photos ready to put on cards or calendars, or how to organize them efficiently. She'll also show you how to get a grip on layers, how to crop and sharpen images, and how to print high-quality images so your final product looks professional.

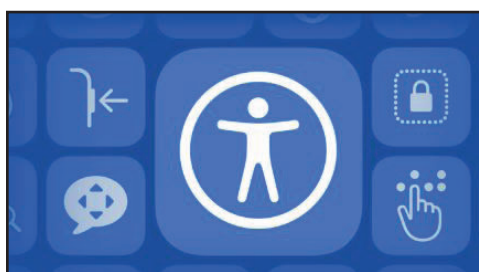


How many online passwords do you have? If you've been on the web for even a few years, you probably have a lot, and many of us struggle to keep track of them. But now, amazingly, Passkeys will let you go safely to a website without having to remember a password. In his two-week class, **Quick Tips: Apple Passwords**, Chris Wisniewski will explain how to use this new system and even how to transfer your current passwords from wherever you have them stored and put them into Passkeys.

**Quick Tips: Search and Surf Safely in Safari** will cover not only Safari's current tools and features that help you when you browse the web, but also this fall's operating

system update will include even more. Chris Wisniewski will show you how to be a better web searcher, help you discover Safari's current best features and highlight the new ones that will help you stay safe online and manage your favorite sites and bookmarks more easily.

In another of his short classes, **Quick tips: Apple Accessibility**, Chris Wisniewski will demonstrate how to use some of the existing accessibility features on the iPad and iPhone, plus some interesting new ones, including Assistive Access, which simplifies the look of these two devices with bigger buttons and larger



fonts. He'll also show you how Live Voicemail transcribes voicemails as they are being recorded on all Apple devices, as

well as upgrades to the Magnifier app that can identify objects in your path.

Campus computer lab manager Wesley Peck will show you what the top three computer **Presentation Software** programs can do so you can pick the one that's right for you. Here's your chance to see PowerPoint (Windows), Keynote (Mac), Google Slides (Google Drive) in action and test drive the applications.

It happens every year. Just when we iPhone users get the hang of one operating system, Apple gives us a new one. The three-week **What's new in iOS 17** covers many of the update's new features, which include automatically sending a text message to someone in your contact list when you arrive home safely. Or, if you want your phone calls to arrive with a flourish, you can create a contact card that fills the entire screen of the person you're calling when the call is announced on their device. And if you've had to deal with the results from the sometimes irritating predictive text, and auto-correct, you'll appreciate that it is now easier to change that recommendation back to what you had originally intended. I will teach this class.

→ See registration page for class days and times

Visit us on the web

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

# OLLI Election: New Officers for 2023-25

The annual Fall membership meeting will be held on Saturday October 14, 2023 at 1 PM. This year OLLI has its biennial election of officers as well. The 2023 nominating committee, consisting of Beau Chandler, Sandra Lamoureux, Rebecca Lizardi, Gary Murph, and Bill Shaddle, has selected an outstanding slate of officers for the 2023-2025 term. The volunteer spirit of OLLI is strong. Your participation in this OLLI annual event is heartily encouraged. You can voice your questions or opinions either in person or via Zoom on our HyFlex system. Regardless, OLLI is a better organization with you involved.

## Executive Board for 2023 - 2024

**President - Marc Davidson** retired in 2017 after practicing architecture for 45 years and is a native of Lake Charles, Louisiana, with a BArch from U. of Houston. Marc has resided with wife Pattie in Long Beach since 1982. Marc is a musician, singer-songwriter, and currently performs with Pattie as a duo, as well as in their group *Second Wind*. Marc is going on 7 years as an OLLI music instructor and currently serves on the Board of Directors for the Arts Council, LB. He mentors first generation college students with BRDG To Connect. Marc and Pattie are members of Temple Israel in Long Beach. He looks forward to collaborating with Exec. Director Patti LaPlace, the amazing staff at OLLI, and the governing board. An advocate for growth and community outreach, he will continue to support the strong work already in motion.

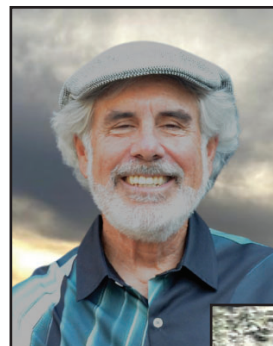
**Vice-President - Bill Shaddle** is a Midwesterner originally (Illinois native) who has lived in California for nearly 40 years. Mostly retired since 2018, he's been attending OLLI since Covid era and has been helping out moderating the Current Events class and thoroughly enjoying himself! He started out as a sales rep, moved into training sales people and ultimately managing a medical education team. An avid reader, Bill counts himself a life-long learner; hobbies include woodworking, travel, cycling and swimming. Bill and his wife Cathy have lived in Seal Beach for more than 30 years and share their house with their dog Toby.

**Secretary - Karin Covey** is a long-time volunteer who joined Senior University in 2001 after retiring from Hughes Aircraft. She served as treasurer for over 18 years, is an administrative volunteer in the OLLI office and a member of several Working Groups. Karin has a BA and an MA in Management from the University of Redlands. A native of Washington state, she moved to So. California in the late fifties and has lived in the Long Beach area ever since. She has a son, Greg, and daughter-in-law, Wendi, and seven grand cats along with her own.

**Treasurer - Myles Newborn III** is a CERTIFIED FINANCIAL PLANNER™, Founder and managing member of MY Financial Services, LLC, a NY financial planning firm. He spent most of his working career at Bayer HealthCare, retired after 30 years. Myles and his wife, Yvette, have 3 adult children. They relocated from CA to Stony Point, NY in 2000 and then back to Long Beach in 2018. For the past 10 years, he volunteered as a tax planner with AARP. Other interests include golf, walking, biking, traveling and attending jazz concerts.

**Member at Large - Mary Kay Toumajian** is a native of Ann Arbor, MI, and one of eight children. She is married to Robert and they have three children and four grandchildren. Mary Kay received both her BS in Marketing and MS in Counseling from CSULB. At Cerritos College, she was a counselor for health majors, primarily nursing students. The Long Beach Symphony and gardening are two of her favorite pastimes. She is a life-long learner and has taken OLLI classes every semester since retiring. Thanks to the gardening classes she has finally grown tomatoes that survived to "adulthood."

**Member-at Large - Joan Smith** was born and raised in Brooklyn and, with a few stops along the way, came to California in 1953. She has been a member of OLLI for umpteen years, taking many classes and facilitating one. She has served on several non-profit boards and considers herself a professional volunteer. She proudly lays claim to 4 children, 11 grandchildren and 12 great-grandchildren. She loves to read and has had a few things published.



# Thank You To Our Donors

## SUMMER 2023 DONORS

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

Jane Adair

Mike Armstrong

C. Dawn Aulenbrock

*Bequest from estate of C Dawn Aulenbrock, OLLI instructor many years ago. Taught plants and gardening.*

Virginia Barrett

Elizabeth Beall

Jan Berliner

*In Memory of John Halligan*

Pam Blansfield

Susan Bouris

Steven Carr

Pamela Chapin

Mary Cliby

Karin Covey

Susan Csikesz

Randolph Currin

Carl Curtis

Ginny Cusenza

William del Castillo

David DeWenter

Miriam Fine

Barbara George

Roberta Hamfeldt

*In Memory of Erik*

Deborah Hastings

Donna Hawk

Linda Henry

Mary Holzgang

Elisabeth Ito

Diane Ito

Bruce Jeske

Carol Kile

Livia (Jakyung) Kim

*In Memory of Steve Maleski*

Jim King

Daryl Leabo

Gael & Glenn Libby

Bobbi Liberton

Janet Lipson

Constance Malaambo

Marian Manocchio

Mary Meyer

Pat Montague

Nancy Mullio

Gary Murph

Mary Murthy

Barbara Norberg

The Family Quinn

*In Memory of Grace and*

*Dick Blankenship*

Howard Reber

Karen & Tim Rowe

Carolyn Sabol

Marion Shanker

Joan Smith

Louise Soe

*In Memory of Christian Soe,*

*Professor Emeritus, CSULB*

Phyllis Spear

Elaine Swift

Patricia Szeszulski

Janice Teraoka

Betty JeanThompson

*In Memory of John Halligan*

Mary Kay Toumajian

Yvonne Troutman

Naida Tushnet

Joan & Joseph Van Hooten

Katherine Wightman

Pat & Bob Wrenn

William Younglove

Carol & Richard Zuck



## FALL FUNDRAISING

OLLI is supported by funding from our endowment, grants and contributions from our members. Donations are always welcome; contact the office to find out the best way to give using your retirement distribution funds or to create a legacy giving plan.

Donations can always be made online via credit card by logging in to the OLLI Registration site with your User Name and Password. Look for the Donate menu. Donations 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](http://www.csulb.edu/OLLI)

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

**OLLI at CSULB**

**1250 Bellflower Blvd. HSD 100**

**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) nonprofit status. Donations are tax deductible as allowed by current law.*

## What Will Your Legacy Be?

### Consider Investing in Lifelong Learning

As an OLLI program participant, you are part of a vibrant community of lifelong learners. If OLLI has offered you inspiring learning experiences, meaningful social connections, and personal growth opportunities, why not invest in this vibrant program for future generations to enjoy?

Consider making an impact with an OLLI legacy gift. Your future support will preserve and broaden a program you love and create positive life experiences for others. To learn more about including OLLI in your estate plans (or to let us know that you already have), contact us at (562) 985-6460 or at [LegacyPlanning@csulb.edu](mailto:LegacyPlanning@csulb.edu).

Thank you for your support. Sireth Torres

## VOLUNTEER AT OLLI

Volunteering creates a more vibrant learning community and connects you to other OLLI members. Make new friends and find that it 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. Contact the OLLI office at (562) 985-8237 to volunteer.

## BECOME A NEW MEMBER

### OLLI Membership

Membership is open to adults 50 or older.

Membership is \$40 for everyone for 2023-24

Register for any class for a \$15 tuition fee

Paid Membership is required to take any class.

#### NEW MEMBERSHIP AND ONLINE ACCOUNT

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

##### Step 1: Visit the website

Go to OLLI website [www.csulb.edu/olli](http://www.csulb.edu/olli)

Click the Register link on the web page

##### Step 2: Create your OLLI online account

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

##### Step 3: Purchase your OLLI membership

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

## PAPER STILL ACCEPTED!

##### Step 1

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

##### Step 2

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

##### Step 3

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

## RETURNING MEMBERS

### Is Your Membership Current?

**Buy your \$40 annual membership for 2024 now!**

##### Step 1: Visit the website

- Go to OLLI website [www.csulb.edu/olli](http://www.csulb.edu/olli)
- Click the Register link on the web page  
[Register with OLLI](#)

##### Step 2: Login:

- At upper right click LOGIN and enter your Username / Password.
- OR choose *Forgot*

*Password* and enter your email. You will be sent an email link to Reset your Password.

- Follow the directions to update a password

##### Step 3: Pay OLLI membership FIRST for the year.

- Membership must be current for 2023 - 2024.
- Annual Membership is \$40. Click *Select*. Then *Continue*.
- Enter your email address to get a receipt
- Fill in credit card information.
- Click *Continue Checkout*.
- Review information.
- Click *Submit Payment*. Wait for processing!

##### Step 4: Register for Classes starting September 11

- Select Session - Fall 2023. Search for your class by Day only is the easiest.
- To enroll, click *Register*.
- Return to Search, and repeat the process.
- When you are finished, click *Checkout*.  
All classes are listed in the checkout window.

##### Step 5: Checkout

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

##### **Congratulations! You are enrolled at OLLI!**

Record your Username and Password so you can return as needed to add classes or to Donate.

You may view your transactions when Logged in Click on the "flower" near your name and view *My Account*.



**Classes start October 2 - November 18**

## ONLINE REGISTRATION FALL 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 or transfers made.

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

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

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



Registration starts

**Monday, Sept. 11**

**9:00 a.m. ONLINE**

**Helpline 562.985.2398**

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

**Office line 562.985.8237**

General questions, or to leave a message

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

### ZOOM CLASSES

A confirmation email for each class you have enrolled in will be sent to you **5 - 7 days before classes start**. The Zoom link will look something like this:

**[Zoom link for Comedy Capers \(a readable link\)](#)**

Check your Spam/Junk mail for OLLI emails too.

If you have not received your letter with the Zoom link, call 562-985-2398; email: [lee.sianez@csulb.edu](mailto:lee.sianez@csulb.edu)

#### Learn how to Zoom

Visit the **[www.Zoom.US](http://www.Zoom.US)** website for training tips.

#### Get ready to Zoom

A few minutes before a class is due to start,

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

Then follow the directions below to Join a Meeting.

#### Join a class meeting

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

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

**The same link will be used for all weeks.**

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

ONLINE REGISTRATION

Helpline 562.985.2398

Name: \_\_\_\_\_ Referred by: \_\_\_\_\_

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

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

**Z = Zoom**

**IP = In Person**

**HyFlex = Zoom and in class**

MONDAYS, October 2 - November 13					
7 Weeks					
Time	Class Title	Class Leader	Location / Comment	Mode	
8:30-9:50	Stand Tall, Stand Strong (Day 1)	L. Goldman	Exercise bands	<b>Z</b>	
8:30-10:00	Basic iPhone (iOS)	K. Winkenwerder	Tech - Beginners	<b>Z</b>	
10:00-11:30	Triumph of Hamiltonian Economics	D. Keenan & Wilson	NEW - CSULB & Hyflex	<b>H</b>	
9:45-11:15	The Recorder Consort (not beginners)	M. Pendleton	Whaley Park	<b>IP</b>	
10:00-12:00	Beginning Mixed Media Art	J. Eckmalian	NEW - St. Isidore H. Plaza	<b>IP</b>	
10:30-12:00	Prevent Heart Disease...& Alzheimers	W. Covalt	NEW - 2 classes 10/16-18	<b>Z</b>	
10:30-12:00	Let's Dish: a little Savory, a little Sweet...	Y. Rihbany/N. Stein	Back again - New topics	<b>Z</b>	
11:00-12:30	iOS 17: What's New?	K. Winkenwerder	Tech - 3 wks 10/2-16	<b>Z</b>	
11:30-12:30	Yoga with Barbara	B. Bannerman	CSULB LifeFit Center	<b>IP</b>	
11:30-1:00	Advancing Ukulele Skills	N. Intriere/C. Baker	Whaley Park	<b>IP</b>	
12:00-2:00	The Forgotten Founders	H. Dudley	NEW - 4 wks	<b>Z</b>	
1:00-3:00	Somerset Journal: Part 3	S. Haglund	NEW - St. Isidore H. Plaza	<b>IP</b>	
1:30-3:00	Basic Photoshop CANCELLED	L. Soe	Cancelled	<b>IP</b>	<b>NO</b>
1:00-2:00	Bluegrass Guitar Workshop	F. Swatek	All levels	<b>Z</b>	<b>free</b>
2:30-3:30	Bluegrass Mandolin Workshop	F. Swatek	All levels	<b>Z</b>	<b>free</b>
2:00-3:30	Our Observable Universe	M. Geier	NEW	<b>Z</b>	
2:00- 5:00	Movie Classics from the Past	J. Hathcock	New Titles CSULB rm 101	<b>IP</b>	

TUESDAYS, October 3 - November 14					
Time	Class Title	Class Leader	Location / Comment	Mode	
9:00-10:00	Longevity Stick Art Movements	C. Taylor	CSULB LifeFit Center	<b>IP</b>	
9:00-10:30	Mindful Movement	N. Raynolds	4 wks - 10/17-11/7	<b>Z</b>	
9:30-11:30	Bridge 1: Beginners and Review	H. Dunbar	LB Bridge Center	<b>IP</b>	
9:45-11:15	Geopolitics Update	D. Lunde	NEW - CSULB & Hyflex	<b>H</b>	
10:00-12:00	Play it Again Jam - all levels	C. Baker	Whaley Park	<b>IP</b>	
10:00-12:00	Drawing for All	V. Berry	JCC	<b>IP</b>	
10:00-11:30	American Poets	D. Shere	NEW - JCC	<b>IP</b>	
10:30-12:00	Computer Data Organization	W. Peck	NEW - Tech Lab and Zoom	<b>H</b>	
11:30-1:00	Finance & Investing for (not only) Women	C. Carpenter	CSULB, HS&D rm 101	<b>IP</b>	
12:00-2:00	Mastering Watercolor! (not beginners)	A. Kupillas	Lab style class -Not 10/10	<b>Z</b>	
12:00-1:30	Spanish Story Time	P. Kiwerski	New tales and talk	<b>Z</b>	
1:00-2:30	Get Organized A to Z	S. Farley	NEW ideas	<b>Z</b>	
1:00-2:30	Reiki 1: Self Healing	P. Rassouli	St. Isidore Historical Plaza	<b>IP</b>	
1:15-2:45	Travels with Marco Polo	D. Hobbs	NEW- CSULB rm 101	<b>IP</b>	
1:30-3:00	Quick Tips: Apple Passwords	C. Wisniewski	Tech - NEW 10/3-10	<b>Z</b>	
1:30-3:00	Quick Tips: Search and Surf in Safari	C. Wisniewski	Tech - NEW 10/17-24	<b>Z</b>	
1:30-3:00	Quick Tips: Apple Accessibility	C. Wisniewski	Tech - New 10/31-11/14	<b>Z</b>	
2:00-3:00	Facts for Healthy Living Series	B Llamas	NEW - 7 topics	<b>Z</b>	
2:00-3:30	Raffia Coiled Basketry	C. Sabol	JCC	<b>IP</b>	
2:00-3:30	Educating the Eye (I)-Dante and a Journey	D. Christian	NEW - 4 wks	<b>Z</b>	
3:00-5:00	Archery for All - learn and enjoy!	M. Leach	NEW - 5 wks CSULB	<b>IP</b>	

### WEDNESDAYS, October 4 - November 15

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
8:30-9:50	Stand Tall, Stand Strong (Day 2)	L. Goldman	See Monday	<b>Z</b>	NC
8:30-9:45	Yoga with Jean Marie	J. VanDine	New day	<b>IP</b>	
8:30-10:00	Reverse Mortgage: Remodeling Retirement	S. Burks	NEW	<b>Z</b>	
9:00-10:30	Timeless Fashion for Modern Women	K. Marshall	3 wks 10/11 - 25	<b>Z</b>	
10:00-11:30	Talking Story: Fabric of our Lives (5 wks)	C. Estrada	NEW - Houghton Park	<b>IP</b>	
10:00-11:30	Travel with Your iPad /iPhone	M. Gettys	Tech - CSULB Lab	<b>IP</b>	
10:00-11:30	Foundations of Investing	A. Dilsaver	Current topics	<b>Z</b>	
10:00-12:00	Acrylic Painting for all Levels	V. Berry	NEW St. Isidore H Plaza	<b>IP</b>	
11:45-1:15	iPad / iPhone Photo App	M. Gettys	NEW Tech - CSULB Lab	<b>IP</b>	
11:30-1:00	Acoustic Guitar 2: Beyond Basics	B. Bradshaw	Whaley Park	<b>IP</b>	
<b>12:00-1:30</b>	<b>Lunch and Learn</b>	<b>P. LaPlace</b>	<b>CSULB rm 101</b>	<b>IP</b>	<i>free</i>
1:00-2:45	5 Stories, 5 Weeks (5 wks)	M. Panitz	JCC 5 wks 10/18-11/15	<b>IP</b>	
1:00-2:30	Let's Put on a Show: Acting	N. Hathcock	NEW St. Isidore H Plaza	<b>IP</b>	
1:00-2:30	Celebrate Perfect Vocal Harmony (4 wks)	M. Agron	4 wks - 11/8-29	<b>Z</b>	
1:30-3:00	Introduction to iPad	M. Gettys	Tech - CSULB Lab	<b>IP</b>	
1:45-3:15	Cyber Crime Case Studies (3 wks)	Babcock & Hodek	CSULB rm 101 10/4-18	<b>IP</b>	
1:45-3:15	Coin Collecting: look what I found ... (4 wks)	D. Russo	CSULB rm 101 starts 10/25	<b>IP</b>	
3:30-5:00	Napoleon	F. Carbone	CSULB, rm 101	<b>IP</b>	

### THURSDAYS, October 5 - November 16

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
8:30-10:00	See the Picture Before You Take a Photograph	D. Cox	NEW - CSULB, rm 101	<b>IP</b>	
9:30-11:00	Memoir Writing: A Novel Approach	F. Fitzpatrick/Pam K.	Email needed	<b>Z</b>	
10:00-11:30	Shoot and Edit Videos - all devices	P. Gutierrez	Tech- CSULB, Lab / Zoom	<b>HyFlex</b>	
10:15-11:45	The Art of Downsizing (6 wks)	T. Sievers	NEW - CSULB, rm 101	<b>IP</b>	
10:30-11:50	Practicing Flexibility	L. Goldman	All levels - Yoga based	<b>Z</b>	
11:00-12:30	Writing for Wellness	J. Smith	New and review	<b>Z</b>	
12:00-1:30	Current /International Events and Issues	Team	CSULB rm 101	<b>IP</b>	
1:00-2:30	Apps & Social Media - all devices	P. Gutierrez	Tech - CSULB, Lab / Zoom	<b>HyFlex</b>	
1:00-2:30	Novelty Card Games: Fun and Easy	L. Brotherson	NEW-St.Isidore H. Plaza	<b>IP</b>	
12:00-1:30	Zentangle-Inspired Art: Step it up!	L. Malmsten	NEW - at JCC	<b>IP</b>	
2:00-4:00	Needlework Cafe	C. Sabol	JCC - New projects	<b>IP</b>	
2:00-5:00	Movie Matinee: Mysteries and More	A. Goldstein	NEW films	<b>IP</b>	
3:00-4:30	Build a Web Presence: Pages, Blogs & Webinars	P. Gutierrez	Tech - CSULB, Lab/Zoom	<b>Hyflex</b>	
3:00-4:30	Catch the Spirit of Singing...Chorus	K. Price	St. Isidore H Plaza	<b>IP</b>	
3:00-5:00	Lawn Bowling: Fun with Friends (4 wks)	M. Leach	LB Lawn Bowling Club	<b>IP</b>	

### FRIDAYS, October 6 - November 17

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
9:00-10:30	Writers Read Aloud	J. Van Hooten	CSULB, rm 101	<b>IP</b>	
10:00-12:00	Guided Autobiography	B. Llamas	5 wks -	<b>Z</b>	
10:00-12:00	Creative Connection - Arts and Crafts Exchange	Y. Rihbany	Meet at JCC	<b>IP</b>	
10:30-12:00	Basic Presentation Programs: PPT and more	W. Peck	CSULB Lab, or Zoom	<b>IP</b>	
11:00-12:30	RUSSIA From Tsars to Putin	<b>D. Schwartz</b>	NEW - CSULB, rm 101	<b>IP</b>	
11:30-1:00	Bluegrass Music JAM	F. Swatek	St. Isidore H Plaza	<b>IP</b>	
<b>12:00-1:30</b>	<b>Optimal Health Series</b>	<b>Health Leaders</b>	<b>NEW - See schedule</b>	<b>Z</b>	<i>free</i>
12:30-1:45	Yoga on a Chair	C. Ellano Ota	More flexibility!	<b>Z</b>	
12:45-2:15	Empowering health...through Cannabis	W. Jones	CSULB, rm 101	<b>IP</b>	
1:00-3:00	Short Story Discussion Group	F. Ramirez	Book purchase	<b>Z</b>	
2:30-4:30	Stained Glass Workshop	S. Newcomb	New projects	<b>IP</b>	
2:30-4:30	Comedy Capers	K. Lucas	CSULB, rm 101 or Zoom	<b>Hyflex</b>	

### SATURDAYS, October 7 - November 18

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
9:00-12:00	Watercolor Workshop - Adv.	M. Daniel	<b>CSULB</b> rm DSN 111	<b>IP</b>	
9:00-10:30	The ABCs of Medicare	D. Dillman	NEW 3 wks 10/7 - 21	<b>Z</b>	

### STAND TALL - STAND STRONG

**Mondays, Oct. 2 – Nov. 13 & Wednesdays, Oct. 4 – Nov. 15**  
**8:30 - 9:50 a.m. Zoom**

This active Zoom class meets Mon. and Wed., choose 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. Bring a resistance band: elastic tube, covered in cloth, with soft handles. Available online at Amazon, FitCord or at Big Five, Target, or TJ Maxx. Choose a resistance level: Moderate resistance should be sufficient. If you have any shoulder issues 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. Questions? Email me at [manosfrios@gmail.com](mailto:manosfrios@gmail.com). Class limit: 50

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

### BASIC IPHONE (iOS)

**Mondays, Oct. 2 – Nov. 13**  
**8:30 – 10:00 a.m. Zoom**

If you only use it for phone calls, why not explore some of the other useful things your iPhone can do? This beginners' class will concentrate on the most frequently used iPhone apps. Learn how to read, send and receive email and text messages, flag that important email, manage contacts, use Siri, search the web, use maps to get around, organize your apps, and get familiar with settings. Prerequisites: have an iPhone 7 or higher. Make sure your phone is charged to take part in class sessions. Class limit: 18

*Instructor: Kathy Winkenwerder*

### THE RECORDER CONSORT

**Mondays, Oct. 2 – Nov. 13**  
**9:45 - 11:15 a.m. Whaley Park**

This class provides an opportunity for 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 & Carolyn Estrada*

## NEW CLASS!

### THE TRIUMPH OF HAMILTONIAN ECONOMICS

**Mondays, Oct. 2 – Nov. 13**  
**10:00 - 11:30 a.m. CSULB /Hyflex**

Come join us for a look at the early economic challenges that the American colonies and then the new nation faced. Look at the differing viewpoints of Alexander Hamilton and Thomas Jefferson for the basic economic infrastructure. How to finance the war with Great Britain? How to pay off the debt? Would the new country adopt Hamilton's argument for a central bank? Or would it embrace Jefferson's distrust of eastern bankers and promote a productive small farm economy? We'll examine the economic history through the populist era of President Jackson and the role of financing a Union victory in the Civil War.

*Instructors: Diane Keenan, M.A. Political Science, UCLA; M.A. Economics, Claremont Graduate School, Author; "Slamdunk; The Economics of Sports" & Professor John Wilson, Professor Emeritus of History, special interest; Baseball History*

### PREVENTING HEART DISEASE, CANCER, & ALZHEIMER'S DISEASE

**Monday, Oct. 16 & Wed. 18**  
**10:30 a.m. - 12:00 p.m. Zoom**

Would you like to enjoy a healthy, long life? It can seem elusive for people after they reach age 50. These classes will explain why heart disease, stroke, and cancer are the major causes of death in the U.S. with poor diet and lifestyle as primary factors. See 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 the 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 presentations in many venues, including Princess Cruises and CSULB. His lectures and data are based on 40 years of health experience and training. This class meets just 2 days in October. Class limit 98

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

## NEW CLASS!

### BEGINNING MIXED-MEDIA ART

**Mondays, Oct. 2 - Nov. 13**  
**10:00 a.m. – 12:00 p.m.**  
**St. Isidore Historical Plaza**

Have you heard about mixed media art and wondered what that meant? Explore the use of common craft materials and household items in dimensional art pieces. Judy has studied mixed-media art for over 10 years and loves sharing her passion with others. Class limit: 20

*Instructor: Judy Eckmalian*

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

**Mondays, Oct. 2 – Nov. 13**  
**10:30 a.m. – 12:00 p.m. Zoom**

If you're interested in food, come take a culinary journey as we explore all aspects of cooking, baking and food. No matter your background or experience, join in the conversation as we explore a culinary journey, and learn from those around us. Participate in robust discussions on a wide variety of topics, including demonstrations, presentations, and guest speakers from various parts of the food world. Bring your ideas, your questions, your challenges and be part of our food community. Class limit: 20

*Facilitators: Yesmean Rihbany & Norma Stein*



### iOS 17: WHAT'S NEW?

**Mondays, Oct 2 - 16 (3 wks)**  
**11:00 a.m. - 12:30 p.m. Zoom**

Apple updated its iPhone operating system in September, and as usual, there are some useful and interesting new features like: Name Drop that lets you quickly share contact information. Check-in in Messages tells friends or family that you have arrived home safely. A customized and full-screen Contact Poster can show up on the screen of the person you're calling. Live Voicemail allows you to see a live transcription of a voicemail printed on your screen as it is happening. Offline Maps gives you another way to navigate when you can't connect to Wi-Fi. And there's a lot more. Class limit: 20

*Instructor: Kathy Winkenwerder*

### YOGA WITH BARBARA

**Mondays, Oct. 2 – Nov. 13**  
**11:30 a.m. - 12:30 p.m.**  
**CSULB, LifeFit, KIN 110B**

Enjoy practicing flexibility, strength building, and balance through using different yoga poses or asanas. Participants need to be able to move from a seated position on the floor to standing with ease. Learn relaxation and meditation techniques that help reduce stress, depression and anxiety. Create a flexible and strong mind/body connection. Class limit: 30

*Instructor: Barbara Bannerman, Certified Yoga Facilitator*

### ADVANCING UKULELE SKILLS

**Mondays, Oct. 2 - Nov. 13**  
**11:30 a.m. – 1:00 p.m.**  
**Whaley Park**

Calling all ukulele players! Join the group if you want to have fun playing and learning new songs. This is not a class for beginner lessons. It is a place to play, sing, and have fun. There will be "leaders", but 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: 10

*Instructors: Nancy Intriore & Carol Baker*

## NEW CLASS!

### THE FORGOTTEN FOUNDERS

**Mondays, Oct. 2 - 23 (4 wks)**  
**12:00–2:00 p.m. Zoom**

There are often important historical personalities who never make it to the History books. Join to learn about... Gouverneur Morris, Richard Henry Lee and Roger Sherman. Heather gave her last class on the Declaration of Independence and now another history lesson! Class limit: 50

*Instructor: Heather Dudley*

### SOMERSET JOURNAL: PART 3

**Mondays, Oct. 2 - Nov 13**  
**1:00 – 3:00 p.m.**  
**St. Isidore Historical Plaza**

This class will create the final stages of our Somerset Journal making project. We will continue to work on the pages and begin the actual construction of our journals. There will be two holiday projects thrown in for fun. Two Technique Days will add to our skill and techniques tool box: Oct.19 and Nov. 9, 9:30 to 2:30 p.m. at St. Isidore. Class limit: 12

NOTE: ONLY CONTINUING SOMERSET MAGAZINE STUDENTS MAY ENROLL.

*Instructor: Sheryl Haglund*



## FREE!

### BLUEGRASS GUITAR WORKSHOP

**Mondays, Oct. 2 - Nov. 13**  
**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!

### BLUEGRASS MANDOLIN WORKSHOP

**Mondays, Oct. 2 - Nov. 13**  
**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*

## Monday

**NEW CLASS!**

### BASIC PHOTOSHOP

**Mondays, Oct.2 - Nov. 13**

**1:30 – 3:00 p.m.**

**CSULB, HS&D, Computer Lab**

Learn how to improve photos using Photoshop on your computer. This class will cover how to make layers, cropping, making color adjustments, as well as different ways to sharpen images. You'll learn how to restore old photos including adjusting color, removing scratches, dust marks, as well as merging together images from more than one photo. You'll also see how to save image files without destroying the original, organize images as you save them, and when to use different file types. Then you'll be shown how to prepare images for different uses, by compressing them for display online, sharing them by text, email, putting into calendars, cards, letters, or printing high quality images for framing or display.

The version of Photoshop you have on your computer may work, but you might choose to purchase a subscription for Photoshop online for the duration of the class. Class limit: 30

*Instructor: Louise Soe*

**NEW CLASS!**

### OUR OBSERVABLE UNIVERSE

**Mondays, Oct.2 – Nov. 13**

**2:00 – 3:30 p.m. Zoom**

Most knowledge of the universe beyond Earth comes from light. We will begin by understanding the physical and chemical properties of stars and galaxies as we examine the basic properties of light and how telescopes gather it. Then, after a brief discussion of stellar evolution, we will study our home, the Milky Way, one of many billions of galaxies visible in the sky. We will learn about a supermassive black hole that inhabits our galaxy's center.

### MOVIE CLASSICS FROM THE PAST

**Mondays, Oct. 2 - Nov. 13**

**2:00 – 5:00 p.m.**

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

Another session, another set of assorted Movie Classics! Jeff will tell all about these great movies of the past. Popcorn allowed!

1. The Stranger- Orson Welles, Edward G. Robinson, Loretta Young
2. High Sierra- Humphrey Bogart, Ida Lupino
3. The Long Voyage Home- John Wayne
4. Red Dust- Clark Gable, Jean Harlow
5. Larceny, Inc.- Edward G. Robinson
6. Libeled Lady- William Powell, Jean Harlow, Spencer Tracy, Myrna Loy
7. The Public Enemy- James Cagney

Class limit: 50

*Instructor: Jeff Hathcock*



Next, we will expand our horizon to discuss different kinds of galaxies. Finally, our attention will turn to the edge of the observable universe and back in time to the earliest stages of galaxy formation. All class sessions will feature striking visual presentations. Class limit: 50

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

## Tuesday

### LONGEVITY STICK ART MOVEMENTS

**Tuesdays, Oct. 3 - Nov. 14**

**9:00 - 10:00 a.m.**

**CSULB, LifeFit, KIN 110B**

Movement with low impact, non-aerobic practice to prevent disease, protect your health, increase concentration with meditation. Do nothing that hurts or feels uncomfortable.

Objectives: Develop better balance; increase physical strength by stretching muscles, tendons; and supply greater amounts of oxygen to the body through deep breathing.

Equipment: BRING YOUR OWN POLE.

Purchase a collapsible painter's extension pole that opens to 3-4 " longer than your height, with rubber (not plastic) end caps (Ace Hardware or Lowe's). Wear tennis shoes and loose, layered clothing.

Class limit: 20

*Instructor: Charles Wm. Taylor*

### MINDFUL MOVEMENT: QIGONG AND STRETCHING

**Tuesdays, Oct. 17-Nov. 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. Movements will be taught both as physical and energetic exercises and as methods for improving present moment awareness and mindfulness of subtle perceptions. There will be handouts to support you as well as links to video on 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 in a home space while watching Zoom. Class limit: 50.

*Instructor: Nando Raynolds, MA studied and taught T'ai Chi, Kenpo, Qigong, and massage over the last 30 years; also is a psychotherapist.*



**FINANCES & INVESTING  
(NOT ONLY) FOR WOMEN**

**Tuesdays, Oct 3 - Nov. 14**  
**11:30 a.m. – 1:00 p.m.**

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

This class shares perspectives on financial concerns facing women who are getting ready for, have recently transitioned to, or have been in retirement for some time. Learn the basics of investing—what is a stock, bond, mutual fund, traditional vs. Roth - in an understandable way. 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,  
Chartered Retirement Plan Spec.*



**SPANISH STORY TIME**

**Tuesdays, Oct 3 - Nov. 14**  
**12:00 – 1:30 p.m. Zoom**

This course will introduce participants to different pieces of children's literature. Each selection will be used to engage class members in oral Spanish skills by focusing on vocabulary development, comprehension and speaking. The instructor believes in a natural approach to language acquisition, encouraging all participants to be fully involved in the activities in a positive learning environment that supports each learner regardless of current proficiency level. Class limit: 12

*Instructor: Pam Kiwerski*

**MASTERING WATERCOLORS!**

**Tuesdays, Oct 3 - Nov. 14 (not 10/10)**  
**12:00 - 2:00 pm Zoom**

This lab-style watercolor workshop builds on your basic watercolor skills and helps develop a painting from start to finish. Bring your own subject material - a photograph/s that you desire to paint - and in lessons, you will work through finding your subject, defining elements of the story, composition, value and color.

Learn to use apps on your phone or pad to assist your process. The goal is to be able to translate any subject into a watercolor painting. Get feedback and critique from peers, and work at your own pace. This class will also help artists find their own personal style and voice. Instructor Anne K. will incorporate skill exercises to flex your muscle memory for various watercolor techniques. Suitable for watercolorists with some experience. Class limit: 32

*Instructor: Anne Kupillas*

**GET ORGANIZED A -Z**

**Tuesdays, Oct 3 - Nov. 14**  
**1:00 – 2:30 p.m. Zoom**

Less clutter, more storage-sound like a dream? It can be your reality. Learning the ABCs of managing your clutter results in a peaceful life.

A: Act-If you want to do it, act on it now.

B: Break It Down-A project is easier to do if you break it into manageable parts.

C: Containerize-Store belongings in see-through, plastic containers. Class limit: 20

*Instructor: Sharon Farley*

**TRAVELS WITH MARCO POLO**

**Tuesdays, Oct 3 - Nov. 14**  
**1:15 – 2:45 p.m.**

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

Travel with the famed Venetian merchant Marco Polo, who started his travels in 1271 and returned to Venice in 1295. Beginning in Italy we will follow his 15,000 mile trek as he travels the Silk Road to China, serves at the court of the Chinese emperor Kublai Khan and voyages back home via India and Persia. Before setting off on our travels, we'll look at Europe and Asia in the late 13th century. We then will examine the various cultures Marco Polo encountered and wrote about: the Middle East, Central Asia, China under the Yuan Dynasty (Mongol rule), India and Persia.

Class limit: 98

*Instructor: Delrie Hobbs*

**FACTS FOR HEALTHY LIVING  
SERIES III**

**Tuesdays, Oct 3 - Nov. 14**  
**2:00 - 3:00 p.m. Zoom**

Personnel from *Independence at Home*, a SCAN Community Service will present multiple topics on a weekly basis, each topic playing a very important role in helping you live a healthful and enjoyable life.

Topics: "Aging and Vision Loss", "Heart Health", "How to Reach Exercise Goals", "Take Care of Business-Men's Health", "Control Your Cholesterol", "Beating the Holiday Blues", and "Empowered Relief"

Note: This last class is a 2 hour class (2:00– 4:00 p.m. on Nov. 14) Class limit: 30

*Presenters: Barbara Llamas, Jenny Alcala-Alonzo & Vanessa Torres*

**NEW CLASS!**

**QUICK TIPS: APPLE PASSWORDS  
(IOS, IPADOS, MAC)**

**Tuesdays, Oct 3 - 10 (2 wks)**  
**1:30 – 3:00 p.m. Zoom**

Passkey is an exciting new password system on the web that's secure and doesn't make you remember passwords to log onto a web site. Learn about these features as well as how to transfer your passwords from wherever they are (on web browsers, a 3rd-party password manager, or written on Post-it Notes) into Apple's password system on Apple devices you use. Passkey is an Apple initiative that includes the easy and secure sharing of passwords among friends and family, being able to synchronize passwords across Apple and Windows devices. Class limit: 20  
*Instructor: Chris Wisniewski*

**NEW CLASS!**

**QUICK TIPS: SEARCH & SURF  
SAFELY IN SAFARI**

**Tuesdays, Oct 17- 24 (2 wks)**  
**1:30 – 3:00 p.m. Zoom**

Apple lately has added some incredibly useful technologies to its web browser, Safari. Whether you're using an iPhone, iPad, Mac--or even an Apple Watch!--Safari includes many built-in and easily accessed tools, shortcuts, and safety features that improve and help speed up your discovery of all of the information that's out there on the Internet.

This short course will show you how to access and use the best of Safari's features. Learn how to search much more precisely, keep trackers and ads at bay, keep your private information and searching behavior from leaking to lurkers who will surely exploit it, and manage your bookmarks and favorite sites much more easily. Class limit: 20

*Instructor: Chris Wisniewski*

**RAFIA BASKETRY:  
COIL METHOD**

**Tuesdays, Oct 3 - Nov. 14**  
**2:00 – 3:30 p.m.**

**Alpert Jewish Community Center**

The simple technique of using raffia to make coiled basketry will be taught. Information will be included at the first class meeting. Information will be given for purchasing materials, basic coiled basketry techniques, implementing color and design into the work and exploration of alternative materials that also can be used in making coiled baskets. In addition, we will explore basket making in other cultures/societies. Class limit: 8

*Instructor: Carolyn Sabol*

**NEW CLASS!**

**QUICK TIPS: APPLE ACCESSIBILITY**

**Tuesdays, Oct 31- Nov 14 (3 wks)**  
**1:30 – 3:00 p.m. Zoom**

If you haven't explored the accessibility features that come with Apple devices, here's your chance to take a look at some standard and new features in the latest operating system. New features include: *Detection Mode*, which uses a device's camera to show you how close you are to people or objects like doors; *Assistive Access* which reduces an iPad or iPhone's look to basic functions if apps and buttons on them are confusing; and *Live Speech*, where you can type what you want to speak for phone calls and face to face conversations using any Apple device with a camera. These features can be useful whether you have a challenging disability, or would rather speak instead of tapping a keyboard or making fonts larger. Class limit: 20

*Instructor: Chris Wisniewski*

**NEW CLASS!**

**EDUCATING THE EYE (I):  
DANTE'S DIVINE COMEDY AND  
OUR JOURNEY TOWARDS  
WHOLENESS**

**Tuesdays, Oct 3 - 24 (4 wks)**  
**2:00– 3:30 p.m. Zoom**

This course will introduce students to the power of Dante's story for life right here/right now. *The Divine Comedy* is not an ancient, dead text but rather is alive and well, inviting readers to pursue the "examined life" within a spirit of "serious joy."

Initially, we will explore C. S. Lewis's *A Grief Observed* as an epic journey stretching exercise, a mini-journey so to speak, in preparation for joining Dante's pilgrimage. The following three classes will introduce *Inferno*, *Purgatorio*, and *Paradiso* respectively. Class limit: 50

*Instructor: Daniel Christian, B.A. Theology/History St. Ambrose College; M. A. Theology St. Mary's Seminary /University; taught Dante' for approximately 40 years*

**NEW CLASS!**

**AGELESS ARCHERY**

**Tuesdays, Oct 3 - 31 (5 wks)**  
**3:00 – 5:00 p.m.**

**CSULB, Archery Range**

Are you willing to accept the "ageless challenge" of shooting the golden arrow into the X of the target? Would you like to experience awesome harmony in your mind and body with the bow and arrow? Whether you have tried archery or have just dreamed of shooting, this course will give you skills and thrills, a healthy activity with a youthful feel. Open to new and former students. Rental fee \$10 paid at the first class. Class limit:12

*Instructor: Mel Leach, CSULB Emerita Professor, Instructor and competitor*

### STAND TALL - STAND STRONG

***Mondays, Oct. 2 – Nov. 13***  
***Wednesdays, Oct. 4 – Nov. 15***  
***8:30 - 9:50 a.m. Zoom***

This active Zoom class meets Mon. & Wed. Students may choose to attend once or twice weekly. See Monday for class description. Class limit: 50

*Instructor: Lorraine Goldman*

## NEW CLASS!

### REVERSE MORTGAGE: REMODELING RETIREMENT

***Wednesdays, Oct. 4 - 18 (3 wks)***  
***8:30 - 10:00 a.m. Zoom***

This course is designed to provide an overview of reverse mortgages, a financial product that allows older homeowners to access equity in their homes. Learn the basics of reverse mortgages, including eligibility requirements, loan amounts, interest rates, fees, and repayment options. The class will be based on two nationally recognized reverse mortgage authors. Class limit: 15

*Instructor: Scott Burks has over 25 years of financial experience and currently is one of 200 Certified Reverse Mortgage Professionals (CRMP) Nationwide.*

## NEW CLASS!

### TIMELESS FASHION FOR THE MODERN WOMAN

***Wednesdays, Oct. 11 - 25 (3 wks)***  
***9:00 - 10:30 a.m. Zoom***

This class will show you how to create a look that is uniquely you. You will learn about your body type and what clothing styles best complement it; this can assist in looking pounds thinner by knowing what clothing styles work for your body type. Learn what colors best complement your skin tone. What fashion personality you have? This will help when making

### YOGA WITH JEAN MARIE

***Wednesdays, Oct. 4 - Nov. 15***  
***8:30- 9:50 a.m.***  
***CSULB, LifeFit, KIN 110B***

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

*Instructor: JeanMarie Van Dine, Certified Yoga Instructor*

### TRAVEL WITH YOUR IPAD / IPHONE (IOS)

***Wednesdays, Oct. 4 – Nov. 15***  
***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*

clothing selections. Do you know what face shape you have? Knowing this will assist you in selecting glasses, earrings and make-up. I will show you how to creating a Core-Wardrobe in your fashion personality, your body type and in clothing colors that best complement you. You will learn how to use your accessories to create more looks from the clothes you already have. Class limit: 35

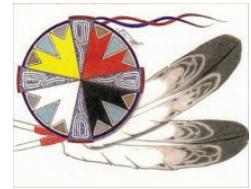
*Instructor: Kathy Marshall*

### TALKING STORY

***Wednesdays, Oct. 4 – Nov. 15***  
***10:00 - 11:30 p.m. Houghton Park***

Each week class participants will have a prompt to which they can respond to share a significant story in their lives. We will learn to share, in the tradition of the "Hopi Story Holes" to help weave the fabric of our lives as community. Class limit: 15.

*Instructor: Carolyn Estrada, Marriage, Family, Child Therapist*



### FOUNDATIONS OF INVESTING

***Wednesdays, Oct. 4 – Nov. 15***  
***10:00 – 11:30 a.m. Zoom***

This class will cover essential investing and explore opportunities 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 how 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 also will 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*

**NEW CLASS!****ACRYLIC PAINTING****Wednesdays, Oct. 4 – Nov. 15****10:00 a.m. - 12:00 p.m.****St. Isidore Historical Plaza**

Come and learn Tips and

Techniques for becoming a painter in this medium. Professional painters mostly use acrylic and oil paint on canvas. However, acrylic paint can be used on a variety of surfaces from paper to canvas to glass to metal. Acrylic paint is easy to use, clean up, quick-drying. Join this class and try out a medium new to OLLI!

Beginner and intermediate learners are welcome. Suggested materials to start your experience will be sent in an email after registration.

Class limit: 15

Instructor: Valerie Berry

**NEW CLASS!****IPAD / IPHONE PHOTO APP****Wednesdays, Oct. 4 – Nov. 15****11:45 a.m. - 1:15 p.m.****CSULB, HS&D, Computer Lab**

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

Instructor: Marilyn Gettys

**Wednesday****FREE!****LUNCH AND LEARN****Wednesdays, Oct. 4 – Nov. 15****12:00 - 1:30 p.m.****CSULB, HS&D, room 101**

FREE weekly classes taking place during the lunch hour of 12:00 - 1:30 pm that will help OLLI members learn about Inter-generational projects and interests. Students from various academic departments and community volunteers will provide interactive presentations on various topics related to Seniors and community activities. Class limit: 40

Instructor: CSULB faculty and students

**ACOUSTIC GUITAR 2:  
BEYOND THE BASICS****Wednesdays, Oct. 4 – Nov. 15****11:30 a.m. - 1:00 p.m. Whaley Park**

Ready to move on to the next level or add some sophisticated strumming to your guitar playing? Join us if you want to play rich, guitar-based music of our roots--folk, country, 60's - 70's - 80's country rock & blues. Instruction will be chord-based and song-based, and is designed for solid intermediates to advanced. Instruction will help you advance further by introducing you to: Strumming / Picking (Right Hand) Techniques, Tablature, "Licks," "Intros," "Outros," Double Stops, Bass Runs, and Advanced Rhythm. We'll look for performance opportunities within the OLLI community and beyond. Class limit: 18

Instructor: Brian Bradshaw

**NEW CLASS!****LET'S PUT ON A SHOW****Wednesdays, Oct. 4 – Nov. 15****1:00 - 2:30 p.m.****St. Isidore Historical Plaza**

Hey, Everyone, "Let's Put on a Show!" Showtime is for all of us who desire to be on stage. We will practice diligently (and happily) and we will put on a show at the end of the session. Our fellow Olli students, friends and family can come and enjoy. We are a little "ditsy" but lots of fun to be with. We will be working on some scenes from the Carol Burnett Show, some poetry, and one or two one act plays. We do have fun and hope you will join us.

Class limit: 15

Instructor/Director: Nancy Hathcock; BA & MA in Theater, CSULB

# I ♥ Short Stories

**NEW CLASS!****FIVE STORIES - FIVE WEEKS****Wednesdays, Oct. 18 – Nov. 15 (5 wks)****1:00 – 2:45 p.m.****Alpert Jewish Community Center**

What happened to all the reading you were going to do this summer?

Worry not---Just sign up for Five Stories-Five Weeks and you'll be treated to enticing stories by excellent writers- some familiar ones, and some you've never heard of before. This class is an adventure!!

Class limit: 18

Instructor: Mona Panitz

---

**CELEBRATING PERFECT VOCAL HARMONY: AMERICAN MUSICAL GROUPS**

---

**Wednesdays, Nov. 8 - 29 (4 wks)**  
**1:00 - 2:30 p.m. Zoom**

Join us for a musical multimedia journey as we uncover the fascinating backstories and influences behind iconic vocal duos, trios and groups that blend their voices to create unforgettable harmonies. We'll explore many musical genres including Big Band, Jazz, Pop, Rock, DooWop, the California Sound, Latin American, Country, Folk and Motown. Whether you're an avid music lover or simply appreciate the timeless allure of close vocal harmonies, this seminar is tailor-made for you.

Class limit: 60

*Leader: Mike Agron, music aficionado, grew up in LA, the heart of the entertainment industry. He dreamed of becoming a recording engineer. Instead, he found great success in the hi-tech industry and founded his own webinar marketing agency. He has offered his popular seminars on Frank Sinatra, the Great American Songbook since 2018.*

---

**INTRODUCTION TO IPAD**

---

**Wednesdays, Oct. 3 - Nov. 15**  
**1:30 - 3:00 p.m.**

**CSULB, HS&D, Computer Lab**

Have an iPad and not sure how to use it? This beginners' class will discuss and demonstrate 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. Prerequisite: You have an iPad. Class limit: 12

*Instructor: Marilyn Gettys*

---

**CYBER-CRIME CASE STUDIES & SECURITY TECHNIQUES**

---

**Wednesdays, Oct. 4 - 18 (3 wks)**  
**1:45 - 3:15 p.m.**

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

We will examine some common real-world cyber case studies and provide immediately actionable information and open-source security tools to better defend against cyber criminals and common cyber-attacks. Students are encouraged to bring their own devices (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

*Instructors: Dave Babcock and Chris Hodek are members of the Los Angeles County District Attorney Cyber Investigation Response Team (CIRT), and members of the United States Secret Service Cyber Fraud Task Force, as well as the Los Angeles Sheriff's Department Identity Theft Task Force.*

---

**COIN COLLECTING...**

---

**Wednesdays, Oct. 25 - Nov. 15 (4 wks)**  
**1:45 - 3:15 p.m.**

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

"Look what I found" ...Have you ever seen an unfamiliar coin or paper money and wondered if it had any value? Would you like to learn about unfamiliar currency and coins? This class will present a brief history and review of U.S. coinage and paper money. In addition, members can ask questions and present their own coins and notes for information and evaluation. This class promises an appreciation of the coin & paper money collection hobby and its potential for enjoyment, learning, and investment. An educational and fun class! Class limit: 20

*Instructor: Dave Russo, B.A., Juris Doctor, Certified Peer Counselor*



---

**NAPOLEON**

---

**Wednesdays, Oct. 4 - Nov. 15**  
**3:30 - 5:00 p.m.**

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

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

*Instructor: Frank Carbone*



**SEE THE PICTURE BEFORE YOU  
TAKE THE PHOTOGRAPH**

**Thursdays, Oct. 5 - Nov. 16**  
**8:30 - 10:00 a.m.**

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

Tired of taking the same old photographs? Has your creative get-up-and-go gotten left behind? This class will show you how to sense what you instinctively know is there and then see it – as a photographer – using patterns, frames, less than perfect lighting and much more. Class limit: 20

*Instructor: Doug Cox, news photographer; photographer at Rancho Los Alamitos (Long Beach) doing event, nature, landscape and architectural photography*



**SHOOT & EDIT VIDEOS**

**Thursdays, Oct. 5 - Nov. 16**  
**10:00 - 11:30 a.m.**

**CSULB Computer Lab & HyFlex**

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

We'll discuss the difference between a GoPro and other action cameras. Bring your charged device to each class. Class limit: 10

*Instructor: Perla Gutierrez*

**MEMOIR WRITING:  
A NOVEL APPROACH**

**Thursdays, Oct. 5 - Nov. 16**  
**9:30 - 11:00 a.m. Zoom**

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

*Class Leaders: Jo Fitzpatrick & Pam Kiwerski*

**THE ART OF DOWNSIZING**

**Thursdays, Oct. 5 - Nov. 9 (6 wks)**  
**10:15 - 11:45 a.m.**

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

How did we accumulate all this stuff? Why can't we let it go? Many of us are retired and taking a closer look at the space around us. Perhaps you see closets, a spare room or a garage full of things you once used but no longer need. Maybe you are planning a move and are finding it hard to decide what to keep. If you have tried before to lighten your load but have not been successful, this class is for you! Find out what is holding you back so you can move forward. Find your true treasures and keep them. Experience the freedom of finding a place for everything you truly need, use and love. Feel relaxed and truly at home in your own home. This class will provide information, strategies, helpful tools and a chance to have your questions answered in a positive and supportive atmosphere. Class limit: 20

*Instructor: Tere Sievers*

**PRACTICING FLEXIBILITY**

**Thursdays, Oct. 5 - Nov. 16**  
**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*

**NATIONAL & INTERNATIONAL  
CURRENT EVENTS & ISSUES**

**Thursdays, Oct. 5 - Nov. 16**  
**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 among five volunteer instructors. Barbara Mikalson, Doug Haigh, Mary Meyer, Bill Shaddle and Gary Murph.*

**ZENTANGLE-INSPIRED ART****Thursdays, Oct. 5 - Nov. 16****12:00 – 1:30 p.m.****Alpert Jewish Community Center**

Zentangling started as black-and-white mindful doodling that many people find calming. This easy-to-learn art form bloomed into full-color as “Zentangle-Inspired Art” or ZIA. This ZIA workshop will be part instruction and part coffee klatsch, bring a drink/treat along with the supplies listed below. We will create art and make new friends.

No prior experience is needed and all are welcome! The first meeting will be geared toward new students. The instructor will answer questions, provide basic information and vocabulary and introduce some patterns right away. At each following meeting, the instructor will present new patterns and ways to use Zentangles with other media like rubber stamps and colored pencils or pens. You'll work at your own pace and develop your own style. Class limit: 15

More requirement details can be found in description online!

*Instructor: Lisa Malmsten*

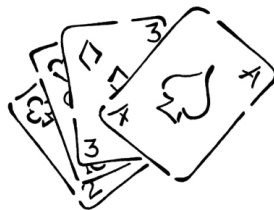
Writing for Wellness  
Workshop

**WRITING FOR WELLNESS****Thursdays, Oct. 5 - Nov. 16****11:00 a.m. – 12:30 p.m. Zoom**

It's a well-known fact that writing about things important to you can help to resolve your feelings. This class is not about publication, grammar or polish. It's about making you feel better. Sharing is encouraged but not a requirement. Join us. Class limit: 15

*Instructor: Joan Smith***APPS AND SOCIAL MEDIA****Thursdays, Oct. 5 - Nov. 16****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. Learn about gifs / memes, how to navigate the huge amount of choices at Amazon, the App Store or Google Play Store. 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*

NEW CLASS!

**NOVELTY CARD GAMES : FUN AND EASY****Thursdays, Oct. 5 - Nov. 16****1:00 – 2:30 p.m.****St. Isidore Historical Plaza**

A new card game will be introduced each week. The rules for the game will be read and discussed so that players understand the game. Each card game will be played a few times in class each week. Come for the enjoyment of learning new ideas and tricks!! Get to know other friendly seniors while playing card games. Class Limit: 20

*Instructor: Lillian Brotherson***MOVIE MATINEE****Thursdays, Oct. 5 - Nov. 16****2:00 - 5:00 p.m.****CSULB, HS&D, room 101**

Are you ready to brace yourself for an unpredictable, heart pounding viewing experience? If so, then join us this semester as Movie Matinee screens some of the best mysteries, thrillers and suspense movies ever made. Few films will provide entertainment quite like an armrest-gripping, white-knuckle thriller, mystery or suspense film. It's a genre that simply keeps on giving. But what's the difference between them? Aren't they all the same? That question is the central theme of this semesters screenings. In a nutshell, mystery movies are about a puzzle. Thrillers, on the other hand, are about the push and pull between the protagonist and the villain. While suspense movies are all about tension and what may happen. Movie Matinee will be screening the best of the best of these. It will include



tension-heavy suspense, nail biting thrillers and mind blowing crime mysteries ranging from the film noir classics of the 1940's all the way up to the present-day. It's going to be a fun filled, spine tingling cinematic experience. Come watch master film makers like Hitchcock, De Palma and Polanski spin their enigmatic, intricate spider webs of cliff-hangers, whodunits, and cloak and dagger works. Join us for this thoroughly engaging “edge of your seat” roller coaster ride  
Class limit 50

*Instructor: Allan Goldstein*

## NEEDLEWORK CAFÉ CROCHET / KNITTING FOR BEGINNING AND INTERMEDIATE

**Thursdays, Oct. 5 - Nov. 16**  
**2:00 – 4:00 p.m.**

**Alpert Jewish Community Center**

Introduction to basic knitting and crochet stitches using class demonstration and individual instruction. Beginners: for the first class, bring a skein of worsted yarn and either size 7 or 8 knitting needles or a size H or I crochet hook (depending on choice to learn knitting or crochet). Intermediate students will bring an ongoing project. Class limit: beginners 7, int 7

*Instructor: Carolyn Sabol*



## BUILD A WEB PRESENCE: WEB PAGES, BLOGS AND WEBINARS

**Thursdays, Oct. 5 - Nov. 16**  
**3:00 – 4:30 p.m.**

**CSULB Computer Lab & HyFlex**

Find out how easy it is to build your own website, blog, chat or webinar. Create your own or watch and learn how it is done. We will study examples of popular websites builders, learn strategies to reach your favorite audience and bring people to your site. See how to increase communications on social media channels with your website, build loyalty, then maintain your website, blog, or chat. All devices are welcome, but know how to use your device if you want the full experience. Still, you can have a wonderful time just learning about the most important tools of Internet communications. Class limit: 12

*Instructor: Perla Gutierrez*

## LAWN BOWLING: FUN WITH FRIENDS

**Thursdays, Oct. 5 - 26 (4 wks)**  
**3:00 – 5:00 p.m.**

**LB Lawn Bowling Club**

**Rec Park, 1109 Federation Dr.**

Lawn Bowling is a game that has something for everyone. It ranges from a fun social game to a world competitive sport. It is easy to learn, but incredibly challenging to master rolling a bowl to hit the jack. A fun activity to share with current and new friends. Learn the basic skills and strategies of the world-wide game. This class is open to all physical abilities; it is easy on the body while mentally challenging. Beware, you may just find your lifelong sport! Please wear flat sole shoes. Rental fee \$15 paid at first class. Class limit: 24

*Instructor: Mel Leach, Emerita Professor, Club approved Lawn Bowling Instructor and competitor*

## “CATCH THE SPIRIT OF SINGING” CHORUS

**Thursdays, Oct. 5 - Nov. 16**  
**3:00 – 4:30 p.m.**

**St. Isidore Historical Plaza**

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 musicianship. Performances will be scheduled when possible.

Bring a 1” BLACK 3 ring binder (required ) and pay \$5.00 for music. 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 beg. and int. piano*

## WRITERS READ ALOUD

**Fridays, Oct. 6 - Nov. 17**  
**9:00 - 10:30 a.m.**

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

Everyone has a story to tell.

Everyone has several stories to tell. Regretfully they are seldom brought to life, never articulated, never shared. This class encourages us to write our stories and share than in a classroom environment that is attentive and supportive. Each class member will read from stories they have written outside of class. We invite you to join us in our lively readings and discussions.

Class limit: 15

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

## GUIDED AUTOBIOGRAPHY

**Fridays, Oct. 6 – Nov. 3 (5 wks)**  
**10:00 a.m. – 12:00 p.m. Zoom**

The course is based upon the work of Dr. James Birren, a pioneer in the field of Aging Studies. Guided Autobiography is a semi-structured process of recalling, writing, and sharing one’s life story based on themes provided each week. You will be provided with writing tips, creative exercises and tools for writing your own life story. Session 1 is a 60-minute orientation about the structure, expectations, and commitments to the class. The next 4 sessions are approximately 2 hours. Class participants will return each week with a two-page story based on the theme provided. Each group member will share his/her story and receive positive feedback with assured confidentiality. No need to be a talented writer, just tell your own story. Class limit: 10

*Instructor: Barbara Llamas*

**NEW CLASS!**

**Friday**

**NEW CLASS!**

**FREE!**

### CREATIVE CONNECTION

**Fridays, Oct. 6 - Nov 17**

**10:00 a.m. – 12:00 p.m.**

**Alpert Jewish Community Center**

Do you enjoy doing your art/craft in company of others? Do you get inspiration and energized around others? Do you like having a time and place to focus on your art/craft? This is for you. This meet up is a time and place to work on your art/craft, exchange ideas, get inspired, help focus, and be part of a community. There is no instructor and no curriculum, just lots of creative energy. Learn from others, share your ideas, and progress in your medium. Areas will be set up for jewelry makers, paper arts, drawing, watercolor. Join the OLLI creative community.

*Facilitator: Yesmean Rihbany*

**NEW CLASS!**

### RUSSIA FROM TSARS TO PUTIN

**Fridays, Oct. 6 - Nov 17**

**11:00 a.m. – 12:30 p.m.**

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

This lecture series will trace the history of Russia since its origins in the 9th century to Putin's Russia today. The presentation will aim to highlight the major themes that shaped Russia's past and which continue to influence Russian policy today. Class limit: 98

*Instructor: Don Schwartz*



### BASIC PRESENTATION PROGRAMS (WIN, MAC, WEB)

**Fridays, Oct. 6 - Nov. 17**

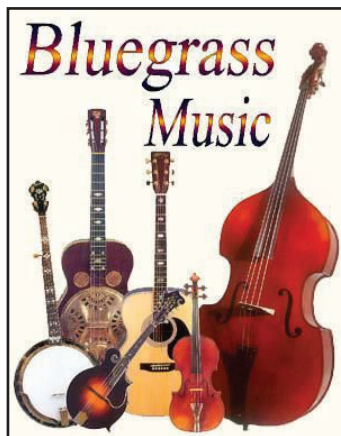
**10:30 a.m. – 12:00 p.m.**

**CSULB Computer Lab & Zoom**

Learn the basics of presentation software PowerPoint (Windows), Keynote (Mac), Google Slides (Google Drive), to create slide shows (also called slide decks or just decks) for presenting information to a group. We will use Microsoft PowerPoint software on Windows 10 with sidebars to show how the programs differ. We will create short presentations that use the basic procedures for creating interesting slides. Prerequisite: Basic skills for the computer you'll be using (Mac, Win, Chrome).

Class limit: 9 in-person, 6 Zoom.

*Instructor: Wesley Peck*



### BLUEGRASS MUSIC JAM

**Fridays, Oct. 6 - Nov. 17**

**11:30 a.m. – 1:00 p.m.**

**St. Isidore Historical Plaza**

Increase your Guitar playing skills and play along with this group of musicians. Peer learning with a Focus on The Fundamentals. Join in the fun at this in-person class. Questions?? Contact [frankswatek@hotmail.com](mailto:frankswatek@hotmail.com) Class limit: 20

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

### OPTIMAL HEALTH SERIES

**Fridays, Oct. 6 - Nov. 17**

**12:00 – 1:30 p.m. Zoom**

*"Optimal health is a dynamic balance of physical, emotional, social, spiritual, and intellectual health. Lifestyle change can be facilitated through a combination of learning experiences that enhance awareness, increase motivation, and build skills" (O'Donnell, 2009).* This class will focus on topics that promote holistic and optimal approaches to the aging process. We'll provide an intergenerational perspective on current information on aging as well as resources and services. Topics include:  
1.The Intergenerational Experience:  
2.The Experienced Consumer:  
3.The Life Review Process and Aging with Purpose  
4. Suddenly You are Alone:  
Talented students/faculty will offer these presentations. Class limit: 50  
*Instructors: Leaders for each topic*

### YOGA ON A CHAIR

**Fridays, Oct. 6 - Nov 17**

**12:30 - 1:45 p.m. Zoom**

Yoga is for Every Body! Chair Yoga provides the full advantage of yoga's amazing health benefits including relaxation and a feeling of well-being with adaptations for all levels of flexibility. This class uses yoga exercises, breath, energy work, affirmation and visualization as relaxation and mindfulness techniques. Students report better balance and stress management skills, along with increased strength and flexibility as a result of Chair Yoga! This Energy Medicine Yoga model is based on Lakshmi Voelker Chair Yoga (LVCY) and the Eden Energy Medicine model of Donna Eden. Class limit: 40

*Instructor: Claudia Ellano-Ota.*

## Friday

### EMPOWERING INDEPENDENT HEALTHCARE THROUGH CANNABIS

**Fridays, Oct. 6 - Nov. 17**  
**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 a plethora of medical conditions. With more ways to access cannabis and CBD products, it can be challenging to decipher information from online or dispensary budtenders with no medical experience. Some primary care providers are also unable or unwilling to properly educate. Come explore the Endocannabinoid system and how cannabis/CBD works in the body. As an RN who is also cannabis competent, I can offer access to reliable information and answer questions in order to safely navigate the cannabis space. I promote intelligent and informed decision making for personal healthcare journey and a better quality of life. Class limit: 90

*Instructor: Wendy Jones*



### STAINED GLASS WORKSHOP

**iFridays, Oct. 4 – Nov. 15**  
**2:30 - 4:30 p.m.**  
**CSULB, HS&D, room 105**

Learn secrets to design, build, and/or restore stained glass windows. This course will cover leaded and copper foil techniques that haven't changed for hundreds of years. You will complete projects to beautify your own home and/or give to friends as keepsakes. Some free materials will be available. A list of materials to purchase will be provided at the first class meeting. Class limit: 20

*Instructor: Stephen Newcomb*

### SHORT STORY DISCUSSION GROUP

**Fridays, Oct. 6 - Nov 17**  
**1:00 - 3:00 p.m. Zoom**

This session we continue reading prize-winning short stories from the 2022 edition of *The Best American Short Stories*. Each week we will read a short story and discuss what makes the story unique: themes, techniques, characters, atmosphere, etc. All class members participate, contributing multiple views of the same story. The results are stimulating, entertaining and sometimes surprising. The anthology is: *The Best American Short Stories 2022*, Andrew Sean Greer, Ed., with Heidi Pitlor (Boston, New York: Mariner Books, HarperCollins, 2022). Please arrange access to this edition 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, Oct. 6 - Nov. 17**  
**2:30 – 4:30 p.m.**  
**CSULB, HS&D, room 101 & HyFlex**

The laughter continues with a few more 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. This session will feature a few dark comedies, crime and mystery comedies, a film Noir comedy, along with a couple of my favorite comedy dramas. This flex 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.

*Presenter: Karen Lucas*

## Saturday

### WATERCOLOR WORKSHOP- ADVANCED

**Saturdays, Oct. 7 - Nov. 18**  
**9:00 a.m. – 12:00 p.m.**  
**CSULB, DSN, room 111**

This workshop offers an opportunity to improve your watercolor painting focusing on fundamental elements such as colors, value patterns, perspectives, and composition. It is intended for students who have experience with watercolors. Bring your own materials and reference photos.

Mike 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*

### ABC'S OF MEDICARE

**Saturdays, Oct 7 - 21 (3 wks)**  
**9:00 – 10:30 a.m. Zoom**

An educational class highlighting the importance of knowing when you can sign up for Medicare in order to receive the most Medicare benefits and avoid late enrollment penalties. Learn how to change or amend an existing plan to better meet your needs. The three sessions will cover everything you need to know before you turn 65. What are the four parts of Medicare? Come to learn more.

Questions to consider: What monthly plan premium can I afford? Does the plan cover the services I need? Can I see the doctor I want? How to decipher medical bills? My goal is to educate you to understand the Medicare process **and you might win a raffle prize!** Class limit: 30

*Instructor: Diana Dillman,*  
*Medicare Options specialist, License #4189213*

## GOT HARMONY? INTRO TO BARBERSHOP SINGING

**Saturday, October 7**  
**10:00 a.m. – 12:00 p.m.**  
**CSULB, HS&D, rm 101**

Come to learn about the origins of Barbershop/Sweet Adelines harmony singing and why this exciting hobby has spread from the USA to countries all over the world. Don't read music? No problem! If you like meeting people and always wanted to sing, this introduction tells what we're all about! Come to this event to:

- Hear live examples of Barbershop & Sweet Adeline (male quartet & female quartet will sing) - See some video examples of Barbershop & Sweet Adeline Choruses - Learn differences between this type of singing and traditional choral groups - Learn how to get involved in local organizations

*Leaders: Lou Schroff, Director of Golden Sands Chorus / Sweet Adelines & Nancy Schwartz, Music Instructor for 40 years and Asst Director.*

## WHERE IN THE WORLD...

**Tuesday, Oct. 10**  
**8:00 - 10:00 a.m. Zoom**

Just how well is the U.S. performing in meeting the challenges that exist in 2023? Is there a way to "grade" ourselves? What if we compared our results to those of other countries? Let's look at such topics as: economy, taxes, environment, education, healthcare, climate change, immigration, military preparedness, safety, prosperity, personal happiness, et al.. The "Top 10" format provides a quick "snapshot" of how well the U.S. compares to other nations. Are we #1, #10 or ... not on the list? Let's find out!

*Doug Stowell is a consumer and political polling veteran in both U.S. and EU markets.*

## CPR AND AED AWARENESS

**Monday, November 13**  
**11:45 a.m. - 1:45 p.m.**  
**CSULB, HS&D, room 101**

With a half-million cardiac arrests each year, CPR (cardiopulmonary resuscitation) can help save a life if a person's breathing or heart stops. Why Is CPR Important? Keeping the blood flow active – even partially – extends the opportunity for a successful resuscitation once trained medical staff arrive on site.

Bill F. is donating time to teaching others how to save a life using CPR and AED. Bill is an RN and currently teaches EMT and Pharmacology at LBCC. He is an AHA CPR instructor and has taught many classes both for certification and for general knowledge such as this being offered for OLLI.

*Presented by Bill Fitzpatrick, RN*

**Also offered on Friday Nov 3**  
**2:00 - 4:00 p.m.**  
**Alpert Jewish Community Center**

# FREE!

## OPEN COMPUTER LAB Fridays 1:30 - 3:30

Try before you buy! If you are thinking of buying a new computer, changing operating systems, or just curious...come check out the demo computers in the OLLI Lab. (Windows 11, Mac iOS, Chrome OS /ChromeBooks and Linux) Or just come to talk technology with Wes Peck! If you have a special request (for phones or tablets) send an email with your questions to [olli@csulb.edu](mailto:olli@csulb.edu)



## WALK AND ROLL SAFELY: BIKE AND PEDESTRIAN SAFETY

**Tuesday, Oct 24**  
**3:00 - 4:30 p.m.**  
**CSULB, HS&D, room 101**

Will you be out walking with family this Halloween? The City's bike and pedestrian safety program, *Walk and Roll Long Beach*, invites you to learn about bike and pedestrian safety. Learn how to be a defensive and safe walker, checking your ABC's before riding, and other helpful tips for safe walking and riding around Long Beach. All participants will take home some bike and pedestrian safety gear to stay visible and safe. If you have any questions email [walkandrolllongbeach@longbeach.gov](mailto:walkandrolllongbeach@longbeach.gov).

*Presented by Kaelin Peterson, Health educator*



## Information Resource for Social Security / Medicare

Steve offers advice for Medicare questions/changes and updates to plans. Contact him at anytime.

Contact Steven Carr  
 562 233-1400  
[Zenisis@charter.net](mailto:Zenisis@charter.net)



## Patricia Woods 1944 - 2023

Patricia Woods, was born on April 11, 1944, in Reading, PA, United States. She attended the Academy of Fine Arts, Philadelphia, mastering still life, portraiture, and many other scenes from the natural world. Patricia (Tricia) was also an award winning, lifetime educator, teaching



Kindergarten for over 40 years. She also taught drawing and computer art at OLLI and saw it as a great learning and teaching experience. Her great, great grandfather, Christian Ott, immigrated from Bavaria in 1840 and has a school named after him in Independence, Missouri. It's still there, he was an advocate for education and obviously did something to impress Tricia.

Tricia touched many lives, pouring her heart and soul into her students' impressionable young lives. She went the extra mile without cutting any corners, capturing their minds and imagination, by reading stories, singing songs, and painting lots of colorful pictures. Tricia and Ian, a native of Lancaster, England, lived in Long Beach and were married for 36 years. They traveled and visited his home more



than 20 times, while on summer and Christmas vacations. Tricia was always thinking of another way to teach classes at OLLI, working on a new course in her final days in June. Her smiles and infectious laugh will be missed.

## Judge Donald Friedman

June 29, 1936 - April 6, 2023



Donald was a graduate of Midwood HS, Brooklyn College and Brooklyn Law School. A lifelong Democrat, Donald was nominated for Federal Judge by Richard Nixon and appointed in 1975. He moved to Long Beach and was an

## John Sears Patrick Halligan

November 11, 1929 - May 31, 2023

John was born on November 11, 1929 in Massachusetts but grew up in New York and served in the Army during the Korean War. When he returned, he began his lifelong career as a police officer with the NYPD and eventually moved to the Los Angeles area and joined the LAPD.

After his wife passed in 2015, John became a regular member of OLLI, taking as many as 10 or 12 classes in a session. He had a regular seat in the back of the classroom, and we knew by the end of a class that John had been there. During the pandemic, he regularly attended as many classes as possible via ZOOM. He was always a welcome face with a timely quip.

John was a people person who loved to talk to anyone and make new friends. Early in the pandemic



he began to submit humorous additions to the weekly OLLI email messages. Many of us scrolled to the bottom of the message first to see what pearls of wit and wisdom John had contributed.

Anyone who knew John knew how social he was — a people person, always stopping to talk whether he knew them or not! He was always the life of the party; also a devout lifelong

Catholic who had a great faith in God. John represented the spirit of OLLI — a passion for lifelong learning and a joy for living. He is missed.

Administrative Law Judge for the SSA Bureau of Hearings and Appeals. He was a patron of the Arts and lover of good food. Donald was a booster of all CSULB Sports and a Volunteer for Senior University (OLLI) He was the Education committee leader and arranged classes for OLLI for many years. Somewhere in Heaven Don is watching a CSULB Women's Volleyball game yelling "Go Beach"!

## OLLI Community Sites

### **Alpert Jewish Community Center**

3801 East Willow St.  
Long Beach  
(562) 426-7601

[Visit the JCC website](#)

### **St. Isidore Historical Plaza**

10961 Reagan St., Los Alamitos, CA 90720  
562-596-9918

[Visit the St. Isidore website](#)

### **Houghton Park**

6301 Myrtle Ave.  
Long Beach  
(562) 570-1640

<https://www.longbeach.gov/park/park-and-facilities/directory/houghton-park/>

### **Long Beach Bridge Center**

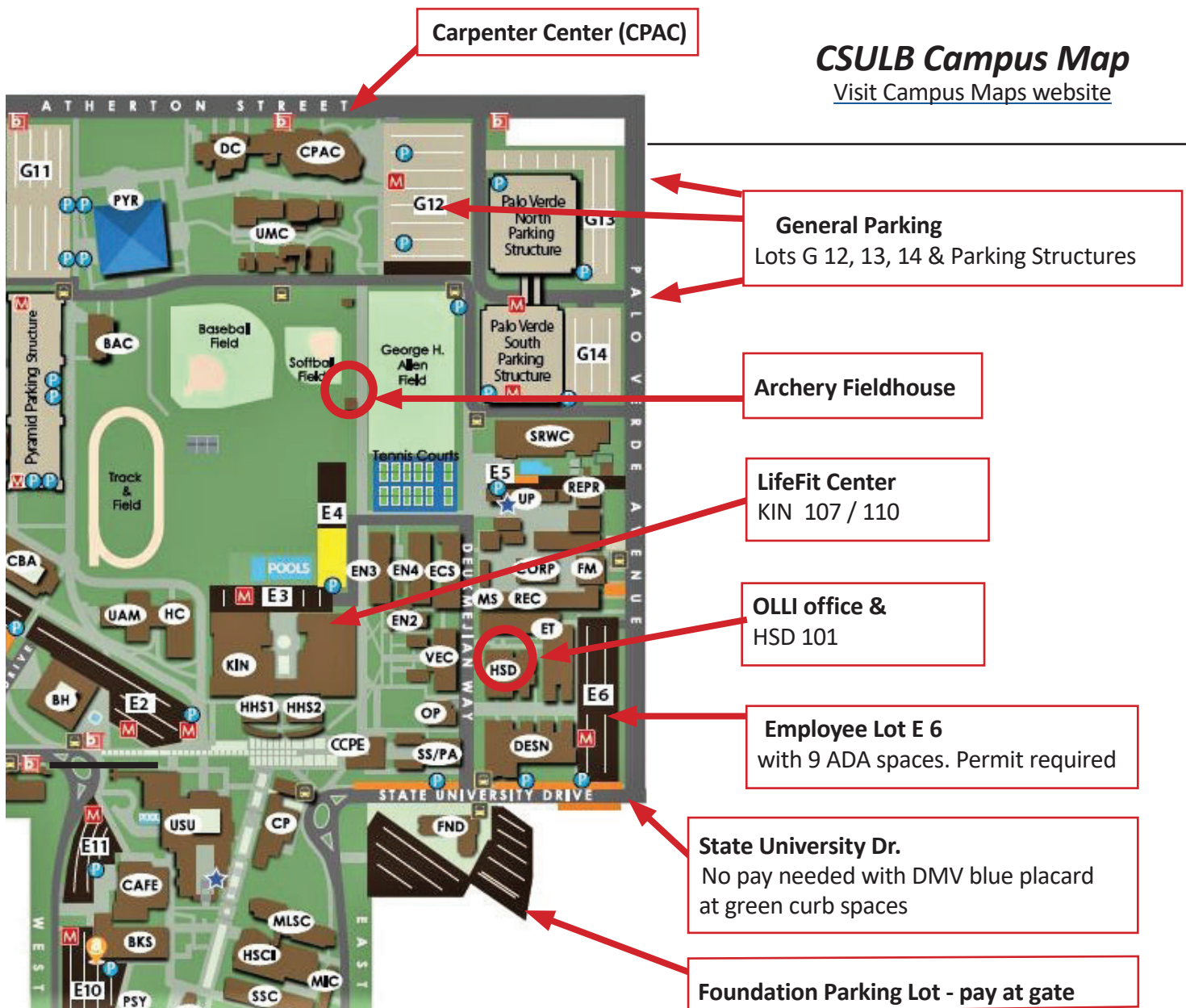
4782 Pacific Coast Hwy. Long Beach  
562.498.8113

[Visit Long Beach Bridge Center](#)

### **Whaley Park Community Center**

5620 E Atherton St.  
Long Beach, CA 90815

<https://longbeach.gov/park/park-and-facilities/directory/whaley-park/>



OLLI @ CSULB is located on the sacred site of Puvungna (Pronounced: POO-VUN-GAH) village. We acknowledge that we are on the land of the Tongva/ Gabrieleno (Pronounced: TON-VAH/ GABRIEL-EN-YO) and the Acjachemen/Juaneno (Pronounced: AH-HACHAH- MEN/JUAN-EN-YO) Nations who have lived and continue to live here.

We recognize these Nations and their spiritual connection as the first stewards and the traditional caretakers of this land. We thank them for their strength and perseverance, and for letting us meet on this land.

If you would like more information on the Native American history in our southern California region, visit the CSULB website <https://www.csulb.edu/puvungna>



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



Visit the OLLI Website

## 2023-2024 OLLI CLASS SESSIONS

Fall	October 2 - November 18, 2023
Winter	January 3 - February 27, 2024
Spring	April 2 - May 25, 2024
Summer	July 8 - August 26, 2024

### ***HOLIDAYS No OLLI Classes, Campus & Office Closed***

Labor Day	September 4, 2023
Veterans Day	November 10, 2023
Thanksgiving Break	November 23-25, 2023
Winter Break	December 23 - Jan. 1, 2024

[www.csulb.edu](http://www.csulb.edu) 562.985.2398