



Serving persons 50 or older

Osher Lifelong Learning Institute @ CSULB



Spring 2023 April 3 - May 26

Classes

MONDAYS, April 3 - May 22		
8:30	Z	Stand Tall, Stand Strong Day 1
8:30	Z	iPhone - Beyond Basics
9:30	IP	Bridge 1 - New or Review LBBC
10:00	Z	The Recorder Consort Park
11:45	IP	History of Women in Visual Art
11:30	IP	Yoga with Barbara LFC
11:45	IP	Advancing Ukulele Skills Park
1:00	IP	Ultimate Journal Making SIHP
1:00	Z	Bluegrass Guitar/Mandolin Wkshop
2:00	IP	Movie Classics from the Past
2:00	Z	Evolution of our Solar System

TUESDAYS, April 4 - May 23		
8:30	Z	What's New in iOS 16 3 wks
8:30	Z	Google Docs 4 wks
9:00	IP	Longevity Stick LFC
9:00	Z	Mindful Movement 4 wks
9:45	H	Geopolitics Update 2023
10:00	IP	Play it Again Jam Park
10:00	IP	Drawing for Everyone JCC
11:30	IP	Investing for Women
12:00	Z	Spanish Story Time
12:30	IP	SPECIAL ACTIVITY w/ students
1:15	H	Rise/Fall of US Political Parties
1:30	Z	Password Security 3 wks
1:30	Z	Hack the Hackers 4 wks
3:30	H	Windows Skills: Beg & Int
2:00	Z	Get Organized A-Z
3:30	IP	Write, Edit, Rewrite Publish SIHP

WEDNESDAYS, April 5 - May 24		
8:30	Z	Stand Tall, Stand Strong Day 2
10:00	IP	Stained Glass making
10:00	IP	Intro to the iPad
10:00	Z	Foundations of Investing
10:00	IP	Timeless Fashion SIHP
10:00	IP	Talking Story HOP
10:15	IP	Coin Collecting
11:30	IP	Acoustic Guitar 2 Park
11:45	IP	iPad - Photos and Apps
12:00	IP	Lunch and Learn! free
12:00	Z	European Painting & Sculpture
1:30	Z	Guided Autobiography 5 wks
1:30	IP	iPad - Travel with Devices
1:45	IP	Cyber Crime Case Studies
3:30	IP	Ethics in America
6:00 pm	IP	Play Board Games ADV JCC



**Registration Starts
Monday, March 13, 9 am**

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

Learn More ~ Age Less

THURSDAYS, April 6 - May 25		
8:30	IP	Yoga with Jean Marie LFC
9:00	Z	Talking Story
9:30	Z	Memoir Writing: Novel Approach
10:00	Z	The War in the Skies
10:00	H	Shoot/Edit Videos - tech
10:15	IP	Too Much Stuff
10:30	Z	Practicing Flexibility
11:00	Z	Writing for Wellness
12:00	IP	Current Events and Issues
1:00	H	Apps and Social Media -tech
1:30	Z	Ancient Ireland 5 wks
1:00	IP	Music Theory 101... SIHP
2:00	IP	Movie Matinee: Women & Film
2:00	IP	Needlework Cafe JCC
3:00	IP	Catch the Spirit Chorus SIHP
3:00	Z	Poems of ee cummings &....
6:30 pm	IP	Make informed Medical

Check the class listings or the OLLI website for exact class times and dates.

Technology Classes

MONDAYS, April 3 - May 22		
8:30	Z	iPhone: Beyond Basics iOS

TUESDAYS, April 4 - May 23		
8:30	Z	What's New in iOS 16 3 wks iOS
8:30	Z	Google Docs 4 wks ALL
1:30	Z	Password Security 3 wks ALL
1:30	Z	Hack the Hackers 5 wks ALL
3:30	H	Windows Skills - Beg & Int PC

WEDNESDAYS, April 5 - May 24		
10:00	IP	Introduction to iPad iOS
11:45	IP	iPad - Photos and Apps iOS
1:30	IP	iPad - Travel with Devices iOS

THURSDAYS, April 6 - May 25		
10:00	H	Shoot & Edit Videos All
1:00	H	Apps and Social Media All

FRIDAYS, April 7 - May 26		
1:30	IP	OPEN TECH LAB - FREE All

FRIDAYS, April 7 - May 26		
8:45	IP	Writers Read Aloud Group
10:30	IP	Plants Around Us (3 wks)
10:30	Z	Jewelry Making
11:30	IP	Bluegrass Music JAM SIHP
12:00	Z	European Painting & Sculpture
12:30	Z	Yoga on a Chair
1:00	Z	Short Story Discussion Group
2:30	H	Comedy Capers: Films

SATURDAYS, April 8 - May 27		
9:00	IP	Watercolor Workshop - Adv

The Osher Lifelong Learning Institute

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

Spring Registration starts

Monday, March 13
ONLINE AT 9 AM



OLLI support line: 562 985 2398

Online Registration can be easy!!

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

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

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

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

A link to a Zoom class will be emailed to you a few days before the class starts. The Membership fee of \$20 is due now if you didn't pay before. It must be paid before you can register for any classes.

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



Join the LifeFit Center @CSULB

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

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

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

SPRING SPECIAL EVENTS - FREE

Wed., April 19 2:00 - 4:00 Zoom	Mindful Conversation: A Practice for Life by Peter Gibb
Fri., April 28 10:30 - 11:30 CSULB, HSD 101	RISK! Accident Prone or just Lucky? by Howard Manning
Tues., May 16 3:00 - 4:30 Zoom	Pelleas & Melisande! Opera by Larry Verdugo A mystery story of two lovers....
Wed., in April 12:00 - 1:30	FREE Lunch and Learn Hear life stories and successes from college Alumni
Tues. & Thurs. April 6 start 12:30 - 1:45	Volunteers Needed to Play and Learn Sign up for this free collaboration with CSULB students
Call or Email at any time 562 233-1400	SS and Medicare Resource Help by Steve Carr

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

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

