



2023 Spring News and Class Schedule

Class Registration Starts March 13 at 9 a.m.

Something New For You!

Mondays

History of Women in Visual Arts
11:45 a.m. — 1:45 p.m.
with Fred Trof, in person

Ultimate Journal Making Challenge
1:00 — 3:00 p.m.
Sheryl Haglund, in person

Tuesday

The Rise, Fall and Evolution of
American Political Parties
1:15 — 2:45 p.m.
with Naida Tushnet, HYFLEX

Wednesdays

Coin Collecting
10:15 — 11:45 a.m.
with Dave Russo, in person

Thursdays

Éirinn Ársa (Or Ancient Ireland)
1:30 — 3:30 p.m.
with Garland Holt, on Zoom

Women and Film
2:00 — 5:00 p.m.
with Allan Goldstein, in person

Europe: 1939-1945

The War In The Skies

By 1939, when World War II began in Europe, the battlefield – two dimensional for millennia – had been permanently altered by the arrival of high-performance aircraft. Buck Beasom's **The War in The Skies: Europe: 1939-1945** class covers the planes, the technology and the epic air battles that made the war unlike any that had gone before. Waging war is essentially a matter of delivery – of troops, weapons, projectiles and supplies. Aviation changed every aspect of these tasks.



Buck Beasom

Close air support, the direct use of airplanes to increase the effectiveness of ground forces, was decisive from the earliest engagements of the war. But aviation also expanded the battlefield to the air itself and to any civilian population within range. As such, war was transformed from a clash between armies on a battlefield to a conflict between populations and economies, often hundreds of miles apart.

Each of the three main players in the Air War in Europe enjoyed its “finest hour.” The Wehrmacht’s spectacular run of success, Blitzkrieg, rested heavily on the Luftwaffe’s mastery of the skies. German victories only stopped when Britain’s RAF rose to defeat the Luftwaffe in the Battle of Britain. The tide of the war turned when American air power, projected by four air forces and fueled by American industrial might, won control of the skies. But the road to victory was long and hard. The 8th Air Force alone suffered more combat deaths than the entire US Marine Corps. The War in the Skies follows the innovations, technology, triumphs, blunders, men and machines that met in the air, changed the face of combat and ushered in the modern world.

Buck holds a BS degree in Management Science from the State University of New York, Geneseo, with majors in History and Economics as well, and an MBA from Rochester Institute of Technology (RIT). He has taught at RIT and many OLLI classes in Florida and Montana.

→ See description page 25

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

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

THE GOVERNING COUNCIL

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

Members-at-Large represent the general membership at GC meetings. Governing Council Meetings are open to all OLLI members. Contact the office 562-985-8237 for dates.

THE SUN Volume 28 , Issue 3

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

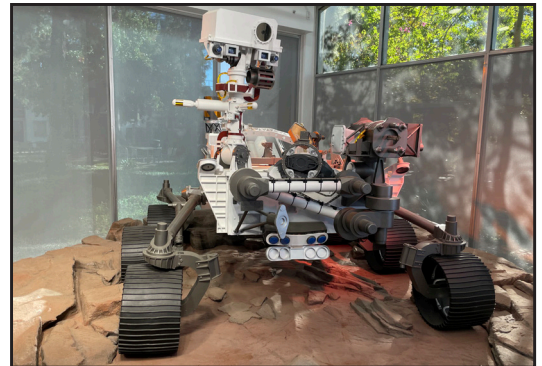
Report From The Road: Jet Propulsion Lab (JPL)

by Barry Bosscher

On December 13, 2022, 28 OLLI members and friends boarded a bus in Long Beach for a trip to the Jet Propulsion Lab (JPL) in Pasadena. JPL is NASA's lead center for robotic exploration of our solar system. From Explorer and Voyager to the Mars land rovers, the majority of unmanned spacecraft and robots sent into space were designed and built here. Our two hour tour was led by Brian, a personable and knowledgeable guide from Cal Tech. He talked about the history of JPL, its accomplishments, and current and future missions. On our tour we were able to sit in the Space Flight Operations control room and see the Spacecraft Assembly Facility.

After the tour we were taken to Old Town Pasadena for lunch and browsing the numerous shops and stores. The bus trips to and from Pasadena were entertaining as Jenny, our trip leader from Good Times Travel, played a couple of videos related to the missions of JPL.

If you've never joined us on an OLLI trip, consider it, as it is a great opportunity to visit interesting places, as well as an opportunity to get to know other OLLI members.



The President's Corner: A New Working Group

There is a new working group in OLLI at CSULB. It is called the Development Working Group. The mission of this group is to plan and implement fundraising activities to augment OLLI income and insure our financial stability. The group will coordinate with the OLLI Executive Director and the CHHS Development Director to insure that all fundraising activities are conducted in accordance with acceptable university policies.



Glenn Libby, MD

The members of this new group are Patti LaPlace, Renee Simon, Dick Lunde, Patrick McDonough, Jan Stein and, yours truly, Glenn Libby. The members are talented and complement each other in many ways.

- **Patti LaPlace** is our OLLI executive director and is an instructor at CSULB.
- **Renee Simon** is a longtime member of OLLI and active in many civic matters in Long Beach.

- **Dick Lunde** is an instructor in Geopolitics at OLLI and an experienced businessman and investor.
- **Patrick McDonough** is a professor emeritus at CSULB and has taught numerous classes for OLLI. He also has extensive experience in fundraising for colleges.
- **Jan Stein** is a very recent addition to this committee. He has lived in the nonprofit world for all of his professional career.

All recommendations and donations are welcome and encouraged.

The group has met twice and has laid out an excellent path forward for Legacy Gift giving. All recommendations and donations are welcome and encouraged. Look for the article titled "Creating a Legacy Gift for OLLI" in this edition of the SUN for more information.

- Glenn Libby, M.D.

From The Executive Director: Be An OLLI Broadcaster!



Patti LaPlace

Lifelong learning, as we know, has many benefits. A recent study by AARP found that "55% of Americans age 45 and older driven to seek personal growth are actively learning new things." As mentioned in this study, "exploring the detailed

complexities of history, learning to play a musical instrument, attempting to keep pace with technology breakthroughs...these passion projects and individual interests are just a few of the pursuits lifelong learners take to stay mentally sharp and intellectually stimulated as we age."

Okay, I know I am preaching to the choir; however, as we enter this new year, it is also a time to reinvent ourselves which certainly relates to lifelong learning. Being a member of OLLI provides us with many learning opportunities and other meaningful benefits. For those of us who set New Year's resolutions, joining OLLI can be a new resolution! OLLI connects us to a lifelong learning community, promotes friendships, keep us active and cognitively healthy. We also know that OLLI was a "lifeline" for many of our members during the height of

the pandemic. This lifeline is more important even now as we enter this new normal post-pandemic time and learn to reconnect with others.

OLLI connects us to a lifelong learning community

Let's celebrate our new year by being "OLLI Broadcasters." Broadcast to our neighbors, friends and families about the greatness of OLLI. Our Governing Council is also exploring ways to reach out to our underserved older adult communities by promoting our current Community Sites in addition to researching new sites in other locations in Long Beach and surrounding communities. (See article on Community Sites on pages 8, 9 and 10.) Our Community Sites are excellent candidates to become "OLLI Broadcasters." Offering classes and events at various locations in our community provides publicity opportunities to broadcast OLLI!

We can all embrace this time by "broadcasting" our wonderful OLLI program as a great New Year's resolution!

- Patti LaPlace

Advancing Ukulele Skills *by Tom Hood*

If you have a hankering to return to music and play your Ukulele or wish to continue working on your ability, this fun class, **Advancing Ukulele Skills**, is a perfect way to attain it. Led by Nancy Intriere and assisted by Carol Baker, the class reviews basic skills, more advanced chords, then moves on to learn new material and play sing-along favorites.

Nancy has had an interesting educational and career path. Growing up in Illinois she went East to Emerson College in Boston to major in acting. She then went to the University of Wisconsin to major in Speech Pathology before briefly working in that field. Next, she attended the University of California, San Diego to take preparatory classes for entry into dental school. Upon completion of courses at UCSD, Nancy attended and earned a degree from the Harvard School of Dentistry to become an oral surgeon, and worked in that capacity for many years in New York City.

When Nancy retired, she felt a need to do something artistic and musical to lend purpose to her leisure time. One day, she spotted a sign in the window of the Belmont

Music Studio on Second Street. She signed up for Ukulele lessons and with very little musical knowledge fell in love with the four-string instrument. It brings her great joy to play and helps with her concentration and hand flexibility.

I sat in on this class in January and came away with great appreciation for Nancy's kind leadership, patience, and instructive skills. Nancy and Carol both feel their class is one happy, Ukulele family, creating camaraderie by playing and singing some of their favorite oldies each week.

→ See description page 18



Nancy Intriere

New Class: European Painting and Sculpting *by Tom Lockhart*

Painting and sculpting, two of the "major arts," have been pillars of the art world all the way back to the beginning of civilization. **Dr. Edgar Moran's class on European Painting and Sculpture from Beginnings to Modern Times** reviews and analyzes that history in the context of artistic values and appreciation.

The class studies the major historical art periods such as Prehistory, Ancient, Medieval, Renaissance, Pre-Modern and Contemporary. It delves into art as reflecting an understanding of the world condition and the societies that produced it. Cultural revolutions, financial catastrophes, and religious upheavals are all reflected in the art of the time. Witness the profound historical significance of Picasso's haunting "Guernica," as it depicts the suffering of a small Spanish town as a portent to the violence of man's ultimate inhumanity to man, World War II.

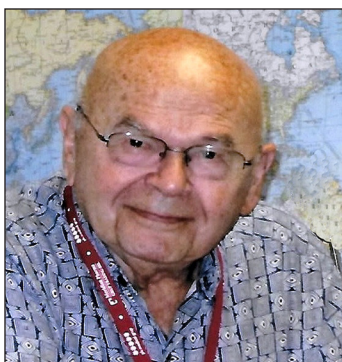
Art can be and often is a look into the life styles, turmoil, anxieties and hopes of the corresponding civilization. It is often a loyal and effective reminder of

the associated time period and the attendant moral values, an opportunity to draw parallels and connections from the past to the present. A painting or a sculpture can be regarded like a book as it unfolds chapter after chapter, defining the age and the state of mind in which it was created.

Studying art history gives the observer an opportunity to develop critical analytical and evaluation skills, combining both the analysis and an appreciation of the work itself. Perhaps a student will figure out what "Mona Lisa" or "The Thinker" were thinking about.

Dr. Moran is Emeritus Professor of Medicine at the University of California, Irvine. He graduated from the National College "St. Sava" in Bucharest, Romania and received his medical degree (M.D.) from the University of Bucharest, and studied the arts and art history extensively in high school with eminent teachers, then traveled throughout Europe, Asia, and the Americas, visiting many museums and art collections.

→ See description pages 23 & 28



Dr. Edgar Moran

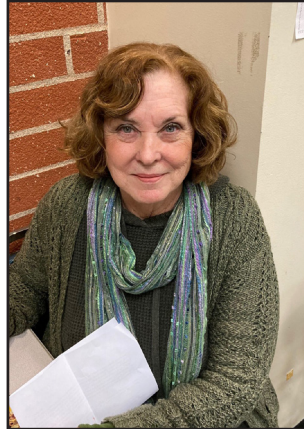
Visit us on the web

www.csulb.edu/olli

Chuckles And A Good Guffaw: Comedy Capers *by Tom Hood*

If they say that laughter is the best medicine. If you are a believer like me, you'll find that this class will deliver its share of chuckles and sometimes a good guffaw or two. **"Comedy Capers,"** taught by Karen Lucas, will take you on a comedic cinematic journey into the modern era by showing some films you may not have caught when they were first released.

Karen is a true native. Born and raised in the greater Los Angeles Metro area, she completed her education at Cal State Northridge with a Bachelor of Fine Arts. Two important events shaped Karen's love of film. As a child, she accompanied an aunt to see "Around the World in Eighty Days," and then on a later trip to Radio City Music Hall saw another comedy film and fell in love with the genre. Over the years Karen, a humorous person, has enjoyed "Seinfeld," films by Mel Brooks, Chevy Chase, Steve Martin, Tom Hanks and many more fine craftsmen of comedy.



Karen Lucas

Karen has published a children's book titled: "Santa's Magical Key: No Chimney? No Problem!" and has developed interests and expertise as a championship baker, being a part of a storytelling group, maintaining a Monarch butterfly garden in her yard and, foremost, a dedicated nature lover.

This class promises to span the breadth of the genre: screwball comedy, comedy drama, black comedy, romantic comedy, adventure comedy, horror comedy, sex comedy, Western comedy and comedy thrillers, a surefire treat for anyone and everyone.

→ See description page 29

**We really enjoy OLLI
classes that show old movies that
we missed back in the day.
– Phil & Lois Wachovsky**

Creating a Legacy Gift for OLLI *by Glenn Libby, M.D.*

How much do you value the opportunity for lifelong learning and the social connection to your OLLI community? As part of the CSULB OLLI family, we know that you recognize how this program has enriched your life as well as provided important social connections. We are aware of how OLLI contributes to improving the life of older adults. We also know the important role lifelong learning plays in our physical, cognitive, emotional, social and spiritual health.

We know that CSULB OLLI needs your financial support to continue to do the very things we love about this program. As a non-profit organization, financial stability is crucial to ensure that your OLLI can continue to serve the older adults in our community. One important avenue to maintain this journey is Legacy Gift Giving.

OLLI is partnering with the College of Health and Human Services Development Office as well as the

University's Legacy Giving program to implement this important process. OLLI is launching the Legacy Gift campaign this Spring. Legacy giving will greatly contribute to the long-term success of OLLI for many years to come. There are many options for your legacy gift giving. All of these options can be discussed with the OLLI representative at your convenience.

For more information on Legacy Gift Giving for OLLI at CSULB please contact the office of:

Sireth Torres
Director Legacy Planning
Legacy Planning Office
562-985-6460
Sireth.torres@csulb.edu

New Classes In The Computer Lab This Spring

The Password Present And Password-less Near Future

Today we need passwords to keep our information

safe online, but using, creating and storing them is often inconvenient and just plain hard. And we often end up having so many passwords that we create long lists or even little books of them, which aren't secure either. However, there are easy ways to handle these passwords and keep them from being stolen. In his three-week class,

GetAhandleOnYurpassWrds!, Chris Wisniewski will show you how to come up with good and easy ways to remember passwords and safe ways to store them. He'll also cover how to set up and use password managers. And lastly, he will tell you about the exciting new way to prove you're "you" by using your fingerprint, face, voice or even a physical security key instead of a password. This new way is beginning to be adopted not only by Apple, but also by Google and Microsoft, who will also start to



Kathy Winkenwerder

roll out changes to their operating systems. Goodbye passwords. We won't miss you.

A Four-Week Tour Of Google Docs

Is your copy of Microsoft Word too old to upgrade, but you still want to use a word processing application to create documents? Your choices are to pay Microsoft a lump sum to use the software for a few years on your computer or pay the company a smaller amount every month for the Web version. But there's another option, and that's to use the free word processor, Google Docs. It's web-based, which means you can get to your documents using any computer, smartphone or tablet that can connect to the Internet. It can read Word documents and it comes with cloud storage. You can even share your documents and collaborate with others in real time with anyone who has a web connection. And if you want to use it on a tablet or smartphone, it's easy to download a free app from the App Store or Google Play. Google Docs is a good choice if you just need to create good, solid word processing documents. I'll be teaching this class.

Three Classes About Your iPad By Mariann Klinger

When Marilyn Gettys looks over a student's shoulder, they appreciate it. That's how she makes sure her students can turn the lesson into action. "It's good to be shown how to do it, but then you must also do it yourself," she said.

Marilyn teaches iPad prowess to anyone who wants to learn more about working with their tablets. "People don't know what they don't know" about working with their devices, she said. Most people do certain things with their iPad. That's okay, she said, but in class, she'll uncover the unknown for her students and make it accessible.

This Spring she offers a trio of classes, which is generally what she likes to do. First, a student may take a basic introduction class for beginners or an applications only class. Then, students who have taken the basic class, or even graduated to advanced use of the iPad, can delve into her travel or photo classes.

The travel and photo classes become more social, she said. The travel class focuses on traveling research — like setting up a vacation. Students get the how-to for traveling by car, or going on a cruise. They'll learn about the details, like insurance, she added.

And the photo class isn't just about taking photos. "Everyone takes photos," she said. In an eight-week class,



Marilyn Gettys

she shows how to organize and edit photos, create a slide show, build a collage or arrange an album. Students learn about all the accessories, right through to displaying the photos on television.

Marilyn says students may add only about one-third of what she shares with them to their repertoire, so they tend to come back to refresh their knowledge and socialize. "Many students take all the classes and then return for more. . . one student this session who took the class five years ago," she added.

While students pick up new knowledge, Marilyn teaches for the love of it. She is a veteran CSULB teacher with 25 years experience in industrial arts and photography. "I love teaching," she added.

She said she got into the iPad when she was helping her sister at the office and in between was using her iPad. Next thing she knew, she was invited to teach others to use their tablets. She's been offering the iPad classes back-to-back on Wednesdays for the past eight years.

→ See class descriptions pages 22 & 23

Meet The OLLI Technology Working Group By Renee Simon

Co-Chair, Kathy Winkenwerder: **Technology Education Class Offerings**

Did you know that computer/technology classes are the longest ongoing program that OLLI offers? Have you ever thought about who creates and organizes the OLLI Tech classes that we relish? Read on for the “inside” story about the Technology Working Group, co-chaired by Kathy Winkenwerder and Wesley Peck.

Kathy is the up-front team member; her challenge: pulling together the folks who decide what tech classes to offer each eight-week session, when to schedule them, and who will teach them including her.

Kathy has been a part of this working group for 15 years. In the early days not many OLLI members even had personal computers, but many had a budding interest in them. They eagerly signed up for a few introductory classes such as Computer 101 and Microsoft Windows at that time. Today most classes are far beyond the basics with such offerings as Pages for the Mac, iPad/iPhone, or shoot and edit video classes. In fact, any computer skill enough students have a yen to learn or perfect has a good chance of being among the offerings. Kathy’s job is also to help find knowledgeable instructors and available time slots for the classes they want to teach. Classes are offered both in the computer lab and online (Zoom).

Of course, Kathy had her own learning days. The jobs she found following her MS in Journalism from the University of Oregon required communication skills and eventually led to desktop publishing. She was a natural to try her hand at OLLI’s computer lab.

Any others who would like to consider joining her and the other instructors teaching a technology class, be sure to let her know.



Technology Volunteer Openings

Class Instructors

Computer assistants

Zoom class co-hosting

HyFlex class assistants

*Volunteer jobs vary in time commitment,
skills needed and frequency.*

Co-Chair, Wesley Peck: **Managing the Computer Lab**

Wesley Peck marshals a room full of OLLI computers and what’s even more important—he knows all about what is inside them.

Wesley is responsible for OLLI’s computer lab, for keeping a dozen plus of them running seamlessly and up to date, as well as all the assorted software needed by those in OLLI’s various computer classes. And he’s been doing that since, historically speaking, OLLI used to be known as Senior University.

Overriding my first conversation with Wes was his concern, he said, that “the computer won’t talk to the projector.” It didn’t trouble him for long however, since such issues crop up regularly among the mini-Macs and desktops he monitors. His expertise started with his CSULB degree in manufacturing engineering in 1970 — a field that teaches how things are made. This was at a time long before personal computers and when corporate computers often filled a whole room. As more of our students purchased computers for their own use, Wes helped OLLI add Apple Mac minis to the lab with software that allows a quick, easy transition between Windows and Apple programs on the same computer. Over time, Microsoft adopted Apple’s point and click technique so according to Wes, there’s not that much difference between them.

Wes also enjoys helping OLLI students with one-on-one problem solving whether their concern is working with the lab computers or with their personal computers at home. He is available on Fridays between 1:30 and 3:30 pm and you’ll find him in the computer room. It might be a good idea to let him know with a call (562-985-8237). Most people, he says, are pretty familiar with their personal computer but whatever your issue, Wes is ready to help you straighten it out.



Wesley Peck

Need Computer Help?

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

Our “Oldest” Community Site: St. Isidore Historical Plaza

By Joan Smith



Probably the most beautiful and certainly the most historic of our community sites is St. Isidore Historical Plaza in Los Alamitos. From its beginnings as a Catholic Church, St. Isidore has become an Historical site and a non-denominational and

integral part of the community.

Although no longer a functioning church, SIHP now hosts a variety of educational, cultural and classic community events, including a number of OLLI classes.

Classes are held in the Hall or a conference room, and range in subjects from music and art crafts to one focusing on leisure activities during the aging process. While at the site, students can use the opportunity to take a tour, enjoy the beautiful stained glass windows, or volunteer with such activities as food and clothing distribution, or a blood drive. Ample free parking is available in the lot accessed through the alley, in a public lot or on the nearby streets.



Photos by Catherine Paez

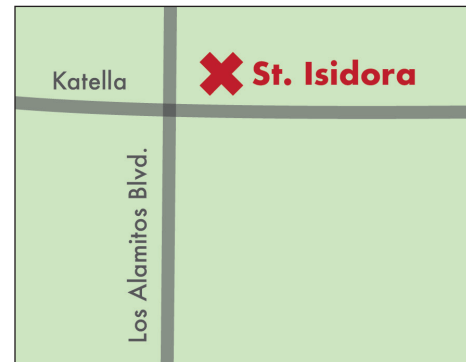


St. Isidore Historical Plaza

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

Classes are held in this historical community building located in Los Alamitos.

<https://stisidorehistoricalplaza.org/>



Spring Classes At St. Isidore

Ultimate Journal Making Challenge

1:00 — 3:00 p.m. Mondays
with Sheryl Haglund

Timeless Fashion

10:00 — 11:30 a.m. Wednesdays
with Kathy Marshall

Music Theory 101, Sport Of Music

1:00 — 2:30 p.m. Thursdays
with Kathy Price

Catch The Spirit Of Singing

3:00 — 4:30 p.m. Thursdays
with Kathy Price

Bluegrass Music JAM

11:30 a.m. — 1:00 p.m. Fridays
with Frank Swatek

Our Newest Community Site: Houghton Park *By Joan Smith*

OLLI's newest community site, scheduled for the spring session, is the historical Houghton Park in Long Beach. While the park currently offers a variety of classes focusing on recreational activities, there are no educational classes — until this spring.

A first OLLI class to be offered will be “Talking Story,” a class which provides an arena for students to share their stories and to bond. The class will be led by Carolyn Estrada.

A meet-and-greet session has been planned for March 9th in order to introduce area residents to OLLI. They will

learn about the upcoming class and have the opportunity to enroll.

Parking is available on-site in addition to street parking.

Photo by Catherine Paez



Spring Class At Houghton Park

Talking Story

10:00 — 11:30 p.m. Wednesdays
with Carolyn Estrada.

→ See class description page 23

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



Houghton Park
6301 Myrtle Ave.
Long Beach

(562) 570-1640

OLLI Community Site: Whaley Park Community Center

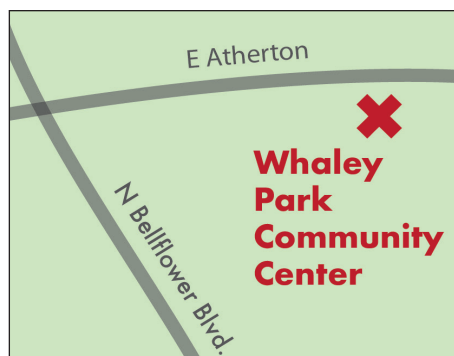
Whaley Park is located on the south side of Atherton St. in Long Beach, between Bellflower and Palo Verde. The park itself is hidden from view, and the entrance to the parking lot is at a traffic light.

Whaley Park has large parking lots located on either side of the park. Parking here is rarely an issue.



5620 E Atherton St.
Long Beach, CA 90815

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



Spring Classes At Whaley Park Community Center

Recorder Consort

10:00 — 11:30 a.m. Mondays
with Muriel Pendelton

Advancing UKULELE Skills

11:45 a.m.— 1:15 p.m. Mondays
with Nancy & Carol

Play It Again Jam

10:00 a.m. — 12:00 p.m. Tuesdays
with Carol Baker

Acoustic Guitar 2

11:30 a.m. — 1:00 p.m.
Wednesdays
with Brian Bradshaw



Photos by Catherine Paez

OLLI Community Site: Alpert Jewish Community Center

Beautiful modern facility with free parking lot on site. Located between Lakewood and Redondo Ave. Visitors check in at the front desk.

Spring Classes At JCC
Advanced Modern Board Games
6:00 — 8:30 p.m. Wednesdays
with Gary Page

Needlework Café
2:00 — 4:00 p.m. Thursdays
with Carolyn Sabol

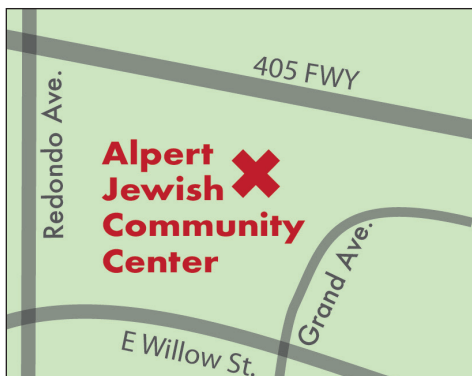
Make Informed Medical Decisions
6:30 — 8:00 p.m. Thursdays
with Constance Malaambo



Alpert Jewish Community Center
3801 East Willow St.
Long Beach
(562) 426-7601
<https://alpertjcc.org/about/>



Photos by Catherine Paez



OLLI Community Site: Long Beach Bridge Center

This Center is known as the friendliest bridge club. If you want to learn to play bridge or sharpen your bridge game this is the the place and the class for you. Join a fresh group of students of the game this Spring.

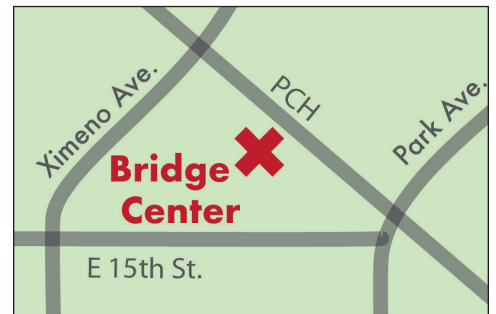


Photo by Catherine Paez

Spring Class At
Long Beach Bridge
Center

Bridge 1: Beginner Or Review
9:30 — 11:30 a.m. Mondays
with Hank Dunbar

Long Beach Bridge Center
4782 Pacific Coast Hwy. Long Beach
562.498.8113
<https://longbeachbridge.com/>



Helpline 562-985-2398

Office message line 562-985-8237

OLLI Farewells

Bonnie Elsten 1941 - 2022

Bonnie was born in Hyannis, MA, located on Cape Cod. She had a normal small-town childhood and was particularly impressed with her fourth grade teacher and



decided that she would like to be a teacher when she grew up.

Jim Elsten met Bonnie in the summer of 62, they dated through her senior year of HS and married in 1963, when she graduated. Jim wanted to go to college but schools on the East Coast were very expensive.

According to Air Force friends, it was much cheaper to get an education in sunny Southern California. Bonnie got an interview with the Long Beach Unified School District and was given a contract to teach in Long Beach. The couple drove across the U S in August and she started teaching in September 1963.

Bonnie had always thought that computers should play an important role in elementary education. She became the computer lab teacher at Muir elementary where she developed skill drills to help the students improve their usage of the computer. Bonnie taught for 42 years in the Long Beach District. When she retired she began teaching classes at OLLI; use your Mac, take care of pictures, and research genealogy using your computer.

Bonnie enjoyed being a teacher, and got real joy out of seeing that mental light come on when her students started to understand. Whether a kindergartner or senior citizen, it was pure joy to teach. She will be missed. Thanks to Jim Elsten for her story.

Kerry Martin

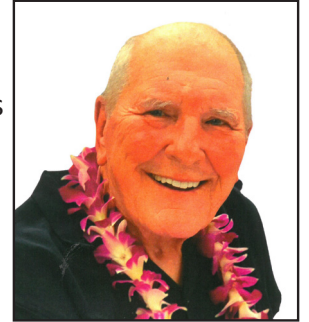
Kerry Queal Martin was born on January 11, 1942. Kerry was a long time OLLI member and dedicated part of the Recorder group. Kerry enjoyed reading as well as



surfing, swimming, playing the violin and tending to his garden. He loved nature, was a part of the restoration of the Colorado Lagoon, as well as a dedicated volunteer in the conservation of local preserves; his particular favorite, the El Dorado Park Nature Center. Kerry Martin passed away on October 3, 2022. He was a gentle man, a thinking man, and a stubborn man who loved trees, flowers, art, having a routine, and ice cream. We'll miss his smile and kind ways.

Larry Luckey 1945 - 2022

Larry L. Luckey was born on July 8, 1945 in Detroit Michigan and moved to Southern CA with his family at a young age. He grew up in West Los Angeles with his Mother, Anna and Father, George who ran a 13 stool cafe, "Luckey Cafe". They made the best hamburgers in the world. They lived behind the restaurant and after High School Luck attended Santa Monica City College and then on to California State University Long Beach where he earned a BA and an MBA. He worked as a commercial banker for most of his career and was the president of Pacific National Bank.



After being sick in 2015 Luck decided to reach out to old colleagues and friends; Luck always loved people. He started attending classes at OLLI and soon found another group of friends that he became close to and shared ideas and life-experiences. Some of Luck's favorite things in life were: Movies, George M. Cohan Music, Janice Joplin, Friends, Anything Family, Faith, Perry Mason Reruns, Football, Coca Cola, Popcorn and Peyton (His Dog). Luckey's greatest love and accomplishment was his family. He passed suddenly on December 12, 2022.

Sharing an example of OLLI around the world...

Dear Mona,

By way of introduction my name is John Clark and I am a good friend of one of your students, namely Larry "Luck" Luckey. Unbeknownst to you, and I hope you don't mind, I've been "auditing" your class from afar on the west coast of County Kerry on the quiet north side of the Dingle Peninsula of Ireland. My wife, Helena, and I have been living here for the past 17 years.

Luck (he and I worked together in the banking business for nearly four decades) has been sharing his reading assignments and we have been having our own after school discussions on each one.

I would like to thank you for the quality of your class reading material in the form of short stories and poems; and to also mention how much Luck is enjoying the class with exuberance on a subject I don't think he fully appreciated while earning a business degree in college; but thanks to you he certainly is now

Luck calls me on Skype every week—well, almost—and we spend most of our time talking about your class assignments. For us old-timers (I turned 80 this past September) it's a lovely way to spend part of a day.

Thank you very much and all the best, John

Thank You To Our Donors

WINTER 2023 DONORS

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

| | |
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| Stephen Biskar | Janet Lipson |
| Pam Blansfield | Larry Luckey (RIP) |
| Susan Bouris | Sylvia Manheim |
| Steven Carr | Marian Manocchio |
| Norma Chinchilla | Tammy & Dale Matsubara |
| Carol Clanton | - Thank You OLLI! We're new! |

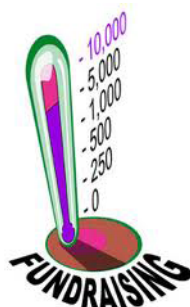
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SUCCESS FOR SUSTAINABILITY

Thanks to the generosity of OLLI members and other supporters, we are pleased to announce that the sustainability fundraising campaign has been successful. We have reached our **goal of \$30,000**, which will help ensure that OLLI can remain accessible, inclusive, and affordable for our members and the communities we serve.

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

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) non-profit status. Donations are tax deductible as allowed by current law.

VOLUNTEER AT OLLI

Volunteering creates a more vibrant learning community and connects you to other OLLI members. It's a great way to make new friends and is personally satisfying and rewarding. Currently we have more than 150 OLLI member volunteers. They are the creative source for all of our courses, special events, social activities, publications and classroom services.

OLLI working groups and Council members are always on the lookout for volunteers. These are a few of the positions currently open for volunteers:

- **Classroom Assistants and Zoom Hosts** - If you have technical skills, curiosity, and a willingness to learn, this is your opportunity to support our instructors in the classroom.

- **Instructors and Class Leaders** - Do you love to help others learn? Please share your interest, "passion" and expertise in areas such as: history, literature, travel, science, math, languages or technology. All topics are welcome.

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



BECOME A MEMBER

OLLI Membership

- Membership is open to adults 50 or older.
- Membership is now \$20 for anyone not paid
- Register for any class for a \$15 tuition fee
- Paid Membership is required to take any class.

New Membership and Online Account

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

Step 1: Visit the website

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

Step 2: Create your OLLI online account

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

Step 3: Purchase your OLLI membership

- Membership may be paid any time before registering for classes.
- Membership now is \$20. Click *Select*. Then *Continue*.
- Enter your email address to get a receipt
- Fill in credit card information.
- Click *Continue Checkout*.
- Review information.
- Click *Submit Payment*. Wait for processing!

Paper Still Accepted!

Step 1

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

Step 2

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

Step 3

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

RETURNING MEMBERS

Is Your Membership Current?

You have paid your \$40 before now?...

Step 1: Visit the website

- Go to OLLI website www.csulb.edu/olli
- Click the Register link on the web page
<https://reg135.imperisoft.com/csulbolli/Search/Registration.aspx>

Step 2: Login:

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

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

- Follow the directions to update a password

Step 3: Pay OLLI membership if you missed doing that

- Membership should be current.
- Semi annual Membership is \$20. 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 March 13

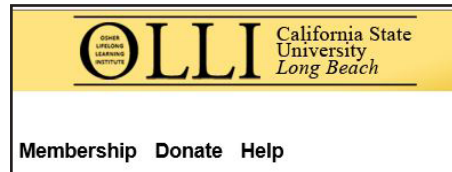
- Select Session - Spring 2022. Easiest Search for your class is by Day only
- To enroll, click *Register*.
- Return to Search, and repeat the process.
- When you are finished, click *Checkout*.
All classes are listed in the checkout window.

Step 5: Checkout

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

Congratulations! You are enrolled at OLLI!

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



ONLINE REGISTRATION SPRING 2023

SCHOLARSHIP POLICY

OLLI @ CSULB offers scholarships for those who need financial assistance to participate. Anyone who applies and is approved for a scholarship will be eligible for a membership and discounted class tuition *for the remainder of the membership year*.

Recipients pay a 10% co-pay (\$1.50) for each course taken. For further information, please call the OLLI office to request the Scholarship form. We must receive the Scholarship application prior to a member registering for classes for the first time.

OLLI POLICIES AND PROCEDURES

Class Limits - Enrollment in all classes *with limits* will be on a first-come, first-served basis. Wait lists will NOT be kept for FULL classes. Check *The SUN* or online for class limits. Zoom classes may NOT be audited.
NOTE: Please keep OLLI financially healthy by paying for all classes.

Instructors / Classes - Some classes have minimum enrollments. If enrollment is not met one week before the first class meeting, the class may be canceled by the Instructor. Students will be notified and refunds can be issued.

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

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

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



Registration starts

Monday, March 13

9:00 a.m. - ONLINE

Helpline 562-985-2398

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

Office line 562-985-8237

General questions, or to leave a message

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

ZOOM CLASSES

A confirmation letter for each class you have enrolled in will be **emailed to you 5 - 7 days before classes start**.

The Zoom link, if needed, will look something like this:

<https://csulb.zoom.us/j/11111111111x11x1>.

Check your SPAM mail for OLLI emails too.

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

Learn how to Zoom

Visit the **www.Zoom.US website** for training tips.

Get ready to Zoom

A few minutes before a class is due to start,

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

Then follow the directions below to Join a Meeting.

Join a class meeting

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

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

The same link will be used for all weeks.

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

ONLINE REGISTRATION

Helpline 562.985.2398

Name: _____ Date: _____

Address: _____ Email: _____

Home phone: _____ Cel phone: _____

| | |
|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| OLLI Membership | |
| Semi-Annual fee \$20.00 _____ | Class Tuition _____ x \$15.00 _____ |
| Donation \$ _____ Contributors will be acknowledged in publications. To remain anonymous check here. <input type="checkbox"/> | |
| Check # _____ | Checks payable to CSULB Foundation NO Cash Total \$ _____ |
| Heard about OLLI from _____ The SUN _____ Word of mouth _____ Social Media _____ Newspaper _____ Online _____ | |

Z = Zoom

IP = In Person

HyFlex = Zoom and in class

| TIME | CLASSES | | Comment | | |
|----------------------------------|------------------------------------------|------------------|--------------------------|-----------|-------------|
| MONDAYS, April 3 - May 22 | | | | | |
| 8:30-9:50 | Stand Tall, Stand Strong (Day 1) | L. Goldman | Exercise bands | Z | |
| 8:30-10:00 | iPhone: Beyond the Basics (iOS) | K. Winkenwerder | Tech - Int. iPhone | Z | |
| 9:30-11:30 | Bridge 1 - Beginner or Review | H. Dunbar | At LB Bridge Center /Fee | IP | |
| 10:00-11:30 | The Recorder Consort (not Beginner) | M. Pendleton | Whaley Park | IP | |
| 10:00-12:00 | Guided Autobiography | M Mesa | 5 wks | Z | |
| 11:45-1:45 | History of Women in Visual Arts | F. Trof | CSULB rm 101 | IP | |
| 11:30-12:30 | Yoga with Barbara | B. Bannerman | CSULB LifeFit Center | IP | |
| 11:45-1:15 | Advancing Ukulele Skills (not Beginner) | Intriene & Baker | Whaley Park | IP | |
| 1:00-3:00 | Ultimate Journal Making Challenge | S. Haglund | St. Isidore H. Plaza | IP | |
| 1:00-2:00 | Bluegrass Guitar Workshop | F. Swatek | All levels | Z | <i>free</i> |
| 2:30-3:30 | Bluegrass Mandolin Workshop | F. Swatek | All levels | Z | <i>free</i> |
| 2:00- 5:00 | Movie Classics from the Past | J. Hathcock | CSULB rm 101 | IP | |
| 2:00-3:30 | Origin and Evolution of our Solar System | M. Geier | NEW | Z | |

| | | | | | |
|-----------------------------------|---------------------------------------------------|-----------------|-----------------------------------|---------------|-------------|
| TUESDAYS, April 4 - May 23 | | | | | |
| 8:30-10:00 | What's New in iOS 16 | K. Winkenwerder | Tech - 3 wks 4/4 - 18 | Z | |
| 8:30-10:00 | Google Docs - Web | K. Winkenwerder | Tech - 4 wks 4/25 - 5/16 | Z | |
| 9:00-10:00 | Longevity Stick Art Movements | C. Taylor | CSULB LifeFit Center | IP | |
| 9:00-10:30 | Mindful Movement: Qigong and Stretching | N. Raynolds | 4 wks 4/11 - 5/2 | Z | |
| 9:45-11:15 | Geopolitics: Update 2023 | D. Lunde | CSULB rm 101 or Zoom | Hyflex | |
| 10:00-12:00 | Play it Again Jam | C. Baker | Whaley Park | IP | |
| 11:30-1:00 | Investing for Women | C. Carpenter | CSULB rm 101 | IP | |
| 1:15-2:45 | Rise & Fall: Evolution of Political Parties | N. Tushnet | CSULB rm 101 or Zoom | Hyflex | |
| 12:00-1:30 | Spanish Story Time | P. Kiwerski | New tales and talk | Z | |
| 12:30-1:45 | Play with a Purpose - Rec Studies Activity | C. Lee | 4 wks - Tues & Thurs | IP | <i>free</i> |
| 1:30-3:00 | GETAHANDLEONYURPASSWRDS! | C. Wisniewski | Tech - 3 wks 4/4-18 | Z | |
| 1:30-3:00 | Hack the Hackers: Avoid Being Tricked | C. Wisniewski | Tech - 5 wks 4/25-5/23 | Z | |
| 2:00-3:30 | Get Organized A-Z | S. Farley | Spring cleaning ideas | Z | |
| 3:30-5:00 | Windows Skills: BYO PC or Zoom in | C. Wisniewski | Tech- CSULB rm 101 or Zoom | Hyflex | |

WEDNESDAYS, April 5 - May 24

| | | | | | |
|-------------------|------------------------------------------------|----------------------|-----------------------------|-----------|-------------|
| 8:30-9:50 | Stand Tall, Stand Strong (Day 2) | L. Goldman | See Monday | Z | NC |
| 10:00-12:00 | Stained Glass Projects | S. Newcomb | NEW - CSULB rm 105 | IP | |
| 10:00-11:30 | iPad for Beginners | M. Gettys | Tech - CSULB Lab | IP | |
| 10:00-11:30 | Foundations of Investing | A. Dilsaver | Current topics | Z | |
| 10:00-11:30 | Timeless Fashion... | K. Marshall | St. Isidore H. Plaza 3 wk | IP | |
| 10:00-11:30 | Talking Story | C. Estrada | NEW - Houghton Park | IP | |
| 10:15-11:45 | Coin Collecting: Look what I found ... (4 wks) | Russo, Dave | NEW - CSULB rm 101 | IP | |
| 11:45-1:15 | iPad / iPhone and Photos | M. Gettys | Tech - CSULB Lab | IP | |
| 11:30-1:00 | Acoustic Guitar 2: Beyond Basics | B. Bradshaw | Whaley Park | IP | |
| 12:00-1:30 | Lunch and Learn - Talks and Webinars | Gero Students | NEW - CSULB rm 101 | IP | free |
| 12:00-2:00 | European Painting and Sculpture (Wed & Fri) | E. Moran | New - 6 wks 4/5 - 5/10 | Z | |
| 1:30-3:00 | iPad / iPhone for Travel | M. Gettys | Tech - CSULB Lab | IP | |
| 1:45-3:15 | Cyber Crime Case Studies | Babcock & Hodek | CSULB rm 101 3 wks | IP | |
| 3:30-5:00 | Ethics in America: Critical Thinking... | D. Else | CSULB rm 101 - 4 wks | IP | |
| 6:00-8:30 pm | Play Modern Board Games (Advanced) | G. Page | JCC - starts April 12 | IP | |

THURSDAYS, April 6 - May 25

| | | | | | |
|--------------|------------------------------------------|-----------------------|------------------------------|---------------|--|
| 8:30-9:45 | Yoga with Jean Marie | J. Van Dine | CSULB LifeFit Center | IP | |
| 9:00-10:30 | Talking Story | C. Estrada | New Stories | Z | |
| 9:30-11:00 | Memoir Writing: A Novel Approach | F. Fitzpatrick/Pam K. | Email needed | Z | |
| 10:00-11:30 | Shoot and Edit Videos - all devices | P. Gutierrez | Tech-CSULB Lab / Zoom | HyFlex | |
| 10:00-12:00 | The War in the Skies | B. Beasom | NEW - 4 wks | Z | |
| 10:15-11:45 | Too Much Stuff | T. Sievers | CSULB rm 101 6 wks | IP | |
| 10:30-11:50 | Practicing Flexibility | L. Goldman | All levels - Yoga based | Z | |
| 11:00-12:30 | Writing for Wellness | J. Smith | All Levels | Z | |
| 12:00-1:30 | Current /International Events and Issues | Team | CSULB rm 101 | Hyflex | |
| 1:00-2:30 | Apps & Social Media - all devices | P. Gutierrez | Tech -CSULB Lab / Zoom | HyFlex | |
| 1:00-2:30 | Music Theory 101 Sport of Music | K. Price | St. Isidore H Plaza | IP | |
| 1:30-3:30 | Eirinn Arsa (or Ancient Ireland) | G. Holt | NEW - 5 wks 4/6 - 5/4 | Z | |
| 2:00-5:00 | Women and Film | A. Goldstein | CSULB rm 101 | IP | |
| 2:00-4:00 | Needlework Cafe | C. Sabol | JCC - Starts April 13 | IP | |
| 3:00-4:00 | Poems of ee.cummings and W.B. Yeats | B. Natelson | Review and New poems | Z | |
| 3:00-4:30 | Catch the Spirit of Singing...Chorus | K. Price | St. Isidore H Plaza | IP | |
| 6:30-8:00 pm | Make Informed Medical Decisions | C. Malaambo | JCC - 3 wks 5/11- 25 | IP | |

FRIDAYS, April 7 - May 26

| | | | | | |
|--------------------|---------------------------------------------|---------------|-----------------------------|---------------|-------------|
| 8:45-10:15 | Writers Read Along Group | A. Berger | CSULB rm 101 | IP | |
| 10:30-12:30 | Jewelry Making | B. Belisle | BYO supplies - 2x JCC | Z | |
| 10:30-12:30 | Plants Around Us 3 wks (4/7- 21) | H. Manning | CSULB rm 101 3 wks | IP | |
| 11:30-1:00 | Bluegrass Music JAM | F. Swatek | St. Isidore H Plaza | IP | |
| 12:30-1:45 | Yoga on a Chair | C. Ellano-Ota | All levels | Z | |
| 12:00-2:00 | European Painting and Sculpture (Wed & Fri) | E. Moran | 6 wks Meets 2x week | Z | |
| 1:00-3:00 | Short Story Discussion Group | F. Ramirez | Book purchase | Z | |
| 2:30-5:00 | Comedy Capers: Films and discussion | K. Lucas | CSULB rm 101 or Zoom | Hyflex | |
| 1:30 - 3:30 | OPEN COMPUTER LAB | W. Peck | CSULB rm 100 LAB | IP | free |

SATURDAYS, April 8 - May 27

| | | | | | |
|------------|----------------------------|-----------|------------------|-----------|--|
| 9:00-12:00 | Watercolor Workshop - Adv. | M. Daniel | CSULB rm DSN 111 | IP | |
|------------|----------------------------|-----------|------------------|-----------|--|

STAND TALL - STAND STRONG

Mondays, April 3 - May 22 & Wednesdays, April 5 - May 24 8:30 - 9:50 a.m. Zoom

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

Instructor: Lorraine Goldman, MPT Retired., Certified EEAA

IPHONE: BEYOND BASICS (iOS)

Mondays, April 3 - May 22 8:30 - 10:00 a.m. Zoom

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

See how to add new browsers and search engines, and explore app settings. Prerequisite: know how to use your iPhone's Phone, Message and Email apps. Class limit: 18

Instructor: Kathy Winkenwerder

BRIDGE 1

Mondays, April 3 - May 22 9:30 - 11:30 a.m. at the L.B.B.C.

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

Instructor: Hank Dunbar

THE RECORDER CONSORT

Mondays, April 3 - May 22 10:00 - 11:30 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

GUIDED AUTOBIOGRAPHY

Mondays, April 3 - May 1 (5 wks) 10:00 a.m. - 12:00 p.m. Zoom

The course is based upon the work of Dr. James Birren, professor and pioneer in the field of Aging Studies. It is a semi-structured process of recalling, writing, and sharing one's life story based on themes provided each week. You will be given writing tips, creative exercises and tools for writing your own life story. The first session is an orientation about the structure, expectations, and student

commitments to the class. Classes are 2 hours long, depending on the class size. Class participants will come each week with a two-page story based on the theme provided. Each class member will share his/her story and receive positive feedback with assured confidentiality. No need to be a talented writer, just tell your own story. Class limit: 10

Instructor: Maira Mesa

New Class!

HISTORY OF WOMEN IN THE VISUAL ARTS - A SURVEY

Monday, April 3 - May 22 11:45 a.m. - 1:45 p.m. CSULB, HS&D, room 101

Although women have been creating art for centuries, they have been historically underrepresented or misrepresented in the annals of art history. In this class we'll examine that phenomenon without dwelling upon it. Rather than a political survey, it will be one of art appreciation as we celebrate the greatest female painters, sculptors, printmakers, assemblage artists and photographers of the last 500-600 years. The last 150 years will account for the bulk of the artists' work that we'll survey, simply because there is not a great deal of information or imagery available from earlier centuries. Though the topic is gender specific, our study and critique of their work will not be. Frida Kahlo, Louise Bourgeois, Hilma af Klint, Mary Cassatt, Helen Frankenthaler, Berthe Morisot, Yoko Ono, Cindy Sherman and Augusta Savage will be among the scores of visual artists we will touch upon that have left their indelible mark on the history of art. Class limit: 70

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

YOGA WITH BARBARA

Mondays, April 3 - May 22

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

CSULB - LifeFit KIN 110B

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

Instructor: Barbara Bannerman



ADVANCING UKULELE SKILLS

Mondays, April 3 - May 22

11:45 - 1:15 p.m. Whaley Park

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

Instructors: Nancy Intriore & Carol Baker

ULTIMATE JOURNAL MAKING CHALLENGE

Mondays, April 3 - May 22

1:00 - 3:00 p.m. SIHP

How about really challenging your crafting, journal making skills and have fun doing it? LIMITATION STIMULATES CREATIVITY AND MAKES YOU THINK OUT OF THE BOX. You will create a journal from only one source of paper. A magazine. And only one issue of the magazine, *Somerset Studio Mixed Media* magazine. With this magazine you will create an entire journal. This magazine is a quarterly publication made from quality paper, full of color, great photographs and tons of inspiration. It cost \$15.99 new and is found on Amazon, Ebay and Etsy. It may be possible that you can locate back copies among other media. Come to class with one issue of *Somerset Studio Mixed Media* magazine and 10 sheets of your choice of solid color card stock. Also, you will need a carry box with: ruler, paper cutter, scissors (regular, fussy cut, design edge), glue, tape, pencil, and eraser. No supply fee.

Class limit: 15

Instructor: Sheryl Haglund



FREE!

BEGINNING BLUEGRASS GUITAR WORKSHOP

Mondays, April 3 - May 22

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

ORIGIN AND EVOLUTION OF OUR SOLAR SYSTEM

Mondays, April 3 - May 22

2:00 - 3:30 p.m. Zoom

In this class we will examine the formation of stars and planetary systems. Since the last three decades, more than 5,000 planets are now confirmed to exist orbiting around other stars! We will learn why planets are common in our Milky Way galaxy. We will discuss the planets of our solar system, their moons, and the countless fragments of material that orbit in interplanetary space such as asteroids, comets, and meteoroids. Through these studies, we will gain a richer outlook on our own place in the universe. Every class session will include striking visual presentations to stimulate and sustain participant's interest. 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.



James Webb Space Telescope image of the Orion Nebula – nursery of ongoing star and planetary formation

FREE!

BEGINNING BLUEGRASS MANDOLIN

Mondays, April 3 - May 22

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!

MOVIE CLASSICS FROM THE PAST

Mondays, April 3 – May 22

2:00 – 5:00 p.m.

CSULB, HS&D, room 101

Come reminisce with us and enjoy viewing and discussing:
“Oliver” 1968 musical with Ron Moody, Mark Lester and Oliver Reed
“Stormy Weather” with Lena Horne, Cab Calloway and Bill Robinson (all black cast)
“Samson and Delilah” with Victor Mature and Hedy Lamarr, directed by Cecil B. DeMille
“She Done Him Wrong” with Mae West and Cary Grant
“Whirlpool” Film Noir with Gene Tierney, Richard Conte and Jose Ferrer
“Dillinger” with Warren Oates, Ben Johnson, Michelle Phillips
Walt Disney’s “The Shaggy Dog” with Fred MacMurray, Jean Hagen and Tommy Kirk
“Cat Ballou” with Jane Fonda and Lee Marvin Class limit: 50

Instructor: Jeff Hathcock

“When your life flashes before your eyes at the end, make sure it's a good movie you're watching.”



Tuesday

WHAT'S NEW IN iOS 16

Tuesdays, April 4 – 18 (3 wks)

8:30 – 10:00 a.m. Zoom

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

Instructor: Kathy Winkenwerder



New Class!

GOOGLE DOCS (WEB)

Tuesdays, April 25 -May 16 (4 wks)

8:30 – 10:00 a.m. Zoom

Explore the features of Google’s free word processing program, which also includes online storage for all those documents you create. Google Docs has many features other word processing programs have, like templates, formatting tools, selecting fonts, inserting photos, images, lists and tables, and making columns. You also can invite people to collaborate with you on documents, even in real time. Google Docs is different than other word processors because it lives on the web. Just go to a web browser from any computer, tablet or smartphone, open your account and get started. Class limit: 18

Instructor: Kathy Winkenwerder

LONGEVITY STICK ART MOVEMENTS

Tuesdays, April 4 -May 23

9:00 - 10:00 a.m.

CSULB LifeFit KIN 110

Movement with low impact, non-aerobic practice to prevent disease, protect your health, increase concentration with meditation
Do nothing that hurts or feels uncomfortable.
Objectives: Develop better balance; increase physical strength by stretching muscles, tendons; and supply greater amounts of oxygen to the body through deep breathing.
Equipment: BRING YOUR OWN POLE. Purchase a collapsible painter’s extension pole that opens to 3-4 “ longer than your height, with rubber (not plastic) end caps (Ace Hardware or Lowe’s). Wear tennis shoes and loose, layered clothing.
Class limit: 20

Instructor: Charles Wm. Taylor

MINDFUL MOVEMENT: QIGONG AND STRETCHING

Tuesdays, April 11-May 2 (4 wks)

9:00 -10:30 a.m. Zoom

Join OLLI members from across the nation in this online class, designed to help students develop or improve a daily movement program. This is an introduction to Qigong, T’ai Chi and Somatic Meditation. There will be printable handouts as well as links to YouTube and an optional DVD available from the instructor (not included in cost of course). Participants will need to be able to lie down and get up from the floor and be able to move about comfortably at home while watching Zoom. Class limit: 50.

Instructor: Nando Raynolds, MA studied and taught T’ai Chi, Karate, Kenpo, Qigong,

**GEOPOLITICS:
UPDATE**

Tuesdays, April 4 – May 23
9:45 – 11:15 a.m. Hyflex

The class will focus on geopolitical hot spots, including topics such as updates on China's internal challenges, China vs. US and our global allies, the IndoPacific World, the global impact of technology, the global sea powers, Health Care including preparing for future epidemics, and other new geopolitical challenges. Class limit: 98
Instructor: Dick Lunde

PLAY IT AGAIN JAM

Tuesdays, April 4 - May 23
10:00 a.m.- 12:00 Whaley Park

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

Instructors: Carol Baker & Marc Davidson



INVESTING FOR WOMEN

Tuesdays, April 4 – May 23
11:30 a.m. – 1:00 p.m.
CSULB, HS&D, room 101

This educational 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. You will learn the basics of investing—what is a stock, bond, mutual fund, traditional vs. Roth—in a simplified way that you will understand. We'll also discuss retirement income strategies, including perspectives around Social Security, withdrawal and reliance rates. Lastly, we'll address how to prepare for the unexpected, including market and inflation risks, and the rising costs of health care and long-term care. Class limit: 50
Instructor: Cassandra Carpenter, CRPS: Chartered Retirement Plan Specialist



SPANISH STORY TIME

Tuesdays, April 4 – May 23
12:00 – 1:30 p.m. Zoom

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

**THE RISE, FALL, AND EVOLUTION
OF AMERICAN POLITICAL
PARTIES**

Tuesdays, April 4 – May 9 (6 wks)
1:15 – 2:45 p.m.

CSULB, room 101 & HYFLEX

Although the nation's founders argued strongly against the development of political parties, almost from the start such parties developed. However, neither the names nor the policies espoused by the parties remained the same throughout our history. This class will explore why parties were established, how they developed, why some disappeared, and new ones arose. It will also examine the reasons that a multi-party system, as in most other nations, never developed. The relation to current political alignments will also be discussed. Class limit: 98

Instructor: Nadia Tushnet

GETAHANDLEONYURPASSWRDS!

Tuesdays, April 4 – 18 (3 wks)
1:30 – 3:00 p.m. Zoom

There are easy ways to handle passwords online, and keep them safe from lookie-loos, whether those peeping tom's are looking over our shoulder or lurking in our computing devices. Learn how to come up with much better and easier-to-remember passwords and the several, safe ways you should record them. We'll cover setting up and using different password managers, which is a popular and excellent type of computer-based tool. We'll also talk about the fantastic new world of passwordless access to our various online accounts, which is becoming available on many web sites.

Instructor: Chris Wisniewski

New Class!

Tuesday

New Class!

HACK THE HACKERS: EASY WAYS TO AVOID BEING TRICKED BY FRAUDSTERS (5 WEEKS)

Tuesdays, April 25–May 23 (5 wks)
1:30 – 3:00 p.m. Zoom

Some of us been the target of unwanted—and unasked for—email messages, text messages, and voice calls. And many, if not most, of those messages we get today are sent by fraudsters and thieves who are looking to swindle us out of our personal information (which is highly valuable to them!) or, worse, our money (which is highly valuable to us!). It used to be fairly easy to tell if we got malicious messages, but crooks are more sophisticated than ever.

Learn simple skills for detecting and avoiding them, and ways to lock down your accounts so the hackers can't get such easy access to them.
Class limit: 20

Instructor: Chris Wisniewski

IMPROVING YOUR WINDOWS SKILLS (WIN)

Tuesdays, April 4 – May 23
3:30 – 5:00 p.m.

CSULB, room 101 & HYFLEX

This class offers instruction, advice, and helpful tips for beginning and intermediate users of Microsoft Windows. We'll cover the fundamentals of the user interface; storing, searching, and finding photos and documents; the best methods for keeping your computer free from viruses and malware; backing up your computer the easy, inexpensive, and smart way. Learn how to automatically synchronize important data (contacts, calendar, e-mail, etc.) between your computer and your smart phone or tablet. We'll also discuss how you can (and whether you should) upgrade to Microsoft's newest version of its operating system, Windows 11.

Instructor: Chris Wisniewski

GET ORGANIZED A-Z

Tuesdays, April 4 – May 23
2:00 – 3:30 p.m. Zoom

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

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

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

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

Class limit: 20

Instructor: Sharon Farley

Wednesday

STAND TALL - STAND STRONG

Mondays, April 3 - May 22
Wednesdays, April 5 - May 24
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.

Instructor: Lorraine Goldman

STAINED GLASS CREATIONS

Wednesdays, April 5 - May 24
10:00 a.m. - 12:00 pm
CSULB, HSD room 105

Learn how 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. A list of materials to be purchased will be provided at the first class meeting. Some free materials will be available. Contact for more information: snewcomb@congruex.com. Class limit: 15

Instructor: Stephen Newcomb

Special Activity - FREE

Discover your Inner Child – or Play with a Purpose

Tuesdays & Thursdays April 6 – 25

12:30 – 1:45 Kin 110B, LifeFit Center

FREE!

Come to learn about the Recreation Studies program and interact with students who are learning “how to play and teach play”. The class is working on leisure activities that they will teach to OLLI members. There is room for 10 – 15 OLLI members to meet with the students. Sign up on the registration form. The OLLI Participant Perspective is:

a) to interact with students b) to participate and experience a new leisure activity they never tried before. c) to assist our students' learning by giving feedback – what worked and what needs improving

April 6th is an orientation meeting for sharing the project and giving both students and OLLI members time to get to know each other. Class meeting times are 12:30 – 1:45 on Tuesdays and Thursdays in the LifeFit Center KIN 110. Please plan on coming all 5 times. This is an opportunity to learn from students – who will also learn from their OLLI friends.

4/13 - Student Group 1

4/18 - Student Group 2

4/20 - Student Group 3

4/25 - Student Group 4

Instructor: Chung Sup Lee, Ph.D. & CTRS Assistant Professor

FOUNDATIONS OF INVESTING

Wednesdays, April 5 - May 24
10:00 – 11:30 a.m. Zoom

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

Class limit: 25

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

INTRODUCTION TO THE IPAD

Wednesdays, April 5 - May 24
10:00 - 11:30 p.m.
CSULB Comp Lab

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

Class limit: 10

Instructor: Marilyn Gettys

TIMELESS FASHION FOR THE MODERN WOMAN

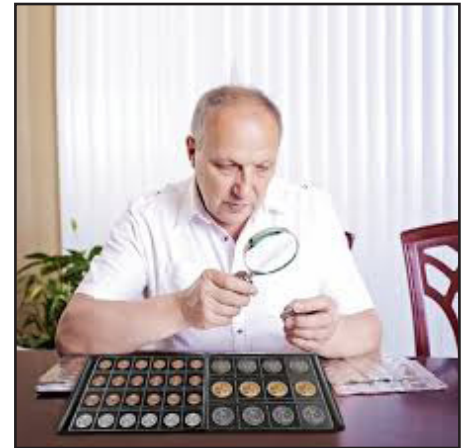
May 10, 17, 24 (3 wks)
10:00 -11:30 a.m.

**St Isidore Historical Plaza,
 Los Alamitos**

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 just by knowing what clothing styles work for your body type. Learn what colors best complement your skin tone and learn what fashion personality you have; this will help when making clothing selections. Do you know what face shape you have? Knowing this will assist in you in selecting glasses, earrings and make-up.

I will show you how to create a Core-Wardrobe in your fashion personality, your body type and in clothing colors that best complement you. Then learn how to use your accessories to create more looks from the clothes you already have.

Instructor: Kathy Marshall



New Class!

COIN COLLECTING: "LOOK WHAT I FOUND IN MY POCKET CHANGE!"

Wednesdays, April 5 -26 (4 wks)
10:15 – 11:45 a.m.

CSULB, HS&D, room 101

Have you ever seen an unfamiliar coin or paper money and wondered if it had any value in today's economy? Would you like to learn about the incredible range of currency and coins with which you are unfamiliar? This class will present a brief history and review of U.S. coinage and paper money. In addition, OLLI members can ask questions about the currency 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*

IPAD / IPHONE AND PHOTOS

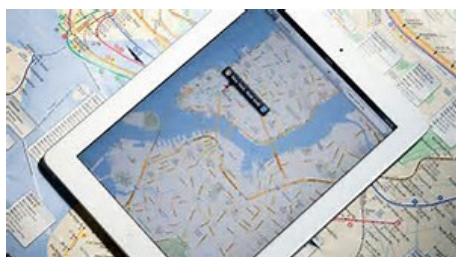
Wednesdays, April 5 - May 24
11:45- 1:15 p.m.

CSULB, HS&D, Computer Lab

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

Class limit: 10

Instructor: Marilyn Gettys



IPAD / IPHONE FOR TRAVEL

Wednesdays, April 5 - May 24
1:30 - 3:00 p.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

LUNCH AND LEARN

Wednesdays, April 5 - May 24
12:00 - 1:30 p.m.

CSULB, HS&D rm 101

Come to socialize and learn about lives and career paths taken by CSULB grads using the Alumni Speakers Webinars. Topics range from employment stories to artists experiences. Hear from Writers, Chefs, Artists and Scientists. This is a FREE class that highlights leadership and communication skills. Bring Your Own Lunch! Class limit: 90

Host: Brandon Yu, Gerontology student intern



New Class!

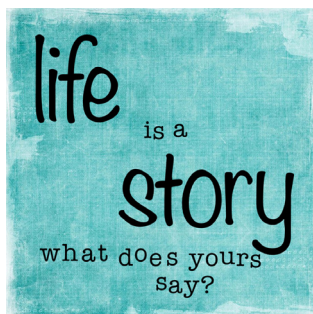
TALKING STORY

Wednesdays, April 5 - May 24
10:00 - 11:30 a.m.

In person at Houghton Park

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

Instructor: Carolyn Estrada, Marriage, Family, Child Therapist



EUROPEAN PAINTING AND SCULPTURE: FROM BEGINNINGS TO MODERN TIMES

Wednesdays, April 5 - May 10
& Fridays, April 7 - May 12 (6 wks)
12:00 - 2:00 p.m. Zoom

The aim of this course is to convey the basic elements of artistic values expressed in paintings and in sculptures and discover elements of artistic appreciation. **In these twelve lectures** we will review and discuss the evolution of these art forms from their beginnings. We'll see illustrations and examine how they evolved, always expressing human ideas and ideals. Reflecting on life changes over many centuries, both arts mirrored the culture of humanity in peace and in troubled times. Class limit: none

Instructor: Instructor: Edgar M. Moran, M.D., Emeritus Professor of Medicine, University of California, Irvine

ACOUSTIC GUITAR 2: BEYOND THE BASICS

Wednesdays, April 5 - May 24
11:30 am- 1:00 pm Whaley Park

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

Instructor: Brian Bradshaw

New Class!

Wednesday

CYBER-CRIME CASE STUDIES & SECURITY TECHNIQUES

Wednesdays, April 5 - 19 (3 wks)
1:45 – 3:15 p.m.

CSULB, HS&D, room 101

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

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. Dave is a founding member of CIRT dating back to 2012, while Chris currently supervises the team. Both Dave and Chris routinely provide outreach training in areas of Cyber Security and Cyber Awareness to various community groups, including the OLLI membership.



ETHICS IN AMERICA: A COURSE IN CRITICAL THINKING & ETHICS

Wednesdays, April 5 – 26
3:30 - 5:00 p.m. (4 wks)

CSULB, HS&D, room 101

This class has two main goals: to teach important approaches and sources in the discipline of social ethics and to enable students to reflect on and analyze ethical issues facing contemporary American society. We will focus on some of the dilemmas and opportunities created by the diversity of American cultural and social life. The course will provide an overview of ethics, including introductions to major ethical theories and thinkers. We will also examine particular case studies, focusing on religious, racial, social and cultural diversity in the U.S. We will explore the ways that issues such as justice, integration, cultural autonomy, and the common good shape visions of an ethical society. We will also address various obstacles – cultural, economic, and political – that make those visions difficult to achieve. Class limit: 98

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

PLAY MODERN BOARD GAMES (ADVANCED)

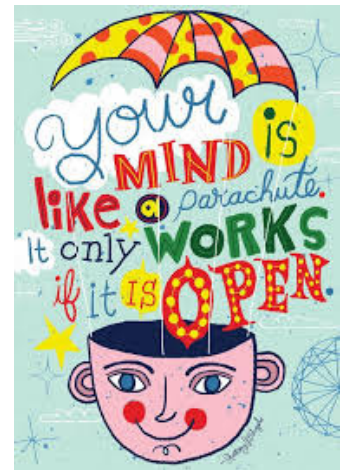
Wednesdays, April 12 - May 24
6:00 – 8:30 p.m. JCC

Want to keep your mind active and sharp while having fun? In this Advanced class, learn different modern board games and put your skills to the test as we play against each other. Take your seat at the table if you are an experienced player of games. Send an email to OLLI@csulb.edu to be included in this class.

Class limit: 5

Instructor: Gary Page

Special Event -FREE



MINDFUL CONVERSATION: A PRACTICE FOR LIFE

Wednesday April 19, 2023

2:00 -4:00 pm Zoom

Don't confuse talk with conversation. *Mindful Conversation*, a unique, powerful approach to speaking authentically and connecting deeply with others, could be "the most important life skill that you never studied in school".

Award-winning author Peter Gibb has spent 25 years speaking, teaching and writing about the power of *Mindful Conversation*, addressing practitioners at the highest levels of government and business, as well as doctors, teachers, couples, families and bus drivers, on 4 continents and in 3 languages. This practical, inspiring, and fun Zoom event combines practice with theory and stories and a chance to ask and learn about your most important conversational challenges. All attendees will be eligible for a drawing of a free copy of Peter's latest book, *Mindful Conversation: Speak Openly, Connect Deeply, Live Joyously*.

Peter Gibb

Author, Speaker, Teacher. Coach Mindful Conversation

YOGA WITH JEAN MARIE

Thursdays, April 6 - May 25

8:30- 9:45 a.m.

CSULB, LifeFit, KIN room 110B

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

Instructor: JeanMarie VanDine, Certified Yoga Instructor

MEMOIR WRITING: A NOVEL APPROACH

Thursdays, April 6 - May 25

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

TALKING STORY

Thursdays, April 6 - May 25

9:00 - 10:30 a.m. ZOOM

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

Instructor: Carolyn Estrada, Marriage, Family, Child Therapist

SHOOT & EDIT VIDEOS (ALL DEVICES)

Thursdays, April 6- May 25

10:00 - 11:30 a.m.

CSULB Computer Lab & HyFlex

Want to film your life and the lives of family and friends? 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. Learn filming techniques, smartphone video apps, and useful accessories. Create scripts, background music and voice narration. Use editing tools, learn how to connect what you do to other devices, and how to get the best video quality and frame rates.

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

Instructor: Perla Gutierrez

TOO MUCH STUFF

Thursdays, April 6 - May 11 (6 wks)

10:15 - 11:45 a.m.

CSULB, HS&D, room 101

- Tired of your clutter?
- Do you have a lot of stuff?
- Has it crowded your closets, cupboards, counters, spare room, or taken over your garage?
- Are you stuck? Tried to let it go but had no luck?

Find out what is holding you back so you can move forward. Discover true treasures to keep. Experience the freedom of finding space for everything you truly need and love. Join this class, for a challenge that will leave you with more free time, more space, and a lighter load. Class limit: 20

Instructor: Tere Sievers

THE WAR IN THE SKIES: EUROPE 1939 -1945

Thursdays, May 4 - 25 (4 wks)

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

This course explores how the arrival of airplanes on the battlefield changed the very nature of warfare. With specific focus on the Luftwaffe, the Royal Air Force and the United States Army Air Force during WWII, it covers the development of aviation and air power in the years leading up to the war and the greatest clash of machines in the history of armed combat. It also tells the tale of how each air force enjoyed its own "Finest Hour" - and how American industrial might brought victory, but only after an enormous cost in men and aircraft. Class limit: none

Instructor: Buck Beasom, BS/ MBA. Teacher of Business and History courses to all ages from Middle School to Post Graduate. A lifelong student and teacher, he has studied World War II since age 13.



WRITING FOR WELLNESS

Thursdays, April 6- May 25
11:00 a.m. – 12:30 p.m. Zoom

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

Facilitator: Joan Smith



PRACTICING FLEXIBILITY

Thursdays, April 6- May 25
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, April 6- May 25
12:00 – 1:30 p.m.

CSULB, room 101 & HyFlex

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 will be offered on Zoom and in person) Class limit: 98

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

APPS AND SOCIAL MEDIA (ALL DEVICES)

Thursdays, April 6 – May 25
1:00 – 2:30 p.m.

CSULB Computer Lab & HyFlex

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

Instructor: Perla Gutierrez

MUSIC THEORY 101 SPORT OF MUSIC

Thursdays, April 6 – May 25
1:00 – 2:30 p.m. SIHP

This class is an introductory course to understanding music language, how to read it and translate it into action, sound and creativity. **This is not a “singing” class.** The goal is for each student to gain a basic experience of how musicians “play” music successfully. Materials needed for the class: \$5.00 for printed pages. A three ring binder or pocket folder and pencil with eraser. Class limit: 15

Instructor: Kathy Price, see Chorus description



NEEDLEWORK CAFÉ

Crochet and knitting for beginning and intermediate students.

Thursdays, April 13 – May 25
2:00 – 4:00 p.m. JCC

Introduction to basic knitting and crochet stitches using class demonstration and individual instruction. Beginners: on the first day of class, bring a skein of worsted yarn and either size 7 or 8 knitting needles or a size H or I crochet hook (depending on choice to learn knitting or crochet). Intermediate students will bring an ongoing project. Class limit: beginners 6, intermediates 6

Instructor: Carolyn Sabol

New Class!

Thursday

New Class!

**ÉIRINN ÁRSA
(OR ANCIENT IRELAND)**

Thursdays, April 6 - May 4 (5 wks)
1:30 - 3:30 p.m. Zoom

Many of us have Irish roots yet know little about Ancient Ireland. This class will explore the ancient days of Ireland from the last ice age to about the time of Norman invasion of Ireland. Where did the land come from? How is it different from the Island just to the East? What are the bogs? Who were the first humans who walked on this green island and what did it look like? Who were the Celts and the Vikings and where did they come from? How did early Christianity come to them and why was the early Irish church unlike the Roman faith? View ancient places and its people. The instructor has spent over 3 weeks viewing ancient places and the signs of the early peoples of this island. Join him in this journey. Class limit: none

Instructor: Garland Holt, MPA, PsyD

**THE POEMS OF E.E. CUMMINGS &
WILLIAM BUTLER YEATS #5**

**Thursdays, April 20 – May 25
(6 wks) No class on April 6 & 13**
3:00 – 4:00 p.m. Zoom

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

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

**MOVIE MATINEE:
WOMEN AND FILM**

Thursdays, April 6 – May 25
2:00 – 5:00 p.m.
CSULB, HS&D, room 101

At the very dawn of American cinema women pretty much, “wore the pants in the family”, during the years of silent cinema. Women directors, editors, and screenwriters were as common on the set as their male counterparts. As the industry reached its commercial potential, however, bullish male producers shoulder-barged their way in and flung female talent to the sidelines of filmmaking. It was not until the 1970s that such fortunes changed, with a resurgence of talent leading the charge for change toward the end of the 20th century. Some of the luminaries we will be screening are Weber, Lupino, Marshall, Ephron, Meyers, Bigalow, Campion, Dash, Armstrong, and Gerwig. (We will choose 8 of the 10 listed). These modern triumphs are the result of generations of female accomplishments in the film industry, constantly fighting back at systemic male dominance to enhance the movie industry and bring innovation, diversity and vibrancy to contemporary cinema. This semester, Movie Matinee will be highlighting some of the key directorial achievements in the female drive for better representation in cinema, both here in Hollywood and globally.

Please join us as we look back at the history of women in film.

Class limit: 35

Host: Allan Goldstein



**“CATCH THE SPIRIT OF SINGING”
CHORUS**

Thursdays, April 6 – May 25
3:00 – 4:30 p.m. SIHP

Whether you are an experienced singer or have always desired to sing, this creative chorus is for you. Together we will gain confidence in our natural singing abilities and musicship. Performances will be scheduled when possible. \$5.00 for music and a 1” BLACK 3 ring binder are required. Class limit: 50

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

New Class!

**MAKE INFORMED DECISIONS IN
CASE OF A MEDICAL EMERGENCY**

Thursdays, May 11 – 25 (3 wks)
6:30 - 8:30 p.m. JCC

Constance Malaambo, RN, has thirty-four years of emergency medicine experience and leads this class about medical decision-making. She encourages you to think about the types of care you would and would not want if you are unable to speak for yourself. Information will be presented about different medical devices and treatments to assist you in making informed decisions regarding your healthcare. In the course, you will learn how to complete an advance directive form used to inform your family and doctors of your wishes in the event of a medical emergency. Class limit: 25

Optional 4th week add-on class will be used to cover more detailed questions or concerns about life supporting measures. Assistance will be given to those needing help completing forms.

Instructor: Constance Malaambo

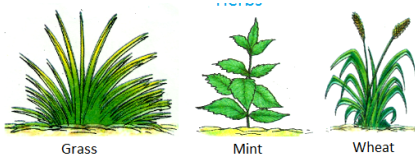
WRITERS READ ALONG GROUP

Fridays, April 7 – May 26
8:45 - 10:15 a.m.

CSULB, HS&D, room 101

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

Facilitator: Amy Berger



Grass

Mint

Wheat

THE PLANTS AROUND US

Fridays, April 7 – 21 (3 wks)
10:30 a.m. - 12:30 p.m. (2 hours)
CSULB, HS&D, room 101

If you ever have been curious about the history and importance of the plants that surround us, then join Howard Manning as he explores our relationships to plants in our gardens, parks, around our homes, and in our wilderness areas. This class will deepen your understanding about edible, toxic and invasive plants - samples included! Discover how climate change and human activity have influenced plants over the past hundred years as well as discover how plants have played an important part in human development over thousands of years. Class limit: 25

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

JEWELRY MAKING FROM A-Z

Fridays, April 7 – May 26
10:30 a.m. - 12:30 p.m. Zoom
Once monthly meeting at JCC

Have you admired a piece of jewelry and wanted it to match your colors? Have you wanted to explore a new medium and have art you can wear? If so, this class is for you whether you are a beginner or experienced!! We will explore jewelry making from A to Z, learn techniques including how to create the perfect necklace and unique jewelry pieces. Belinda is a fiber artist by training and has been studying jewelry making and design for over 20 years. She enjoys creating jewelry from a variety of inexpensive objects. Class limit: 20

Instructor: Belinda K. Belisle

**BLUEGRASS MUSIC JAM**

Fridays, Jan. 6 - Feb. 24
11:30 a.m. – 1:00 p.m.
St. Isidore Historical Plaza

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

Instructors: Frank Swatek, with Mark Shutts and Dennis Murphy

EUROPEAN PAINTING AND SCULPTURE FROM BEGINNINGS TO MODERN TIMES

Wednesdays, April 5 – May 10
& Fridays, April 7 – May 12 (6 wks)
12:00 – 2:00 p.m. ZOOM

See Wednesday for details.

The aim of this course is to convey the basic elements of artistic values expressed in paintings and in sculptures and familiarize with our elements of artistic appreciation. In twelve lectures we will review and discuss the evolution of these arts from their beginnings.

Instructor: Edgar M. Moran, M.D., Emeritus Professor of Medicine, University of California, Irvine

**YOGA ON A CHAIR**

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

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

Instructor: Claudia Ellano-Ota

SHORT STORY DISCUSSION GROUP

Fridays, April 7 – May 26
1:00 - 3:00 p.m. Zoom

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

Class Leader: Fern Ramirez

New Class!

COMEDY CAPERS

Fridays, April 7 – May 26
2:30 – 5:00 p.m.

CSULB, HS&D, room 101 & HyFlex

The laughter continues with a few more of my favorite comedy movies from the 60s, 70s, and 80s, plus a few that are from this century. These will further our matinée study of the different comedy genres. We will feature a few dark comedies, crime and mystery comedies, a film Noir comedy, along with a couple of my favorite comedy dramas. This Hyflex class, both Zoom and on Campus, will make you smile with an occasional chuckle. Time to grab the popcorn and get ready to enjoy your afternoon. Class limit: 40 in room 101
Presenter: Karen Lucas

OPEN COMPUTER LAB - FREE 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.

We have computers with Windows 11, Mac iOS, Chrome OS (used on ChromeBooks) and computers running Linux.

Or just come to the Lab to talk technology with Wes Peck! If you have a special request (phones or tablets) send an email with your questions to olli@csulb.edu



Saturday

WATERCOLOR WORKSHOP- ADVANCED

Saturdays, April 8 – May 27
9:00 a.m. – 12:00 p.m.
CSULB, DSN, room 111

This workshop gives you an opportunity to improve your watercolor painting focusing on fundamental elements such as colors, value patterns, perspectives, and composition. It is intended for students who have experience with watercolors. Bring your own materials and reference photos. Mike will give lessons from 10:00 - 12:00, but all students contribute to the class by sharing experience, feedback and critiquing each other's work. Students decide on their own hours to work independently or with lessons. Class limit: 30

Instructor: Mike Daniel

FREE!

FREE Special Events - Everyone Invited

FREE!

FREE RESOURCE FOR SOCIAL SECURITY / MEDICARE

Steve offers advice for Social Security and /or Medicare questions at any time. He also can refer you to AARP or TED Talks, or other sites for information about scams or mature years financial issues.

Contact Steven Carr
anytime 562 233-1400



Zenisys@
charter.net

MINDFUL CONVERSATION: A PRACTICE FOR LIFE

Wednesday, April 19, 2023
2:00-4:00 p.m. Zoom

See page 24 for full description. Don't confuse talk with conversation. *Mindful Conversation*, a unique, powerful approach to speaking authentically and connecting deeply with others, could be "the most important life skill that you never studied in school".

This Zoom event combines practice with theory and stories and a chance to ask and learn about your most important conversational challenges. All attendees will be eligible for a drawing of a free copy of Peter's latest book, *Mindful Conversation: Speak Openly, Connect Deeply, Live Joyously*.

Peter Gibb, Author, Speaker, Teacher. Coach, Mindful Conversation



RISK

Friday, April 28,
10:30 - 11:30 a.m.
CSULB, HS&D, room 101

Are you OK? Do you feel lucky? Or are you worried about getting into an accident? What causes accidents anyway? We all take risks, just getting up in the morning, and certainly driving in SoCal. But what is an acceptable risk? How do you know when not to go there? Join Howard for an informative talk about what causes accidents and how to avoid them. Howard Manning, MS Safety, USC is a retired safety engineer formerly with Northrop Grumman Corporation and Cal/OSHA. During his career he investigated numerous industrial accidents and saw the chances people took that injured them. The same risk factors can be applied to safety for seniors. Why not take a gamble and come join us?

Presented by Howard Manning

"PELLEAS & MELISANDE,"

Tuesday May 16, 2023
3:00 – 4:30 p.m.

Claude Debussy's one operatic masterpiece, a work rich in shadowy mysticism. It reminds one of the composer's belief that the artist, perhaps like Edgar Allen Poe, "is used to living among dreams and phantom." Come listen and learn about this unique opera, a mystery story of two lovers, both lost, who die in a kingdom by the sea. It will be running at the Music Center from March 25 to April 16.

<https://www.laopera.org/performances/202223-season/pelleas-and-melisande/>

Larry Verdugo, LA Opera Educator

Lunch and Learn

Stay around in the OLLI classroom on Wednesdays to hear about new topics and watch Alumni Lifelong Learning webinars
Hosted by Gerontology student, Brandon Yu
<https://alumlc.org/csulb/archive>

FREE!

OLLI Class Locations

CSULB CAMPUS (C)

HS&D Building, Room 101
Computer Lab 100
562.985.8237

CSULB LIFEFIT CENTER (LFC)

KIN Building, Room 110B

AMERICAN GOLD STAR MANOR

In future sessions.

LB BRIDGE CENTER (LBBC)

4782 Pacific Coast Hwy,
Long Beach, CA 90804
562. 498.8113

THE ALPERT JEWISH COMMUNITY CENTER (JCC)

3801 East Willow Street
Long Beach, CA 90815
562.426.7601

ST. ISIDORE HISTORICAL PLAZA (SIHP)

10961 Reagan St.
Los Alamitos, CA 90720
562.596.9918

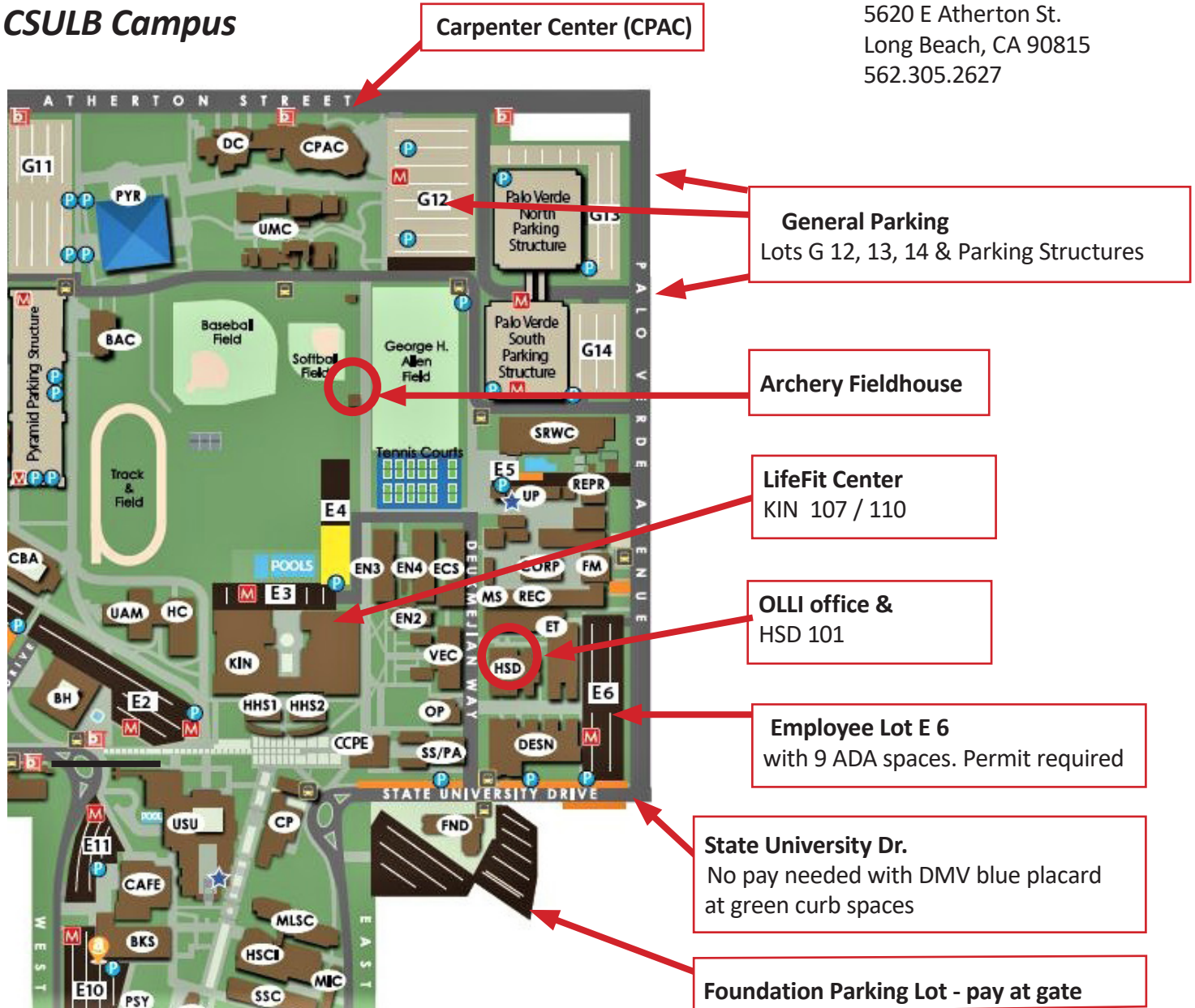
HOUGHTON PARK COMMUNITY CENTER (HOP)

6301 Myrtle Ave
Long Beach, CA
562.570.1640

WHALEY PARK COMMUNITY CENTER (WP)

5620 E Atherton St.
Long Beach, CA 90815
562.305.2627

CSULB Campus



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

We recognize these Nations and their spiritual connection as the first stewards and the traditional caretakers of this land and are grateful to have the opportunity to work at this sacred site. We thank them for their strength and perseverance.

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



OLLI at CSULB Calendar

2023 OLLI CLASS SESSIONS

Spring April 3 - May 26, 2023

Summer July 10 - August 26, 2023

Fall October 2 - November 18, 2023

HOLIDAYS

No OLLI Classes, Campus & Office Closed

Cesar Chavez Day March 31, 2023

Memorial Day May 29, 2023