



## 2023 Summer News and Class Schedule

Class Registration Starts Monday, June 12 at 9 a.m.

### New Classes

#### DECLARATION OF INDEPENDENCE

Instructor: Heather Dudley  
Mondays July 10 & 17  
on Zoom

#### MINI MASTERPIECES

Instructor: Sheryl Haglund  
Mondays in person

#### RAFFIA BASKETRY, COIL METHOD

Instructor: Carolyn Sabol  
Tuesdays in person

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

Instructor: Constance Malaambo  
Wednesdays July (12, 19, 26)  
in person

#### REVERSE MORTGAGE: REMODELING RETIREMENT

Instructor: Scott Burks  
Wednesdays in person

#### GENIUS HAPPINESS & BRILLIANT TRAVEL

Instructor: Jennifer Minette  
Thursdays in person

#### RETIREMENT YOUR WAY: YOUR NEXT ADVENTURE

Instructor: Pauline Field  
Saturdays on Zoom

### *New Class: What the Pop: Social Media, Technology, Video Gaming And Vlogging*

*By Tom Lockhart*

Ok, you've had the You've Been Pop Cultured course. Now get ready for the booster shot, **Kelsey Uyeda's What the Pop** class. From the Beatles to the NBA, pop culture permeates our society. Ever think you don't know enough about today's pop culture to get involved in a productive manner, to develop an informed and educated opinion, without being overwhelmed? Think again. This course takes you through the top four areas of modern pop culture: social media, technology, video gaming and vlogging (video log). Each week presents an overview of one of them, how to incorporate it for your purposes, and what to focus on to become a productive user. Kelsey separates the digital wheat from the chaff.



*Kelsey Uyeda*

You will learn how to use pop culture safely, to eliminate the inherent fear of learning new things and processes. The class will be taught with a very positive emphasis, not a debate or opinion forum. You will learn how video games enhance cognitive health from a gamer's need to accurately follow many moving objects simultaneously.

The technology associated with these cultures is moving quickly, with new aspects of them coming online at a rapid pace. The student must first get the hang of it and then become an effective user, which anyone can do with the instruction from **What the Pop**. The class is both educational and includes real life/practical applications.

Kelsey has a Masters of Science Gerontology, summa cum laude from CSULB, is a gerontology instructor, and founder, CEO, gerontologist of her company, You've Been Pop Culture'd LLC.

→ See description page 17



# The President's Corner: The Joy of Learning

**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.

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### The Governing Council

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

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

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### THE SUN Volume 28 , Issue 4

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

The process of obtaining an education can be both formidable and enjoyable. Most of us have a positive memory of this long journey from elementary school through high school and beyond. The personal satisfaction from a job well done is the ultimate reward for most individuals. Most of us were told what educational requirements were needed for us to obtain certification at the various levels of academic achievement. Some of these requisites were onerous and unpleasant experiences.



*Glenn Libby, MD*

I was a premed student in college, majoring in chemistry. My most difficult subject in college was the French language. My French accent was abysmal, despite two years in high school and two years in college. The combination of my Boston accent and the French language was difficult to understand. I persevered and got passing grades but got by on the skin on my teeth.

In college, I took a preponderance of science and math classes. As a result, I missed out on a lot of literature courses because of competing science classes with associated labs. I have always been an avid reader

and enjoyed the few English classes I was able to take.

One of the major driving forces to find and join OLLI, after I retired from my medical practice, was to take a course in Shakespeare. I found that class at OLLI , with the perfect instructor, Michele Roberge. She made Shakespeare come alive and enjoyable in so many ways. We were participating in a college level Shakespeare class without the associated stress. I took every class she offered on Shakespeare until the pandemic shut her down. She would only teach in person and did not want to teach on Zoom. She has since moved to Michigan to be close to her family. Michigan's gain is our loss, unfortunately. We definitely need a replacement for Michele. If you are a Shakespeare aficionado, or know of one, please let us know.

The educational experience at OLLI should be joyful. You get to choose from a wide variety of classes, encompassing literature, science, the arts, current events, music, sports etc. The cost is minimal. There are no tests, grades or prerequisites. You are in total control of your curriculum. I highly recommend that you test the waters in all that OLLI has to offer. You will be a better person for making the effort.

Enjoy your time with OLLI and please pass the word along to all your friends and acquaintances. Together in OLLI we are a formidable force in adult education.  
*- Glenn Libby, MD*

## **Good News for Campus Parking!**

Parking and Transportation Services will freeze parking permit fees at the current 2022-23 prices for the upcoming Academic Year 2023-24 beginning on July 1, 2023. Prices for permits will be the same (\$55 per month). For resources and information about parking services on campus, please visit [www.csulb.edu/parking](http://www.csulb.edu/parking).

# From the Executive Director: Sustainability – What does this really mean?

We hear this word a lot lately, “Sustainability.” We see this term used in various contexts such as environmental, economic, health and societal, etc. CSULB promotes a strong commitment to sustainability and has an entire



Patti LaPlace

website dedicated to this concept - <https://csulb.edu/sustainability>. In the broadest sense, “sustainability” is the ability to maintain or support a process continuously over time. I think we can all agree this broad definition of sustainability supports both our mission and vision statements for OLLI. Simply put, we want the OLLI “process” to be continuous over time. We can help support and maintain sustainability

of OLLI in the following ways:

- First, by maintaining and increasing our membership numbers through our continued marketing efforts. This also includes expansion of community sites into the Long Beach and neighboring communities. We are continuously exploring ways to maintain our visibility in the community. We know that contact through various media and virtual sites such as Facebook and

presence in the community is the best return on our investments.

- Secondly, creating financial stability is also crucial in the process of maintaining OLLI’s sustainability. We understand the need to not only honor and maintain our current donors, but to also explore other opportunities such as legacy and gift giving. We are working with the Legacy and Gift Giving offices at CHHS to initiate a new campaign in this area. Coordinating with the Legacy and Gift Giving offices with our college will only increase our “reach” in this area.

- Lastly, we need to cultivate new volunteers as well as maintain and recognize our current volunteers. We had a very successful volunteer appreciation luncheon and, through our outreach efforts, we have recruited new volunteers. Looking at ways to attract younger OLLI members (ages 50 to 60-plus) is crucial. OLLI can be a tremendous resource for individuals who are contemplating retirement.

Sustainability is best achieved through coordination, collaboration and education. I welcome your feedback on how we can continuously maintain and support this process over time.

- Patti LaPlace

## 2023 OLLI Election Nominating Committee

The following OLLI Governing Council officers will be up for election for a two-year term at the Membership Meeting in October 2023:

- President
- Vice President
- Treasurer
- Secretary
- Two Members-at-Large.

The following OLLI members have agreed to serve on this year’s nominating committee:

- Beau Chandler
- Sandy Lamoureux
- Rebecca Lizardi
- Gary Murph
- Bill Shaddle

It is the committee’s responsibility to poll current officers eligible to serve another term, identify potential candidates, and submit a slate of candidates by August 1 for the election in October 2023.

We hope that many members will consider serving in a leadership role in OLLI. If you are open to this possibility, please contact a member of the nominating committee.



***Find stuff you really  
can get interested in,  
and then you’re going  
to find friends through  
those activities.***



Visit us on the web

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

## **New Class: Retirement Your Way** *By Renee Simon*

Among the many courses we've all taken during our academic years, probably the one course not even offered would have been "How to Retire Successfully." Whether your lifetime career was as an engineer, a teacher, a physician, an attorney, a CEO, an accountant or whatever it was, while you were honing your skills or growing a business, the one thing few of us might have been thinking about would have been what we'd be doing once we close the shop. In fact, that may be the primary reason many of us are now here at OLLI.

Pauline Field, in her new course, "**Retirement Your Way: Charting a Course for Your Next Adventure**," will be posing with her class participants such challenging issues as how to prepare for retirement; or for others, how to feel sure the retirement you've chosen is everything you intended it to be. She encourages retirees to continue to plan for how they may reimagine their life and assess how well they are achieving that "next adventure."

Pauline, who has shifted careers several times, did not actually retire from any despite three tries. Her current guidance program in retirement coaching is

basically no more than a part-time venture, a result of a slow, months-long recovery from a bout with Covid. Among her careers was the management of the nonprofit she founded, 50/50 Leadership, that offers leadership training for women. Throughout her diverse



*Pauline Field*

careers, she has built the people skills to sensitively and skillfully coach others in the challenging art of retiring successfully. The OLLI class draws on that experience and will be offered in a Zoom format which she thinks will best serve the convenience of the participants, particularly with the Saturday schedule.

Pauline grew up in London, England and retains a faint British accent. She has long been a resident of Southern California. She and her husband nurture a pet terrier and have a blended family of four children and seven grandchildren scattered across the U.S. Sounds like an opportunity for much retirement travel, visiting them all!

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## **New Class: Reiki I, Self-Healing** *By Tom Hood*

Have you found that as you age the world seems to be moving at an ever-faster rate and in a more complex, technological way? **Reiki, Self-Healing** may bring you the peacefulness you yearn for and give you tools to help reduce stress. This is an entry level class that uses Reiki energy and other techniques to bring about self-healing.



*Patty Rassouli*

Reiki is a word taken from two Japanese words and means, "Spiritually guided life force energy." It is a simple, natural and safe method of self-healing and self-improvement that everyone can use. Reiki treats the whole person, creating beneficial effects that include relaxation, feelings of peace, security and well-being.

Patty Rassouli, a Master Reiki Teacher, is a Southern California native. She graduated from Gardena High School and went on to U.C Berkeley to earn a Bachelor of Arts degree in English. After graduating from Berkeley, Patty moved to New York City and worked in the

publishing industry for ten years. She moved back to the area to teach GED classes at Continuation High Schools and in Adult Education venues. Patty also became a yoga instructor. It was while teaching yoga that she became interested in Reiki and took a class. While in that class, she found that she had become more truthful within herself, gained a wider consciousness, strived to be a role model for people in her life and to be of service to others. It wasn't too long after that she became a practitioner and after three years became a Reiki Teacher.

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**Spiritually guided life  
force energy**

# New Class: Pathway To A Better Life *by Joan Smith*

Donald Hucker made a number of observations during his years in management. The first was while teaching classes at Long Beach City College and, most recently, at OLLI. He noted that there are two kinds of decision makers: those who make up their minds quickly, and those who are slower. This class should appeal to both.



Too many of us rely on misinformation to make our decisions, and our reliance on those sources results in poor decision making on our part. We are too willing to accept what is presented

to us as truth, when in many cases it is not. We make up our minds too quickly and later come to regret those decisions. That includes instances of prejudice, which

has become even more of a problem in our lives today. It is important that we understand history when thinking about our prejudices.

Those who take the time and make the effort to determine facts are more likely to make sound decisions and feel comfortable with them.

Our pathway to a better life results from reducing and, if possible, eliminating our stressors.

Don's attendance at various seminars has helped him come to these conclusions about the causes of stress and some of the ways to reduce them.

Another point he made was that in order to understand life, we must understand history.

I, for one, am looking forward to attending this class to make my life more relaxed and fulfilling.

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# Report From The Road: Cream of the Crop *by Barry Bosscher*

On March 30 22 OLLI members and friends boarded a luxurious bus from Good Times Travel to explore the "Cream of the Crop" in Orange County. The first stop was for a tour of the Yakult headquarters of the U.S.A. Some of you may not recognize the name "Yakult" but you would likely recognize the little iconic bottles filled with the popular, creamy probiotic beverage. On this fascinating behind the scenes tour we learned about the company's history and how Yakult is made and packaged. We, of course, were offered samples.

After the tour we continued to South Coast Plaza for lunch. Many of us visited the Collage Culinary Experience, Orange County's newest foodie destination, dining on delicious international foods. After lunch we visited the new home of the Orange County Museum of Art on the Segerstrom Center for Arts campus. The star of the attraction is the 53,000 square foot building described as "Walt Disney Concert Hall meets the Getty Center." The eclectic variety of art consisted of everything from

traditional paintings and sculptures to modern art that left many of us scratching our heads.

As expected, Good Times Travel provided us with an excellent guide and stress free travel. Our next outing in June is a tour of the Long Beach Port which is unfortunately fully booked. Stay tuned as we begin making plans for our September trip.

*Photos by Barry Bosscher*



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

by Kathy Winkenwerder

There have been an explosion of new technical classes on this year's summer schedule, with four brand-new ones plus the return of two more that we haven't been able to offer for a while.

Marilyn Gettys is teaching three new four-week classes for the iPhone and iPad. You may already know how to use **Maps** to get from one place to another in your car, but do you know how to tell someone your arrival time? Or how to use Maps to find where you parked your car? Or how to find indoor maps for big places such as airports? Or take an aerial tour of a city? You'll learn how to do all these things.

Her second class is **iPad and iPhone Shortcuts & Tricks**, which covers how to use control center shortcuts, multitasking with an iPad split screen, hidden submenus, getting the best out of Siri, how to go about finding free apps, and managing many more features.

Remember that old saying, "if all else fails, read the instructions"? Marilyn's class will cover how to find the **Apple User Guides for iPad and iPhone**, where to put it and how to search the user guide to find the help you need.

If you've ever wanted to build your own web page or blog and host a webinar, or maybe you just want to know how it's done, our last new class is for you. Perla Gutierrez's **Web Pages, Blogs and Webinars** shows you

popular website builders, how they work, and how you can create your own. The class also covers website maintenance and communications between your website, blog or webinar and social media.

Our Excel class is back with a new instructor, Louise Soe, a retired IT professor. If you want to learn how to use Excel or if it's been a while since you've used the spreadsheet software, take **Excel for beginners and slightly rusty spreadsheet enthusiasts wanting a refresh**.

And finally, **Tired of paying for cable? Start streaming!** makes its yearly appearance this summer. Learn how to watch content on your TV or other devices using streaming and local TV instead of subscribing to a cable service. Popular streaming services, their content, and how to sign up with them, as well as the devices you need and how to hook them up are covered. Jack Friedman, who helps with technology in the big campus classroom, will teach this class with me.

We hope at least one of these classes will be the one for you.



Kathy Winkenwerder

→ See registration page for class days and times

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## It's The Web's Birthday. Thanks Tim! by Kathy Winkenwerder

Thirty years ago, Tim Berners-Lee launched what would become the World Wide Web. This software has made massive changes in the way we connect with people and things, given us access to more information than we ever thought possible, changed our work and school lives, how we are entertained, and the way we explore ideas.

Since its founding, the web has touched the lives of literally billions of people around the world without charging them a cent, changing how we discover and share what's happening in our world. That <http://www> address takes us to our email and to online shopping. We listen to streaming music and watch movies on streaming TV, check our bank balances, and read newspapers and books on it. And recently, when the coronavirus shut

down in-person classes, schools (ours included) were able to stay open by going online.

We also have physicist Tim to thank for making web browsers free. While he was urged to charge for access to the web, he thought no one should have to pay for access to knowledge.

Like most of us, you probably go on the web every day. The next time you do, think of Tim.

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- Tim was born June 8, 1955, in London, England.
  - Both of his parents worked on the Ferranti Mark I, the first commercial computer.
  - Also known as Sir Tim Berners-Lee: In 2004 he was awarded a knighthood by Queen Elizabeth II
- 

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# OLLI Volunteer Appreciation Luncheon *By Joan Smith*

Appreciation was the prevalent feeling at the recent lunch celebrating OLLI volunteers. Attendees included those who supported OLLI with their time, money and expertise, serving on committees for governance, planning and sustainability and, of course, those who teach.

Executive Director Patti LaPlace expressed her appreciation to everyone present, and small gifts and certificates were distributed to all of the volunteers, without whom OLLI could not function.

Sylvia Manheim, one of OLLI's founders, talked about OLLI's beginnings and Dean Monica Lounsbery spoke about the important role that OLLI plays in the College of Human Services and Design.

Lunch was delicious, even providing an opportunity to have dessert first! There was ample opportunity to socialize, and to learn about the ways in which various committees and volunteers operated.

Everyone came away with an assignment: to spread the word about OLLI and to encourage others in their social and employment circles to become members. Increased membership is essential to continue the grant that supports OLLI.

I, and all the other volunteers left feeling very much appreciated!

*Photos by Catherine Paez*



# LifeFit Center @ The Beach *By Ed Dignan*

Walk into the 6,000 sq. ft. equipment floor at 8:30 AM and you might be surprised — it's quiet as an empty church. Perched on the matted flooring are rows of state-of-the-art equipment, all of which are ingeniously designed to transform your body. It's a big space, with even bigger potential.

Minutes later, LifeFit Center @ The Beach is buzzing with activity, members cycling, lifting and stretching as they engage in exercise. In the center are a dozen or so men and women who have been working out together for over a decade, calling themselves the "Strength for Living" group. Circulating among them is Alec, a CSULB graduate assistant. He guides and mentors as needed, exemplifying LifeFit's "meet you where you are" mission to understand your social, emotional, and health goals so they can prescribe a program that aligns with your potential.

The LifeFit Center @ The Beach, an important OLLI partner, is an experiential learning and research laboratory within the CSULB department of kinesiology. In order to provide students with learning and research opportunities, LifeFit serves as a health and fitness facility for CSULB faculty and staff. It is also open to community members age 49+ (which of course includes OLLI members). As a member, you can take courses that are hosted in the LifeFit spaces. If you would like to enjoy full access to LifeFit facilities, programs and services, you can join as a LifeFit member.

LifeFit is ideal for OLLI members looking for personalized guidance that is the core of the LifeFit Experience. New members start with three complimentary sessions that help "meet you where you are." First is an assessment which includes vitals,



body composition and fitness. Next is an equipment orientation, and third is a meeting to set your goals and plan a program to meet them. That program could include personal training, weekly group classes, small group training such as "Strength for Living" or wellness coaching. (OLLI members are currently being offered the opportunity to take part in a complimentary assessment session— regardless of LifeFit membership status — until June 1.)

*Photos by Catherine Paez*



*Right: Ayla Donlan, Director of LifeFit Center, Left: Alec Sequeira a CSULB grad student. Alec leads classes and mentors members. He is also recipient of the OLLI LifeFit Graduate Assistant Award.*

LifeFit Director Ayla Donlin is clearly passionate about wellness. She explains the social and emotional benefits of in-person and group exercise that is LifeFit's forte. But she has also seen the growth in members' interest in virtual fitness and wellness opportunities. To respond, LifeFit has introduced a number of virtual classes that are detailed on the LifeFit@The Beach website.

Ayla points out that exercise improves fitness regardless of your age, so it's never too late to start. If you think now is your time to start, LifeFit is a perfect choice. It has equipment and classes for seniors, and it also provides a larger community experience with students and other adult members. Since membership is in the hundreds instead of the thousands, you'll get personalized guidance along with an "everyone knows your name" vibe.

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## **OLLI Will Offer Three Summer Session Classes At Lifefit:**

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- "Yoga with Barbara" on Mondays
- "Longevity Stick" on Tuesdays
- "Yoga with Jean Marie" on Thursdays





## Here's what you'll want to know to get started at LifeFit:

- LifeFit is in the Kinesiology Building, a short walk north of the OLLI building.
- Also located there is PT@The Beach, a physical therapy practice that accepts insurance.



Photos by Catherine Paez

**LIFE FIT CENTER**  
**@ THE BEACH**

CENTRAL OF  
**HEALTH**  
**& HUMAN**  
**SERVICES**

# The LifeFit Experience

Welcome to the LifeFit Center!

We are delighted to support your health and fitness.

Our process at LifeFit starts with completion of New Member Paperwork - please tell us a little bit more about you and your health and fitness goals.

Then, we will reach out to schedule your complimentary assessment appointment.

Following your assessment appointment, you are invited to meet with a LifeFit team member to discuss your goals and plan your personalized fitness program.



### New Member Packet

This packet includes (1) New Member Paperwork (contact and health history info), and (2) an assessment menu and order form.



### Vitals Assessment

(1) Heart rate and (2) blood pressure. These vital measurements provide insight into the health of your heart and vessels.



### Body Composition

(1) Circumference measurements (waist, hips) and (2) an InBody scan provide your baseline body composition (muscle, fat, water).



### Fitness Assessments

Include: balance, functional movement, cardio, strength, endurance, and flexibility.



### Equipment Orientation

30-minute appointment with a LifeFit team member to familiarize you with equipment.



### Goal Setting & Program Planning

30-minute appointment with a LifeFit team member to use insights from your assessments to support you in setting goals and selecting programming.



### Personalized Program & Plan

Start your physical activity program and reach your goals!

## New Member Paperwork

## Assessments: Vitals, Body Composition, Fitness

## Equipment Orientation

## Goal Setting & Program Planning

## START Personalized Program

**TO START YOUR LIFE FIT EXPERIENCE,  
CONTACT OUR TEAM AT 562-985-2015.**

Ayla Donlin, EdD | Director - LifeFit Center @ The Beach  
ayla.donlin@csulb.edu | www.csulb.edu/lifefit

**LIFE FIT CENTER**  
**@ THE BEACH**  
"Move More. Live Longer."

# Carpool Karaoke, OLLI-Style? *By Mariann Klinger*

While carpooling may well be the subject of a book, a commercial, a game and karaoke, more importantly, it can be an entertaining way to get to an OLLI class, with lots of advantages.

So says Judy Mathias, who rounds up a crew of eight when she heads for class on campus. With that many OLLI students on board, the group often needs two cars. This is the third semester that Judy and her friends have carpoled to class. They attest to the fact that it's becoming a habit with them. "We're taking two classes this semester and attended class last semester and the semester before that," she said. The group, she added, carpoles all the time.

Going together cuts down on the difficulty of finding parking, paying an "outrageous" fee for parking, walking a long distance and saving gas costs, according to Judy.

While not everyone can round up friends and neighbors to join a carpool to OLLI, Judy praises the idea of carpooling. The office should post availability for interested parties on a central bulletin board, she said. Currently there is no such transportation aid for OLLI students, said Office Administrator Becky Low, who agreed that it might be a good idea.

The CSULB website cites carpooling as the second most popular form of travel, and statistics indicate it accounts for 43.5 percent of all trips in the United States. The campus website identifies a number of drop-off and pick-up locations for ride sharing, and more than a dozen apps offering ride sharing can be accessed on phones.

America's carpool culture began in the 1940's, when World War II created a shortage of oil and rubber that limited the use of individual vehicles. At that time, many companies provided collective carpool services for employees.

A recent survey of America's university students by Liftango found that about 85 percent of respondents would be willing to participate in a carpooling program. The University of Iowa claims to operate the oldest vehicle-pool service in the country, and YouTube boasts a carpool karaoke playlist for those who want to sing along, as well as ride along, James Corden-style.

Judy's OLLI carpoolers haven't taken advantage of the playlist nor indulged themselves in a karaoke session while riding, but Judy said it may be something to think about for the future – *Carpool Karaoke, OLLI-Style!*

*Photos by Catherine Paez*



*Carpool members: Judy Hirsch, Miriam Kelley, Judy Mathias, Carol Swanson, and Carol Reynolds. Missing are Gretchen Phillips and Sally Hirsch.*



# Long Beach Mayor Surprises OLLI Class *by Mary Kay Toumajian*

OLLI students in a recent “Current Events and Issues” class got a surprise when Long Beach Mayor Rex Richardson visited their classroom to share his future vision of Long Beach and participate in a question-and-answer session. His visit was arranged by OLLI member Naida Tushnet.

Mayor Richardson shared some of his family background and how he eventually came to Long Beach where he lives with his wife and two young daughters. He was first elected to the Long Beach City Council in 2014, became Vice-mayor in 2016, and was elected mayor in November 2022.

The mayor stated that the day he came into office Long Beach had a \$47M deficit, and more homeless than at any other time in its history. In his first 100 days, Mayor Richardson declared a war on homelessness and galvanized city resources including additional housing and more mental health resources.

The mayor also discussed several budget-related issues. He believes the Queen Mary is in better condition than previously reported and can be resuscitated to become a viable source of revenue in the future. This year it should generate about \$4M.

The mayor mentioned that the city currently earns \$65M a year in revenue from oil production. However, in five years, oil production will cease to exist in Long Beach. To avoid this potential budget shortfall, Mayor Richardson wants to make Long Beach more self-sufficient by leveraging renewable energy. He added that greater growth is expected in the aerospace industry.

The class learned that when the Olympics comes to Los Angeles in 2028, six events will be held in Long Beach, but the city would like to add more. The mayor stated that the city needs to start preparing those sites now. He advised that a plan to spend \$100M on the Belmont Pool renovation is not viable, due to budgetary constraints, and will have to be revised.

The mayor took several questions from OLLI students regarding homeless issues, bus routes, the Blue Line and funding opportunities for a smaller organization that works with the homeless.

Upon leaving Mayor Richardson expressed his gratitude for the opportunity to meet with OLLI and looks forward to working with us in the future.

*Photos by Howard K. Watkins*



*Gary Murph, Patti LaPlace, Mayor Richardson, and Glenn Libby*



*Naida Tushnet with Mayor Richardson*



# Thank You To Our Donors

## SPRING 2023 DONORS

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

Sallie Bakovic	Diane McLeod
Nessa Bernstein	Mary Meyer
Stephen Biskar	Barbara Millman
Pam Blansfield	Pat Montague
Jane & William Borst	Susan Mora
Susan Bouris	<i>I Love these classes</i>
Nancy Buchanan	Gary Murph
Linda Carr	Lucedes Newton
Pamela Chapin	Barbara Norberg
Mary Cliby	Vicki O'Toole
Ann & Bill Courtney	Gina Overholt
Robert Crabb	Diane Paull
Susan Csikesz	Jody Ramsey
Randolph Currin	Howard Reber
Gloria Curry	Arlene Rees
Carl Curtis	Charleen Rice
Ginny Cusenza	Alyssa Rose
William del Castillo	Steve Saiz
Marti Evans	Gail Schmoller
Joane Ferguson	Randy Shafer
Jan Friend	Marion Shanker
Anita Gonzales	Baxter Smith
James Graton	<i>In Memory of Anne Gay</i>
John Halligan	<i>who loved taking OLLI classes.</i>
<i>In Memory of Larry Luckey</i>	Joan Smith
Roberta Hamfeldt	Louise Soe
<i>In Memory of Erik</i>	<i>In Memory of Professor</i>
Roy Hanson	<i>Emeritus Christian Soe</i>
Deborah Hastings	Phyllis Spear
Donna Hawk	Stefan Steinberg
Althea Haygood	<i>In Honor of Sylvia Manheim</i>
Linda Henry	<i>for her long dedication to OLLI.</i>
Mark Higa	Lucy Stone
Elisabeth Ito	Judy Swaaley
Diane Ito	Patricia Szeszulski
Len Jacobson	Janice Teraoka
John Kehoe	<i>In Honor of her mother</i>
Paul Killins	Mary Kay Toumajian
Livia (Jakyung) Kim	Naida Tushnet
Jim King	Phillip Wachovsky
Marian Kootsikak	James Wallace
Patricia Larkin	Frances Wang
Gael & Glenn Libby	Harriet Warner
Janet Lipson	Jerald Warren
Gloria Lowen	Katherine Wightman
Barbara Maas	Ian Woods
Lizza Magnolia	Pat Wrenn
Sylvia Manheim	William Younglove
Marian Manocchio	Carol & Richard Zuck
<i>With gratitude for another</i>	
<i>awesome session!</i>	
Michael Marshall	

## SUCCESS FOR SUSTAINABILITY

Thanks to the generosity of OLLI members and other supporters, we have reached our **goal of \$35,000**, 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](http://www.csulb.edu/OLLI)

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

**OLLI at CSULB**  
**1250 Bellflower Blvd. HSD 100**  
**Long Beach, CA 90840-5609**

*Donations to OLLI are acknowledged in The SUN unless anonymity is requested. Osher Lifelong Learning Institute has 501 (c)(3) 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. Contact the OLLI office at (562) 985-8237 to volunteer.

## WITH SPECIAL THANKS TO ROJEAN

OLLI would like to recognize and thank Rojean Maciula who has been our Editor for the SUN. This will be her last SUN publication as Editor. Rojean stepped in this role during a major time of transition with OLLI returning to campus. We are very grateful for the wonderful job she has done. Her expertise and dedication in coordinating a high-quality publication was very much appreciated by our OLLI members and community partners.

Rojean will continue to be an active OLLI volunteer, so this is not goodbye. She has many talents and is considering other ways she can contribute to OLLI including possibly teaching a future class. One of Rojean's talents is her art. She displayed her wonderful art pieces at the last OLLI art exhibit last Fall. Her commitment to give back to her community and OLLI is admirable and we are fortunate to have Rojean as part of our OLLI family. Thank you very much!



## BECOME A NEW MEMBER

### ***OLLI Membership***

Membership is open to adults 50 or older.  
Membership is now \$20 for anyone new  
Register for any class for a \$15 tuition fee  
Paid Membership is required to take any class.

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#### **NEW MEMBERSHIP AND ONLINE ACCOUNT**

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

##### ***Step 1: Visit the website***

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

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

- At the upper right, click "New User? Start Here"
- Fill in the required personal and address information
- Create a new Username and Password.  
(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!

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### ***PAPER STILL ACCEPTED!***

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##### ***Step 1***

- Check a published 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 or \$20 before now.?...***

##### ***Step 1: Visit the website***

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

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

\* 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, June 12**

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

**Helpline 562.985.2398**

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

**Office line 562.985.8237**

General questions, or to leave a message

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

## ZOOM CLASSES

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

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

<https://csulb.zoom.us/j/111111111111x11x1>.

Check your SPAM mail for OLLI emails too.

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

### MONDAYS, July 10 - Aug. 21

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
8:30-9:50	Stand Tall, Stand Strong (Day 1)	L. Goldman	Exercise bands	<b>Z</b>	
8:30-10:00	iPhone: Beyond the Basics (iOS)	K. Winkenwerder	Tech - Int. iPhone	<b>Z</b>	
9:00-10:00	Declaration of Independence	H. Dudley	NEW - 2 wks 7/10 - 17	<b>Z</b>	
10:00-11:30	The Recorder Consort (not Beginner)	M. Pendleton	St. Isidore H. Plaza	<b>IP</b>	
10:00-11:30	What the Pop! (culture that is...)	K. Uyeda	NEW - 4 wks 7/10 - 31	<b>Z</b>	
10:30-12:00	Let's Dish: a little Savory, a little Sweet...	Rihbany & Stein	Back again - New topics	<b>Z</b>	
11:00-12:30	Tired of paying for Cable? Start Streaming	Friedman & Kathy W	Tech - 3 wks 8/7 - 21	<b>Z</b>	
11:30-12:30	Yoga with Barbara	B. Bannerman	CSULB LifeFit Center	<b>IP</b>	
1:00-3:00	Mini Art Masterpieces	S. Haglund	NEW - St. Isidore H. Plaza	<b>IP</b>	
1:30-3:00	Excel for Beginners...and slightly rusty...	L. Soe	NEW - CSULB Comp Lab	<b>IP</b>	
1:00-2:00	Bluegrass Guitar Workshop	F. Swatek	All levels	<b>Z</b>	<i>free</i>
2:30-3:30	Bluegrass Mandolin Workshop	F. Swatek	All levels	<b>Z</b>	<i>free</i>
2:00- 5:00	Movie Classics from the Past	J. Hathcock	New Titles <b>CSULB rm 101</b>	<b>IP</b>	

### TUESDAYS, July 11 - Aug. 22

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
8:30-10:00	What's New in iOS 16	K. Winkenwerder	Tech - 3 wks 7/11 - 25	<b>Z</b>	
9:00-10:00	Longevity Stick Art Movements	C. Taylor	CSULB LifeFit Center	<b>IP</b>	
10:00-12:00	Play it Again Jam - all levels	C. Baker	St. Isidore H. Plaza	<b>IP</b>	
10:00-12:00	Drawing for Everyone	V. Berry	JCC	<b>IP</b>	
11:30-1:00	Finances and Investing for Women	C. Carpenter	<b>CSULB rm 101</b>	<b>IP</b>	
12:30-2:30	Simplify your Watercolors!	A. Kupillas	NEW - 4 wks 8/1 - 22	<b>Z</b>	
12:00-1:30	Spanish Story Time	P. Kiwerski	New tales and talk	<b>Z</b>	
1:00-2:30	Reiki I, Self Healing (6 wks)	P. Rassouli	NEW at St. Isidore H. Plaza	<b>IP</b>	
<b>1:15-2:45</b>	<b>Bike &amp; Pedestrian Safety</b>	<b>K. Peterson</b>	<b>Special Aug 22 rm 101</b>	<b>IP</b>	<i>free</i>
1:30-3:00	GetAhandleOnYurpassWrds!	C. Wisniewski	Tech - 3 wks 7/11 - 25	<b>Z</b>	
1:30-3:00	Hack the Hackers: Avoid Being Tricked	C. Wisniewski	Tech - 4 wks 8/1 - 22	<b>Z</b>	
2:00-3:30	Raffia Basketry	C. Sabol	NEW at JCC	<b>IP</b>	

## WEDNESDAYS, July 12 - Aug. 23

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
8:30-9:50	Stand Tall, Stand Strong (Day 2)	L. Goldman	See Monday	Z	NC
8:30-10:00	Reverse Mortgage: Remodeling Retirement	S. Burks	NEW CSULB rm 101 3 wks	IP	
10:00-11:30	Apple Maps on iPad /iPhone (4 wks)	M. Gettys	NEW Tech - CSULB Lab	IP	
10:00-11:30	Foundations of Investing	A. Dilsaver	Current topics	Z	
10:00-11:30	Let's Put on a Show: Acting	N. Hathcock	NEW St. Isidore H Plaza	IP	
10:15-11:45	Coin Collecting: Look what I found ... (4 wks)	D. Russo	NEW CSULB rm 101	IP	
11:45-1:15	Apple iPad / iPhone Shortcuts & Tricks (4 wks)	M. Gettys	NEW Tech - CSULB Lab	IP	
11:30-1:00	Acoustic Guitar 2: Beyond Basics	B. Bradshaw	St. Isidore H. Plaza	IP	
1:00-2:45	5 Stories, 5 Weeks	M. Panitz	JCC 5 wks 7/19 - 8/16	IP	
1:30-3:30	Guided Autobiography (5 wks)	B. Llamas	5 wks -7/24 - 8/21	Z	
1:30-3:00	Apple User Guides for iPad / iPhone (4 wks)	M. Gettys	NEW Tech - CSULB Lab	IP	
1:45-3:15	Cyber Crime Case Studies (3 wks)	Babcock & Hodek	CSULB rm 101	IP	
3:30-5:00	Ethics in America: Critical Thinking... (4 wks)	D. Else	CSULB rm 101	IP	
6:30-8:00	Make Informed Medical Decisions	C. Malaambo	JCC 3 wks 7/12 - 26	IP	

## THURSDAYS, July 13 - Aug. 24

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
8:30-9:45	Yoga with Jean Marie	J. Van Dine	CSULB LifeFit Center	IP	
9:30-11:00	Memoir Writing: A Novel Approach	F. Fitzpatrick/Pam K.	Email needed	Z	
10:00-11:30	Shoot and Edit Videos - all devices	P. Gutierrez	Tech- CSULB Lab / Zoom	HyFlex	
10:30-11:50	Practicing Flexibility	L. Goldman	All levels - Yoga based	Z	
12:00-1:30	Current /International Events and Issues	Team	CSULB rm 101	IP	
1:00-2:30	Apps & Social Media - all devices	P. Gutierrez	Tech - CSULB Lab / Zoom	HyFlex	
<b>1:00-2:30</b>	<b>What It Was: growing up when the music mattered</b>	J. Pagliasotti	<b>Special August 10</b>	Z	free
2:00-3:30	Genius Happiness & Brilliant Travel	J. Minette	NEW - CSULB rm 101	IP	
2:00-4:00	Needlework Cafe	C. Sabol	JCC	IP	
<b>2:30-4:30</b>	<b>Mindful Conversation: a practice for life</b>	P. Gibb	<b>Special July 13</b>	Z	free
3:00-4:30	Build a Web Presence: Pages, Blogs & Webinars	P. Gutierrez	Tech - CSULB Lab NEW	Hyflex	
3:00-4:30	Catch the Spirit of Singing...Chorus	K. Price	St. Isidore H Plaza	IP	

## FRIDAYS, July 14 - Aug. 25

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
9:00-10:30	Writers Read Aloud Group	A. Berger	CSULB rm 101	IP	
11:00-12:30	Pathways to a Better Life	D. Hucker	CSULB rm 101 3 wks	IP	
11:30-1:00	Bluegrass Music JAM	F. Swatek	St. Isidore H Plaza	IP	
12:45-2:15	Empowering...through Cannabis	W. Jones	CSULB rm 101	IP	
1:00-3:00	Short Story Discussion Group	F. Ramirez	Book purchase	Z	
2:30-4:30	Movie Favorites: Animation and more	R. Low	CSULB rm 101 or Zoom	Hyflex	
<b>1:30 - 3:30</b>	<b>OPEN COMPUTER LAB</b>	W. Peck	CSULB Lab	IP	free

## SATURDAYS, July 15 - Aug. 26

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
9:00-12:00	Watercolor Workshop - Adv.	M. Daniel	CSULB rm DSN 111	IP	
10:00-11:30	Retirement Your Way...	P. Field	NEW	Z	
11:45-12:45	The ABCs of Medicare	D. Dillman	NEW 3 wks 8/12 - 26	Z	



## STAND TALL - STAND STRONG

**Mondays, July 10 - Aug 21 & Wednesdays, July 12 - Aug 23**  
**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, July 10 - Aug 21**  
**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*

**NEW CLASS!**

## DECLARATION OF INDEPENDENCE

**Mondays, July 10 & 17**  
**9:00 - 10:00 a.m. Zoom**

We will examine the Declaration of Independence and grapple with some important questions: What did equality, liberty and happiness mean? How was the Declaration an expression of the Classical and Enlightenment philosophers? Was the evidence that supported the claim that the King was a tyrant valid? Class limit: 50

*Instructor: Heather Dudley*

## THE RECORDER CONSORT

**Mondays, July 10 - Aug 21**  
**10:00 - 11:30 a.m.**

**St. Isidore H. Plaza**

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*



## WHAT THE POP!

**Mondays, July 10 - 31 (4 wks)**  
**10:00 - 11:30 a.m. Zoom**

Let's be honest, some "pop culture topics" are peculiar and enigmatic. They make us scratch our heads as to why they are popular let alone how they are significant in today's pop culture. What the Pop is a spinoff of You've been Pop-culture'd. It breaks down the significance and popularity of the top four culture enigmas: social media, technology, video games, and blogging. This course is a toolkit, resource, and a safe place for curious minds. It will generate new knowledge to benefit one's mental, emotional, and social health, all of which are facets necessary to healthy and positive living. Class limit: 30

*Instructor: Kelsey Uyeda, MS Gerontology CSULB & BA Music UCLA*

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

**Mondays, July 10 - Aug 21**  
**10:30 a.m. - 12:00 p.m. Zoom**

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

*Facilitators: Yesmean Rihbany & Norma Stein*

**NEW CLASS!**

**Monday**

**NEW CLASS!**

**TIRED OF PAYING FOR CABLE?  
START STREAMING**

Mondays, **Aug 7 - 21 (3 wks)**  
11:00 a.m. - 12:30 p.m. Zoom

If you don't like the cost of your cable service and want to know how to stream content instead, learn how in this short class. The streaming industry keeps growing, with new services launching, and others merging. It is a perfect environment to take advantage of an avalanche of content far greater than what the cable companies can offer. Learn the benefits and drawbacks of saying goodbye to your cable service, how streaming equipment works and where to get it. See how to get free local TV signals over the air with an inexpensive indoor antenna, and learn how streaming sticks, streaming boxes and smart TVs work. Learn how to pick what to watch from an amazing amount of content from the many subscription streaming channels. Class limit: 30

*Instructors: Jack Friedman & Kathy Winkenwerder*

**YOGA WITH BARBARA**

**Mondays, July 10 - Aug 21**  
**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*

**NEW CLASS!**

**MINI ART MASTERPIECES**

**Mondays, July 10 - Aug 21**  
**1:00 - 3:00 p.m.**

**St. Isidore Historical Plaza**

Each week we will complete two little mini masterpieces (2 ½" x 3 ½") artist trading cards. Create these pieces in any style, technique, or medium you choose. Each class we will discuss your favorite artist. On the last week you will share four of your finished pieces with class members for admiration! Bring your craft tool kit and supplies you will need in class. There will be a \$12.00 supply kit fee. Additional information will be emailed to you after you enroll in class. This class is also open to the Journal Making Challenge class to continue work on their journals. Class limit: 15

*Instructor: Sheryl Haglund*



**FREE!**

**BEGINNING BLUEGRASS  
GUITAR WORKSHOP**

**Mondays, July 10 - Aug 21**  
**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*

**EXCEL FOR BEGINNERS**

**Mondays, July 10 - Aug 21**  
**1:30 - 3:00 p.m.**

**CSULB, HS&D, Computer Lab**  
*"and slightly rusty spreadsheet enthusiasts wanting a refresh"*

Ever wonder how all those tables and graphs you see were made? They probably were created in a spreadsheet application such as Microsoft Excel. Learn some of the mysteries and magic of how spreadsheets work. Excel is a powerful program that can do a lot of the work for you: Prepare lists, work with numbers, sort data, create charts. Learn the basics of spreadsheets: how to create one, program it to achieve your purpose, and present the results in an understandable manner. Bring a USB (thumb) drive for your data and work. Use your own laptop with Excel installed, or a computer in the OLLI lab. Class limit: 50

*Instructor: Louise Soe*



**FREE!**

**BEGINNING BLUEGRASS  
MANDOLIN WORKSHOP**

**Mondays, July 10 - Aug 21**  
**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*

**NEW CLASS!**

**MOVIE CLASSICS FROM THE PAST**

*Mondays, July 10 - Aug 21*

**2:00 – 5:00 p.m.**

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

Another session, another set of assorted Movie Greats :

- 1 *Mighty Joe Young*: 1949 with Terry Moore, Ben Johnson, Robert Armstrong
- 2 *Cleopatra*: 1934 C.B. De Mille epic with Claudette Colbert
- 3 *Song of The South*: 1946 Walt Disney classic;
- 4 *Chinatown*: 1974 Jack Nicholson & Faye Dunaway;
- 5 *Scarface*: 1931 classic with Paul Muni;
- 6 *North West Mounted Police*: 1940 C.B. DeMille, Gary Cooper;
- 7 *The Blue Gardenia*: 1953 Film noir classic with Anne Baxter, Richard Conte, Raymond Burr

Class limit: 50

*Instructor: Jeff Hathcock*



**WHAT'S NEW IN IOS 16**

*Tuesdays, July 11 - 25 (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*

**LONGEVITY STICK ART MOVEMENTS**

*Tuesdays, July 11 - Aug 22*

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

**CSULB, LifeFit, KIN 110B**

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

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

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

Class limit: 20

*Instructor: Charles Wm. Taylor*

**DRAWING FOR EVERYONE**

**Tuesdays, July 11 - Aug 22**

**10:00 a.m. – 12:00 p.m.**

**Alpert Jewish Community Center**

This class will cover the Basics of Drawing. If you're interested in learning the basic building blocks of drawing or improving your skill level, this class will cover elements and principles of art that will help. We will do a variety of exercises and practice drawings to build your experience. We will cover a variety of techniques, tips, and tricks. Our goal is improvement of skill while enjoying the process. Learn basic drawing skills including:

- Elements of art
- Negative space
- Value studies
- Composition
- Proportion
- Gesture drawing
- Class limit: 20

*Instructor: Valerie Berry*

**PLAY IT AGAIN JAM**

**Tuesdays, July 11 - Aug 22**

**10:00 a.m. - 12:00**

**St. Isidore Historical Plaza**

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*

**SIMPLIFY YOUR WATERCOLORS!**

**Tuesdays, Aug 1 - 22 (4 wks)**

**12:30 - 2:30 pm Zoom**

A Mini Course. Learn to simplify your approach to watercolor painting. Students will learn to refine their approach using limited color palettes and steps. Each week, the class will tackle a different subject using a palette of no more than 4 colors. The class also will practice depicting detail with simplicity, combining areas of similar value into one shape, focusing on the main subject, and eliminating distractions.

Various basic skills and techniques used in watercolor painting will be employed during this class, so an existing knowledge of watercolor is recommended. A list of suggested materials for this course is available prior to the first class. Suitable for Intermediate & Advanced watercolor painters. Class limit: 30

*Instructor: Anne Kupillas*

**MORE WATERCOLOR NOTES**

For the purposes of this course, substitutions are ok. As long as you have a cool and warm version of each primary, plus a light earth tone and darker earth tone/neutral. If you are an artist looking to experiment with colors, then by all means bring your favorite existing colors to this class! This course is NOT about color matching and we will not be replicating colors in photographs! Rather, we will be interpreting them through our artistic sensibilities.

**Also needed:** Painters tape, a board of some kind to tape your work down (unless you are using paper in blocks), a water receptacle, blotting cloth or tissue, and a pencil for sketching.

**WATERCOLOR SUPPLY LIST**

**Paper:** Arches Cold Pressed or Rough Paper 9 x 12 PAD or BLOCK (4 sheets needed) Scratch paper for drawing At least 8 Test strips for testing color, brushstrokes

**Brushes –** A Large, Medium and Small (detail) brush. For the Large Brush - I prefer a large mop brush, such as Isabey Squirrel or Princeton Aqua Elite mop For the Medium – I prefer the Princeton Aqua Elite Oval Wash brush in either ½" or ¾".

For the Detail (small) Brush – I prefer the Princeton Aqua Elite Round Brush in a size 2 or 4. Nothing smaller needed for this class. Also ok – liner brushes, eyelash script etc.

What size brush should you bring? It really depends on how large you like your marks to be and how comfortable you are with each size. Test a few! The idea is that we will not be spending a lot of time on what brush to use, nor being finicky on lots of small detail. The paper sizes we will be working on are 6x9, 8x10 and 9x12".

**Tube Watercolors –** Pan colors not recommended. Any artists' brand (Daniel Smith, QOR, Windsor Newton (not Cotman), Shminke, etc) In the following ten colors:

- Ultramarine Blue or French Ultramarine
- Hansa Yellow
- Burnt Sienna
- Lemon Yellow
- Cadmium Red Light
- Alizarin Crimson
- Sap Green
- Prussian Blue
- Indigo
- Buff Titanium

## FINANCES & INVESTING FOR WOMEN

**Tuesdays, July 11 - Aug 22**  
**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, July 11 - Aug 22**  
**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*



## GETAHANDLEONYURPASSWRDS!

**Tuesdays, July 11 - 25 (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.

Class limit: 20

*Instructor: Chris Wisniewski*



## REIKI I: SELF-HEALING

**Tuesdays, July 11 - Aug. 15 (6 wks)**  
**1:00 – 2:30 p.m.**

**St. Isidore Historical Plaza**

Now more than ever is the time to learn Reiki, healing energy! Reiki will calm your fears, long-standing issues and help you to maneuver in our ever-changing world. In addition, you will learn the five Reiki principles, the chakra system, build a meditation practice, and get info on how to build a healthy daily routine. You will need *The Beauty of Reiki: Self-Healing* for class meetings. The revised edition will be available on Amazon.com. in June. Class limit: 20

*Instructor: Patty Tahara Rassouli, Reiki Master Teacher*

## HACK THE HACKERS: EASY WAYS TO AVOID BEING TRICKED BY FRAUDSTERS

**Tuesdays, Aug 1 – 22 (4 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*

**NEW CLASS!**

## RAFIA BASKETRY: COIL METHOD

**Tuesdays, July 11 – Aug. 22**  
**2:00 – 3:30 p.m.**

**Alpert Jewish Community Center**

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

*Instructor: Carolyn Sabol*

**STAND TALL - STAND STRONG**

*Mondays, July 10 - Aug 21*  
*Wednesdays, July 12 - Aug 23*  
**8:30 - 9:50 a.m. Zoom**

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

Class limit:50

*Instructor: Lorraine Goldman*

**NEW CLASS!**

**REVERSE MORTGAGE:  
 REMODELING RETIREMENT**

*Wednesdays, Aug 9 - 23 (3 wks)*  
**8:30 - 10:00 a.m.**  
**CSULB, HS&D, room 101**

This course is designed to provide an overview of reverse mortgages, a financial product that allows older homeowners to access equity in their homes. Students will learn the basics of reverse mortgages, including eligibility requirements, loan amounts, interest rates, fees, and repayment options. In addition, OLLI members will gain an understanding of the risks and benefits associated with reverse mortgages, and the potential impact on heirs and the estate.

This three-session study will be based on two nationally recognized reverse mortgage authors. Books will be provided at no charge for this course. Class limit: 15

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

**FOUNDATIONS OF INVESTING**

*Wednesdays, July 12 - Aug 23*  
**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.

Learn 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*



**APPLE MAPS ON IPADS/IPHONES**

*Wednesdays, July 12 - Aug 2 (4 wks)*  
**10:00 - 11:30 p.m.**

**CSULB HS&D, Comp Lab**

Explore the Apple Maps features that include how to get directions, not only for driving, but also for riding your bike, taking local transit or even walking. You'll learn how to share your location, and when you'll arrive at your destination, find where you've parked your car, explore aerial city flyovers and more. We'll also discuss other map programs like Goggle Maps, Waze, Sigalert, Maps. Me, Anchor Pointer Compass GPS, and parking maps. Bring your charged device to each class.

Class limit: 12

*Instructor: Marilyn Gettys*

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

*Wednesdays, July 12 - Aug 2 (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*

**NEW CLASS!**

**Wednesday**

**NEW CLASS!**

**NEW CLASS!**

**LET'S PUT ON A SHOW**

*Wednesdays, July 12 - Aug 23*  
**10:00 - 11:30 a.m.**

**St. Isidore Historical Plaza**

Hey, Everyone, "Let's Put on a Show!" Showtime is for all of us who desire to be on stage. We will practice diligently (and happily) and we will put on a show at the end of the session. Our fellow Olli students, friends and family can come and enjoy. We are a little "ditsy" but lots of fun to be with. We will be working on some scenes from the Carol Burnett Show, some poetry, and one or two one act plays. We do have fun and hope you will join us this summer session. Class limit: 15

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



**ACOUSTIC GUITAR 2:  
BEYOND THE BASICS**

*Wednesdays, July 12 - Aug. 23*  
**11:30 a.m. - 1:00 p.m.**

**St. Isidore Historical Plaza**

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

*Instructor: Brian Bradshaw*

**IPAD / IPHONE SHORTCUTS  
& TRICKS**

*Wednesdays, July 12 - Aug 2 (4 wks)*  
**11:45 a.m.- 1:15 p.m.**

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

Learn the tips and tricks that let you use your devices more effectively and efficiently. The class covers how to customize the Control Center, quickly switch from one app to another, move from side to side on a split screen on your iPad, how to activate Hey Siri and have it do all kinds of things for you, find hidden submenus, learn the secret of getting to getting free apps and entertainment apps, get in and out of dark mode, find what's hiding in the keyboard, and put what you want in the dock. Bring your charged iPad or iPhone to each class. Class limit: 12

*Instructor: Marilyn Gettys*

**GUIDED AUTOBIOGRAPHY**

*Wednesdays, July 24 - Aug 21 (5 wks)*  
**1:30 - 3:30 p.m. Zoom**

GAB is based upon the work of Dr. James Birren, a professor /pioneer in 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 receive writing tips, creative exercises, and tools for writing your own life story. The first class is 60-minutes about the structure, expectations, and student commitments to the class. The next 4 sessions are 2 hours long. Class participants will create a two-page story each week based on the theme and each will share his/her story and receive positive feedback with assured confidentiality. No need to be a talented writer, just tell your own story. Class limit: 10

*Instructor: Barbara Llamas, Independence at Home, a SCAN Community Service*

**FIVE STORIES - FIVE WEEKS**

*Wednesdays, July 19 - Aug 16 (5 wks)*  
**1:00 - 2:45 p.m.**

**Alpert Jewish Community Center**

Looking for some cool stuff this summer? Sign up for Five Stories - Five Weeks and you'll be treated to enticing stories by excellent writers, some familiar and some you've never read before. And all this in the company of others who love reading and discussing short stories! Class limit: 16

*Instructor: Mona Panitz*



**NEW CLASS!**

**APPLE USER GUIDES  
FOR IPAD / IPHONE**

*Wednesdays, July 12 - Aug. 2 (4 wks)*  
**1:30 - 3:00 p.m.**

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

At some point most of us have been stumped a time or two by something our iPad or iPhone is doing. Or maybe we can't figure out how to change the options in a feature. When that happens, do you know how to find your Apple User Guide? Come to this class and learn where to find it online, how to put a User Guide on your device, and find what you need quickly using the guide's table of contents and great search feature. And since things often change on our devices, you also can find documentation of those changes, The User Guide for your device is always up to date and is written in language non-technical people can understand. Bring your charged device to each class. Class limit: 12

*Instructor: Marilyn Gettys*

## CYBER-CRIME CASE STUDIES & SECURITY TECHNIQUES

*Wednesdays, July 12 - 26 (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.*

## ETHICS IN AMERICA: A COURSE IN CRITICAL THINKING & ETHICS

*Wednesdays, July 12 - Aug 2 (4 wks)  
3:30 - 5:00 p.m.*

*CSULB, HS&D, room 101*

This class has two main goals: to teach important approaches and sources in the 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*

## MAKE INFORMED DECISIONS IN CASE OF A MEDICAL EMERGENCY

*Wednesdays, July 12, 19, 26 (3 wks)  
6:30 - 8:00 p.m.*

*Alpert Jewish Community Center*

Constance Malaambo, RN, has thirty-four years of emergency medicine experience. Join her as she leads a class about medical decision-making. She will encourage you to think about the types of care you would and would not want in the event 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. As part of the course, you will learn how to complete an advance directive form to use to inform your family and doctors of your wishes in the event of a medical emergency.

Class limit: 25

*Instructor: Constance Malaambo*





## YOGA WITH JEAN MARIE

**Thursdays, July 13 - Aug 24**  
**8:30- 9:45 a.m.**

**CSULB, LifeFit, KIN 110B**

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

*Instructor: JeanMarie VanDine,  
Certified Yoga Instructor*

## SHOOT & EDIT VIDEOS (ALL DEVICES)

**Thursdays, July 13 - Aug 24**  
**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. Bring your charged device to each class. Class limit: 10

*Instructor: Perla Gutierrez*



## MEMOIR WRITING: A NOVEL APPROACH

**Thursdays, July 13 - Aug 24**  
**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*



## PRACTICING FLEXIBILITY

**Thursdays, July 13 - Aug 24**  
**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, July 13 - Aug 24**  
**12:00 – 1:30 p.m.**

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

Stay informed and have your say on the news of the day. Instructors will choose a few current event topics each week, give a brief presentation for each and then ask for thoughtful comments and questions from the class. These discussions are very much valued and are the core of the class. Class members are also encouraged to choose a topic of their own and present it for discussion. Class limit: 98

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

## APPS AND SOCIAL MEDIA (ALL DEVICES)

**Thursdays, July 13 - Aug 24**  
**1:00 – 2:30 p.m.**

**CSULB Computer Lab & HyFlex**

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

*Instructor: Perla Gutierrez*

### GENIUS HAPPINESS & BRILLIANT TRAVEL

*Thursdays, July 13 - Aug 24*

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

*CSULB, HS&D, room 101*

In this exciting course you'll learn the latest discoveries in Brain Science and the Science of Happiness taught at universities like Harvard and Yale. New lessons, skills, and strategies will be demonstrated with insightful adventure stories and inspiring photos that tell as well as show how you can use these strategies on your travel adventures and each day of your life. The skills and superpowers you'll learn will change your life. This course involves lectures as well as fun workshop/ playshops that highlight the lessons.

A Small Sample of Lessons:

- Genius Happiness and the Science of Happiness.
- Using Brain Science to create Big Life Passions, intimate lifelong friendships, and greater success in life.
- Twelve strategies for creating Extreme Happiness: the 40% of happiness we control.
- Five strategies for creating Peak Experiences: your rocket ship to rapture
- Become the producer, director, star, hero, and creative genius of your Peak Experiences.
- How your brain captures vivid memories.
- Three key strategies for creating passionate lifelong memories.
- Taking your new superpowers with you on each travel adventure.
- Use any smartphone camera as a tool to capture vivid lifelong memories.
- Genius you, as you become the teacher. Class limit 50

### NEEDLEWORK CAFÉ CROCHET / KNITTING FOR BEGINNING AND INTERMEDIATE

*Thursdays, July 13 - Aug 24*

*2:00 – 4:00 p.m.*

*Alpert Jewish Community Center*

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 7, intermediates 7*

*Instructor: Carolyn Sabol*



**Jennifer Minette**

*Instructor: Jennifer Minette teaches leadership, adventure travel, and photography. Her books include Passionate Photography, Travel Ecstasy, Mastering Extreme Happiness, and Genius Travel for Smart Women. After thirty years in Satellite Systems Engineering and Management, she now leads travelers on unique worldwide adventures. Education: BS Mechanical Engineering, MS Engineering Mgmt, MBA Entrepreneurship, Toastmasters Communicator Gold, and Mensa Member*

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

*Thursdays, July 13 - Aug 24*

*3:00 – 4:30 p.m.*

*CSULB Computer Lab & HyFlex*

Find out how easy it is to build your own website, blog, chat or webinar. Create your own or watch and learn how it is done. We will study examples of the most popular websites builders, learn strategies to reach your favorite audience and bring people to your site. See how to increase communications on social media channels with your website, build loyalty, then maintain your website, blog, or chat.

All devices are welcome, but you have to know how to use your device if you want the full experience. Still, you can have a wonderful time just taking the class and learning about the most important tools of Internet communications. Class limit: 12

*Instructor: Perla Gutierrez*

### "CATCH THE SPIRIT OF SINGING" CHORUS

*Thursdays, July 13 - Aug 24*

*3:00 – 4:30 p.m.*

*St. Isidore Historical Plaza*

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

## WRITERS READ ALOUD GROUP

**Fridays, July 14 - Aug 25**

**9:00 - 10:30a.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 (and fun) environment. Class limit: 18

*Facilitator: Amy Berger*

**NEW CLASS!**

## PATHWAYS TO A BETTER LIFE: A SEARCH FOR THE TRUTH

**Fridays, July 14, 21, 28 (3 wks)**

**11:00 a.m. – 12:30 p.m.**

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

Learn how false assumptions about other people's values and beliefs affect how they are treated, how preconceived ideas can block the truth, and how stress affects mind and body. Class limit: 30

*Instructor: Donald Hucker:*

*B.S. Management, CSULB; M.B.A. Comparative Management, USC; seminar participant in The Science of Stress, and in The Central Nervous System.*

## EMPOWERING INDEPENDENT HEALTHCARE THROUGH CANNABIS

**Fridays, July 14 - Aug 25**

**12:45 – 2:15 p.m.**

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

Cannabis, or medical marijuana, is becoming more prominent as a relevant medicinal option for a plethora of medical conditions. With many ways to access cannabis and CBD products, it is challenging to decipher information from online resources and dispensary budtenders with no medical experience. Primary care providers may also be unable or unwilling to properly educate. Join me in exploring the Endocannabinoid system and how cannabis/CBD works in the body. As an RN who is also cannabis competent, I will provide access to reliable information and answer questions in order to safely navigate the cannabis space. We'll promote intelligent and informed decision making in regards to your personal healthcare journey and a better quality of life. Class limit: 90

*Instructor: Wendy Jones*

## BLUEGRASS MUSIC JAM

**Fridays, July 14 - Aug 25**

**11:30 a.m. – 1:00 p.m.**

**St. Isidore Historical Plaza**

Increase your Guitar playing skills and play along with this group of fellow musicians. 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. This class may continue during the OLLI "off months" Questions?? Contact [frankswatek@hotmail.com](mailto:frankswatek@hotmail.com)  
Class limit: 20

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

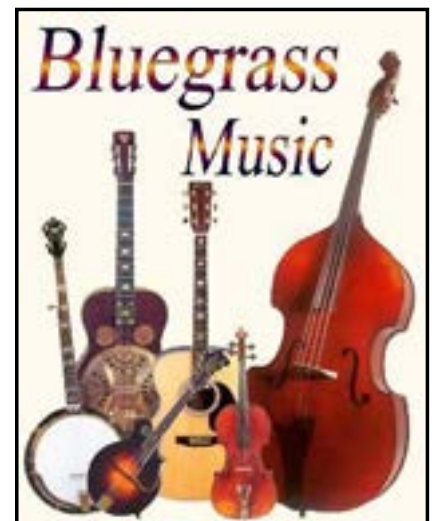
## SHORT STORY DISCUSSION GROUP

**Fridays, July 14 - Aug 25**

**1:00 - 3:00 p.m. Zoom**

NEW BOOK -- This session we will begin reading prize-winning short stories from the 2022 edition of *The Best American Short Stories*. For comparison, a few stories published earlier may also be considered. Each week we will read a short story and discuss what makes the story unique: themes, techniques, characters, atmosphere, etc. All class members participate, contributing multiple views of the same story. The results are stimulating, entertaining and sometimes surprising. The new anthology is: *The Best American Short Stories 2022*, Andrew Sean Greer, Ed., with Heidi Pitlor (Boston, New York: Mariner Books, HarperCollins, 2022). Please arrange access to this edition for the class discussions. It is available in several formats: Kindle, paperback, Audible. Class limit: 24

*Class Leader: Fern Ramirez*



Friday

**NEW CLASS!**

**MOVIE FAVORITES**

*Fridays, July 14 - Aug 25*  
**2:30 – 4:30 p.m.**

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

In case you couldn't tell, we love movies. Heck, who doesn't? Trouble is, not everyone loves the same movies. That makes putting together a list of favorite movies a particularly fraught assignment. Tastes in cinema vary wildly, but we'll try to fill in the gaps of your movie knowledge – or start to build it. The list could cover a lot of ground: over 100 years, assorted countries, and just about every genre from blockbusters to cult classics, comedies to thrillers. Most will be light hearted / family friendly films.

We'll offer discussions and talk about all forms of the medium. The list of movies MAY include: Musicals, Animations, and family movies that everyone has seen (maybe except you!) Come join in the Fun on Friday afternoons. Class limit: 40 in room

Presenter: Rebecca Low

**FREE!**

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

Try before you buy! If you are thinking of buying a new computer, changing operating systems, or just curious...come check out the demo computers in the OLLI Lab.

(Windows 11, Mac iOS, Chrome OS / ChromeBooks and Linux)

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



Saturday

**NEW CLASS!**

**WATERCOLOR WORKSHOP-  
ADVANCED**

*Saturdays, July 15 - Aug 26*  
**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*

**NEW CLASS!**

**ABC'S OF MEDICARE**

*Saturdays, Aug 12, 19, 26*  
**11:45 a.m. – 12:45 p.m. Zoom**

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

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

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

**RETIREMENT YOUR WAY:  
CHARTING A COURSE FOR YOUR  
NEXT ADVENTURE**

*Saturdays, July 15 - Aug 26*  
**10:00 – 11:30 a.m. Zoom**

Retirement can mean freedom from alarm clocks, commuting, deadlines and bosses you don't like. Once the newness of it has worn off, however, the cost of that freedom can seem high. What do I do with my day? Who do I do it with? How can I afford the lifestyle I want? Where do I want to live? How do I keep fit and healthy? In other words, how do you create a new order and structure for your life, one that you can truly enjoy?

Pauline Field has retired 3 times – and is still working some. She loves her life and enjoys sharing her secrets with others so they too can create their own joyful life. Class limit: 25

*Instructor: Pauline Field founded the nonprofit 50/50 Leadership; led the establishment of the Glendale Commission on the Status of Women, and was a management consultant, founder and former COO of a global management-consulting agency. She is widely published on business practices and has appeared on a number of radio and television shows. She is a past Board member of the United Nations Association. She was a United States Ambassador for the World Leadership Day organization based in South Africa. Her many awards include being named Businesswoman of the Year by CA State Senate and Assembly representatives.*

**FREE!**

## FREE Special Events - Everyone Invited

### Information 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, TED Talks, or other sites for information about scams or mature years financial issues.



**Contact Steven Carr**

562 233-1400

Zenisys@charter.net

### WHAT IT WAS: GROWING UP WHEN MUSIC MATTERED

**Thursday, Aug 10**

**1:00 – 2:30 p.m. Zoom**

The Classic Era of rock & roll music was a time of incredible creativity in the arts and in artful ways of living. It was a tumultuous time, too, when struggles over civil rights, the Vietnam war, political assassinations, and gender equity sometimes made it seem the world was coming apart. The music helped us get through it. It gave us a voice, an anthem, a gathering place where we shared our dreams and our fears. This is a memoir of those times by a writer with press credentials and a backstage pass.

*Instructor James Pagliasotti was the first rock & roll columnist for The Denver Post, where he covered music and the counterculture from 1968-74. He has written for Rolling Stone magazine and numerous other publications.*

### MINDFUL CONVERSATION: A PRACTICE FOR LIFE

**Thursday, July 13**

**2:30 - 4:30 p.m. 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 and fun Zoom event combines practice with theory and a chance to learn about your most important conversational challenges. 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,*

### WALK AND ROLL SAFELY: BIKE AND PEDESTRIAN SAFETY FOR ALL

**Tuesday, Aug 22**

**1:15 - 2:45 p.m.**

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

The City's bike and pedestrian safety program *Walk and Roll Long Beach* invites you to learn about bike and pedestrian safety. During this presentation we'll go over how to be a defensive and safe walker, checking your ABC's before riding, and other helpful tips to stay safe while walking and riding around Long Beach. All participants will receive bike and pedestrian safety gear to stay visible and safe. If you have any questions, please email [walkandrolllongbeach@longbeach.gov](mailto:walkandrolllongbeach@longbeach.gov).

*Presented by Kaelin Peterson, Health Educator II, HHS Long Beach*

## Grace Blankenship 1934 - 2023

Grace Blankenship of Belmont Shore, CA, passed away on March 12, 2023 after a long battle with congestive heart failure.

Grace was born in Brooklyn, New York on November 13, 1934 to Italian immigrants Mae and Joseph Sanzo. After graduating from Lincoln High School in 1952 she got her first job at Bank of America. In 1959, she met and married Clarence Blankenship, aka "Dick",



which was the beginning of a 61 year love story. When her children, Joan & Rick, were born, she left work and dedicated her life to raising them. She spent many hours volunteering at their schools and was tirelessly involved in all of their extracurricular activities. After her children graduated from college, Grace went back to work at Bank of America on 2nd Street until she and her husband retired in 2005.

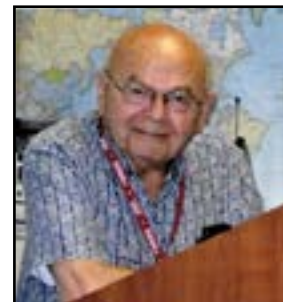
During retirement they enjoyed the Osher Lifelong Learning Institute at CSULB (OLLI) where they attended classes, volunteered and made many friends. She served as a member of the Member Services Working Group and as an office volunteer. Grace, along with Dick, were the mainstay of many classes, including Current Events and she helped for years in the classroom running the microphone from speaker to speaker.

Grace was known for her loving advice, quick wit, sweet sarcasm, cooking delicious Italian meals and for her volunteerism. She was passionate about accounting, arts & crafts (as long as they came with instructions) and spending time with her family.



## Dr. Edgar Moran 1928 - 2023

Edgar Moran was born in Romania in 1928. He is a Holocaust survivor and lived through four Romanian dictatorships. An idealist, he fought in the Underground Resistance during World War II. After the war, he was very active in the Zionist Youth Organization which caused him significant difficulties under the Soviet-dictated communist regime. He studied and practiced medicine and after 6½ years of perseverance, he got his permit to leave Romania for Israel. He served as a doctor in the Israeli Navy and then studied Anatomic Pathology at the Hebrew University Medical Center in Jerusalem. He specialized in medical oncology at the University of Chicago, where he taught until 1976 when he came to California and established the first medical oncology service at the City of Hope Medical Center in Duarte, California. As a professor of medicine at the University of California, Irvine, he dedicated his professional life to the care of United States Veterans, to cancer research, and to teaching medical students and young doctors.



Edgar is survived by two sons and his wife, Huguette. Both had been active at Osher Lifelong Learning Institute (OLLI) Dr Moran's classes became famous for the topics covered and his insights offered to students. Student comments reflect his life at OLLI:

*I got to know Dr. Moran reasonably well through his classes at the Alpert JCC. His teaching this latest class had special meaning as I always thought of him as a true Renaissance man. What an incredible life.*

*He was not just such an incredibly brilliant and intellectually curious human being about so many topics but obviously also had such a warm, tender and generous heart. He willingly gave so much to so many people with his vast knowledge and beautiful heart. I wish I knew about him earlier and could have taken all of his OLLI courses.*

*Dr Moran took me through my sister's death with Lewy Body Dementia and my ex-husband's death with a rare blood cancer. Bless him. He helped me so much with both his expertise and understanding*

*I took my first OLLI class with him last semester - Russian History - and I fell in love with his intellect, devotion to teaching & adorable personality. I bought and read his autobiography and enjoyed 'getting to know him' even more.*

# OLLI Community Sites

## Alpert Jewish Community Center

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

[Visit the JCC website](#)

## St. Isidore Historical Plaza

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

[Visit the St. Isidore website](#)

## Houghton Park

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

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

## Long Beach Bridge Center

4782 Pacific Coast Hwy. Long Beach  
562.498.8113

[Visit Long Beach Bridge Center](#)

## Whaley Park Community Center

5620 E Atherton St.  
Long Beach, CA 90815

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

**CSULB Campus Map**  
[Visit Campus Maps website](#)

- Carpenter Center (CPAC)**
- General Parking**  
Lots G 12, 13, 14 & Parking Structures
- Archery Fieldhouse**
- LifeFit Center**  
KIN 107 / 110
- OLLI office & HSD 101**
- Employee Lot E 6**  
with 9 ADA spaces. Permit required
- State University Dr.**  
No pay needed with DMV blue placard at green curb spaces
- Foundation Parking Lot - pay at gate**

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



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

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

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



## 2023-2024 OLLI CLASS SESSIONS

Summer July 10 - August 26, 2023  
Fall October 2 - November 18, 2023  
Winter January 3 - February 27, 2024  
Spring April 2 - May 25, 2024

### **HOLIDAYS**

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

Independence Day July 4, 2023

Labor Day September 4, 2023

Veterans Day November 11, 2023

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