



*The Osher Lifelong Learning Institute
at CSULB*



2024 Winter Class Schedule

Class Registration Starts Monday, December 11 at 9 a.m.

New Classes

MUSIC BEGINNING THEORY

Instructor: Kathy Price
Thursdays at SIHP in Person

MOVIE MATINEE: COMEDIES

Instructor: Allan Goldstein
Thursdays in person

BEGINNER RECORDERS

Leader: Trina Schneider
Mondays at Whaley Pk in person

COMPUTER DATA ORGANIZATION

Instructor: Wesley Peck
Fridays in the Lab or on Zoom

AMATEUR/HAM RADIO OPERATOR

Instructors: Crowe & Breiding
Wednesdays on Zoom & IP

IT HAPPENED IN BROOKLYN

Instructor: Len Jacobson
Tuesdays on Zoom (5 wks)

SPRINGBOARD INTO CARDMAKING

Instructor: Lisa Malmsten
Thursdays at JCC in person

THE ROLE OF WOMEN IN US HISTORY

Instructor: Naida Tushnet
Thursdays in person

New Class: Photography **See Before You Snap**

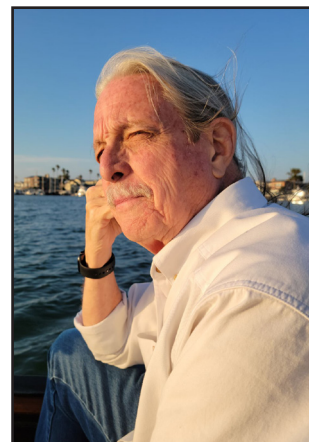
By Shari Faris

Are you interested in taking photographs and learning more about photography, while having fun with your fellow OLLI students?

Doug Cox's class, *See the Picture Before You Take the Photograph*, is a good place to start. Doug first taught this OLLI Photography class during the Fall 2023 session and has enjoyed seeing the students interacting with each other and responding to the photographs that students share during class. Doug has structured the class so that students take photos based on different topics. This allows them to practice their photography skills and express their creativity.

Doug is an experienced photographer who currently serves as the photographer for Rancho Los Alamitos. He enjoys the challenge of documenting the variety of visual perspectives at the beautiful historic site which is near the CSULB campus. Doug's many years as a photographer, editor and writer at the Los Angeles Times also bring a unique perspective to his role as an OLLI Instructor.

Doug is excited to lead this class for OLLI and has a special connection to OLLI. He served as the CSULB campus webmaster for many years and is very familiar with the CSULB campus and the unique environment that it provides for students, including lifelong learners at OLLI. In this class students can explore photography and creativity with other OLLI students, while also learning new photography skills.



Doug Cox



→ See description page 20

Classes start January 8

www.csulb.edu/olli

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

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

The Governing Council

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

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

THE SUN Volume 29, Issue 2

Content Editor: TBD

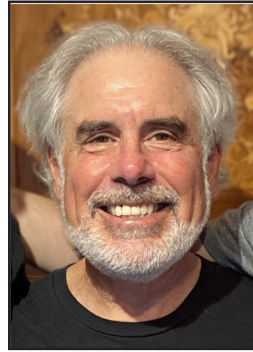
Production Manager: Rebecca Low

Writers: Tom Hood, Marianne Klinger, Tom Lockhart, Shari Faris, and Joan Smith

Proofreader: Louise Haglind

The President's Corner: Incoming!

It is an honor to serve as President for the OLLI Governing Council along with Vice President Bill Shaddle. It is even more special to follow in the footsteps of your outgoing president Glenn Libby (who will continue to serve on the Exec. Council). And, wow, to be able to work with an exceptional staff: Executive Director Patti



Marc Davidson

LaPlace, with whom I have overlapped in many community initiatives, and of course, the "heartbeat" of OLLI, Rebecca Low, Karin Covey, Pat Wrenn, and Lee Sianez – amazing individuals that I have gotten to know over the last 6 years!

Briefly about me. I retired 6 years ago after 45 years in architecture, a career that provided me exposure to a multitude of building types and programs for performing arts, sports, and health care. My goal upon retirement was to re-engage in the community of Long Beach where my wife Pattie and I have lived for over 40 years, having raised two awesome boys, Aaron and Drew. Almost immediately, my good friend Jan Stein directed me to OLLI, where I found a home to continue my interest in learning, and an opportunity to become an OLLI instructor. Currently I co-instruct the *Play It Again Jam* with Carol Baker.

Music is the foundation of my current journey. Pattie and I met in college through music, performing as Marc+Pattie (still do!), and with our group, Second Wind. I initially found a home with the Long Beach Music Council to work on community initiatives, co-founded Make Music Long Beach, joined the Board of Directors of the Arts Council where I currently serve on the Advocacy Committee. I co-founded the non-profit Club of Harps with Jim Worsham, evolving from our past OLLI harmonica class. I also serve as a mentor for first generation college students for BRDG Bridge to Connect.

As incoming President for OLLI, V P Bill Shaddle and I agree that the foremost objective begins with supporting the current governing council's leadership, initiatives, and strategic goals. Glenn Libby, Patti LaPlace, and our working group leadership outlined much of this in the recent OLLI Members Meeting. I encourage you to spend some time on our [OLLI website](#) where the OLLI Strategic Plan resides.

My personal goals mirror many of the current governing council initiatives, and include the following:

- **Spread the word!** Build stronger community recognition of the OLLI program, including strengthening our message and brand through advocacy and outreach
- Explore opportunities to bridge our program and members with important community needs, including mental health and overlapping therapies, such as music and physical
- Outreach to current community leaders and their programs to find the above alignment and opportunity for collaboration
- Address access to our OLLI facilities, both on and off campus
- Recruit our next OLLI instructors

And lastly, the Governing Council wants to hear from you – our members! Please become an active participant in growing our program. My professional career was built upon "continuous improvement" – I intend to maintain that attitude in my collaboration as president. Let me hear from you!

Marc.Davidson@csulb.edu

From the Executive Director: Bringing in The New Year with a Renaissance Focus!

Beginning a New Year can be an exciting time. It is a time to set new goals, make positive changes, be hopeful and even a “rebirth” focus for ourselves. Renaissance means “rebirth” or a revival of renewed interest in something.

Historically, the Renaissance Period represented a period in history, marking the transition from the Middle Ages to modernity. Characterized by an effort to revive and surpass former ideas and achievements as well as associated with great social change including art, architecture, politics, literature, exploration and science. We can probably look at our time during pandemic restrictions as something that could be characterized as our “Middle Ages” that helped the transition to our own modernity with the use of new



Patti LaPlace

technology, virtual opportunities, artificial intelligence and learning new ways to do things. OLLI has the opportunity to be part of this dynamic process as we continue to adjust to a post pandemic world! We are doing more outreach than ever as we try to connect to organizations, university resources and community events that can help us grow. We continue to focus on “Sustainability” with our fundraising efforts to keep OLLI accessible, affordable to older adults including under-served senior populations within our community.

We have a new President and Vice President, Marc Davidson and Bill Shaddle respectively who are part of our OLLI leadership through our Executive and Governing Councils. We are actively recruiting new volunteers to serve on our various working groups. We have a new “Volunteer Coordinator” position that will be working with our Membership Working Group. An OLLI retreat for our Governing Council was held in November to create strategies for the upcoming new year. Our Communications/Marketing Workgroups are stepping up their outreach in the community and looking at new venues and events to promote OLLI. The Education Workgroup has launched a new course feedback form and we are also working to distribute a new membership survey as well. They have also developed a plan to recruit new instructors. The Technology working group is in conversations to explore the AI world and how it can benefit OLLI. Our OLLI strategic plans will be going through a renewal process in 2024. Yes, this is a very exciting time for OLLI in terms of a renaissance focus.

We can all be part of this rebirth. Here is how you can participate in this process. Do you know someone who could teach a new course for us? How can you help spread the word about OLLI? What type of classes would you like to see as part of our course offerings? What type of new partnerships could we develop in the community? Working together, we can celebrate our rebirth of lifelong learning!

Patti LaPlace

OLLI Options and Opinions!

Parking will always be a challenge at the CSULB campus. This year, 2023-24, the pricing for Parking Permits was not increased, but that still might not be terrific news for those coming to classes on campus. Let's look at the Transport options:

Try the Bus / Walk - many routes come through the campus and a Senior ride costs \$.60. Several members have parked in a lot near a Bus Stop and taken it for the last few miles to campus <https://ridelbt.com/trip-planner/>

Create Your Own Car Pool - ask for help to announce your needs or location in an OLLI class and see if others are coming your way. We might start a RideShare board in the classroom. You can also list 2 cars on one parking permit, save the cost! Use Lyft, Uber, or Access to get to OLLI.

Use Your Electric Car and Charge on Campus - check the details online <https://www.csulb.edu/parking-and-transportation-services/electric-vehicles>

Pay for a Daily Permit - In the General Parking Lots, pay \$15 for a day parking permit. In the Foundation Lot, pay \$12 for a Day parking. Use your ADA placard and park free at the green curb spaces.

Pay for a Monthly Permit - An easier way to cover any campus visit is to buy a \$55 permit for General Lots any day or time. It can include visits to the Museum, Library, Pyramid or Carpenter Center! This might be the best option for anyone coming more than once a week.

NEW - contact the OLLI office if you want to buy a Permit for Winter session 562 985 8237



News from the Technology Lab: Talking AI and More!

by Kathy Winkenwerder



Kathy Winkenwerder

A few weeks ago, my home wi-fi suddenly stopped working. I couldn't get email, get to the web using my smartphone, tablet or computer, or even turn on my smart TV. If I had been able to time travel back 40 years from that morning, it wouldn't have been a problem because none of these disabled devices or services would have existed for the general public.

That's how much the technology in our lives has changed in that relatively short amount of time. Think of what life would be like if there were no internet, web, or the hundreds of computerized devices available to connect to a vast and diverse amount of data. This was a wave of change most of us have watched happen.

Futurists say we are on the cusp of another huge technological change. When we use our devices, there will be an invisible smart something else between us and our devices that we don't have to directly command, and that will make tasks easier in a variety of ways. And this is not in some far-distant future. It's rarely labeled, so you may not realize it, but AI is already part of our computing lives.



- Recommendations. When you go to your Netflix, YouTube or other streaming or social media accounts, AI keeps a record of what you choose to watch or listen to so it can send you more of the same.
- Voice assistants like Alexa, Siri and Cortana respond to your voice commands, answer your questions, and perform simple tasks.
- Smart assistants in home smart devices use smart thermostats to adjust home temperatures, and smart refrigerators can create shopping lists.
- Facial recognition can unlock our smart phone and internet accounts.
- If you're job hunting, AI in a great many cases screens resumes and determines who gets interviewed.
- Voice recognition lets us speak texts and email instead of writing them.

That's today, but what about the future? Louise Soe, a former CalPoly Pomona Information Technology

professor and current OLLI member, will offer a class about the different kinds of this new technology, including Chat GPT, which was recently released to the general public.

Will AI take over our jobs or even our lives, or will it become another extraordinary tool that makes life easier for us? Sign up for **Artificial Intelligence & ChatGPT: The Good, the Bad, and the Unknowable!** and hear the pros and cons.

→ See registration page for class days and times

OLLI Members and Art

Thank you to everyone who helped make the 2023 OLLI Art show such a success. The annual Art Show, which is organized by OLLI volunteers, features art created by talented OLLI members. Visitors to this year's Art Show enjoyed the display of a variety of media, including photography, painting, basketry, mixed media, and jewelry. This was the 16th year for the annual Art Show which was held in the campus Design Department Gallery from November 1-4, with an Artist Reception and sale of art on Saturday November 4.

A special thanks to the OLLI members who helped make the show such a success, including the Artists, Organizers, and Photographers.

Art Show Organizers: Claudia Kaneshiro, Yesmean Rihbany, Becky Low.

Art Show set up and Helpers: Carolyn Sabol, Bill Lindsay, Tim McCall, Terry Komisak.

Photographers: Howard Watkins, Catherine Paez

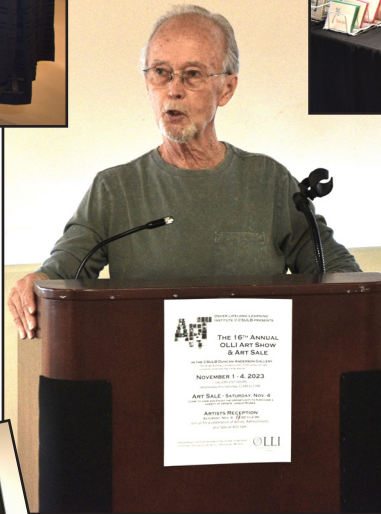
Participating Artists: more than 50 talented members, and a display honoring 3 members who died in the last year; Patricia Woods, Ladd Terry and Dr. Edgar Moran.



OLLI Members Celebrate Art 2023



Glenn Libby and Robin Alpers, cardmaker!



Mike Daniel



Photographer Howard Watkins

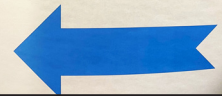


Watercolor students, Bill Lindsay, -> Claudia Kaneshiro



Bruce Hatch - Mike Daniel

OLLI Art Show in the
Design Gallery
Open 11:00 - 2:00



In memory of Ladd Terry, Edgar Moran, Patricia Woods

Visit us on the web

www.csulb.edu/olli

Thank You To Our Donors

FALL 2023 DONORS

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

Musical Arts Club

Carl Becker

Nessa Bernstein

Stephen Biskar

Susan Bouris

In Memory of John Halligan, he brought a smile to my face.

Lynn Brubak

Nancy Buchanan

Steven Carr

Pamela Chapin

Mary Cliby

Susan Csikesz

Randolph Currin

Carl Curtis

Ginny Cusenza

William del Castillo

June Desfor

Carolyn Estrada

Shari Faris

Joane Ferguson

Paul Fujita

Lorraine Goldman

In memory of Vickie Griffith, a shining spirit and David Hennage Roshi - a subtle teacher

Gwen Goodmanlowe

Kimberly Greitzer

Brian Griffith

Roberta Hamfeldt

In Memory of Erik

Debra Hastings

Donna Hawk

Linda Henry

Rosemary Hernandez

Mark Higa

Jill Humphries

Elisabeth Ito

Diane Ito

Paul Jeffers

Paul Killins

Livia (Jakyung) Kim

In Memory of Steve Maleska

Lee Lazarus

In Honor of Sylvia Manheim To an incredible woman with a zest for life and learning! A hearty Mazel Tov on this milestone birthday. The Lazarus Family

Daryl Leabo

Gael & Glenn Libby

Bobbi Liberton

Bill Lindsay

Janet Lipson

Sam Lopez

Joe MacDonald

Marian Manocchio

Michael Marshall

I love OLLI at CSULB

Lynette McCoy

Karen & Patrick McDonough

Mary Meyer

Jutta McMenamin

Pat Montague

Carol Motry

Nancy Mullio

Gary Murph

Mary Murthy

Barbara Norberg

Susan Pack

Diane Paull

John Rail

Jody Ramsey

Howard Reber

Yolanda Robinson

Karen & Tim Rowe

Carolyn Sabol

Trina Schneider

Timothy Schwab

Marion Shanker

Gloria Sharber

Joan Smith

Louise Soe

In Memory of Christian Soe, Professor Emiritus, CSULB

Phyllis Spear

Stefan Steinberg

To the wonderful office staff -I would never have been able to register without their assistance.

Alexandra Sullivan

Elaine Swift

Patricia Szeszulski

Janice Teraoka

Betty Jean Thompson

In Memory of John Halligan

Mary Kay Toumajian

Mary Tromp

Yvonne Troutman

Naida Tushnet

Claudia Van Holt

Joan & Joseph Van Hooten

James Wallace

Frances Wang

Harriet Warner

Jerald Warren

FUNDRAISING SUSTAINS OLLI

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

Donations can be made online via credit card at any time 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 can be directed to a special purpose. www.csulb.edu/OLLI

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

OLLI at CSULB

1250 Bellflower Blvd. HSD 100

Long Beach, CA 90840-5609

Donations to OLLI are acknowledged in The SUN unless anonymity is requested. Osher Lifelong Learning Institute has 501 (c)(3) nonprofit status. Donations are tax deductible as allowed by current law.

What Will Your Legacy Be?

Consider Investing in Lifelong Learning

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

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

Thank you for your support. Sireth Torres

MORE DONORS

Donna Webben

Katherine Wightman

Wesley Wong

In Memory of Carroll Jones

Pat & Bob Wrenn

Debra Zimmerman

In Memory of Ladd Terry

Jerry Zwick

William Younglove

Carol & Richard Zuck

The Family Quinn

In Memory of Grace and

Dick Blankenship



BECOME A NEW MEMBER

OLLI Membership

Membership is open to adults 50 or older.

Membership is \$40 for everyone for 2023-24

Register for any class for a \$15 tuition fee

Paid Membership is required to take any class.

NEW MEMBERSHIP AND ONLINE ACCOUNT

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

Step 1: Visit the website

Go to OLLI website www.csulb.edu/olli

Click the Register link on the web page

Step 2: Create your OLLI online account

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

Step 3: Purchase your OLLI membership

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

PAPER STILL ACCEPTED!

Step 1

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

Step 2

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

Step 3

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

RETURNING MEMBERS

Is Your Membership Current?

If you missed buying your \$40 annual 2024 membership - do that now!

Step 1: Visit the website

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

Step 2: Login:

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

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

- Follow the directions to update a password

Step 3: Pay OLLI membership FIRST for the year.

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

Step 4: Register for Classes starting December 11

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

Step 5: Checkout

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

Congratulations! You are enrolled at OLLI!

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

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



Classes start January 8 - February 29

ONLINE REGISTRATION WINTER 2024

SCHOLARSHIP POLICY

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

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

OLLI POLICIES AND PROCEDURES

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

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

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

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

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



Registration starts

Monday, December 11

9:00 a.m. ONLINE

Helpline 562.985.2398

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

Office line 562.985.8237

General questions, or to leave a message

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

ZOOM CLASSES

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

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

Check your Spam/Junk mail for OLLI emails too.

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

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. A Passcode and Meeting ID may be included in case you use the *Join a Meeting* option.

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

The same link will be used for all weeks.

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

ONLINE REGISTRATION

Helpline 562.985.2398

Name: _____

Email: _____ Phone: _____

Address (if new) _____

Referred by: Social media _____ Website _____ Alumni _____ Newspaper _____ Friend _____

OLLI Membership (*new only*) \$40.00 _____ Class Tuition _____ x \$15.00 ea _____
Donation \$ _____ Contributors will be acknowledged in publications. To remain anonymous check here. ☐
 Check # _____ Checks payable to CSULB Foundation **NO Cash** Total \$ _____

Z = Zoom**IP = In Person****Hyflex = Zoom and in room**

MONDAYS, January 8 - February 26 7 Weeks with MLK Holiday					
<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	Z	
8:30-10:00	iOS 17: What's New? (3 wks)	K. Winkenwerder	Tech - iPhone 1/8-29	Z	
9:15-9:45	Beginning Recorder	T. Schneider	NEW - Whaley Park	IP	
9:45-11:15	Play The Recorder (Beginner-Intermediate)	T. Schneider	Whaley Park	IP	
9:30-11:30	Bridge 1: Lessons 1 - 9	H. Dunbar	LB Bridge Center	IP	
10:30-12:00	Art of Downsizing	T. Sievers	CSULB, rm 101	IP	
10:30-12:00	Let's Dish: a little Savory, a little Sweet...	Y. Rihbany/N. Stein	New topics	Z	
10:30-12:00	iPhone: Beyond the Basics	K. Winkenwerder	Tech - Intermediate	Z	
11:30-12:30	Yoga with Barbara	B. Bannerman	CSULB, LifeFit Center KIN	IP	
11:30-1:00	Advancing Ukulele Skills	N. Intriore/C. Baker	Whaley Park	IP	
12:15-1:45	Artificial Intelligence & ChatGPT (5 wks)	L. Soe	NEW-CSULB, rm 101/Zoom	Hyflex	
12:15-1:45	Reverse Mortgage Tips (3 wks)	S. Burks	NEW - 3 wks 2/12 - 26	Z	
1:00-4:00	Somerset Magazine Journal: Part 4	S. Haglund	St. Isidore H. Plaza	IP	
1:00-2:00	Bluegrass Guitar Workshop	F. Swatek	All levels	Z	<i>free</i>
2:30-3:30	Bluegrass Mandolin Workshop	F. Swatek	All levels	Z	<i>free</i>
2:00- 5:00	More Great Movies!	J. Hathcock	New Titles CSULB, rm 101	IP	

TUESDAYS, January 9 - February 27

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
9:00-10:00	Longevity Stick Art Movements	C. Taylor	CSULB, LifeFit Center KIN	IP	
9:00-10:30	Mindful Movement	N. Raynolds	4 wks - 1/ 9 -30	Z	
9:30-11:30	Bridge 2: Lessons 10 - 18	H. Dunbar	LB Bridge Center	IP	
9:30-11:00	Exploring Pages for Mac OS/iOS (5 wks)	K. Winkenwerder	5 wks 1/9 - 2/6	Z	
9:45-11:15	Geopolitics Update 2024	D. Lunde	CSULB, rm 101 / Zoom	Hyflex	
10:00-12:00	Play it Again Jam - all levels	C. Baker	Whaley Park	IP	
10:00-11:30	Facts for Healthy Living	V. Torres	NEW-weekly topics	Z	
10:00-11:30	American Poets	D. Shere	NEW topics - JCC	IP	
10:15-11:45	It Happened in Brooklyn	L. Jacobson	NEW - 5 wks 1/9 - 2/6	Z	
11:30-1:00	Retirement Essentials (not only) for Women	C. Carpenter	CSULB, rm 101	IP	
12:00-1:30	Spanish Story Time	P. Kiwerski	New tales and talk	Z	
12:00-1:30	Intro to World of Shamans	M. Montoya	NEW-CSULB, LifeFit Center KIN	IP	
12:00-2:00	Intro to Better Capitalism (2 wks)	Knowlton & Hedges	NEW - 1/16 - 23	Z	
1:15-2:45	More Income from Investments (Feb 27)	J. Wigen	SPECIAL- CSULB, rm 101	IP	<i>free</i>
1:30-3:00	Get Started with Your Mac	C. Wisniewski	Tech - NEW	Z	
2:00-4:00	Raffia Basketry: Part II	C. Sabol	JCC - Advanced students	IP	
3:00-4:30	Views of Normandy and Verdun	P. Killins	NEW - CSULB, rm 101	IP	
3:30-5:00	Apple Passwords and Passkeys (3 wks)	C. Wisniewski	Tech - 3 wks 1/9 - 23	Z	

WEDNESDAYS, January 10 - February 28

<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
8:30-9:45	Yoga with Jean Marie	J. VanDine	CSULB LifeFit Center	IP	
9:00-10:30	A More Glamorous You (3 wks)	K. Marshall	3 wks 1/10-24	Z	
10:00-11:30	Talking Story: Fabric of our Lives	C. Estrada	NEW - Houghton Park	IP	
10:00-11:30	Foundations of Investing	A. Dilsaver	Current topics	Z	
10:15-11:45	Sea Turtles of the World (6 wks)	C. Davis	NEW - CSULB Jan. 24	IP	
11:30-1:00	Acoustic Guitar 2: Beyond Basics	M. Youngs/Bradshaw	Whaley Park	IP	
12:00-1:30	Re-living Civil Rights Movement (Feb 21)	N. Tushnet	Special - CSULB rm 101	IP	free
1:00-2:45	4 Stories, 4 Weeks (4 wks)	M. Panitz	JCC 4 wks 1/7 - 1/28	IP	
1:00-2:30	ABCs of Medicare (3 wks)	D. Dillman	NEW - 3 wks 1/17-31	Z	
1:45-3:15	Amateur (Ham) Radio Operator (2 IP classes)	Crowe & Breiding	CSULB, rm 101 1/10 & 2/28	IP	
1:45-3:15	Amateur (Ham) Radio Operator (6 Z classes)	same	Zoom starts 1/17 - 2/21	Z	NC
3:30-5:00	French Conversation	M. Green	NEW - CSULB, rm 101	IP	

THURSDAYS, January 11 - February 29

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
8:30-10:00	See the Picture Before You Take a Photograph	D. Cox	NEW - CSULB, rm 101	IP	
9:30-11:00	Memoir Writing: A Novel Approach	Kiwerski/ Marshall	Email needed	Z	
10:00-11:30	Shoot and Edit Videos - all devices	P. Gutierrez	Tech- CSULB, Lab / Zoom	Hyflex	
10:15-11:45	The Role of Women in US History	N. Tushnet	NEW-CSULB, rm 101/Zoom	Hyflex	
10:30-11:50	Practicing Flexibility	L. Goldman	All levels - Yoga based	Z	
10:30-11:30	Tai Chi Chuan 101	R. Richina	NEW-CSULB, LifeFit Center	IP	
10:30-12:00	Music Beginning Theory: Sport of Music	K. Price	NEW - St.Isidore H Plaza	IP	
11:00-12:30	Writing for Wellness	J. Smith	NEW topics	Z	
12:00-1:30	National and International Current Events & Issues	Team	CSULB, rm 101	IP	
1:00-2:30	Apps & Social Media - all devices	P. Gutierrez	Tech- CSULB, Lab / Zoom	Hyflex	
11:30-1:30	Springboard into Cardmaking	L. Malmsten	NEW - at JCC	IP	
2:00-4:00	Needlework Cafe	C. Sabol	JCC - New projects	IP	
2:00-5:00	Movie Matinee: Comedy Around the World	A. Goldstein	NEW films	IP	
3:00-4:30	Build a Web Presence: Pages, Blogs & Webinars	P. Gutierrez	Tech- CSULB, Lab/Zoom	Hyflex	
3:00-4:30	Catch the Spirit of Singing...Chorus	K. Price	St. Isidore H Plaza	IP	

FRIDAYS, January 12 - February 23 7 weeks

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
10:30-12:30	Jewelry A to Z	B. Belisle	Meet at JCC	IP	
10:30-12:00	Computer Data Organization (4 wks)	W. Peck	Tech-CSULB, Lab /Zoom	Hyflex	
11:00-12:30	Writers Read Aloud	J. Van Hooten	NEW-CSULB, rm 101	IP	
11:00-12:00	Soul Tai Chi with Jimmy	J. Mathews	CSULB, LifeFit Center	IP	
11:30-1:00	Bluegrass Music JAM	F. Swatek	St. Isidore H Plaza	IP	
12:30-2:30	Creative Connections: Artist Meetup	Y. Rihbany	JCC - new time	IP	
12:30-1:45	Yoga on a Chair	C. Ellano-Ota	More flexibility!	Z	
12:45-2:15	Life Changing Travel & Epic Adventures	J. Minette	NEW-CSULB, rm 101	IP	
1:00-3:00	Short Story Discussion Group	F. Ramirez	Book purchase	Z	
2:30-4:00	CPR and AED Awareness (Feb 16)	B. Fitzpatrick	SPECIAL - at JCC	IP	free
2:30-4:30	Stained Glass Workshop	S. Newcomb	CSULB, Design rm 111	IP	
2:30-4:30	Comedy Capers	K. Lucas	CSULB, rm 101 /Zoom	Hyflex	

SATURDAYS, January 13 - February 24

<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	
12:30-2:00	Retirement Your Way	P. Field	NEW	Z	

ONLINE REGISTRATION starts Dec. 11

Helpline 562.985.2398

STAND TALL - STAND STRONG

**Mondays, Jan. 8 - Feb. 26 &
Wednesdays, Jan. 10 - Feb. 28
8:30 - 9:50 a.m. Zoom**

This active Zoom class meets Mon. and Wed., choose to attend once or twice weekly. Gentle warm up, stretches, strengthening, and balance activities are included in this full-body work out. You will need a home space about 6 ft. in diameter, and a stable chair. Water is essential. Bring a resistance band: elastic tube, covered in cloth, with soft handles. Available online at Amazon, FitCord or at Big Five, Target, or TJ Maxx. Choose a resistance level: Moderate resistance should be sufficient. If you have any shoulder issues consider Light resistance. If you are buff, try Heavy. If you are tall, get a longer length cord. Cloth covered tubes are expensive, but they protect the skin and should the tube break, it will not snap back at you. Questions?

Email manosfrios@gmail.com.

Class limit: 50

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

ALL ABOUT RECORDERS

**Mondays, Jan. 8 - Feb. 26
9:15 - 9:45 a.m. Whaley Park**

Beginners are welcome to learn to play the Recorder. Stay and listen or practice with the Int. group.

9:45 - 11:15 a.m.:

This class provides an opportunity for more **advanced** recorder players to play 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

Facilitator: Trina Schneider



THE ART OF DOWNSIZING

**Monday, Jan. 8 - Feb. 26
10:30 a.m.- 12:00 p.m.
CSULB, HS&D rm 101**

How did we accumulate all this stuff? Why can't we let it go?

Many of us are retired and taking a closer look at the space around us. Perhaps you see closets, a spare room or a garage full of things you once used but no longer need. Maybe you are planning a move and are finding it hard to decide what to keep. If you have tried before to lighten your load but have not been successful, this class is for you! Find out what is holding you back so you can move forward. Find your true treasures and keep them. Avoid the frustration of things misplaced or lost.

Experience the freedom of finding a place for everything you truly need, use and love. Feel relaxed and truly at home in your own home. This class will provide information, strategies, helpful tools and a chance to have your questions answered in a positive and supportive atmosphere.

Class limit: 20

Instructor: Tere Sievers

iOS 17: WHAT'S NEW?

**Mondays, Jan. 8 - 29 (3 wks)
8:30 - 10:00 a.m. Zoom**

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

Class limit: 20

Instructor: Kathy Winkenwerder

BRIDGE 1: LESSONS 1- 9

**Mondays, Jan. 8 - Feb. 26
9:30 - 11:30 a.m. LB Bridge Center**

Beginners welcome. Topics include: beginner introduction, opening a major suit, opening a minor suit, opening no trump and the Stayman response, how to count your winners and losers, plus playing hands every week.

Students pay an additional \$20 card fee to Long Beach Bridge Center. Class runs for 9 Mondays at the Bridge Center. This class is next available beginning July 9th.

Class limit: 50

Instructor: Hank Dunbar



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

Mondays, Jan. 8 - Feb. 26
10:30 a.m. – 12:00 p.m. Zoom

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

Facilitators: Yesmean Rihbany & Norma Stein



IPHONE: BEYOND BASICS

Mondays, Jan. 8 - Feb. 26
10:30 a.m. - 12:00 p.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, Contacts, Notes, and listening to 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 iPhone library. See how to add new browsers and search engines, explore app settings, and more. Class limit: 18

Instructor: Kathy Winkenwerder

YOGA WITH BARBARA

Mondays, Jan. 8 - Feb. 26
11:30 a.m. - 12:30 p.m.
CSULB, LifeFit, KIN 110B

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

Instructor: Barbara Bannerman, Certified Yoga Facilitator

ADVANCING UKULELE SKILLS

Mondays, Jan. 8 - Feb. 26
11:30 a.m. – 1:00 p.m.
Whaley Park

Calling all ukulele players! Join the group if you want to have fun playing and learning new songs. This is not a class for beginner lessons. It is a place to play, sing, and have fun. There will be "leaders", but participants are encouraged to bring songs to introduce to the group. Knowledge of ukulele chords is necessary with an eye toward learning and developing more advanced techniques. Bring your Uke and have fun! Class limit: 10

Instructors: Nancy Intriore & Carol Baker



ARTIFICIAL INTELLIGENCE AND CHAT GPT

Mondays, Jan. 8 - Feb. 12
12:15 – 1:45 p.m. (5 wks)
CSULB, HS&D, rm 101/ Zoom

The Good, the Bad, and the Unknowable! Are you curious about the latest developments in Artificial Intelligence and their latest newsworthy manifestation, the Large Language Models (LLM) such as ChatGPT?

Top experts in these technologies have been warning about possible dangers if there are no limits on their development. Learn about the ways in which AI can improve our future as well as the possible pitfalls that can occur if they are left unchecked. If you have tried ChatGPT and found it a little disappointing, we will go through some ways to make it work a little better for you. Class limit: 50

Instructor: Louise Soe

NEW CLASS!

REVERSE MORTGAGE: REMODELING RETIREMENT

Mondays, Feb. 12, 19, 26 (3 wks)
12:15 – 1:45 p.m. Zoom

This course is designed to provide an overview of reverse mortgages, a financial product that allows older homeowners to access equity in their homes. Learn the basics including eligibility requirements, loan amounts, interest rates, fees, and repayment options. Gain an understanding of the risks and benefits associated with reverse mortgages, and the potential impact on heirs and the estate. This three-week class will be based on two nationally recognized reverse mortgage authors. Books will be provided at no charge. Class limit 15

Instructor: Scott Burks has over 25 years of banking experience and

Monday

NEW CLASS!

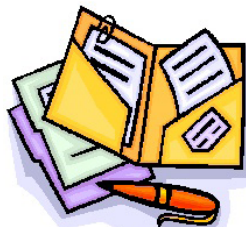
SOMERSET JOURNAL: PART 4

Mondays, Jan. 8 - Feb. 26
1:00 – 4:00 p.m. (3 hours)
St. Isidore Historical Plaza

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

NOTE: ONLY CONTINUING SOMERSET MAGAZINE STUDENTS MAY ENROLL.

Instructor: Sheryl Haglund



FREE!

BLUEGRASS GUITAR WORKSHOP

Mondays, Jan. 8 - Feb. 26
1:00 – 2:00 p.m. Zoom

Time for questions and personalized Zoom lessons and guitar tips with Frank. No charge for workshop. Class limit: 6

Instructor: Frank Swatek

FREE!

BLUEGRASS MANDOLIN WORKSHOP

Mondays, Jan. 8 - Feb. 26
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

MOVIE CLASSICS FROM THE PAST

Mondays, Jan. 8 - Feb. 26
2:00 – 5:00 p.m.
CSULB, HS&D, room 101

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

1. The Graduate- Dustin Hoffman
2. Yankee Doodle Dandy- James Cagney, Walter Huston
3. Play Misty for Me- Clint Eastwood
4. Shall We Dance- Fred Astaire & Ginger Rogers
5. The Grapes of Wrath- Henry Fonda, Jane Darwell
6. Hold That Ghost- Abbott & Costello
7. The Man Who Knew Too Much- Jimmy Stewart & Doris Day

Class limit: 50

Instructor: Jeff Hathcock



Tuesday

LONGEVITY STICK ART MOVEMENTS

Tuesdays, Jan. 9 - Feb. 27
9:00 - 10:00 a.m.
CSULB, LifeFit, KIN 110B

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

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

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

Class limit: 20

Instructor: Charles Wm. Taylor

MINDFUL MOVEMENT: QIGONG AND STRETCHING

Tuesdays, Jan. 9 - 30 (4 wks)
9:00 - 10:30 a.m. Zoom

Join OLLI members from across the nation in this online class, designed to help students develop or improve a daily movement program. This is an introduction to Qigong, T'ai Chi and Somatic Meditation. Movements will be taught both as physical and energetic exercises and as methods for improving present moment awareness and mindfulness of subtle perceptions. There will be handouts to support you as well as links to video on YouTube and an optional DVD available from the instructor (not included in cost of course). Participants will need to be able to lie down and get up from the floor and be able to move about comfortably in a home space while watching Zoom. Class limit: 50.

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

BRIDGE 2: LESSONS 10-18**Tuesdays, Jan. 9 - Feb. 27****9:30 – 11:30 a.m. LB Bridge Center**

Prerequisite: Bridge 1 or knowledge of Bridge 1 materials. Topics include: major suit transfers, “Standard American” bidding, “Two Over One” bidding, one no trump forcing, overcalls, takeout doubles, negative doubles, plus an in-class tournament for master points. Additional \$20 card fee paid to LB Bridge Center. Class runs for 9 Tuesdays, beginning January 9th. This class is next available beginning April 8th. Class limit: 50

Instructor: Hank Dunbar**EXPLORING PAGES (MAC/IOS)****Tuesdays, Jan. 9 - Feb. 6 (5 wks)****9:30 – 11:00 a.m. Zoom**

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

*Instructor: Kathy Winkenwerder***GEOPOLITICS UPDATE 2024****Tuesdays, Jan. 9 - Feb. 27****9:45 – 11:15 a.m.****CSULB, HS&D, room 101 / Zoom**

The class will focus on geopolitical hot spots, including updates on the Mid-East, Russia and European nations, China vs. US and our global allies, China's internal challenges, the global impact of technology, the global sea powers, the growing gap in our nation's wealth, and other geopolitical challenges. Class limit: 90

Instructor: Dick Lunde**AMERICAN POETS****Tuesdays, Jan. 9 - Feb. 27****10:00 – 11:30 a.m.****Alpert Jewish Community Center**

Have you ever read a poem (or heard a song) that seems to speak to your soul and made you believe the writer has experienced your life? This class will help you understand why that is so through the discussion of well known American poets. Tentative poets are Walt Whitman, Emily Dickinson, Paul Dunbar, Robert Frost, and Maya Angelou (and maybe a song writer & Nobel Prize winner in Literature, Bob Dylan). I will poll the attendees the first day to see if they have a favorite. No homework, just a willingness to learn. Class limit: 15

Instructor: Daniel Shere, retired H. S. instructor of Creative Writing & American Lit; poems, journal articles, two novels, and autobiography published

FACTS FOR HEALTHY LIVING**Tuesdays, Jan. 9 - Feb. 27****10:00 - 11:30 a.m. Zoom**

This series of classes will create a safe place to ask questions. Come for one or all weeks!

1/9/24 A New Year, A Healthier You Join us to learn how to make AND keep New Year's Resolutions.

1/16/23 Do's and Don'ts of Healthy Dieting Learn some helpful ways to be a winner in weight loss.

1/23/24 Active Every Day Learn what you can do to stay active every day.

1/30/24 The Mediterranean Diet A discussion on which foods to eat, how following this diet can improve health, and how it can help prevent certain medical conditions.

2/6/24 Food for Thought: Changing My Diet to Manage My Condition How does food affect certain medical conditions and improve your health by changing the foods that you eat.

2/13/24 Medications-What You Need to Know to Be Safe. Medications are helpful in treating our conditions, but taking medicine the wrong way can be harmful. Learn what you can do to help make your medication use safer.

2/20/24 Cyber Security Awareness Learn about the latest online scams and measures you can take to protect yourself and your loved ones from becoming a victim.

2/27/23 Practice of Gratitude: What is Gratitude? A group activity where participants will have an opportunity to discuss what gratitude is and what it means to them.

Class limit: 50

Presenter: Vanessa Torres, Independence at Home

PLAY IT AGAIN JAM

Tuesdays, Jan. 9 - Feb. 27
10:00 a.m. - 12:00 p.m.
Whaley Park

We are a group of amateur musicians and vocalists, beginner to experienced, gathering to have fun and make music. We play and sing together to develop our personal instrumental skills. Song sheets with chords of favorite Folk, Blues, Country and Pop tunes are compiled in a Songbook, 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

NEW CLASS!

IT HAPPENED IN BROOKLYN

Tuesdays, Jan. 9 - Feb. 6 (5 wks)
10:15 - 11:45 a.m. Zoom

This is a romp through Brooklyn, NY, from its beginnings to present day, including videos and a movie that epitomize Brooklyn life. The course will highlight many famous people that grew up in Brooklyn and their achievements. It will cover neighborhoods, landmarks and Brooklyn's impact on the world. We will try describing how life in Brooklyn today is different from how it was when many OLLI people grew up there. Class limit: 90

Instructor: Len Jacobson, MSE



RETIREMENT ESSENTIALS
 (NOT ONLY) FOR WOMEN

Tuesdays, Jan. 9 - Feb. 27
11:30 a.m. - 1:00 p.m.
CSULB, HS&D, room 101

This class is designed to teach you everything about finances and investing that we didn't learn in school. It is not limited to women—men are encouraged to attend as well.

We will cover perspectives on financial concerns facing those who are getting ready for, have recently transitioned to, or have been in retirement for some time. Learn the basics of investing—what is a stock, bond, mutual fund, traditional vs. Roth, tax-free investing, etc.—in a simplified way that you will understand. We'll discuss retirement income strategies, including approaches to Social Security and Medicare. An estate planning attorney will give a basic overview of estate planning—will vs. trust, healthcare directive, power of attorney, etc. Lastly, we'll address how to prepare for the unexpected and the rising costs of health care and long-term care.
 Class limit: 50

Instructor: Cassandra Carpenter, Chartered Retirement Plan Spec.

SPANISH STORY TIME

Tuesdays, Jan. 9 - Feb. 27
12:00 - 1:30 p.m. Zoom

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

Instructor: Pam Kiwerski

INTRO TO A WORLD OF SHAMANS

Tuesdays, Jan. 9 - Feb. 27
12:00 - 1:30 pm
CSULB, LifeFit Center, KIN 107

Mushroom Montoya has been involved in the practice of shamanism since 1981. Some subjects are better learned through experience. This is an experiential class where you will learn how to go on a shamanic journey into non-ordinary reality. You will experience, first hand, meeting spirit helpers. We will share our experiences with the other students.

Shamanism is the oldest spiritual practice known to humankind. We know from the archaeological evidence that shamanism was practiced all over the world for at least 40,000 years, and many anthropologists believe that the practice dates back over 100,000 years. A shaman is a man or woman who uses the ability to see "with the strong eye" or "with the heart" to travel into hidden realms. The shaman interacts directly with the spirits to address the spiritual aspect of illness and perform soul retrievals, retrieve lost power, as well as remove spiritual blockages. The shaman also divines information for the community. Shamans have and still act as healers, doctors, priests and priestesses, psychotherapists, mystics, and storytellers. Class limit: 30

Instructor: Mushroom Montoya



NEW CLASS!

Tuesday

NEW CLASS!

NEW CLASS!

INTRO TO BETTER CAPITALISM

Tuesdays, Jan. 16 & 23 (2 wks)
12:00 – 2:00 p.m. Zoom

There is a better way! At some point you have looked up from a business-related task, paused before your head exploded, and thought, “There has got to be a better way!” Here it is. In this seminar, led by the authors of the book *Better Capitalism: Jesus, Adam Smith, Ayn Rand and MLK Jr. on Moving from Plantation to Partnership Economics* (a 2021 Amazon No. 1 new release), you will see that capitalism reinvents itself. Hear about the principles of what the authors call Partnership Economics (e.g., an ethic of mutuality, an ethic of enough, an ethic of optimize rather than maximize) that lead to a more profitable and ethical form of capitalism. Unleash mutually beneficial capitalism! Class limit: 98

Instructor: Paul Knowlton, practicing attorney (JD, MDiv) & Aaron Hedges, CEO (MBA, MDiv).



**SPECIAL
EVENT!**

MORE INCOME FROM YOUR INVESTMENTS?

Wednesday, Feb. 27
1:15 - 2:45 p.m.
CSULB, HS&D, room 101
In Person Presentation.
See page 25 for details.

Instructor: James Wigen

GET STARTED WITH YOUR MAC

Tuesdays, Jan. 9 - Feb. 27
1:30 – 3:00 p.m. Zoom

Whether you’ve got an iMac or Apple laptop, this class will explain the how to use your computer. We’ll start with the basics: setting up the machine, charging/powering it, and connecting it to a wi-fi network, printers, and other external devices such as back-up drives. We’ll cover use of the desktop, Finder windows, menus, keyboard shortcuts, and Siri, Apple’s automated helper, as well as how to personalize macOS, your Mac’s operating system, to reflect your specific interests and needs. Key features of Mail, Contacts, Calendar, Messages, Maps, Notes, and Photos will be explained and demonstrated, including how to synchronize that data related to your mobile device(s). You’ll also learn how to browse web sites. There will be lots of handouts. *Prerequisite: You use a Mac purchased in 2016 or later.* Class limit: 30

Instructor: Chris Wisniewski

NEW CLASS!

RAFFIA BASKETRY: PART II

Tuesdays, Jan. 9 - Feb. 27
2:00 – 4:00 p.m.

Alpert Jewish Community Center

This class is designed for the students who have taken one or both of the Coiled Raffia Basketry classes, and will focus upon mastering learned techniques and skills. Included in this session; embellishment and decoration techniques, basket shaping and consistency in coil size, exploration of alternative materials, as well as, modern basket designs. Students will bring projects and materials to work on in class.

Class limit: 8

Instructor: Carolyn Sabol

VIEWS OF NORMANDY & VERDUN

Tuesdays, Jan. 9 - Feb. 27
3:00 – 4:30 p.m.

CSULB, HS&D, rm 101

Join in the class discussion of some of the military history in Normandy and in the Verdun areas of France. It will include extensive photos of interest from my trip to France earlier this year. Class members will enjoy viewing other non-military but important and historical sites. Class limit: 65

Instructor: Paul Killins

APPLE PASSWORDS AND PASSEYS

Tuesdays, Jan. 9 - 23 (3 wks)
3:30 - 5:00 p.m. Zoom

Passkeys’ is an exciting new secure password technology that recently arrived on Apple’s, Microsoft’s, Google’s, and many other computing platforms. It enables you to safely and easily log onto an ever-growing number of web sites and apps without having to create or use (thus, remember) passwords. Learn how to securely transfer your passwords from wherever they are (in web browsers, 3rd-party password managers, saved in electronic files, or written on Post-it Notes) into Apple’s password system so that you can take advantage of passkeys. Apple users can easily and securely share passwords with others when needed and they’re able to synchronize passwords across their Apple and Windows devices.

Prerequisite: Have at least one active Apple device that runs iOS/iPadOS or greater or macOS 13 (“Ventura”) or greater.

Class limit: 20

Instructor: Chris Wisniewski

Wednesday

STAND TALL - STAND STRONG

Mondays, Jan. 8 - Feb. 26
Wednesdays, Jan. 10 - Feb. 28
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

YOGA WITH JEAN MARIE

Wednesdays, Jan. 10 - Feb. 28
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 Van Dine,
Certified Yoga Instructor*



TALKING STORY

Wednesdays, Jan. 10 - Feb. 28
10:00 - 11:30 p.m.
Houghton Park

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

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

A MORE GLAMOROUS YOU

Wednesdays, Jan. 10 - 24 (3 wks)
10:00 - 12:00 a.m. Zoom

This class will show you how to create a look that is uniquely you. You will learn about your body type and what clothing styles best complement it; this can assist in looking pounds thinner, knowing what clothing styles work for your body type. Learn what colors best complement your skin tone. What fashion personality do you have? This will help when making clothing selections. Do you know what face shape you have? Knowing this will help in selecting glasses, earrings and make-up. Create a Core-Wardrobe in your fashion personality, your body type and in clothing colors that best complement you. Learn how to use your accessories to create more looks from the clothes you already have.
Class limit: 35

Instructor: Kathy Marshall

ACOUSTIC GUITAR 2: BEYOND THE BASICS

Wednesdays, Jan. 10 - Feb. 28
11:30 a.m. - 1:00 p.m.

Whaley Park

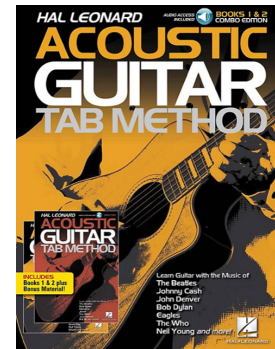
Ready to move on to the next level or add some sophisticated strumming to your guitar playing? Join us if you want to play rich, guitar-based music of our roots--folk, country, 60's - 70's - 80's country rock & blues. Instruction will be chord-based and song-based, and is designed for solid intermediates to advanced. Instruction will help you advance further by introducing you to: Strumming / Picking (Right Hand)

FOUNDATIONS OF INVESTING

Wednesdays, Jan. 10 - Feb. 28
10:00 - 11:30 a.m. Zoom

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

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



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: Mark Youngs, Brian Bradshaw

SEA TURTLES OF THE WORLD

**Wednesdays, Jan. 24 - Feb. 28
(6 wks)**

10:15 - 11:45 a.m.

CSULB, HS&D, room 101

Join us as we learn more about sea turtles, their unique biology, how we know what we know about them, and how you can help sea turtles. Dive in with Cassandra Davis from the Aquarium of the Pacific as she explores the fascinating world of sea

turtles. From cross-ocean migrations seeking remote islands to the green sea turtles found in Long Beach, we will discover the seven different species of sea turtles and learn more about the ocean as we go. Class is 6 weeks starting Jan 24. Class limit: 40

*Instructor: Cassandra Davis,
MSc., Volunteer Services Manager,
Aquarium of the Pacific*

FOUR STORIES - FOUR WEEKS

**Wednesdays, Feb. 7 - 28 (4 wks)
1:00 - 2:45 p.m.**

Alpert Jewish Community Center

Did you over-do during the holidays? Consider having something nourishing and zero calories! Our Short Story class will feed your mind and is guaranteed to boost your energy. Class limit: 18

Instructor: Mona Panitz

OLLI Members on the Road: A Summer Adventure

Earlier this year we read in the CSULB OLLI email newsletter that Girton College (one of the University of Cambridge's 31 colleges) was offering a one or two-week program including classes at attractive rates.

The courses we attended included History of the British Monarchy, The History of Scientific Thought, Architecture (which included tours of cathedrals and modern buildings in Cambridge), Modern European Geopolitics, and others. The quality of the instruction far exceeded our expectations. Instructors were full or part-time professors, whose command of the English language was both impressive and entertaining.

In addition to the classes, there were regular trips into Cambridge (a short taxi ride away) where we could dine in groups or on our own. We enjoyed shopping and



side trips to interesting places nearby. Visiting Grantchester (yes, the same Grantchester as the PBS tv show Downton Abby) was a lot of fun, as was touring some of the more famous colleges of Cambridge.

Living in campus dorms and eating school cafeteria food also offered reduced costs and came with the benefit

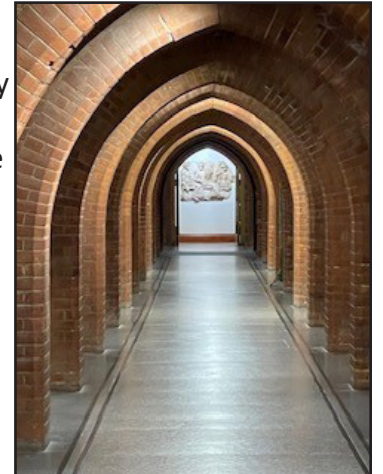
of having most of the program close at hand. In fact, our dorm room was situated right above the cafeteria's kitchen. The food was also a surprise; it was (mostly)

excellent! Our classroom was a brief walk down the hall to a small, 19th-century library.

The overall atmosphere was one of respect for learning, and everyone from the professors to the porters and serving staff was very helpful and pleasant. Our favorite aspect of the entire experience was our OLLI classmates, who were from all over the world. They made the experience feel like a group of old friends getting together over a meal.

We hope to return someday.

From OLLI members Rick & Linda Cohen
Contact www.girton.com/lifelong-learning



NEW CLASS!

Wednesday

NEW CLASS!

NEW CLASS!

ABC'S OF MEDICARE

Wednesdays, Jan. 17 - 31 (3 wks)
1:00 - 2:30 p.m. Zoom

This is an educational event via Zoom highlighting the importance of knowing when you can sign up for Medicare in order to get the most of your Medicare benefits and avoid late enrollment penalties. It's also important to know that you can change or amend your existing plan to better meet your specific needs.

There will be 3 Medicare-related sessions covering what you need to know when you turn 65. The 4 parts of Medicare are:

Part A-Hospital Care, Part B-Medical Care, Part C-Medicare Advantage, and Part D-Medicare Prescription Drug Coverage Plans.

Questions to consider: What monthly plan premium can I afford? Does the plan cover the services I need? Can I see the doctors I want?

How do I decide what type of a policy I want... HMO, PPO, Supplements and what are the differences.

I just got a bill from my doctor. Do I pay it or does the insurance company pay it? How to decipher medical bills. Class limit: 60

Deanna is offering a Raffle Prize to class members!

Leaders: Diana Dillman

~Medicare Options Specialist License #4189213

**SPECIAL
EVENT!**

RE-LIVING THE CIVIL RIGHTS MOVEMENT

Wednesday, Feb. 21 Special
1:00 - 2:30 p.m.

CSULB, HS&D, room 101

See details on page 25

Instructor: Naida Tushnet

BECOME AN AMATEUR (HAM) RADIO OPERATOR

Wednesdays, Jan. 10 - Feb. 28
1:45 - 3:15 p.m.

CSULB, HS&D, room 101 / Zoom

If you have ever thought of becoming an Amateur Radio Operator, also known as Ham Radio, this class will focus on helping you attain an Amateur Radio Technician License. Amateur Radio is an exciting hobby that also plays a strong role in public service either in a Radio Amateur Civilian Emergency Services (RACES) organization, or Amateur Radio Emergency Services (ARES) organization, both dedicated to Emergency Communication. This class will focus on the Technician License Examination, the starting point in Amateur Licensing.

This class will consist of **2 in-person meetings on campus (1/10 & 2/28) plus 6 ZOOM classes (1/17-2/21)** covering 9 significant elements of the Licensing Examination including Electronic and Propagation Theory, Operational Practices, Operating Regulations, and Safety among other subjects. Morse Code no longer is a requirement although it continues to be one form of communication.

Each week class members will use a book entitled *The ARRL Ham Radio Technician License Manual* that is optional but worthwhile for referencing. The book can be purchased from Amazon for about \$29.66 for the Spiral Bound Edition; \$15.81 for the Paper Back Edition and \$7.99 for the Kindle edition at current pricing. The class will be taught by two current Ham operators.

Class limit: 30

Instructors: Richard Crowe KG6XJ & John Breiding KG6IMB, the Call Signs of their Radio License

FRENCH CONVERSATION

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

CSULB, HS&D, room 101

When you studied French in high school or college, you learned to memorize vocabulary, translate sentences, and conjugate verbs. In this class you will practice what you have learned and increase your skills in understanding what you hear, see, and need to say in everyday life in a French-speaking community. In addition, you will learn more about French culture and practical techniques for enjoying life in the French-speaking world.

Recommended preparation-previous study of French in high school or college and some proficiency in speaking and understanding French.

Class limit: 75

Instructor: Malcolm Green

Alors...

...bon ben...

...c'est-à-dire...

...tu sais...



SEE THE PICTURE BEFORE YOU TAKE THE PHOTO

Thursdays, Jan. 11 - Feb. 29
8:30 - 10:00 a.m.

CSULB, HS&D, room 101

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

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



SHOOT & EDIT VIDEOS

Thursdays, Jan. 11 - Feb. 29
10:00 - 11:30 a.m.

CSULB Computer Lab & HyFlex

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

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

Instructor: Perla Gutierrez

MEMOIR WRITING: A NOVEL APPROACH

Thursdays, Jan. 11 - Feb. 29
9:30 - 11:00 a.m. Zoom

We all have a story to tell. If the time has come for you to write and share your unique story, then this is the class for you. Write your memoir at home. On alternating weeks, you will present your 5-minute piece in class. Each author will receive gentle, constructive, and supportive feedback for the writing. Discovering one's personal writing style, voice, and effectiveness are part of the fun we enjoy as a group. Anyone interested in developing their writing skills is welcome. Class limit: 20

Class Leaders: Pam Kiwerski & Mike Marshall

NEW CLASS!

THE ROLE OF WOMEN IN U.S. HISTORY

Thursdays, Jan. 11 - Feb. 29
10:15 - 11:45 a.m.

CSULB, HS&D, room 101 /Zoom

Partly due to how history is written (and who historians have been), the role of women in US history has been undervalued, at least until the late 20th century. This course will explore the public roles of women, their engagement in political and economic life, and the impact of their actions. The course will include information about famous women, such as Jane Addams, Harriet Tubman, and Frances Perkins, as well as less famous but important women, such as Rose Schneiderman, Dorothy Height, and Diane Nash. Class limit: 90

Instructor: Naida Tushnet

PRACTICING FLEXIBILITY

Thursdays, Jan. 11 - Feb. 29
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

NEW CLASS!

TAI CHI CHUAN 101

Thursdays, Jan. 11 - Feb. 29
10:30 - 11:30 a.m.

CSULB, HS&D, room 101

A introduction to basic principles of Tai Chi Chuan through the learning of the classic movements of Yang Style tai' chi. Students will apply five basic principles: relaxation, separation of weight, waist turn, upright body and virgin hands. While Tai Chi has its roots in Taoist philosophy and the martial arts of Qi Gong, this form was developed for its health benefits. It seeks to create balance, flexibility and strength and a greater awareness and connection between the body, the mind and the animating life force of Tao. I welcome you to join. Class limit: 50

Instructor: Richard Richina, his knowledge of Tai Chi Chuan comes from decades of tutelage and practice of the Yang Style as developed by Master Cheng Man Ching.

**MUSIC BEGINNING THEORY
SPORT OF MUSIC-THE BASICS****Thursdays, Jan. 11 - Feb. 29****10:30 a.m. – 12:00 p.m.****St. Isidore's Historical Plaza**

This class is an introductory course to understanding the music language, how to read and perform rhythms and pitches. Materials needed for the class: \$5.00 for printed pages; a three-ring binder or pocket folder and pencil with eraser. Class limit: 15

Instructor: Kathy Price, a Kodaly Method certified Music Specialist and professional vocalist, composer and arranger, taught in private music schools for 37 years. She continues to sing with multiple vocal ensembles and choirs in So CA, teaches beginning and intermediate piano and currently directs the OLLI Chorus "Catch the Spirit of Singing"

**SPRINGBOARD INTO
CARDMAKING****Thursdays, Jan. 11 - Feb. 29****11:30 – 1:30 p.m.****Alpert Jewish Community Center**

This fun, informal class is part instruction, part supportive workshop (we cheer for everyone's efforts!) and part coffee party. (BYO beverage in a container with a lid!) All levels are welcome and everyone will be working at their own pace. You will use the instructor's sample as inspiration to "springboard" to an original by YOU, by borrowing the card's theme, construction, or colors. You can be as simple or as complicated as you like using the instructor's specialty tools, stamps and dies, and your own paper and embellishments (to be discussed at the first class.

Materials for the first class will be provided by the instructor except for each student's basic tool kit, (described below.) Each week will focus on one or more techniques. Most people will have plenty of time to make several cards at each class. At the end of the term, everyone will have learned some new tricks, and be ready to explore further!

BRING TO EVERY CLASS: your basic tool kit: a paper trimmer with a 12-inch ruler and a sliding (not rolling or guillotine-style) blade, detail scissors, an extra-fine (.05mm) permanent black marker, a wet adhesive like Aleene's Quick-dry Tacky Glue (not white glue,) a tape runner or acid-free double-stick tape, an expired credit card or hotel key card, and paper and pencil to take notes.

ALSO BRING 18 to 20 sheets of white acid-free (60-pound weight or greater) 8 1/2" x 11" cardstock to use as card bases. **OPTIONAL:** colored pencils or markers. Questions? Email the instructor at lisaspaperarts@gmail.com Class limit: 15

*Instructor: Lisa Malmsten***NATIONAL & INTERNATIONAL
CURRENT EVENTS & ISSUES****Thursdays, Jan. 11 - Feb. 29****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, SOCIAL MEDIA PLUS AI**Thursdays, Jan. 11 - Feb. 29****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. We will try ChatGPT 4 too! 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**WRITING FOR WELLNESS****Thursdays, Jan. 11 - Feb. 29****11:00 a.m. – 12:30 p.m. Zoom**

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

Instructor: Joan Smith

Thursday

MOVIE MATINEE

Thursdays, Jan. 11 - Feb. 29

2:00 - 5:00 p.m.

CSULB, HS&D, room 101

Get ready to laugh your way through the winter blues here at Movie Matinee. This session we will focus on comedy in all its different forms from slap stick to dark comedy, to romantic comedy, parodies, farces and many more. We also will be screening comedies from all over the world- England, France, Spain, Sweden, and of course the United States. Please, come join us as we take a fun filled romp around the world in search of the best comedies ever made. Class limit 50

Instructor: Allan Goldstein



NEEDLEWORK CAFÉ CROCHET / KNITTING FOR BEGINNING AND INTERMEDIATE

Thursdays, Jan. 11 - Feb. 29

2:00 – 4:00 p.m.

Alpert Jewish Community Center

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

Instructor: Carolyn Sabol

BUILD A WEB PRESENCE: WEB PAGES, BLOGS AND WEBINARS

Thursdays, Jan. 11 - Feb. 29

3:00 – 4:30 p.m.

CSULB Computer Lab & Hyflex

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

Instructor: Perla Gutierrez

“CATCH THE SPIRIT OF SINGING” CHORUS

Thursdays, Jan. 11 - Feb. 29

3:00 – 4:30 p.m.

St. Isidore Historical Plaza

Whether you are an experienced singer or have always desired to sing, this creative chorus is for you. Together we will gain confidence in our natural singing abilities and musicianship. Performances will be scheduled when possible.

Bring a 1” BLACK 3 ring binder (required) and pay \$5.00 for music. Class limit: 50

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

Friday

NEW CLASS!

COMPUTER DATA ORGANIZATION (WIN)

Fridays, Jan. 12 - Feb. 2 (4 wks)

10:30 a.m.– 12:00 p.m.

CSULB Computer Lab & Zoom

Learn how to organize data, files and information using your computer Operating System's file manager. See how the OS helps by setting up a basic file system. Learn where the OS and programs store your data by default and how to change the location, as well as how to search for misplaced files. The class will use Windows 10 with sidebars to see how other computer operating systems differ. Knowledge of basic computer operations required. Class limit: 9 in-person / 6 on Zoom

Instructor: Wesley Pecki



NEW CLASS!

SOUL TAI CHI WITH JIMMY

Fridays, Jan. 12 - Feb. 23

11:00 a.m.-12:00 p.m.

CSULB, LifeFit Center, KIN 107

This class is designed for anyone who wants to improve the flow of energy throughout their body and work on balance. My Tai Chi process will additionally enhance your overall system harmony and incorporates many different styles. My teachings are open and available to anyone who wants to heal and feel an overall fluidity in their life. Students may find that, over time, they exude a glow or energetic illumination!.

Class limit: 25

Instructor: James Matthews, Tai Chi instructor with 10+ years of experience

JEWELRY FROM A - Z**Fridays, Jan. 12 - Feb. 23****10:30 a.m. – 12:30 p.m.****Alpert Jewish Community Center**

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

Class limit: 20

Instructor: Belinda K. Belisle

NEW CLASS!

WRITERS READ ALOUD**Fridays, Jan. 12 - Feb. 23****11:00 a.m. - 12:30 p.m.****CSULB, HS&D, room 101**

Everyone has a story to tell.

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

This is the only OLLI writing class that meets in person. It offers a sense of intimacy, spontaneity, and possible surprise. You are invited to join our lively readings and discussions.

Class limit: 15

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

CREATIVE CONNECTIONS**Fridays, Jan. 12 - Feb. 23****12:30 - 2:30 p.m.****Alpert Jewish Community Center**

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

Facilitator: Yesmean Rihbany**BLUEGRASS MUSIC JAM****Fridays, Jan. 12 - Feb. 23****11:30 a.m. – 1:00 p.m.****St. Isidore Historical Plaza**

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

Instructors: Frank Swatek, with Mark Shutts and Dennis Murphy

LIFE-CHANGING TRAVEL & EPIC ADVENTURE**Fridays, Jan. 12 - Feb. 23****12:45 - 2:15 p.m.****CSULB, HS&D, room 101**

Learn Priceless Travel Lessons, Hacks, and Superpowers with Fun Stories, Photos, and Videos.

Topics Include:

- Genius Happiness, Brain Science
- Planning Your Dreams
- Your Flight, a Spa
- Strategic Packing, Brilliant Items and Apps
- Safety, Roommates, Pests, Lost Luggage
- Extreme Happiness, Peak Experiences, Rapture Strategies
- Capturing Vivid Lifelong Memories with Your Smartphone

Instructor: Jennifer Minette teaches Life Leadership, Brain Science, Adventure Travel Skills, and Memory Enhancing Photography; BS Mechanical Engineering, MS Engineering Management, MBA Entrepreneurship, Toastmasters Communicator Gold, and Mensa Member; 30 years of Satellite Systems Engineering Leadership and 15 years leading groups on Epic Adventures to over 60 countries.

**CPR & AED AWARENESS****Friday, Feb. 16 Special****2:30 - 4:00 p.m.****Alpert Jewish Community Center**

See details on page 25

Presented by Bill Fitzpatrick, RN

Friday

YOGA ON A CHAIR

Fraturdays, Jan. 12 - Feb. 23

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

Yoga is for Every Body! Chair

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

Instructor: Claudia Ellano-Ota.

SHORT STORY DISCUSSION GROUP

Fraturdays, Jan. 12 - Feb. 23

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

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

Class Leader: Fern Ramirez

STAINED GLASS WORKSHOP

Fraturdays, Jan. 12 - Feb. 23

2:30 - 4:30 p.m.

CSULB, DESIGN, room 111

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

Class limit: 20

Instructor: Stephen Newcomb



COMEDY CAPERS

Fraturdays, Jan. 12 - Feb. 23

2:30 - 4:30 p.m.

CSULB, HS&D, room 101 & HyFlex

More laughter featuring a few more of my favorite comedy movies from the 40s, 60s, 70s, and 80s. These will further our matinee study of the different comedy genres. This 7-week session continues the laughs with films I have enjoyed and I hope you will too! Most are not the mainstream comedies you would expect, but rather overlooked films that deserve a second chance. This Hyflex class, both Zoom and on Campus, will make you smile with an occasional chuckle. Time to grab the popcorn and get ready to enjoy your Friday afternoon. Class limit: 50

Presenter: Karen Lucas

Saturday

WATERCOLOR WORKSHOP- ADVANCED

Saturdays, Jan. 13 - Feb. 24

9:00 a.m. - 12:00 p.m.

CSULB, DSN, room 111

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

Mike gives 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

RETIREMENT YOUR WAY

Saturdays, Jan. 13 - Feb. 24

12:30 - 2:00 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. Class limit: 30

Instructor: 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.

FREE Special Events - Everyone Invited

RE-LIVING THE CIVIL RIGHTS MOVEMENT

Wednesday, Feb. 21

12:00 – 1:30 p.m.

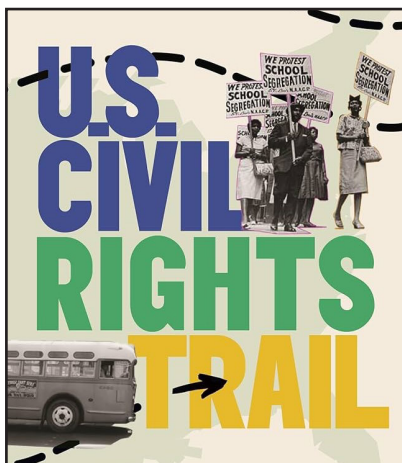
CSULB, HS&D, room 101

Naida Tushnet returned from a week-long tour of sites important in the Civil Rights movement. She found it a profoundly moving experience.

During the tour, she visited the home of Medgar Evers; the courthouse where Emmett Till's murderers were tried; and met with key activists from the period, including Hezekiah Watkins (the youngest person arrested for participating in the Freedom Rides), Elizabeth Eckford, one of the Little Rock seven who integrated Central High School, a survivor of the Birmingham church bombing, and the family of a key advisor to Dr. Martin Luther King, Jr. The trip also included visits to a number of museums and monuments dedicated to Civil Rights history and leaders.

She will share the important lessons learned from this deep exploration of US history.

Presenter Naida Tushnet.



MORE INCOME FROM YOUR INVESTMENTS

Tuesday, Feb. 27

1:15 - 2:45 p.m.

CSULB, HS&D, room 101

Generating income from Bonds, Bond Funds, CDs & Income Funds, has been extremely challenging for years. Want another way to earn income? Consider Selling Covered Call Options on stocks you already own. Stocks paying dividends are good for earning income, however, may not be enough. This session will teach you what Selling Covered Call Options are, how they generate additional income from dividend and non dividend paying stocks, and reduces risk in your investment portfolio. A fantastic strategy inside tax-deferred or tax-free investment accounts, as income earned is not taxed.

Presenter: James Wigen, Chief Investment Officer Independent Financial Management or IFM founder

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



CPR AND AED AWARENESS

Friday, February 16

2:30 - 4:00 p.m.

Alpert Jewish Community Center

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

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

Presented by Bill Fitzpatrick, RN



Information Resource for Social Security / Medicare

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

Contact Steven Carr
562 233-1400
Zenisis@charter.net



OLLI Annual Membership Meeting

The annual Fall membership meeting was held on Saturday October 14, 2023 at 1 PM. This year OLLI held its biennial election of officers as well. The 2023 nominating committee, consisting of Beau Chandler, Sandra Lamoureux, Rebecca Lizardi, Gary Murph, and Bill Shaddle, selected an outstanding slate of officers for the 2023-2025 term. The volunteer spirit of OLLI is strong. Welcome to Marc Davidson, Bill Shaddle, Karin Covey, Myles Newborn, Joan Smith, MaryKay Toumajian who are starting a 2-year term.

Thank you to those members who participated in this OLLI annual event. You can voice your questions or opinions at any time to the OLLI office or to the new Board. OLLI is a better organization with you involved.



ELECTION OF NEW OFFICERS FOR 2023-2025



- President Marc Davidson
- Vice President Bill Shaddle
- Secretary Karin Covey
- Treasurer Myles Newborn III
- Member at Large Mary Kay Toumajian
- Member at Large Joan Smith



www.csulb.edu/olli

WHAT IS OLLI?

Other Lifelong Learning Institute (OLLI) at California State University Long Beach (CSULB) is a Center in the College of Health and Human Services. With the exception of our Executive Director, Office Administrator, and one part-time assistant, OLLI at CSULB is operated totally by volunteers, from instructors to committees and office work. There are four eight-week sessions each year. Classes are typically ninety minutes, and meet once per week, Monday through Saturday, between 9:30 AM to 5:00 PM.

To Receive Announcements from OLLI, Join Our Mailing List

CSULB Home > Child Home > Other Lifelong Learning Institute

Fall Session: October 2 to November 18

OLLI LONG BEACH

October 14 - In Person or Zoom Annual Membership Meeting and Officer Election

ProClass Registration site

Online Registration

OLLI California State University Long Beach

Membership Donate Help

OLLI Community Sites

Alpert Jewish Community Center

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

[Visit the JCC website](#)

St. Isidore Historical Plaza

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

[Visit the St. Isidore website](#)

Houghton Park

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

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

Long Beach Bridge Center

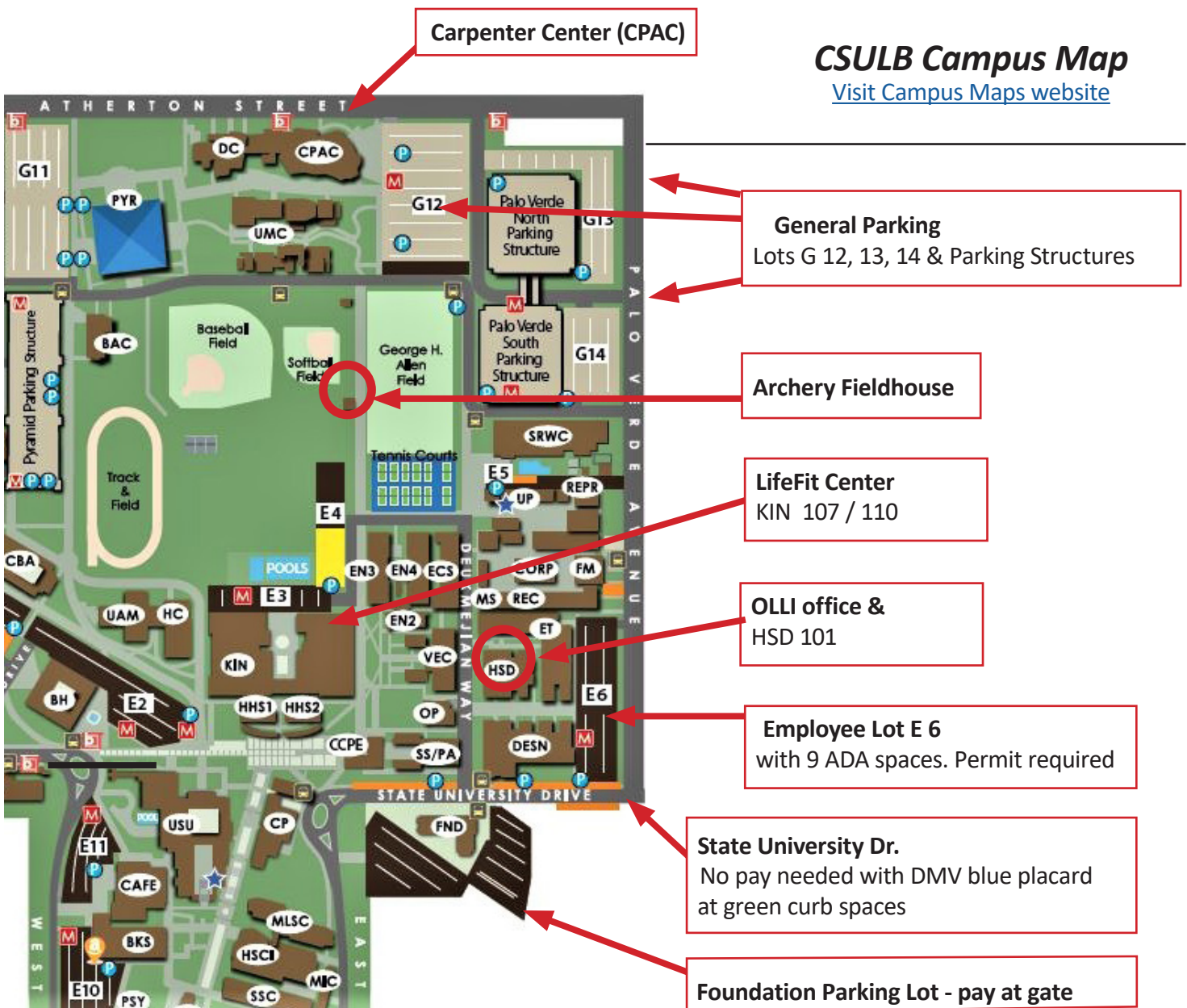
4782 Pacific Coast Hwy. Long Beach
562.498.8113

[Visit Long Beach Bridge Center](#)

Whaley Park Community Center

5620 E Atherton St.
Long Beach, CA 90815

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



OLLI 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. We thank them for their strength and perseverance, and for letting us meet on this land.

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



Visit the OLLI Website

2024 OLLI CLASS SESSIONS

Winter	January 8 - February 29, 2024
Spring	April 2 - May 25, 2024
Summer	July 8 - August 17, 2024
Fall	October 1 - November 16, 2024

HOLIDAYS No OLLI Classes, Campus & Office Closed

Winter Break	December 23 - Jan. 1, 2024
MLK Day	January 15
Cesar Chavez Day	April 1
Memorial Day	May 27

www.csulb.edu 562.985.2398