

Name: _____

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OLLI Membership (<i>new only</i>)	\$20.00	_____	Class Tuition	_____ x \$15.00 ea	_____
Donation	\$ _____	Contributors will be acknowledged in publications. To remain anonymous check here. <input type="checkbox"/>			
Check # _____	Checks payable to CSULB Foundation		NO Cash	Total	\$ _____

Z = Zoom

IP = In Person

Hyflex = Zoom and in room

MONDAYS, April 8 - May 20

7 Weeks

April 1 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	iPhone: Beyond Basics	K. Winkenwerder	Tech - Intermediate	Z	
9:15-9:45	Play The Recorder (Beginning)	T. Schneider	NEW - Whaley Park	IP	
9:45-11:15	Play The Recorder (Intermediate)	T. Schneider	Whaley Park	IP	
9:30-11:30	Bridge 2: Lessons 10-18	H. Dunbar	LB Bridge Center	IP	
10:30-12:00	Family Food Legacy	Y. Rihbany	NEW - at JCC	IP	
10:30-12:00	Fun with Philosophy	B. Harmon	NEW - CSULB, rm 101	IP	
11:00-12:30	Google: Unleash the Power (4 wks)	K. Winkenwerder	Tech - 4 wks 4/8 - 29	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	
12:00-1:50	Ageless Archery (6 wks)	M. Leach	NEW - CSULB, Field House	IP	
12:15-1:45	Reverse Mortgage Tips (3 wks)	S. Burks	3 wks 4/8 - 22	Z	
12:15-1:45	Parlons Francais- Let's Speak French	P. Davidson	NEW - CSULB, rm 101	IP	
1:00-4:00	Learning Our Past: Crafting Projects	S. Haglund	NEW - 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	
2:00-3:30	Evolution of the Universe	M. Geier	NEW	Z	
2:00-4:00	Bowling for Better Health (6 wks)	M. Leach	NEW-USU Lanes & Fee	IP	

TUESDAYS, April 2 - May 21

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
8:30-10:00	iOS 17: What's New?	K. Winkenwerder	TECH - 3 wks 4/2-16	Z	
9:00-10:00	Longevity Stick Art Movements	C. Taylor	CSULB, LifeFit Center KIN	IP	
9:00-10:30	Mindful Movement (4 wks)	N. Raynolds	4 wks - 4/2 - 23	Z	
9:30-11:30	Bridge 3: Lessons 19 - 25	H. Dunbar	LB Bridge Center	IP	
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	
10:30-12:00	Prevent Heart Disease, Cancer, Alzheimers	W. Covalt	NEW- 2 mtgs 4/9 & 11	Z	<i>free</i>
10:00-11:30	Intro to Shakespeare	D. Shere	NEW - at JCC	IP	
11:30-1:00	Tool kit for Retirement	C. Carpenter	CSULB, rm 101 / Zoom	Hyflex	
12:00-1:30	Spanish Story Time	P. Kiwerski	New tales and talk	Z	
12:00-2:00	Intro to Better Capitalism (2 wks)	Knowlton & Hedges	NEW - 2 wks 4/2 - 9	Z	
12:30-1:45	Holistic Recreation with CSULB students	C. Lee	NEW - 4 wks 4/16-5/7	IP	<i>free</i>
1:15-2:45	Travels with Xuanzang	D. Hobbs	NEW - CSULB, HSD, rm 101	IP	
1:30-3:30	AI: What is it?	C. Wisniewski	Tech - NEW 4 wks 4/2-23	Z	
1:30-3:30	Apple Passwords and Passkeys (3 wks)	C. Wisniewski	Tech - 4 wks 4/30-5/21	Z	
2:00-3:30	Get Organized A-Z	S. Farley	New Topics	Z	
3:00-4:30	The Drama of War: Films	P. Killins	NEW - CSULB, HSD, rm 101	IP	
6:00-7:30 pm	Let's Talk About Death	C. Malaambo	NEW - JCC 3 wks 4/2 - 16	IP	

WEDNESDAYS, April 3 - May 22

<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	
8:30 - 10:00	Meditation with Carol	C. Beckerman	NEW - CSULB, rm 101	IP	
8:30-10:00	A More Glamorous You (3 wks)	K. Marshall	3 wks 4/3 - 17	Z	
10:00-11:30	Talking Story: Fabric of our Lives	C. Estrada/R. Hamfelt	NEW - Houghton Park	IP	
10:00-11:30	Intro to the iPad	M. Gettys	Tech - Beginners	IP	
10:15-11:45	Nutrition and Foods (5 wks)	A. Bianchino	NEW-CSULB,HSD,rm 101	IP	
10:00-11:30	Foundations of Investing	A. Dilsaver	Current topics	Z	
11:30-1:00	Acoustic Guitar 2: Beyond Basics	M. Youngs/Bradshaw	Whaley Park	IP	
11:45-1:15	Photo Apps on your iPhone /iPad	M. Gettys	Tech - All levels	IP	
12:00-1:30	Culture Vultures: New to YOU?	N. Schwartz	NEW-CSULB, HSD rm 101	IP	<i>free</i>
1:00-3:00	Dance for Fun and Fitness: Folk Dance	D. Baker	NEW- See page 25	IP	<i>free</i>
1:00-2:30	ABCs of Medicare (3 wks)	D. Dillman	3 wks 5/8 - 22	Z	
1:30-3:00	Travel with iPhone/iPad	M. Gettys	Tech - All levels	IP	
1:45-3:15	The Television Canon of Norman Lear	J. McKairnes	NEW - CSULB, /Zoom	Hyflex	
3:30-5:00	French Conversation	M. Green	CSULB, HSD, rm 101	IP	

THURSDAYS, April 4 - May 23

<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	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 Art of Downsizing	T. Sievers	CSULB, HSD, rm 101	IP	
10:30-11:50	Prevent Heart Disease, Cancer, Alzheimers (2 mtgs)	W. Covalt	Day 2 April 9 & 11 only	Z	<i>free</i>
10:30-11:30	Tai Chi Chuan 101	R. Richina	CSULB, LifeFit Center	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, HSD, rm 101	IP	
12:00-1:30	Zentangle Patterns	T. Taylor	NEW - at JCC	IP	
12:30-2:00	Music Beginning Theory-the Sport of Music	K. Price	LAUMC- new location	IP	
1:00-2:30	Apps, Social Media, PLUS - all devices	P. Gutierrez	Tech- CSULB, Lab / Zoom	Hyflex	
2:00-3:30	Rebuilding Your Life after Loss	C. Hopkins-Doubt	NEW - at JCC	IP	
2:00-4:00	Needlework Cafe	C. Sabol	JCC - New projects	IP	
2:00-5:00	Movie Matinee: Anime to Realite in Japan	B. Norberg	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	LAUMC-new location	IP	

FRIDAYS, April 5 - May 24

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
9:15-10:45	Writing Letters: A Lost Art	J. Gade	NEW-CSULB, rm 101	IP	
10:00-12:00	Jewelry A to Z	B. Belisle	Meet at JCC	IP	
10:30-12:00	Computer Mysteries Revealed (4 wks)	W. Peck	Tech-CSULB, Lab /Zoom	Hyflex	
11:00-12:30	Writers Read Aloud	J. Van Hooten	CSULB, rm 101	IP	
11:00-12:00	Soul Tai Chi with Jimmy	J. Mathews	CSULB, LifeFit KIN 110	IP	
11:30-1:00	Bluegrass Music JAM	F. Swatek	LAUMC - new location	IP	
12:30-2:30	Creative Connections: Artist Meetup	Y. Rihbany	Meet at JCC	IP	
12:30-1:45	Yoga on a Chair	C. Ellano-Ota	More flexibility!	Z	
12:45-2:15	Authoritarians, Cults, Conspiracy... (2 wks)	D. Hucker	NEW-CSULB 5/10 &17	IP	
1:00-3:00	Coriolanus: Democracy in Crisis (4 wks)	S Stitham	NEW - 4 wks 4/5 - 26	Z	
1:00-3:00	Short Story Discussion Group	F. Ramirez	Book purchase	Z	
1:30-3:30	Open Lab	W. Peck	FREE for all	IP	<i>free</i>
2:30-4:30	Stained Glass Workshop	S. Newcomb	CSULB, HSD rm 105	IP	
2:30-4:30	Comedy Capers	K. Lucas	CSULB, rm 101 /Zoom	Hyflex	

SATURDAYS, April 6 - May 25

<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, DSN rm 111	IP	
12:30-2:00	Retirement Your Way	P. Field	NEW topics	Z	

STAND TALL - STAND STRONG

Mondays, April 8 - May 20 & Wednesdays, April 3 - May 22
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 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? Class limit: 50
 Email manosfrios@gmail.com.

Instructor: Lorraine Goldman, MPT Retired., Certified EEAA

IPHONE: BEYOND BASICS

Mondays, April 8 - May 20
8:30 - 10:00 a.m. Zoom

If you feel comfortable using the phone, text and email apps on your iPhone, why not explore some other iPhone features? We'll cover news apps and aggregators, 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

ALL ABOUT RECORDERS

Mondays, April 8 - May 20
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

NEW CLASS!

CAPTURE YOUR FAMILY'S FOOD LEGACY

Mondays, April 8 - May 20
10:30 a.m.- 12:00 p.m. JCC

How often have we heard the words, "I wish I had my aunt's (mother, uncle, grandmother...) recipe for...."? Only to be frustrated with trying to recreate a dish and not getting it quite right. Or, not understanding what were clear notes to one person, but now confusing. Food is a family bond, weaving together memorable moments. In today's fast paced world capturing family recipes, techniques, and memories are evaporating.

In -person, you'll capture your family's food heritage to share. Working collaboratively, it includes getting organized, writing recipes, recipe testing, ways to put it all together, writing stories, taking pictures, and sharing options. Of course, we'll also talk about food: sharing ideas, tips, and exploring cooking challenges. Note: we are not limited to creating a family cookbook. Anyone interested in talking about cooking and baking is welcome. Class limit: 20

Instructor: Yesmean Rihbany, Facilitator and Food Enthusiast

BRIDGE 2: LESSONS 10- 18

Mondays, April 8 - May 20
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. Pay the additional \$20 card fee to LB Bridge Center. Class limit: 50

Instructor: Hank Dunbar

NEW CLASS!

FUN WITH PHILOSOPHY

Mondays, April 8 - May 20
10:30 a.m. - 12:00 p.m.
CSULB, HS&D, room 101

Big questions can be the most fun. Why are we here? What does doing good mean? Why does it matter? What is love? Open discussion is encouraged.

Instructor: Brian Harmon

NEW CLASS!

GOOGLE: UNLEASH THE POWER!

Mondays, April 8 - 29 (4 wks)
11:00 a.m.- 12:30 p.m. Zoom

Take a deep dive into the ocean of Google services. You'll discover hidden gems you never knew existed and learn how to take advantage of the ones you did. (*This part of the description was written by Bard, Google's new OpenAI Chatbot. This next part wasn't.*) We'll spend time with some of the 50 or so services you may not have heard of but that you may find interesting and useful. See how to get the most out of familiar ones, like many kinds of Search and Map functions, as well as old favorites like YouTube. Prerequisite: Curiosity. Class limit: 25

Instructor: Kathy Winkenwerder

YOGA WITH BARBARA

Mondays, April 8 - May 20

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, April 8 - May 20

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



REVERSE MORTGAGE: REMODELING RETIREMENT

Mondays, April 8 - 22 (3 wks)

12:15 - 1:45 p.m. Zoom

This course will 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. Class limit 15

Instructor: Scott Burks has over 25 years of banking experience and currently is one of 200 Certified Reverse Mortgage Professionals

NEW CLASS!

AGELESS ARCHERY

Mondays, April 8 - May 13 (6 wks)

12:00 - 1:50 p.m.

CSULB, Mel's Archery Range

Who is willing to accept the "ageless challenge" of shooting the gleaming arrow into the target's center X? Would you like to experience the awesome harmony in your mind / body with the bow/arrow? Whether a prior Olli archer or a new learner willing to accept the ancient challenge, this course will give you skills and thrills of ageless (young, healthy, and active) you in archery. Accept this challenge by enrolling now. **Rental fee of \$10.00 cash on the first class for all tackle** Location: West of the Soccer field and South of the Softball Diamond. Class limit: 20

Instructor: Mel Leach, National Level Coach

PARLONS FRANCAIS LET'S SPEAK FRENCH!

Mondays, April 8 - May 20

12:15 - 1:45 p.m.

CSULB, HS&D, room 101

Did you study French in school and wish that you had continued your studies? Have you been using Duo Lingo but desire feedback from a live French-speaking person? If so, this course is for you! Re-ignite your ability to speak and understand French. Guided conversations, vocabulary, grammar review, and phonetics will be supported by reading, writing, and songs. Come, have fun and become fearless expressing yourself in French. Class limit 15

Instructor: Pattie Davidson, BA in French from U. of Houston. She spent a full year studying French language, culture, and history at Universite de Strasbourg Institut pour Etrangers.

NEW CLASS!

BOWLING FOR BETTER HEALTH

Mondays, April 8 - May 13 (6 wks)

2:00 - 4:00 p.m.

CSULB, CSU Student Union Lanes

Can indoor sports be fun and healthy? Come find out what your bowling aptitude is! The CSU Student Union offers "state of the art" bowling lanes. Mel will give you effective techniques to help you learn or improve your bowling IQ. Open to all from beginners to league bowlers.

A class fee of \$35.00 is payable in cash to Student Union on first class.

Fee will cover the rental of ball/shoes and use of the lanes. Class limit: 30

Instructor: Mel Leach, Professor Emerita, Certified Bowling Coach & competitor

NEW CLASS!**Monday****LEARNING/HONORING OUR PAST CRAFTING PROJECTS**

Mondays, April 8 - May 20
1:00 – 4:00 p.m. (3 hours)
St. Isidore Historical Plaza

Join us to discuss and investigate people from the past who have influenced us. We'll create a medal to honor them in the style of old military medals. We will also create Medulla pocket shrines from paper or cloth. Each project will be inspired and creatively designed to represent the person you are honoring, using a variety of materials, skills and techniques. A supply fee is TBD. Bring your basic crafting tool kit.

I welcome students who have taken my classes before and students with mid to high level experience in paper crafting. ***This is not a beginners class.*** Questions? Contact Sheryl at olli@csulb.edu. Two additional Technique workshop days: April 17th and May 15th. 9 am to 1:00 pm each day at St Isidore. Class limit: 12

Instructor: Sheryl Haglund

FREE!**BLUEGRASS GUITAR WORKSHOP**

Mondays, April 8 - May 20
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: 8

Instructor: Frank Swatek

FREE!**BLUEGRASS MANDOLIN WORKSHOP**

Mondays, April 8 - May 20
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 AND MORE

Mondays, April 8 - May 20
2:00 – 5:00 p.m.
CSULB, HS&D, room 101

Join Jeff for a look and discussion of some new films. The direction this time is going lighter with Spring in mind! Here are 7 wonderful, fun movies (comedies and musicals) Monty Python's "The Life of Brian" "Singing in The Rain" with Gene Kelly & Debbie Reynolds "The Road to Bali" with Bob Hope & Bing Crosby "Duck Soup" with The Marx Brothers "The More the Merrier" with Joel McRae and Jean Arthur "The Music Man" with Robert Preston and Shirley Jones "The Freshman" with Harold Lloyd (A silent film classic) Class limit: 50

Instructor: Jeff Hathcock

NEW CLASS!**EVOLUTION OF THE UNIVERSE**

Mondays, April 8 - May 20
2:00 – 3:30 p.m. Zoom

The goal of this class is to study the universe, including its nature, origin, evolution, and ultimate destiny. We'll take a closer look at the beginning of the universe itself. Then, we will examine how galaxies formed in the early universe and the role that dark matter played.. Observations indicate that rather than slowing down, the expansion of the universe is accelerating. We will learn that the best explanation for this phenomenon is dark energy. Finally, we will analyze how astronomers think about life in the universe and how they search for signs of it. Class sessions will feature striking visual presentations. Class limit: 50

Instructor: Dr. Montserrat Geier taught Physics /Astronomy at CSULB. She now spends evenings observing the night sky with her telescope on the island of Kauai

Tuesday**LONGEVITY STICK ART MOVEMENTS**

Tuesdays, April 2 - May 21
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, April 2 - 23 (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 Reynolds, MA studied and taught T'ai Chi, Kenpo, Qigong, and massage over the last 30 years; also is a psychotherapist.

IOS 17: WHAT'S NEW?

Tuesdays, April 2 - 16 (3 wks)
8:30 – 10:00 a.m. Zoom

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

Instructor: Kathy Winkenwerder

BRIDGE 3

Tuesdays, April 2 - May 28
9:30 – 11:30 a.m. LB Bridge Center

Prerequisite: Bridge 1 and Bridge 2 or knowledge of materials

Topics include: preempts and The Law, leads and carding, 2 club strong opener, 1430 and slam bidding, finesses, defensive thoughts, plus an in-class tournament for master points. Additional \$20 card fee to be paid to LB Bridge Center.

Class limit: 50

Instructor: Hank Dunbar

BRIDGE 1: NEXT OFFERED IN SUMMER 2024

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.

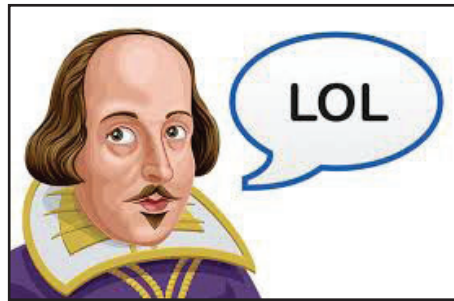
GEOPOLITICS UPDATE 2024

Tuesdays, April 2 - May 21
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



NEW CLASS!

INTRODUCTION TO SHAKESPEARE

Tuesdays, April 2 - May 21
10:00 – 11:30 a.m.

Alpert Jewish Community Center

This class will feature a Shakespeare play each week with the intention of making the plays understandable in modern times. We will try to explain the play both in the time period, and when it actually took place and the time period it was written. Shakespeare can be considered the Norman Lear or Woody Allen of his time. Come see why. Class limit: 30

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

PREVENT HEART DISEASE, CANCER, AND ALZHEIMERS

Tuesday, April 9 & Thursday 11
10:30 a.m. - 12:00 p.m. Zoom

Would you like to enjoy a healthy, long life, which sometimes seems elusive for people after they reach 50? In these 2 classes, learn why heart disease, stroke, and cancer are the major causes of death in the U.S. with poor diet and lifestyle as primary factors. See how marketing and lack of health education contribute to poor eating habits. Understand which foods promote excellent health and how to develop a health-oriented diet so your risks drop dramatically.

Wendell is a Certified Food Over Medicine Instructor, who has never taken prescription drugs. He has given health presentations in many venues, including Princess Cruises, Beach Cities Health & Fitness Center, and CSULB. His lectures, graphs, and data are based on his 40 years of health experience, training, and books.

Class limit 80

Presenter: Wendall Covalt

PLAY IT AGAIN JAM

Tuesdays, April 2 - May 21
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

TOOL KIT FOR RETIREMENT

Tuesdays, April 2 - May 21
11:30 a.m. – 1:00 p.m.

CSULB, HS&D, room 101/Zoom

This class is designed to teach you everything about finances and investing that we didn't learn in school. We will cover perspectives on financial concerns facing all who are getting ready for, have recently transitioned to, or have been in retirement for some time. You will learn the basics of investing—what is a stock, bond, mutual fund, traditional vs. Roth, tax-free investing, etc.—in a simplified way that you will understand. We'll also 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.*

**INTRO TO BETTER CAPITALISM**

Tuesdays, April 2 & 9 (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).*

SPANISH STORY TIME

Tuesdays, April 2 - May 21
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

HOLISTIC RECREATION
with CSULB students

Tuesdays, April 16 - May 7 (4 wks)
12:30 - 1:45 pm

CSULB, LifeFit Center, KIN 107

#1. Holistic Recreation Activities

Students from the Department of Recreation and Leisure Studies (RLS) invite you to a holistic recreation program that would meet a variety of needs and interests. It consists of four sessions and each session will have a different theme: 1) physical-based activity; 2) cognitive-based activity; 3) social-based activity; and 4) intergenerational activity. You will have an opportunity not only to improve your overall health, but also to interact with CSULB students.

Dates & Time:

Section 1: Tuesday, 4/16

Section 2: Tuesday, 4/23

Section 3: Tuesday, 4/30

Section 4: Tuesday, 5/7

#2. Virtual Reality Activities

Are you seeking new experiences? Recreation and Leisure Studies (RLS) students invite you to immerse yourself in unique virtual landscapes, where every detail is crafted for depth, realism, and sensory immersion. This program is appointment-based. Contact rlsvrllab@gmail.com to be paired with one of the RLS students to enjoy the experience. Looking forward to seeing you, adventurers!!

* This is a research project. You will be asked to complete a questionnaire and an interview at the end.

*Developer: Chungsup Lee, Ph.D. &
CTRS Facilitators: RLS students*



NEW CLASS!**Tuesday****NEW CLASS!****NEW CLASS!****TRAVELS WITH XUANZANG*****Tuesdays, April 2 - May 21******1:15. – 2:45 p.m.******CSULB, HS&D, rm 101***

Monk, traveler, diplomat, scholar, translator. Xuanzang was a 7th century Chinese Buddhist monk who undertook a 17-year journey from China to India and back. His purpose was to study Buddhism firsthand in India and gather sutras for translation; however, he has left a lasting legacy beyond his contributions to Buddhist study in China. Historians have relied on his astute observations and descriptions of the various kingdoms he passed through on his 10,000 mile journey. Others have romanticized his travels in movies and books such as *Journey to the West*. We will trace his footsteps from Tang Dynasty China to India and back, along the famed Silk Roads, examining the cultures he encountered along the way. We'll discuss the impact of Buddhism as it spread from India to China and delve into the development of the Buddha image. Class limit: 50

*Instructor: Delrie Hobbs***GET ORGANIZED A - Z*****Mondays, April 2 - May 21******2:00- 3:30 p.m. Zoom***

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

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

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

C: Containerize-Store belongings in see-through, plastic containers.... Join in to learn more! Class limit:20

*Instructor: Sharon Farley***AI: WHAT IS IT?*****Tuesdays, April 2 - 23 (4 wks)******1:30 – 3:30 p.m. Zoom***

We already use AI every day when we use Microsoft Word, the virtual voice assistant on our smartphone, and our Netflix queue. You'll see the ways AI is already affecting what you do and how you use it on your various computing devices. We'll get a sneak peak at what's soon to arrive. More importantly, we'll explore a few AI-based tools that you can use in your everyday life to expedite, enhance, and improve your own work. We'll talk about how to best avoid the problems that can (and usually do) surface when we use those AI tools. Class limit: 30

*Instructor: Chris Wisniewski***APPLE PASSWORDS AND PASSEYS*****Tuesdays, April 30 - May 21 (4 wks)******1:30 - 3:30 p.m. Zoom***

Passkeys' is an exciting new password technology that recently arrived on Apple's, Microsoft's, Google's, and many other computing platforms. It lets you safely and easily log onto an ever-growing number of web sites and apps without having to create or use, or 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. 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: An Apple device that runs iOS/iPadOS or greater or macOS 13 ("Ventura") or greater.

Class limit: 30

*Instructor: Chris Wisniewski***THE DRAMA OF WAR: FILMS*****Tuesdays, April 2 - May 21******3:00 – 4:30 p.m.******CSULB, HS&D, rm 101***

Let's watch the acclaimed war drama mini-series, *Band of Brothers* together. It was created by Steve Spielberg and Tom Hanks and is based on historian Stephen Ambrose's 1992 non-fiction book of the same name.

We'll discuss the organization and history of the 101st Airborne Infantry Division and prior to each video, we will review the strategic and tactical situation. After each video, we'll discuss its accuracy-comments included. This class will carry over into the next session and we'll follow it with the 2010 war drama mini-series, *The Pacific*, which follows three Marines from the US 1st Marine Division as it fought in the Pacific Theater of World War II.

Class limit: 65

*Instructor: Paul Killins***NEW CLASS!****LET'S TALK ABOUT DEATH*****Tuesdays, April 2 - 16 (3 wks)******6:00- 7:30 p.m..******Alpert Jewish Community Center***

Spend a few hours with Constance Malaambo, RN and Homeopath and end the chaos of last minute decisions.. Master end-of-life decision making in a comfortable and supportive environment. We will talk about advanced directives, wills, trusts, medical agents, doulas, alternative treatment, palliative and hospice care and MORE! Learn how to support your decision making and live more carefree as the valued elders that we are. Class limit: 30

Instructor: Constance Malaambo, RN, D. Hom

NEW CLASS!

STAND TALL - STAND STRONG

Mondays, April 8 - May 20

Wednesdays, April 3 - May 22

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, April 3 - May 22

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, April 3 - May 22

10:00 - 11:30 a.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.

Instructors: Carolyn Estrada, Marriage, Family, Child Therapist & Roberta Hamfelt, retired teacher (still volunteering in the classroom), active in an organization which seeks to educate about and encourage organ donations. She is also a Grief Group facilitator.

MEDITATION WITH CAROL

Wednesdays, April 3 - May 22

8:30 - 10:00 a.m.

CSULB, HS&D, rm 101

Meditation has been defined as a way to quiet the mind, connect with our inner self, and even heal our body. It has been used for centuries within most spiritual and religious settings. In the Western world it is being accepted not only as a spiritual practice, but also as an adjunct to other therapies to treat chronic pain, lower blood pressure, even treat PTSD. It is a useful tool for everyone to disconnect from the constant barrage of emails, negative news, and traffic jams. Carol believes daily meditation provides her with insight into different levels of consciousness. After experimenting with other forms of meditation, today she primarily uses a technique classified as "open focus." Today, as she works on her doctorate, she is studying people's motivations for beginning a meditation practice during the pandemic. She looks forward to sharing her love for this calming and life-affirming practice.

Class limit: 15.

Instructor: Carol Beckerman, MA

FASHION & STYLE FOR THE MODERN WOMAN

Wednesdays, April 3 - 17 (3 wks)

8:30 - 10:00 a.m. Zoom

In this class I will show you how to create your individual style, by updating your current wardrobe or creating a new one. We will look at the different body-types for women and how to select clothing that complements your body. Do you know your Fashion Personality? Knowing this will help when selecting clothing styles that work for your personality. This will assist when making impulse buys, saving you time and money. Do you know your face shape and how to select glasses, hairstyles, and earrings. We will look at color and first impressions and how choosing clothing color that harmonizes with skin tones to create perfect balance. Do you have a drawer full of accessorizes that you don't use; purses, scarves, earrings, and jewelry? I can show you how to use all accessorizes to get more looks from your wardrobe. We will discuss this and much more in 3-Zoom sessions. Class limit: 25

*Instructor: Kathy Marshall,
certified Image ConsultantI*



NUTRITION AND FOODS

Wednesdays, April 24 - May 22 (5 wks)
10:15 - 11:45 a.m.
CSULB, HS&D, rm 101

Are you interested in learning about nutrition and how you can eat healthier? In this class you will learn the basics of nutrition and how to apply that knowledge to your food choices for better health. For example, how well do you understand Nutrition Labels? After the basics, we will discuss nutrition's links to diseases (like high blood pressure and diabetes), diets and supplements. You will have a better understanding of nutrition to decipher and analyze various claims on food labels and advertising. And it is always fun to talk about food and share ideas! Class limit: 40

Instructor: Annie Bianchino, Ph.D.

**INTRO TO IPAD**

Wednesdays, April 3 - May 22
10:00 - 11:30 a.m.
CSULB, HS&D, rm 100 LAB

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

Class limit: 12

Instructor: Marilyn Gettys

FOUNDATIONS OF INVESTING

Wednesdays, April 3 - May 22
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 for individual questions and answers. No products or services are sold, endorsed, or marketed. Class limit: 25

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

PHOTOS ON AN IPHONE/ IPAD

Wednesdays, April 3 - May 22
11:45 a.m. - 1:15 p.m.
CSULB, HS&D, rm 100 LAB

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

Instructor: Marilyn Gettys

**ACOUSTIC GUITAR 2:
BEYOND THE BASICS**

Wednesdays, April 3 - May 22
11:30 a.m. - 1:00 p.m.

Whaley Park

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

*Instructor: Mark Youngs, Brian
 Bradshaw*

TRAVEL WITH AN IPHONE/ IPAD

Wednesdays, April 3 - May 22
1:30 - 3:00 p.m.
CSULB, HS&D, rm 100 LAB

Explore a variety of travel apps you can download to your iPhone or iPad. We'll cover how to use apps to find places to go, search for hotels and other accommodations; how to book and manage airline travel, car rentals and cruises; how to find free Wi-Fi; how to use maps, both online and offline when no Wi-Fi is available; how to use a translation app when you're in a foreign country; and when you're traveling by car, how to use apps like Uber, Gas Buddy and iExit. Bring your charged iPad or iPhone to each class.

Class limit: 12

Instructor: Marilyn Gettys

ABC'S OF MEDICARE

Wednesdays, May 8-22 (3 wks)
1:00 - 2:30 p.m. Zoom

This is a class via Zoom highlighting the importance of knowing when you can sign up for Medicare in order to get the most of your Medicare benefits. It's also important to know that you can change or amend your existing plan to better meet your specific needs. We'll discuss what you need to know about the 4 parts of Medicare when you turn 65. Questions to consider: What monthly plan premium can I afford? 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. Class limit: 60

Leader: Diana Dillman, Medicare Options Specialist License #4189213

FREE!

DANCE FOR FUN AND FITNESS

Wednesdays, April 3 - May 22
1:00 - 3:00 p.m. Bellflower
Womens Club 9402 Oak St.

Move to diverse rhythms & melodies as you learn traditional dances. Dancing benefits the Brain: focused attention, sequential memory; Body: balance agility coordination & posture; Spirit: feeling of pleasure, accomplishment, camaraderie with other students..

International recreational folk dance is appropriate for all fitness levels. Safely dance to your level of intensity on a responsive wooden floor ideal for dance. Wear low heeled shoes that allow lateral movement and turning. This class is a first time offering thanks to Camille Dull and Diane Baker. The class is FREE and open to all. See page 25. Class limit: 40

Leader: Diane Baker, retired teacher and PE advocate!
President of the Folk Dance Federation of CA, South

FREE!

CULTURE VULTURES

Wednesdays, April 3 - May 22
12:00 - 1:30 p.m.
CSULB, HS&D, rm 101

Are you acquainted with the many cultural venues we have here in the city of Long Beach? If your answer is "Well...MAYBE I know about them, but maybe not!" then we have the class for you! It's the first ever CULTURE VULTURE LUNCH AND LEARN SERIES. Each week, we will highlight a different local community venue. Information presented will include history or mission of the venue, hours, fees, upcoming events, and available volunteer opportunities. No class fee for this special event. Bring your lunch and join us!

Here is our lineup:

- April 3** Rancho Los Alamitos (Roberta Roghoff and Nancy Schwartz, Docents)
 - April 10** Museum of Latin American Art (Rosemary Danon, Docent)
 - April 17** Musical Theater West (Barbara Goen, Board of Directors)
 - April 24** Long Beach Symphony (Issy Farris, V P of Operations & Education)
 - May 1** Rancho Los Cerritos (Alana Reese, Education Coordinator)
 - May 8** Culture at CSULB (Corinne Garthoff, CPAC and Bethany Price, COTA and Amanda Fruta, Art Museum)
 - May 15** Long Beach Art Museum (Chloe Landis, Education)
 - May 22** Long Beach Heritage Society (Chris Hogan, President)
- Class limit: 60

Leaders: Nancy Schwartz & Rosemary Danon

THE TV CANON OF NORMAN LEAR

Wednesdays, April 3 - May 22
1:45 - 3:15 p.m.

CSULB, HS&D, rm 101 / Zoom

In the span of a 70-year career, writer-producer Norman Lear has shaped and re-shaped the landscape of prime-time television. In this video-and-discussion-heavy course, we'll take a look at how he did it -- first through his early live-TV days and then with "All in the Family", "Sanford and Son" and "Maude" and other landmark programming of the 1970s and beyond -- and how he changed both us and the country in the process. Living to age 101, with multiple projects for the streaming space awaiting release, Lear had career ups and downs, TV hits and misses, controversies and confrontations. He's been the man behind your favorites and mine. This fun and informative course won't ... well....stifle any of it. Class limit: 75

Instructor: Jim McKairnes, TV and media fan and scholar

FRENCH CONVERSATION

Wednesdays, April 3 - May 22
3:30 - 5:00 p.m.

CSULB, HS&D, rm 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 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: 55

Instructor: Malcolm Green

SEE THE PICTURE BEFORE YOU TAKE THE PHOTO

Thursdays, April 4 - May 23
8:30 - 10:00 a.m.

CSULB, HS&D, rm 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, April 4 - May 23
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, April 4 - May 23
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

THE ART OF DOWNSIZING

Thursdays, April 4 - May 23
10:15 - 11:45 a.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, cupboards, 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. Find your true treasures and keep them. Avoid the frustration of things misplaced or lost. This class will provide information, strategies, helpful tools and a chance to have your questions answered in a positive and supportive atmosphere.

Class limit: 30

Instructor: Tere Sievers

PREVENT HEART DISEASE...

Thursday, April 9 & 11 (day 2)
10:30 - 11:50 a.m. Zoom

See class description on page 14
Class limit: 30

Instructor: Wendell is a Certified Food Over Medicine Instructor, who has never taken prescription drugs.



NEW CLASS!

TAI CHI CHUAN 101

Thursdays, April 4 - May 23
10:30 - 11:30 a.m.

CSULB, LifeFit, KIN 110B

An 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: 15

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.

NATIONAL & INTERNATIONAL CURRENT EVENTS & ISSUES

Thursdays, April 4 - May 23
12:00 – 1:30 p.m.

CSULB, HS&D, rm 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.



WRITING FOR WELLNESS

Thursdays, April 4 - May 23
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

ZENTANGLE PATTERNS

Thursdays, April 4 - May 23
12:00– 1:30 p.m.

Alpert Jewish Community Center

Come draw with me - one line at a time. The Zentangle Method is an easy-to-learn relaxing and fun way to create beautiful images by drawing structural patterns. The patterns are called "Tangles". We will create pencil and ink abstract drawings together on 3-1/2" paper "tiles". Materials needed; Notebook, #2 pencil, eraser, Micron 01 pen, tortillon (paper blender) and 3.5" paper tiles. No experience, planning or over-thinking required. In Zentangle art THERE ARE NO MISTAKES, only opportunities. Through the Zentangle Method of drawing, you will;

Relax, Imagine, Create, Have Fun
Tell others, Share and Discuss.

Feel gratitude and appreciation for this beautiful world. Class limit: 15

Instructor: Tom Taylor,

MUSIC BEGINNING THEORY SPORT OF MUSIC-THE BASICS

Thursdays, April 4 - May 23
12:30 – 2:00 p.m.

LAUMC - see page 27

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 sings with multiple vocal ensembles and choirs in So CA, teaches beginning and intermediate piano and currently directs the OLLI Chorus.

APPS, SOCIAL MEDIA PLUS

Thursdays, April 4 - May 23
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. Learn on all devices and platforms including computers or mobile devices. If you bring a mobile device to class, make sure it is charged. Class limit: 10

Instructor: Perla Gutierrez

NEW CLASS!

REBUILDING YOUR LIFE AFTER LOSS

Thursdays, April 4 - May 23
2:00– 3:30 p.m.

Alpert Jewish Community Center

There are few experiences in life that shake your faith in yourself and the world like losing a spouse/life partner. You suddenly become "me" instead of "we", experiencing grief and an anxious uncertainty about the future. This course supports you to create meaning from your loss and move forward. Class limit 12

Instructor: Carrie Hopkins-Doubts, senior partner in The Wellness Universe

NEW CLASS!**Thursday****MOVIE MATINEE:
JAPANESE STYLE**

Thursdays, April 4 - May 23
2:00 - 5:00 p.m.
CSULB, HS&D, rm 101

このセッションは

Kono sesshon wa Nihon ni kansuru monodesu

That means "This session is all about Japan!" We will go from Anime to Realite, and there will be something for every cinephile in the class!

Mixing Hayao Miyazaki with a story of generational difference in the 1950's will educate as well as entertain. Without Allan, we will pale in comparison to the set-up and discussion of the films, but we will have a presenter to lead the class for each one. Come join us on this journey to keep the spirit of the "Movie Matinee" class alive until Allan returns! See you there..
Class limit 50

Instructor: Class members

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

Thursdays, April 4 - May 23
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, April 4 - May 23
3:00 - 4:30 p.m.

CSULB Computer Lab & Zoom

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, April 4 - May 23
3:00 - 4:30 p.m.

LAUMC - see page 27

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!****WRITING LETTERS: A LOST ART**

Fridays, April 5 - May 24
9:15 - 10:45 a.m.

CSULB, HS&D, rm 101

This course contains: a fascinating look at letters in history and the important role they played, a survey of the different types of letters you might write, and techniques you can use to write beautiful, passionate, effective letters.

The course objective is to raise the student's awareness of the importance and power of letters, both in history and in our everyday lives. Class limit: 15

Instructor: James Gade, Computer Programming, Technical Writing, Web Development

NEW CLASS!**COMPUTER MYSTERIES REVEALED**

Fridays, April 5 - 26 (4 wks)
10:30 a.m. - 12:00 p.m.

CSULB Computer Lab & Zoom

How did today's computer get this way? How do they think? How does the computer's operating system and the hardware attach to each other. And why do operating systems keep changing? Learn about the historical foundations of the personal computer and its hardware, as well as personal computer organization and software fundamentals, including programs and operating systems. We also will explore the origins of the personal computer and look into the basic construction of both the hardware and the software that makes the personal computer such a useful tool.

Class limit: 9 in-person / 6 on Zoom

Instructor: Wesley Peck

JEWELRY FROM A - Z**Fridays, April 5- May 24****10:00 a.m. – 12:00 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**WRITERS READ ALOUD****Fridays, April 5- May 24****11:00 a.m. - 12:30 p.m.****CSULB, HS&D, rm 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 OLLI writing class meets in person. It offers a sense of intimacy, spontaneity, and possible surprise. You are invited to join our lively readings and discussions.

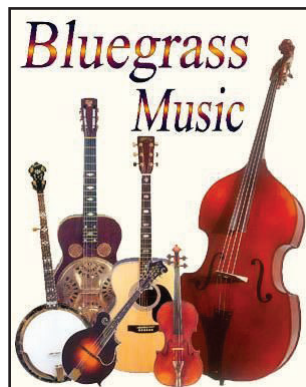
Class limit: 15

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

SOUL TAI CHI WITH JIMMY**Fridays, April 5- May 24****11:00 a.m.- 12:00 p.m.****CSULB, LifeFit Center, KIN 110**

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 enhance your overall system harmony and incorporates many different styles. My teachings are open and available to anyone who wants to heal and feel fluidity in their life. Students may find that, over time, they exude a glow or energetic illumination!. Class limit: 25

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

**BLUEGRASS MUSIC JAM****Fridays, April 5- May 24****11:30 a.m. – 1:00 p.m.****LAUMC - see page 27**

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

CREATIVE CONNECTIONS**Fridays, April 5- May 24****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? This is for you. Find a time and place to work on your art/craft, exchange ideas, get inspired, help focus, and be part of a community. No instructor and no curriculum, just lots of creative energy! Learn from others, share your ideas, and progress in your medium. Jewelry makers, paper arts, drawing, watercolor... Join the OLLI creative community. Class limit: 25

Facilitator: Yesmean Rihbany

**AUTHORITARIANS, CULTS, AND CONSPIRACY THEORIES: THE END OF DEMOCRACY****Fridays, May 10 & 17 (2 wks)****12:45 - 2:15 p.m.****CSULB, HS&D, rm 101**

A CNN report in July 2023 found that 58% of all Americans say they are just a little or not at all confident that elections represent the public will. A Democracy must have a free flow of accurate information that is believed by the majority.

This class will examine three important conditions that cause people to believe misinformation and lies that will weaken our democracy and foster Authoritarianism. Class limit: 35

Instructor: Don Hucker

**CORIOLANUS:
DEMOCRACY IN CRISIS**

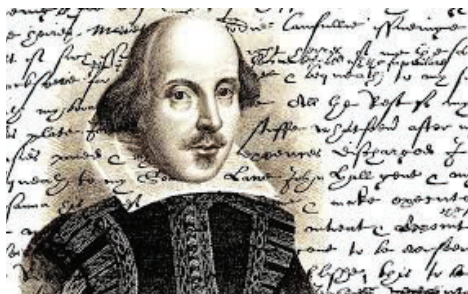
Fridays, April 5 - 26 (4 wks)
1:00 - 3:00 p.m. Zoom

Written over 400 years ago and one of the least performed of Shakespeare's 'Roman plays,' "Coriolanus" is set in the turmoil of Republican Rome over 2500 years before this presidential election year in the United States. As always, the author has created psychological, sociological, political, and domestic portraits that resonate with an astonishing immediacy as we reflect on the fragility of democracy, the power of ambition, and the role of "We the People" in responding to each.

This course will both ground the play in its Roman and Jacobean historical contexts and consider its place in the genre of Shakespearian tragedy.

Students are encouraged to read and/or watch the play before the course and should have access to a copy of the play. Class limit: 80

Class Leader: Susan Stitham ("sty-thumb") has taught Shakespeare over six decades to students from 13 to 93 in class locations from Maine to Alaska to Oregon. She thrives on the new insights discovered in every single class session.


YOGA ON A CHAIR

Fridays, April 5- May 24
12:30 - 1:45 p.m. Zoom

Yoga is for Every Body! Chair Yoga provides the full advantage of yoga's amazing health benefits 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**

Fridays, April 5- May 24
1:00 - 3:00 p.m. Zoom

NEW BOOK - This session we will begin reading prize-winning short stories from the **2023** edition of **The Best American Short Stories**. We'll read outstanding stories from both new and well-known authors, published in US or Canadian publications in 2022. Each week we read a short story and discuss what makes the story unique: themes, techniques, characters, atmosphere, etc. Everyone participates, contributing multiple views of the same story. The results are stimulating, entertaining and sometimes surprising. Please, arrange access to the new anthology: **The Best American Short Stories 2023**, Min Jin Lee, Ed., with Heidi Pitlor (Boston, New York: Mariner Books, HarperCollins, 2023). It is available in several formats: Kindle, paperback, Audible. Class limit: 24

Class Leader: Fern Ramirez

STAINED GLASS WORKSHOP

Fridays, April 5- May 24
2:30 - 4:30 p.m.

CSULB, HS&D, rm 105

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

Class limit: 20

Instructor: Stephen Newcomb


COMEDY CAPERS

Fridays, April 5- May 24
2:30 - 4:30 p.m.

CSULB, HS&D, rm 101 & Zoom

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, April 6- May 25
9:00 a.m. – 12:00 p.m.
CSULB, DSN, rm 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, April 6- May 25
12:30 - 2:00 p.m. Zoom

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

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 Classes - Everyone Invited

HOLISTIC RECREATION with CSULB students

Tuesdays, April 16 - May 7 (4 wks)
12:30 - 1:45 pm
CSULB, LifeFit Center, KIN 107

#1. Holistic Recreation Activities

It consists of four sessions and each session will have a different theme: Get to know CSULB students through activities while on campus. Meet on four Tuesdays, 4/16 to 5/7

#2. Virtual Reality Activities

Are you seeking new experiences? This program is appointment-based. Contact rlsvrllab@gmail.com to be paired with one of the RLS students to enjoy a virtual reality experience. * This is a research project. You will be asked to complete a questionnaire and an interview at the end.

Developer: Chungsup Lee, Ph.D. & CTRS
Facilitators: RLS students

Read more details on page 15

CULTURE VULTURES

Wednesdays, April 3 - May 22
12:00 – 1:30 p.m.
CSULB, HS&D, rm 101

Are you acquainted with the many cultural venues we have here in the city of Long Beach? Join the first ever CULTURE VULTURE LUNCH AND LEARN SERIES. Each week, we will highlight a different local community venue. Information presented will include history or mission of the venue, hours, fees, upcoming events, and available volunteer opportunities. No class fee for this special event. Bring your lunch and join us! Class limit: 60

Leaders: Nancy Schwartz & Rosemary Danon

Read more details on page 19

DANCE FOR FUN AND FITNESS

Wednesdays, April 3 - May 22
1:00 - 3:00 p.m. Bellflower
Womens Club 9402 Oak St.

International recreational folk dance is appropriate for all fitness levels. Safely dance to your level of intensity on a responsive wooden floor ideal for dance. This class is a first time offering thanks to Camille Dull and Diane Baker. Your OLLI membership is encouraged but not required. The class is FREE and open to all. Register at www.csulb.edu/olli
Class limit: 40

Leader: Diane Baker, retired teacher and PE advocate! President of the Folk Dance Federation of CA, So...



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



ON THE ROAD with OLLI

By *Barry Bosscher*

On December 1st of 2023, 20 OLLI members and friends sought their fortunes with a visit to Sony Studios to see the taping of Wheel of Fortune. Prior to the show we stopped at the famed Farmers Market for lunch. We were offered a variety of food options by our tour guide, Alan, from Good Times Travel. We came back to the bus and talked about where we had eaten. None were disappointed. We then proceeded to Sony Studios. On the way Alan regaled us with fun facts and stories about Pat Sajak and Vanna White and the history of Wheel of Fortune.

Audiences typically see the taping of two shows but we were treated to three shows as they were preparing for a break for the holidays. Prior to the shows, Vanna came out to greet the audience and answer questions. Making this trip special is that this is Pat's last season as host of the show, marking the end of 43 years as host.

We look forward to our next outing and encourage you to join us. Watch for announcements in the newsletters or contact the OLLI office for information.



OLLI Community Sites

Alpert Jewish Community Center

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

[Visit the JCC 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](#)

St. Isidore Historical Plaza

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

[Visit the St. Isidore website](#)

Los Altos United Methodist Church

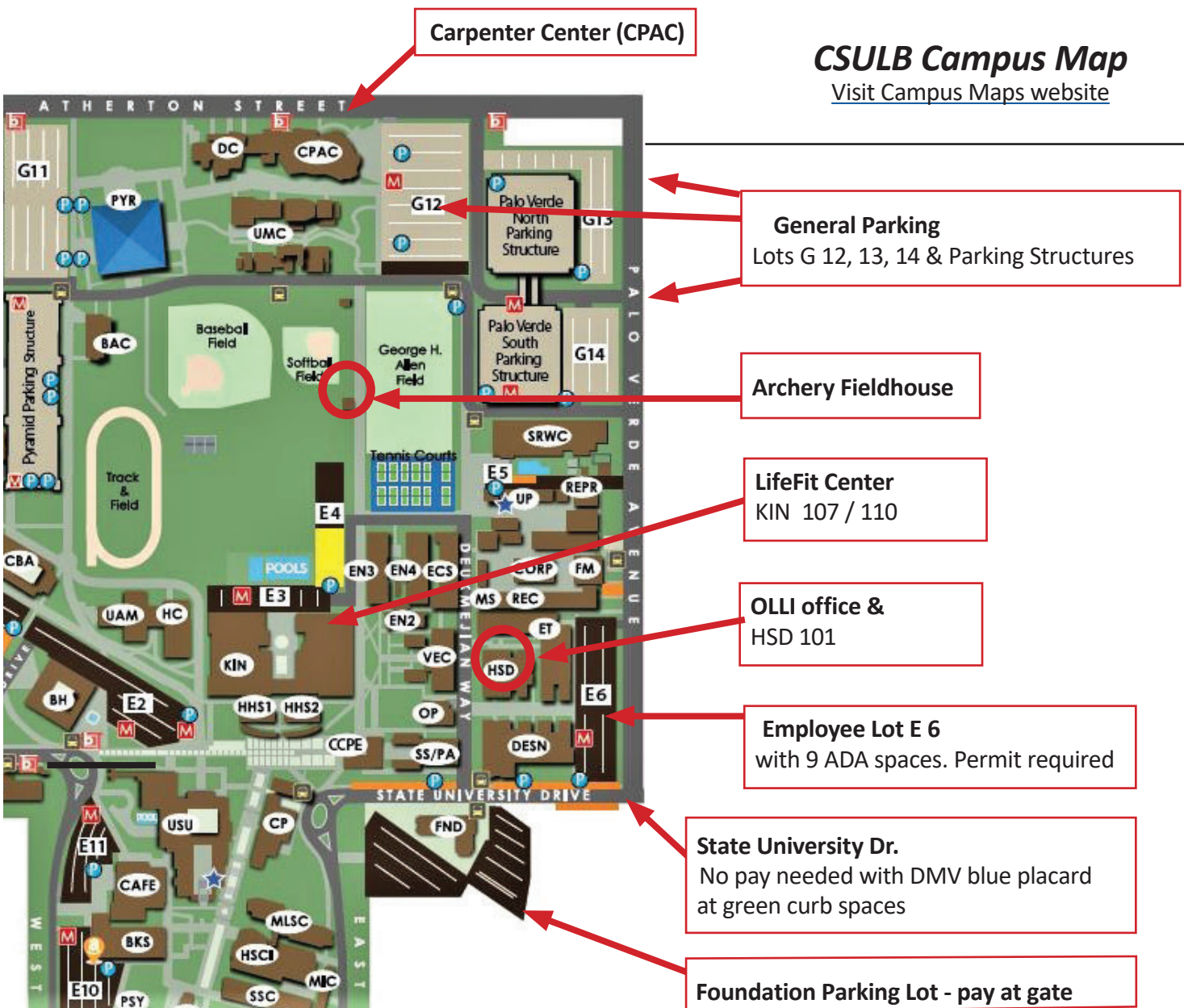
5950 E Willow St., Long Beach
562-598-2451

[Visit the LAUMC website](#)

Whaley Park 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

Spring	April 2 - May 25, 2024
Summer	July 8 - August 17, 2024
Fall	October 1 - November 16, 2024
Winter	January 6 - February 28, 2025

HOLIDAYS No OLLI Classes, Campus & Office Closed

Cesar Chavez Day	April 1
Memorial Day	May 27
Juneteenth	June 17
Independence Day	July 4

www.csulb.edu 562.985.2398