



2024 Summer Class Schedule



Class Registration Starts Monday, June 17 at 9 a.m.

New Classes

LET'S DISH about FOOD!

Instructors: Yesmean and Norma
Mondays on Zoom

YO ME KI: Healing & Relaxation

Instructor: Patty Rassouli
Tuesdays in person

HERBALISM & NATURAL LIVING

Instructor: Alexis Lawrence
Thursdays in person

AI POWERED SOCIAL MEDIA

Instructor: Perla Gutierrez
Thursdays in the Lab or on Zoom

DRAWING FOR EVERYONE

Instructor: Valerie Berry
Mondays in person

HOLLYWOOD 1939 MOVIES

Instructor: Jeff Hathcock
Mondays in person

FROM ORAL HISTORY TO BOOK

Instructor: Carol Feazel
Fridays on Zoom

SPANISH FOR TRAVELERS

Instructor: Samuel Perez
Thursdays in person

New Location: Houghton Park The Power of Sharing our Stories

By Patti LaPlace

The power of “sharing your story” cannot be easily discounted. Kristen Noel, author and Co- Founder of *Best Self Magazine* stated “Sharing our truths can provide the opportunity for great healing.” Our “stories” are a way of defining ourselves as well as reinforcing our resiliency and strengths.

Last year, OLLI offered this course at one of our Senior Centers in Long Beach. **Talking Story**, taught by Carolyn Estrada, is offered at Houghton Park Senior Center on Wednesdays from 10 – 11:30 am. Each week class participants have a prompt to which they can respond to share a significant story in their lives, which, in the tradition of the “Hopi Story Holes” help weave the fabric of our lives as community. Since the inception of this course, Carolyn has done a remarkable job of providing a safe environment as well as gently encouraging the participants to share their stories and connect with one another. Houghton Park Senior Center serves a diverse older adult population who have experienced challenges and trauma as well as triumphant events in their lives. “There is no greater agony than bearing an untold story inside you.” — Maya Angelou

As OLLI continues to celebrate the benefits and rewards of lifelong learning and social connections, we also embrace the opportunities of providing OLLI courses within our community. The Long Beach Parks, Recreation and Marine Department Senior Centers are dedicated to providing programs that contribute to the health and well-being of the senior population who reside in Long Beach. CSULB OLLI supports their work and appreciates our long-standing partnership.

We also appreciate Carolyn for taking this risk of offering **Talking Story** in a new location and setting. She has shared that she has learned much from her participants as well and it is her honor to be part of this incredible endeavor. We encourage you to try out this summer offering. There is **free** parking at Houghton Park - come make new connections at this active Senior Center.

“Those who tell the stories rule their world.” — Hopi American Indian proverb

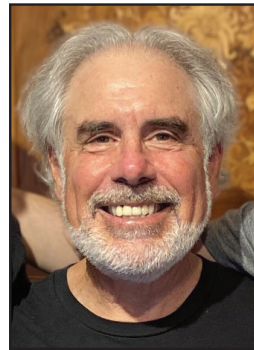


Carolyn Estrada

→ See description page 16

The President's Corner: We are Listening!

The most important part of any viable organization is to listen to your constituents. You, our OLLI members and volunteers, are truly why we are here. And I might add for myself, your enthusiasm, contributions, and feedback are significant to the success and quality of the program.



Marc Davidson

The Governance Council along with the leadership from our working groups will begin in June to review and update our OLLI 5 year strategic plan. The recent members' surveys to which you have responded (and thank you to all for taking the time to do so!) will provide invaluable insight and contribution to our discussions and goal setting for the updated OLLI roadmap.

Our Governing Council has been listening, as well as learning. We have been actively hosting "open conversations" with representatives from LB cultural communities, outreaching to local senior centers and neighborhood districts. Our communication team of volunteers are providing more messaging and information to the Long Beach community, new strategies in spreading the value of OLLI. There's more to do!

Thanks to the leadership and outreach of our working groups, we continue to see many new classes, new instructors, as well as new venues for our classes. Leadership as well is continuing to develop more technology support and training for our instructors utilizing hyflex classes. We are listening – we are learning!

As a final outreach, if you have not already done so, when you see or happen to connect, please let Patti, Becky, Karin, Pat, and Lee know how much you appreciate their diligence, care, and support for all we enjoy at OLLI !

I look forward to seeing and hearing from you – anytime!
Marc.Davidson@csulb.edu

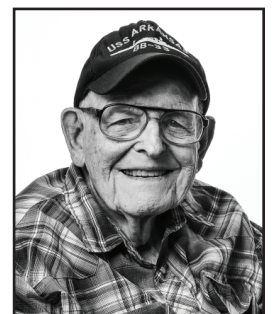
OLL I Farewell

With thanks to our Education scheduler, Pat Wrenn, for sharing her love for Bob.

Robert "Bob" Wrenn passed away peacefully on January 2, 2024, two months shy of his 98th birthday. He was born on March 1, in Charleston, Illinois, just prior to the Great Depression. Bob had many adventures with his cousins and dogs. He played baseball, football, and basketball, went fishing, collected stamps and coins, and enjoyed the horse races. As a child during prohibition, he inadvertently assisted bootleggers by transporting moonshine through the neighborhood in his little red wagon.

Bob proudly served his country in World War II as a Radioman in the Navy, where one of his duties was patrolling the California Coast for enemy submarines. After the war, he returned to Charleston and attended Eastern Illinois University, majoring in Business Education and later receiving his MA in Education. He returned to California in 1956 and landed a job at Los Angeles Harbor College where he served for 48 years, teaching accounting, typing, shorthand, and office machines. For many years he was the Business Department Chair and he received several distinguished teaching awards during his tenure.

Bob was a long time OLLI member, an intelligent, loving, and supportive husband, and a dad who instilled in his 3 girls the importance of integrity, education, and financial responsibility. He will be missed by all who knew him.



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

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

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

THE SUN Volume 29, Issue 4

Production Manager: *Rebecca Low*
Marketing: *Maryse Fujimori*
Writers: *Tom Hood, Marianne Klinger, Tom Lockhart, Shari Faris, Marc Davidson and Joan Smith,*
Writer/Proofreader: *Louise Haglind*

From the Executive Director: Hot Fun in the Summertime!

In July of 1969, Sly and the Family Stone released the song *Hot Fun in the Summertime*. Thematically, the song is a dedication to the fun and games to be had during the summer. Although the lyrics are reflective of being out of school and engaging in “summer” activities, I also think this song speaks to our exciting upcoming Summer Session at OLLI. *Those Summer Days* as sung in the chorus by this very popular 1960s and 70’s band represents the fun summer classes and events offered by our OLLI.



Patti LaPlace

Our summer classes include offerings of Reiki, Dancing, Song Writing, Tai Chi and other fun endeavors. Summer Session at OLLI provides the chance to engage in lifelong learning opportunities that promote health and well-being. Many cultures recognize the Summer Solstice (June 20, 2024 in the

Northern Hemisphere) as a time of bringing people together and engaging in various celebrations, festivals and rituals. Summer at OLLI provides us with an opportunity to make new friends as well as reconnect with our current ones. Social connection is an important ingredient of OLLI.

OLLI continues to not only grow in our membership numbers, but also with more course offerings than ever happening this summer! We are welcoming many new instructors as well who want to share their passions and knowledge. Our dedicated volunteers who were recognized as well as celebrated at our appreciation luncheon in April continue to work very hard to develop and expand our lifelong learning experiences. In addition, we continue to celebrate our recovery post-pandemic in many ways that are reflective of “those summer days”.

So, bring out the lounging chair, sun umbrella, ice tea or a cocktail, wear your flip flops (or other comfortable summer shoes) and join us for a fun-filled OLLI experience this summer. While you are dusting off that BBQ and planning your grilling experiences, think about the OLLI courses you want to take this summer. Spread the sunshine by passing along a copy of the SUN or connect to our website to discover the wonderful summer activities going on. It is now time for *Hot Fun in the Summertime* at OLLI.

“Summer is the time when one sheds one’s tensions with one’s clothes, and the right kind of day is jeweled balm for the battered spirit.” — Ada Louise Huxtable
Learn More ~ Age Less,
Patti

Meet OLLI Members: Current Events and Issues

Did you know that one of the longest running classes here at OLLI at CSULB is Current Events! It was started by the founders of OLLI in 1996, at the time of early growth of the program. Since then, hundreds of topics have been covered by the leaders of the Current Events class. The original leaders also devised a “code of ethics” to make sure that the participants kept remarks at a fair and equitable level. Even with today’s issues, the class leadership creates a place for learning and measured discussion. May it carry on for 25 more years!



News from the Technology Lab: New and Old Tech!

by Kathy Winkenwerder

How did Artificial Intelligence get to be everywhere?

In the recent past, not many of us might have applied the term AI to that round robot vacuum that some of us had that was the size of a medium pizza. It moved and startled the family dog or cat as it navigated on its own through our homes cleaning the floors. But that's all the exposure to AI we had.



Kathy Winkenwerder

Then suddenly, a few years ago, artificial intelligence (AI) seems to be part of a lot of what we do. It's in voice assistant services Siri and Alexa, among others.

It powers chatbots like Chat GPT, Google's Gemini, Microsoft's Copilot and more

that are trained to answer the questions we ask in a lot more detail than regular search engines do.

And now we're beginning to understand that some of what we have on our devices is AI too. Take the face or fingerprint security features on smartphones, tablets and computers. They are programmed to recognize either what your face or fingerprint looks like and use that recognition to tell your device to unlock itself. And what about that photo feature called Portrait on the iPhone and some Android phones? It keeps the subject of the photo in the foreground, while blurring the background. This is all without any editing on your part. Or what about that sometimes irritating feature that "corrects" what you're typing in texts and email? That's AI too.

This summer Louise Soe, who conducted OLLI's winter AI class, will teach one on **how to use the AI image generator, DALL-E**. It takes a text description that you enter into the app and magically turns it into an image. You can learn to do it too, creating images to print, to use in craft projects and to share with others. You can create it on your computer, tablet or smartphone. This four-week class will be on Zoom

You also can explore some AI features in other classes. This summer Perla Gutierrez will point them out in her **social media, video and web creation** classes, and I will show some in my **iPhone** class.

Sample AI Image creations: What wording would be used to generate these images?



→ See registration page for class days and times

Hyflex and Zoom Class Help Wanted

Volunteers are needed to help on campus with Hyflex or Zoom classes. You don't need to have a degree in computer science, just a willingness to be an extra pair of eyes and ears for the instructor so the class can run smoothly. You'll get training on using the classroom podium so you'll know what to do.

To sign up, email olli@csulb.edu with your name and contact information.

New Classes for Summer

Art of Songwriting

By Marc Davidson

"The world needs songwriters more now than ever. Songwriters have the capacity to imagine, the patience to notice, the empathy to perceive, and the artfulness to craft all of that into something memorable to hand back to the tribe."
(Songwriting School of Los Angeles)

Marc Davidson and co-host Robin Alpers will teach an interactive class on songwriting this summer. The art of



Marc Davidson

songwriting is one that just about anyone can learn.

Whether or not you've tried your hand at music composition in the past, this class will give you the opportunity to get creative, or receive reassurance to continue your passion for songwriting.

"Songwriting has been a passion of mine since 1964 when I first saw and heard the Beatles

on Ed Sullivan, and became captivated by the creative process of writing and performing my own material. So I began writing. Sometimes just prose, but usually it evolved into a song." Marc continues, "Songwriting became an outlet to express my thoughts, ideas, and opinions. I was especially influenced by Guthrie, Seeger, Dylan, Lightfoot, and just about anything that was coming out of Greenwich Village folk circuit."

The Art of Song class will review and listen to legendary singer/songwriters, local guest songwriters, as well as Marc and Robin's work; exploring their art, influences, backstories, and approaches.

Tools and techniques will be explored and shared along with fundamentals of songwriting. While it will be useful to have access to a musical instrument, this is not a requirement. Students can participate in the course just using your voice or with freely available music software. Participants will be encouraged to write a song during the session, receiving feedback along the way, with a final session performance time.

Marc currently serves as the President of OLLI, co-hosts the **Play It Again Jam** class with Carol Baker, and sits on the Board for the Arts Council for Long Beach. He is the VP and Co-founder of the harmonica Club of Harps. He performs with his wife Pattie in the acoustical band Second Wind, as well as the duo Marc+Pattie. Marc's music can be found at: <https://marcndavidson.com>

Healing and Relaxation

By Shari Faris

Would you like to learn more about how to create relaxation and healing in your life? The OLLI summer class **"Yo-Me-Ki" ©** taught by Patty Tahara Rassouli offers students that opportunity. Patty is an experienced yoga, meditation and Reiki instructor and has created this new class which combines all three disciplines. Her goal in bringing all three disciplines together in one class is to create an environment that promotes relaxation and improved health.

The class sessions will focus on gentle yoga poses to loosen and relax the body, followed by a peaceful guided meditation to clear the mind. The final portion of the class will focus on Reiki, a Japanese relaxation technique, which helps balance energy in the body. Reiki means "universal life energy." Reiki practitioners believe there is an energy force in and around the body. They believe that there is a flow of energy between the Reiki practitioner and the receiver of the treatment.

Patty has taught Reiki and meditation classes for many years. Her goal is to create an experience in six classes that will promote relaxation and provide students with techniques



Patty Tahara Rassouli

that can help reduce the stress and anxiety that we may experience in daily life.

Please join the class on Tuesdays from 10:30 to 11:30 at a new location, the Signal Hill Library community center,

to learn how to promote healing and relaxation in your life. Space is limited.

More New Classes

There are 20 new classes offered during this Summer session and more interesting stories to read about new instructors. Some are returning to give us new topics. Please visit the OLLI website to read the pdf version about the classes and instructors.

Visit us on the web

www.csulb.edu/olli

Thank You To Our Donors

SPRING 2024 DONORS

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

Maria Arce
Marilyn Kay Austin
Joe Avalos
Nessa Bernstein
Stephen Biskar
Eileen Braeman
Steven Carr
Pamela Chapin
Mary Cliby
Randolph Currin
Carl Curtis
Ginny Cusenza
Marilyn Dancey
Carolyn Estrada
Miryam Fernandez
Roberta Hamfeldt
In Memory of Erik
Deborah Hastings
Donna Hawk
Linda Henry
Mark Higa
Mary Holzgan
Jill Humphries
Diane Ito
Elisabeth Ito
Len Jacobson
Paul Jeffers
Bruce Jeske
Livia (Jakyung)Kim

In Memory of Steve Maleski

Jim King
Bobbi Liberton
Janet Lipson
Jawxillion Loeb
*Bequest from the estate
of Jerome and Flora Loeb.*
Sam Lopez
Lucille Lund
Marian Manocchio
Kathy McKelvie
Mary Meyer
Barbara Millman
Gary Murph
Mary Murthy

Nancy Rose Nightingale
Barbara Norberg
Diane Paull
Jody Ramsey
MarionShanker
Renee Simon
Joan Smith
Louise Soe
In Memory of Christian Soe
Phyllis Spear
Patricia Szeszulski
Sabira Tejani
Janice Teraoka
Mary Kay Toumajian
YvonneTroutman
Naida Tushnet
Joan & Joseph VanHooten
Harriet Warner
Jerald Warren
Katherine Wightman
Judy Willis
William Younglove
Carol & Richard Zuck

**“We make a living by
what we get.
We make a life by
what we give.”**

Winston Churchill



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

VOLUNTEER AT OLLI

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

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

BECOME A NEW MEMBER

OLLI Membership

Membership is open to adults 50 or older.
Membership is now \$20 for everyone for 2024
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 (upper left) may be paid any time before registering for classes.
- Membership now is \$20. Click *Select*. Then *Continue*.
- Enter your email address to get a receipt
- Fill in credit card information.
- Click *Continue Checkout*.
- Review information
- Click *Submit Payment*. Wait for processing!

PAPER STILL ACCEPTED!

Step 1

- Check a 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 - the remaining half year fee is now \$20!

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.
- Semi-Annual Membership is \$20. Click *Select*. Then *Continue*.
- Enter your email address to get a receipt
- Fill in credit card information.
- Click *Continue Checkout*.
- Review information.
- Click *Submit Payment*. Wait for processing!

Step 4: Register for Classes starting June 17

- Select Session - Summer 2023. Search for your class choosing 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 July 8 - August 31

ONLINE REGISTRATION SUMMER 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, June 17

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](mailto: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) _____

Heard about OLLI from ____The SUN ____Word of mouth ____Social Media ____Newspaper ____Other

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, July 8 - August 26 8 Weeks

Time	Class Title	Class Leader	Location / Comment	Mode	
8:30-9:50	Stand Tall, Stand Strong (Day 1)	L. Goldman	Exercise bands	Z	
9:15-9:45	Play The Recorder (Beginning)	T. Schneider	St. Isidore Historical Plaza	IP	
9:45-11:15	Play The Recorder (Intermediate)	T. Schneider	St. Isidore Historical Plaza	IP	
9:30-11:30	Bridge 3: Intermediate and Adv.	H. Dunbar	LB Bridge Center- \$20 fee	IP	
10:00-11:30	Google Docs (4 wks)	K. Winkenwerder	Tech - 4 wks 7/8 - 29	Z	
10:30-12:00	Let's Dish: A little Savory...Sweet...Spicy	Y Rihbany & N. Stein	NEW topics	Z	
11:30-12:30	Yoga with Barbara	B. Bannerman	CSULB, LifeFit KIN 110B	IP	
12:15-1:45	Reverse Mortgage Tips (3 wks)	S. Burks	3 wks 7/8 - 22	Z	
12:15-1:45	Parlons Francais- Let's Speak French	P. Davidson	NEW - CSULB, rm 101	IP	
1:00-4:00	Finish Craft Projects for returning students	S. Haglund	St. Isidore Hist. Plaza	IP	
1:30-3:00	Create AI images in DALL-E (4 wks)	L. Soe	NEW - start 7/22 - 8/12	Z	
2:00- 5:00	Hollywood 1939 Movies!	J. Hathcock	NEW - CSULB, rm 101	IP	

TUESDAYS, July 9 - August 27

Time	Class Title	Class Leader	Location / Comment	Mode	
8:30-10:00	iPhone: Beyond Basics	K. Winkenwerder	TECH - iOS	Z	
9:00-10:00	Longevity Stick Art Movements	C. Taylor	CSULB, LifeFit KIN 110B	IP	
9:30-11:30	Bridge 1: Beginners and review	H. Dunbar	LB Bridge Center- \$20 fee	IP	
10:00-12:00	Play it Again Jam - all levels	C. Baker & M. Davidson	LAUMC - new location	IP	
10:00-12:00	Drawing for Everyone with Valerie	V. Berry	NEW - CSULB, DSN 111	IP	
10:00-11:30	Intro to Shakespeare	D. Shere	JCC - new tales	IP	
10:30-11:30	Yo Me Ki (Reiki) healing and relaxation	P. Rassouli	NEW - Signal Hill center	IP	
11:30-1:00	Open Your Ears to Music	M. Vaccaro	NEW - CSULB, HSD,rm 101	IP	
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 8/13 - 20	Z	
1:15-2:45	US and France: relationships	A Silverston	NEW -CSULB, HSD,rm 101	IP	
1:00-2:30	Piano & Sheet Music Sharing (5 wks)	W. Teweles	NEW 7/9-23 & 8/13-20	IP	
3:00-5:00	War Dramas Revealed	P. Killins	NEW - CSULB, HSD, rm 101	IP	

WEDNESDAYS, July 10 - August 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 KIN 110B	IP	
10:00-11:30	Talking Story: Fabric of our Lives	C. Estrada/R. Hamfelt	Houghton Park	IP	
10:00-11:30	Photos on your iPhone /iPad	M. Gettys	Tech - All levels	IP	
10:15-11:45	Nutrition and Foods (5 wks)	A. Bianchino	CSULB, rm 101 7/10 - 8/7	IP	
10:15-11:45	Advanced Directives (3 wks)	C. Malaambo	CSULB, rm 101 8/14-28	IP	
11:45-1:15	Travel with your iPhone /iPad	M. Gettys	Tech - All levels	IP	
1:00-3:00	Dance for Fun and Fitness: Folk Dance	D. Baker	More!- See page 25	IP	free
1:00-2:30	ABCs of Medicare (3 wks)	D. Dillman	3 wks 7/10 -24	Z	
1:00-3:00	4 Stories, 4 Weeks: Cool Stuff (4 wks)	M. Panitz	JCC 4 wks 7/17 - 8/7	IP	
2:30-5:00	Printmaking with Gelli Printing Plates (6 wks)	P LaBarba/K McKelvie	NEW - CSULB, HSD, rm 105	IP	

THURSDAYS, July 11 - August 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	CSULB, rm 101	IP	
9:30-11:30	Memoir Writing: A Novel Approach	Kiwerski/ Marshall	Email needed	Z	
10:00-11:30	AI Enhanced Videos - all devices	P. Gutierrez	Tech- CSULB, Lab / Zoom	Hyflex	
10:15-11:45	Herbalism & Natural Living (6 wks)	A. Lawrence	NEW - CSULB, rm 101	IP	
10:30-11:30	Tai Chi Chuan 101	R. Richina	CSULB, LifeFit KIN 110B	IP	
12:00-1:30	National and International Current Events	Team	CSULB, HSD, rm 101	IP	
11:30-1:15	Zentangle Patterns	T. Taylor	JCC	IP	
1:00-2:30	AI Powered Social Media - all devices	P. Gutierrez	Tech- CSULB, Lab / Zoom	Hyflex	
1:45-3:15	Spanish for Travelers (7 wks)	S. Perez	NEW-CSULB, rm 101 7/18	IP	
1:45-4:45	Swinging London July 11	P. Begans	NEW - see page 25	IP	free
2:00-3:30	Rebuilding Your Life after Loss	C. Hopkins-Doubt	JCC	IP	
1:30-3:30	Needlework Cafe - Beg and Intermediate	C. Sabol	JCC - New projects	IP	
3:00-4:30	Maximize an Online Presence: Blogs, Vlogs & Al...	P. Gutierrez	Tech- CSULB, Lab/Zoom	Hyflex	
3:00-4:30	Catch the Spirit of Singing...Chorus	K. Price	LAUMC - new location	IP	
6:00-7:30	CPR and AED Awareness July 18	B. Fitzpatrick	JCC - open to all	IP	free

FRIDAYS, July 12 - August 30

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
10:00-12:00	Bluegrass Music Jam	F. Swatek	LAUMC - new location	IP	
10:30-12:30	Jewelry A to Z	B. Belisle	JCC - starts 7/19	IP	
11:00-12:00	Soul Tai Chi with Jimmy	J. Mathews	CSULB, LifeFit KIN 110B	IP	
12:00-1:30	Oral History to Book: How to... (4 wks)	C. Feazel	NEW - 7/12 - 8/2	Z	
12:45-2:15	Pathways to a Better Life (2 wks)	D. Hucker	NEW-CSULB 7/12 & 19	IP	
12:45-2:15	Today's Stock Market: Your Portfolio July 26	J. Wigen	CSULB, rm 101 /Zoom	Hyflex	free
1:00-3:00	Short Story Discussion Group	F. Ramirez	Book purchase	Z	
1:00-3:00	Shape Shifting: Exploring Collage	A. Dworkin	NEW - JCC	IP	
1:30-3:30	Open Lab	W. Peck	FREE for all	IP	free
2:00-4:30	Comedy Capers: summer films (5 wks -Aug.)	K. Lucas	CSULB, rm 101 /Zoom	Hyflex	

SATURDAYS, July 13 - August 31

<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, HSD rm 105	IP	
10:00-12:00	The Art of Song: Songwriting	M. Davidson	NEW - CSULB, rm 101	Hyflex	
12:30-3:30	Critique Your Artwork: workshop - July 27	A. Kupillas	NEW - CSULB, DSN 111	IP	free

Monday

STAND TALL - STAND STRONG

Mondays, July 8 - Aug. 26 & Wednesdays, July 10 - Aug. 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 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 CEEA

PLAY THE RECORDER

Mondays, July 8 - Aug. 26
9:15 - 9:45 a.m.

St Isidore Historical Plaza

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
Teachers: Fran Wenger, Mary Cliby

BRIDGE 3: ADVANCED

Mondays, July 8 - Aug. 26
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. Pay an additional **\$20 card fee** to LB Bridge Center.

Class limit: 50

Instructor: Hank Dunbar



NEW CLASS!

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

Mondays, July 8 - Aug. 26
10:30 a.m. - 12:00 p.m. Zoom

If you're interested in food, this is for you. Take a culinary journey as we explore the many facets of food, cooking, baking. No matter what your background or experience, join in the conversation as we explore our own culinary journey, as well as learn from others. Participate in robust discussions on a wide variety of new topics, including demonstrations, informative presentations, and guest speakers from various parts of the food world.

This summer we'll include three gatherings/field trips. So, bring your ideas, questions, and challenges and join an engaging food community. (This class is an update of *We're Talking Food.*)

Class limit: 20

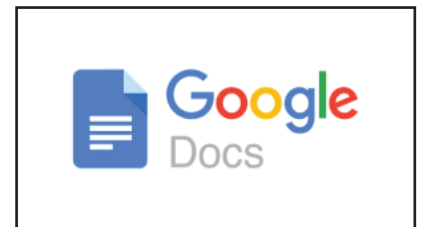
Facilitators: Norma Stein & Yesmean Rihbany, Food Enthusiasts

GOOGLE DOCS

Mondays, July 8 - 29 (4 wks)
10:00 - 11:30 a.m. Zoom

Explore the features of Google's free word processing program, which also includes on-line storage for all those documents you create. Google Docs has many features other word processing programs have, like templates, formatting tools, a wide selection of fonts, inserting photos, images, lists and tables, and making columns. You also can invite people to collaborate with you on documents, even in real time. Google Docs is different than other word processors because it lives on the web. Just go to a web browser from any computer, tablet or smart-phone, open your account and get started. Class limit: 20

Instructor: Kathy Winkenwerder



YOGA WITH BARBARA

Mondays, July 8 - Aug 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

**REVERSE MORTGAGE:
REMODELING RETIREMENT**

*Mondays, July 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

**PARLONS FRANCAIS
LET’S SPEAK FRENCH!**

*Mondays, July 8 - Aug. 26
12:15 – 1:45 p.m.
CSULB, HS&D, room 101*

Did you study French in high school or college and wish that you could have continued your studies? Have you been brushing up on French using Duo Lingo or other online classes but feel a need to have feedback from a live French-speaking person? If so, this course is for you! Our purpose is to help you refresh your memory and ignite your ability to speak and understand French through a variety of modalities. Guided conversations, vocabulary building, review of essential grammar, and training in proper pronunciation will be supported by a little reading, a little writing, and songs. This course is for those with some knowledge of French and is not intended to be a first-time experience in learning French. Class limit: 12

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.

FINISHING UP OLD PROJECTS

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

This class is for only former students of Sheryl Haglund.

“I have been teaching for OLLI for four years. And I can’t believe time has gone by so quickly. I decided to dedicate this summer session to unfinished projects. If you have taken one of my classes before and have any unfinished projects that you would like to complete, this session is for you. We will have an 8 week session to catch up and work together. You can also enjoy a great sense of accomplishment in finally finishing that unfinished project sitting on your shelf. Bring your tool kit and any materials or tools you will need for your projects.

REMINDER: THIS CLASS IS ONLY FOR FORMER STUDENTS AND UNFINISHED PROJECTS FROM SHERYL HAGLUNDS PRIOR CLASSES.

Class limit: 12

Instructor: Sheryl Haglund



Monday

NEW CLASS!

CREATE AI IMAGES IN DALL-E

Mondays, July 22 - Aug. 12 (4 wks)
1:30 – 3:00 p.m. Zoom

Use your imagination to create DALL-E images that are whimsical, colorful, and unusual, using textual prompts. Learn to create and modify pictures for fun, for printing, for crafts, for sharing with others, in different artistic styles. During 4 sessions, we will use DALL-E, which comes with ChatGPT Plus, an upgrade to the free ChatGPT 3. Starting the first day of the class, you'll need a one-month subscription to ChatGPT Plus at \$20 which will cover the four weeks of this class. You can use DALL-E on your computer, digital pad, or smartphone. Class limit: 25
Instructor: Louise Soe,

NEW CLASS!

HOLLYWOOD 1939 MOVIES

Mondays, July 8 - Aug. 26
2:00 – 5:00 p.m.

CSULB, HS&D, room 101

Join Jeff for a look and a discussion of these 1939 era films.
Mr. Smith Goes to Washington - James Stewart, Jean Arthur
The Hunchback of Notre Dame - Charles Laughton, Maureen O'hara, Edmond O'Brien
Gunga Din - Cary Grant, Victor McLaglen, Douglas Fairbanks, Jr
The Women - Joan Crawford, Norma Shearer, Paulette Goddard
Drums Along the Mohawk - Henry Fonda, Claudette Colbert
The Roaring Twenties - James Cagney, Priscilla Lane
Dodge City - Errol Flynn,
Olivia DeHavilland Class limit: 50
Instructor: Jeff Hathcock

Tuesday

IPHONE: BEYOND BASICS

Tuesdays, July 9 - Aug. 27
8:30 - 10:00 a.m. Zoom

This is an exciting time to have a smartphone. It seems as if every year there are more interesting features, and sometimes it's hard to keep up. We'll cover a wide range of topics from phone care to current AI features, how to manage your email and messages, the different ways you can personalize your iPhone, how to stay safe or private when you are using your phone, how to edit and organize all those photos you've taken, how to take advantage of the iPhone's health features and much more. Class limit: 20.

Instructor: Kathy Winkenwerder

BRIDGE 1

Tuesdays, July 9 - Aug. 27
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 limit: 50
Instructor: Hank Dunbar

PLAY IT AGAIN JAM

Tuesdays, July 9 - Aug. 27
10:00 a.m. - 12:00 p.m.

Los Altos UMC (see page 27)

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

Instructors: Carol Baker & Marc Davidson

LONGEVITY STICK ART MOVEMENTS

Tuesdays, July 9 - Aug. 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



NEW CLASS!

Tuesday

DRAWING FOR EVERYONE

Tuesdays, July 9 - Aug. 27

10:00 a.m. – 12:00 p.m.

CSULB, DSN, room 111

This class will cover the Basics of Drawing. Sign up to learn the basic building blocks of drawing or improving your skill level. This class will cover elements and principles of art that will help. We will do a variety of exercises and practice drawings to build your experience. We will cover a variety of techniques, tips, and tricks. Our goal is improvement of skill while enjoying the process.

- Basic drawing skills include
- Elements of art
- Negative space
- Value studies
- Composition
- Proportion
- Gesture drawing

Class limit: 20

Instructor: Valerie Berry



→ *Summertime with the OLLI Play it Again Jam class*

INTRODUCTION TO SHAKESPEARE

Tuesdays, July 9 - Aug. 27

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

YO-ME-KI

Tuesday, July 9 - Aug. 27

10:30 - 11:30 a.m.

Signal Hill Library - see pg 27r

YO-ME-KI © (pronounced Yo

May Key) is Yoga + Meditation + Reiki energy—all in one! Try this new and very healing class to ease away stress and anxiety. The class is divided into three parts. First, you do very gentle yoga poses to loosen and relax the body. Next, you will be led in a peaceful guided meditation to clear the mind and to work on the subconscious. Lastly, you will be the recipient of Reiki energy, helping to balance the chakras and clear your organic field. Bring yoga mats, blankets, pillows, etc.—whatever makes you comfortable..

Class limit: 20

Presenter: Patty Tahara Rassouli, yoga-meditation-Reiki teacher

NEW CLASS!

OPEN YOUR EARS TO MUSIC

Tuesdays, July 9 - Aug. 27

11:30 a.m. – 1:00 p.m.

CSULB, HS&D, room 101

Climb out of your cave of comfort and learn to enjoy music that you are not used to listening to! Or music you don't know exists! Laugh and enjoy music! This class requires student participation. We will find out what music you like. Class members and the instructor will discuss the music. The class will have listening homework to be discussed in class the following week. You will learn how to listen and enjoy at a deeper level music that you usually don't listen to. Class limit: 20

Instructor: Mike Vaccaro, retired professional musician

SPANISH STORY TIME

Tuesdays, July 9 - Aug. 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. Beyond beginners preferred. Class limit: 12

Instructor: Pam Kiwerski



INTRO TO BETTER CAPITALISM

Tuesdays, Aug. 13 & 20 (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).

UNITED STATES & FRANCE: 100 YEARS OF DIPLOMATIC AND POLITICAL RELATIONSHIP BETWEEN THE TWO COUNTRIES

Tuesdays, July 9 - Aug 27
1:15 - 2:45 pm

CSULB, HS&D, room 101

The instructor will explore the many relationships from Charles Joseph Bonaparte (Roosevelt’s Attorney General and founder of the FBI) up to Jacques Chirac (president of France (1995-2002)). Included will be WWI, WWII, and wars in Vietnam, Algeria, and Iraq. In addition, the instructor will discuss cultural and sports events Class limit: 50.

Instructor: Alain Silverston, Statistician, graduated from ENSAE-CEPE, National School of Statistics, Paris. Master’s degree in economics and Econometrics from Pantheon-Sorbonne, Paris

NEW CLASS!

PIANO AND SHEET MUSIC SHARING TIME

Tuesdays, July 9 - 23 & 8/13-20
1:00 – 2:30 p.m.

Los Altos UMC - see pg 27

This class is a chance to sing for fun. Bill has compiled a lot of piano-based sheet music over the years (1951 to 2009, but mostly from the 60s to 80s) and would like to form a group to share and compare classics & standards, some but not all “singable”. Class members can also contribute sheet music of their own to enhance class participation. The group would gather around a piano for 60 – 90 minutes (depending on class size) and play ‘unforgettable’ melodies to our heart’s content. (Piano lessons are not included) Class limit: 15

Instructor: William Teweles

THE DRAMA OF WAR: FILMS

Tuesdays, July 9 - Aug 27
3:00 – 5:00 p.m.
CSULB, HS&D, rm 101

First we will finish viewing (from spring session) the acclaimed war drama mini-series, *Band of Brothers* together. *Band of Brothers* 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 will review 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 as well as any commentary from the participants. We will follow *Band of Brothers* with the 2010 war drama mini-series, *The Pacific*, that features three Marines from the US 1st Marine Division as they fought in the Pacific Theater of World War II. Class limit: 50

Instructor: Paul Killins



Wednesday

STAND TALL - STAND STRONG

Mondays, July 8 - Aug. 26
Wednesdays, July 10 - Aug. 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, July 10 - Aug. 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, July 10 - Aug. 28
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.

PHOTOS ON AN IPHONE/ IPAD

Wednesdays, July 10 - Aug 28
10:00 – 11:30 a.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

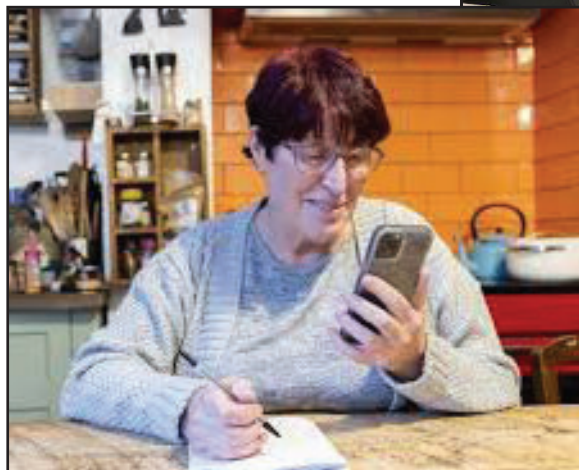
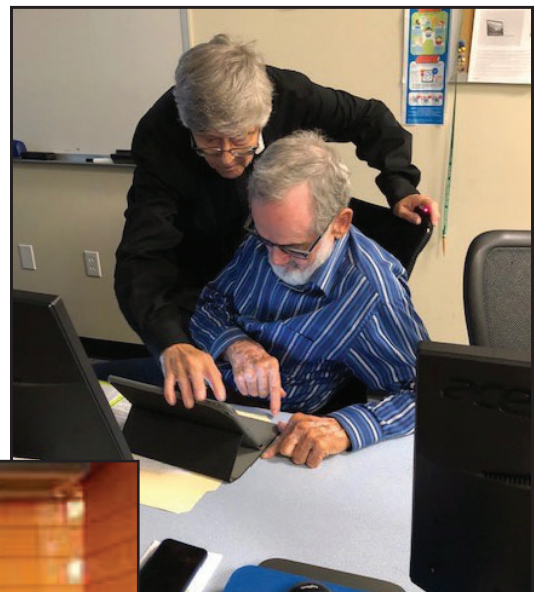
TRAVEL WITH AN IPHONE/ IPAD

Wednesdays, July 10 - Aug 28
11:45 a.m.– 1:15 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



NUTRITION AND FOODS

Wednesdays, July 10 - Aug. 7 (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.

ABC'S OF MEDICARE

Wednesdays, July 10 - 24 (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. The 3 Medicare-related sessions cover what you need to know before you turn 65 including the 4 parts of Medicare: 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, Supplement) and what are the differences?

Class limit: 60

Leader: Diana Dillman, Medicare Options Specialist License #4189213

DANCE FOR FUN AND FITNESS

Wednesdays, July 10 - Aug 28
1:00 - 3:00 p.m.
Bellflower Womens Club
9402 Oak St. -see pg 27

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 an OLLI 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



HEALTH CARE ADVANCE DIRECTIVE WORKSHOP

Wednesdays, Aug. 14 - 28 (3 wks)
10:15 - 11:45 a.m.
CSULB, HS&D, rm 101

Constance Malaambo, R.N., 34 years of Emergency Medicine experience, leads this class on medical decision-making. She will encourage you to think about what types of care you would or would not want in the event you are unable to speak for yourself. Information will be presented about the different medical devices and treatments to assist you in making informed decisions regarding your healthcare. As part of the course you will learn how to complete an Advance Directive form. This will help you communicate your wishes to care providers and family members. Class limit: 25

Instructor: Constance Malaambo, Registered Nurse, Masters in Homeopathy



**4 STORIES 4 WEEKS:
LOOKING FOR SOME COOL STUFF
THIS SUMMER?**

*Wednesdays, July 17 - Aug 7 (4 wks)
1:00 - 3:00 p.m.*

Alpert Jewish Community Center

Sign up for "Four Stories-Four Weeks" and you'll be treated to enticing stories, by excellent writers, some familiar, some you've never read before. All this in the company of others who love reading and discussing stories! Class limit: 21

Instructor: Mona Panitz

**PRINTMAKING WITH
GELLI PRINTING PLATES**

*Wednesdays, July 10 - Aug. 14 (6 wks)
2:30 - 5:00 p.m.*

CSULB, HS&D, rm 105

Monotypes are unique, one-of-a-kind prints made by drawing or painting directly onto a plate and then transferring the image onto paper or other substrate. Monotypes have been used by many artists.

They are known for their unique textural qualities and are often called "the painterly print" or "the printer's painting".

ALL MATERIALS FOR THE FIRST SESSION WILL BE PROVIDED.

Other supplies TBD

Class limit: 20

Leaders: Peter LaBarba & Kathy McKelvie



**17TH ANNUAL OLLI
ARTS AND CRAFTS SHOW**

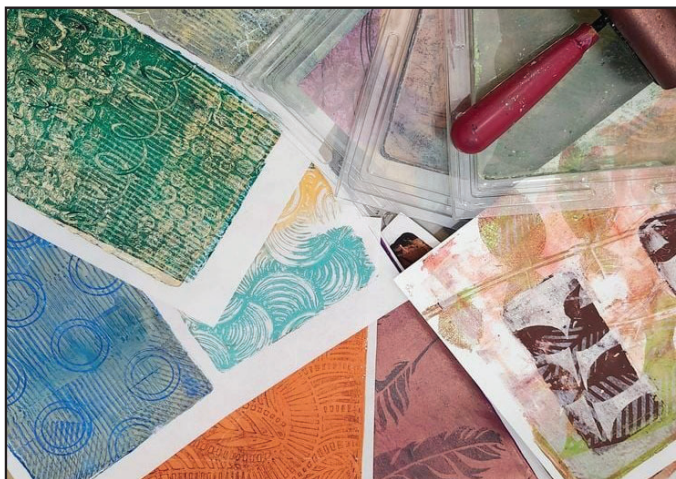
*Planned for end of October /
early November 2024*

Plan ahead and line up your best art projects to enter in the OLLI Annual Gallery show. Not only is this a chance to show off your work but we will celebrate the variety of artists and crafters that OLLI classes support!

Dates will include gallery time as well as an Artists Reception.

Let us know if you are able to help with arrangements.

Send an email to olli@csulb.edu



SEE THE PICTURE BEFORE YOU TAKE THE PHOTO

Thursdays, July 11 - Aug. 29
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

MEMOIR WRITING: A NOVEL APPROACH

Thursdays, July 11 - Aug. 29
9:30 - 11:30 a.m. Zoom

In this class, participants prepare memoirs that detail memorable life experiences. Each week, we meet, share, and read essays written in advance.

Participants are asked to honor an 800-word/5-minute reading time limit in order to accommodate all class members. Each author will receive gentle, constructive, and supportive feedback related to the writing following their reading time.

Discovering one’s personal writing style, voice, and effectiveness are part of the fun we enjoy in this class. All writing levels are welcome. Class limit: 20

Class Leaders: Pam Kiwerski & Michael Marshall

AI ENHANCED VIDEO PRODUCTION: CREATE AND EDIT WITH SMART TOOLS

Thursdays, July 11 - Aug. 29
10:00 - 11:30 a.m.
CSULB Computer Lab / Zoom

Want to film events in your life and the lives of your family and friends? Easy! You can use the camera on your smartphone, tablet or laptop, or an action camera like a GoPro. Learn how to shoot and edit videos on each device, when it is best to use each one, filming techniques, smartphone video apps, useful accessories. We will discuss creating scripts, background music and voice narration, editing tools, how to connect what you do to other devices, and how to get the best video quality and frame rates. And learn how to use action cameras, what they are best used for, and the difference between a GoPro and other action cameras. *Prerequisite: know how to use your device and bring your charged device to each class.* Class limit: 10

Instructor: Perla Gutierrez



HERBALISM & NATURAL LIVING

Thursdays, July 11 - Aug.15 (6 wks)
10:15 - 3:15 p.m.
CSULB, HS&D, rm 101

The students will learn self-sufficiency skills and new ways of implementing natural alternatives into their lives. The goal is to empower the students to learn more ways to take care of themselves. We will try to acquaint them with information about how to use free and/or inexpensive materials that are better for our health and the environment.

Class limit: 12

Instructor: Alexis Lawrence

TAI CHI CHUAN 101

Thursdays, July 11 - Aug. 29
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.

ZENTANGLE PATTERNS

Thursdays, July 11 - Aug. 29
11:30– 1:15 p.m.

Alpert Jewish Community Center

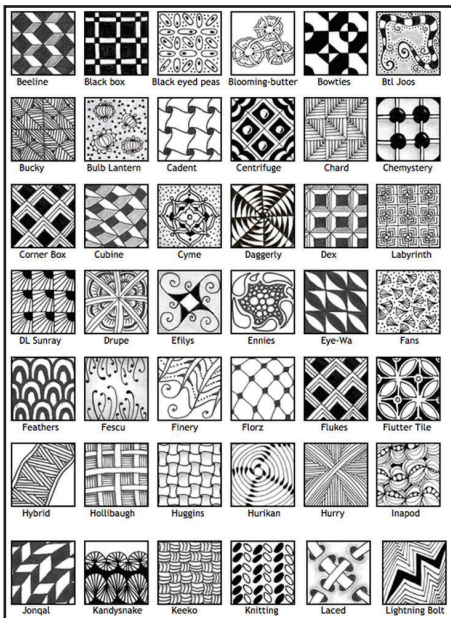
Come draw with me - one line at a time. The Zentangle Method is an easy-to-learn relaxing and fun way to create beautiful images by drawing structural patterns. The patterns are called "Tangles". We will create pencil and ink abstract drawings together on 3-1/2" paper "tiles". Materials needed; Notebook, #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: 18

Instructor: Tom Taylor



NATIONAL & INTERNATIONAL CURRENT EVENTS & ISSUES

Thursdays, July 11 - Aug. 29
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.

AI-POWERED SOCIAL MEDIA MASTERY: APPS AND STRATEGIES FOR SUCCESS

Thursdays, July 11 - Aug. 29
1:00 – 2:30 p.m.

CSULB Computer Lab / Zoom

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!

NEW CLASS!

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

*Thursdays, July 11 - Aug. 29
1:30 – 3:30 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 continue to work on their projects. The instructor, as needed, will assist all students.

Class limit: Beginners 7, Int. 7
Instructor: Carolyn Sabol

FREE!

SWINGING LONDON!

*Thursday, July 11
1:45 – 4:45 p.m. (3 hrs)
CSULB, HS&D, rm 101*

In the early 1960s, while the British Empire receded, a new generation emerged from the rubble of post-war London and conquered the world's culture. We will look at the period's art, music, film, and fashion that included the Beatles and the Rolling Stones, designer Mary Quant, model Twiggy, and more. See page 25 for details.
Class limit: 15

Instructor: Peter Begans is a former journalist, speechwriter, and public affairs executive. He lives in New Jersey and currently teaches in the Osher programs at the University of Richmond and Rutgers University.

SPANISH FOR TRAVELERS

*Thursdays, July 18 - Aug 29 (7 wks)
1:45 – 3:15 p.m.
CSULB, HS&D, rm 101*

Embark on your journey with Spanish for travel! This dynamic course equips you with some essential language skills for seamless travel experiences in Spanish-speaking destinations. Learn practical phrases, cultural insights, and how to navigate everyday situations confidentially. Prepare to immerse yourself in Spanish language and culture for unforgettable adventures abroad! Class limit: 20

Instructor: Samuel Perez, Native Puerto Rican with deep connection to Hispanic culture combined with extensive travel experience in Spanish-speaking countries



**REBUILDING YOUR LIFE
AFTER LOSS**

*Thursdays, July 11 - Aug. 29
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-Doubt, senior partner in The Wellness Universe

**MAXIMIZE YOUR ONLINE
PRESENCE: WEBSITES, VLOGS
& PODCASTS WITH
AI INTEGRATION**

*Thursdays, July 11 - Aug. 29
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: 10

Instructor: Perla Gutierrez

Thursday

“CATCH THE SPIRIT OF SINGING” CHORUS

Thursdays, July 11 - Aug. 29
3:00 – 4:30 p.m.

Los Altos UMC - 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

FREE!

CPR & AED AWARENESS

Thursday, July 18

6:00 – 7:30 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. Everyone is invited. See page 25 for details.

Presented by Bill Fitzpatrick, RN



Friday

BLUEGRASS MUSIC JAM

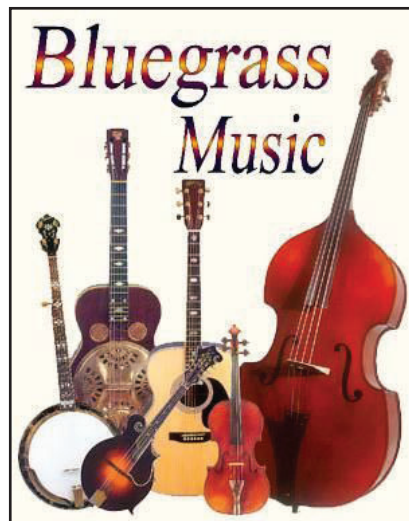
Fridays, July 12 - Aug. 30

10:00 a.m. – 12:00 p.m.

Los Altos UMC - see page 27

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

Instructors: Frank Swatek, with Mark Shutts and Dennis Murphy



JEWELRY FROM A - Z

Fridays, July 19 - Aug. 30

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 make 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 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

SOUL TAI CHI WITH JIMMY

Fridays, July 12 - Aug. 30

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

CSULB, LifeFit Center, KIN 110B

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



NEW CLASS!

Friday

NEW CLASS!

NEW CLASS!

ME? HOW TO: ORAL HISTORY TO HARD COPY BOOK

*Fridays, July 12 - Aug. 2 (4 wks)
12:00 – 1:30 p.m. Zoom*

Oral histories are a way to document the stories of those you love, like, or maybe you cut a lot of slack to, but admire--Hey Mom, Hey Dad, Yo, crazy Uncle Fred, tell me your story. There is a relatively new book out, **Hollywood, The Oral History**, by Jeanine Basinger and Sam Wasson that got me thinking about creating personal oral histories as books. Basinger and Watson combed the American Film Institute’s oral history files and put together quotes from interviews with Hollywood professionals. The quotes are organized chronologically by job.

An example: *HAL MOHR [director of photography]: You couldn’t dream about being in a business that didn’t exist yet. TAY GARNETT [director]: As a matter of fact, I don’t think it ever occurred to anybody that the movies would ever be a business.*

Rather than create oral history computer video files that remain in the digital outback, I will help students create hard copy books from video files on their smartphones, to which they can add pictures, commentary, and create a tangible family heirloom. I teach interactively, so that every student can formulate and practice the interview. I will provide step sheets for technical activity. And mostly we will have fun learning and doing. Class limit: 10

Instructor: Carol Feazel, 30+ years teaching college level writing: business, screen, fiction, nonfiction

PATHWAYS TO A BETTER LIFE: A SEARCH FOR THE TRUTH

*Fridays, July 12 & 19 (2 wks)
12:45 - 2:15 p.m.
CSULB, HS&D, rm 101*

An important pathway to a better life is communication free of false and misleading information and our ability to reject that which is untrue. Three topics in this class will help remove barriers to understanding:
1. The false or true assumptions we have about others will affect how we treat them.
2. Preconceived ideas about what is true or false can lead to false beliefs and obscure the truth.
3. Believing false information can cause stress on mind and body.
Class limit: 40

Instructor: Don Hucker



FREE!

TODAY’S STOCK MARKET AND YOUR PORTFOLIO

*Friday, July 26
12:45 - 2:15 p.m.
CSULB, rm 101 / Zoom*

This event is designed to help you answer important questions regarding your investments, help you reduce volatility from your portfolio, create income from your portfolio, and pave the way for a smooth retirement. See page 25 for details. Class limit: 50

Instructor: James Wigen

SHAPE SHIFTING: EXPLORING COLLAGE

*Fridays, July 12 - Aug 30
1:00 - 3:00 p.m.*

Alpert Jewish Community Center

This class will offer you an opportunity to develop skills in cutting and tearing, composition, color, and texture leading to a finished collage and strong artistic statement. You will enjoy a sense of exploration and experimentation and a wonderful feeling of artistic accomplishment. Class limit: 20

Facilitator: Alice Dworkin

SHORT STORY DISCUSSION GROUP

*Fridays, July 12 - Aug. 30
1:00 - 3:00 p.m. Zoom*

This session we will read prize-winning short stories from the **2023** edition of *The Best American Short Stories*. We’ll read 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 Kindle, paperback, Audible. Class limit: 24

Class Leader: Fern Ramirez

Friday

COMEDY CAPERS

Fridays, Aug. 2 - 30 (5 wks)

2:00 – 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 4-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

Instructor: Karen Lucas

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



Saturday

NEW CLASS!

WATERCOLOR WORKSHOP- ADVANCED

Saturdays, July 13 - Aug. 31

9:00 a.m. – 12:00 p.m.

CSULB, HSD, rm 105

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

THE ART OF SONG: SONGWRITING

Saturdays, July 13 - Aug. 31

10:00 - 12:00 p.m.

CSULB, HS&D, rm 101 & Zoom

The art of songwriting is one that just about anyone can learn. Whether or not you have tried your hand at music composition in the past, this class will give you the opportunity to get creative or to receive reassurance to continue your passion for songwriting. The class will be an interactive exploration of songwriting. Class limit: 12

Instructor: Marc Davidson,



FREE Special Event

FREE!

LEARN TO CRITIQUE YOUR ARTWORK

Saturday, July 27

12:30 - 3:30 p.m.

CSULB, DSN, rm 111

Bring an original work of art you have created or are in the process of creating. Instructor Anne Kupillas will introduce you to different strategies of looking at your own work critically with objective eyes. This will be helpful for artists who aren't sure if their paintings are finished or what to add/subtract/do next/what went wrong/what worked well. Artists will have the option to receive group critique as well (only if desired).

Open to representational 2-D art only (no abstract non-representational art, no 3-D or video artwork. No AI art or non-original artwork.) Only your own artwork, please, 100% original or instructor-led art in watercolor, pencil, oil, acrylic, pastel, ink, mixed media, or textile art. Framed or unframed artwork ok.

Class limit: 15

Instructor: Anne Kupillas, www.anneQPdraws.com; www.eatpaintlive.com



FREE Special Events - Everyone Invited

SWINGING LONDON!

Thursday, July 11

1:45 - 4:45 pm (3 hrs)

CSULB, HS&D, rm 101

In the early 1960s, while the British Empire receded, a new generation emerged from the rubble of post-war London and conquered the world's culture. We will look at the period's art, music, film, and fashion that included the Beatles and the Rolling Stones, designer Mary Quant, model Twiggy, actors Julie Christie, Tom Courteney, Terrence Stamp and photographer David Bailey. Shawn Levy's **Ready, Steady, Go!** will serve as the main text.

Class limit: 60

Presenter: Peter Begans, a former journalist, speechwriter, and public affairs executive. He lives in New Jersey and currently teaches in the Osher programs at the University of Richmond and Rutgers University.



DANCE FOR FUN AND FITNESS

Wednesdays, July 10 - Aug 28

1:00 - 3:00 p.m. Bellflower Womens Club 9402 Oak St. (at Clark Ave)

Enjoy diverse rhythms and melodies as you learn traditional dances from around the world. Dancing benefits: The Brain (focused attention, sequential memory) The Body (balance, agility, coordination & posture) The Spirit (feeling of pleasure, accomplishment, camaraderie with other dancers.) International recreational folk dance is appropriate for all fitness levels. Safely dance at your own level of intensity on a responsive wooden floor ideal for dance. Wear low heeled shoes that allow lateral movement and turning. Free, ample parking at Simms Park parking lot on Clark. Enter Woman's Club from rear entrance. Beginners and experienced dancers welcome.

Your OLLI membership is encouraged but not required. The class is FREE and open to all. Class limit: 40

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

CPR AND AED AWARENESS

Thursday, July 18

6:00 - 7:30 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. Class limit: 30

Instructor: Bill Fitzpatrick, RN

TODAY'S STOCK MARKET & YOUR PORTFOLIO

Friday, July 26

12:45 - 2:15 pm

CSULB, rm 101 / Zoom

Whether you are currently in retirement or preparing for your retirement, the performance of the stock market could dramatically change your Golden Years.

This class is designed to help you answer important questions regarding your investments, helping you reduce volatility from your portfolio, create enough income from your portfolio, paving the way for a smooth retirement.

Class topics include: asset allocation do you have the right mix of stocks and bonds, investing in mutual funds versus private portfolio management, using covered call options to reduce volatility in your portfolio, creating income with your portfolio, simple estate planning techniques, real estate investing, avoid becoming over or under insured, and importance of establishing or maintaining a good credit score.. Class limit: 60

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



Register at www.csulb.edu/olli

ON THE ROAD with OLLI - to CUBA

By Gloria Curry

Spending the week of March 2-9 in Cuba was an exciting adventure for 18 OLLI members and friends. The trip was organized as a “support the Cuban people” educational tour. We were able to soak up the Cuban culture by staying with local families who provided us a daily breakfast.

From walking through the old town Havana and a stroll along the ocean path called the Malecon, to a visit in the countryside, we enjoyed the vibrant culture and learned so much from our local guide.

Highlights of the 7 days included:

-A professor’s lecture on Cuban Colonial History and Culture followed by a walking tour of Old Havana to see the four main squares. A motor coach tour of New Havana, Revolution Square and Miramar suburb followed.

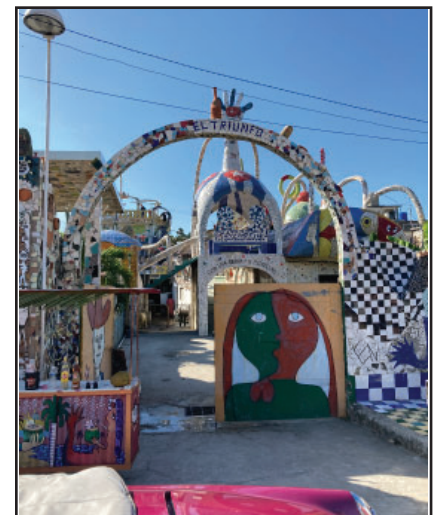
-Arte Corte - a barbershop/salon venue with many teaching projects going on followed by a visit to the Instituto Superior de Artes, where we learned about visual and performing arts in local schools and higher education. The afternoon ended with a Salsa dance lesson.

-A visit to La Finca, Hemingway’s former home, which is now a museum.

-The beautiful Vinales Valley is known for making Cuban cigars famous. At the plantation farm, a talk was given on growing tobacco; a cigar rolling demonstration followed (with samples for the brave ones).

-The boat trip to the quiet island of Cayo Levisa with its picture perfect white sands next to the bright blue Caribbean. Included lunch and swimming, snorkeling and relaxing.

-The classic vintage cars were amazing to see and admire and picturesque colonial buildings made for many photographic opportunities. Making new friends, enjoying the welcoming Cuban people and climate made this trip one we will remember for a long time.



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](#)

Signal Hill Library

1800 E Hill St. Signal Hill, CA 90755
562-989-7323

<https://www.cityofsignalhill.org/119/Signal-Hill-Public-Library>

Carpenter Center (CPAC)

General Parking
Lots G 12, 13, 14 & Parking Structures

Archery Fieldhouse

LifeFit Center
KIN 107 / 110

OLLI office & HSD 101

Employee Lot E 6
with 9 ADA spaces. Permit required

State University Dr.
No pay needed with DMV blue placard at green curb spaces

Foundation Parking Lot - pay at gate

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

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

Summer July 8 - August 31, 2024
Fall October 1 - November 23, 2024
Winter January 6 - February 28, 2025
Spring April 2 - May 24, 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/olli 562.985.2398