



*The Osher Lifelong Learning Institute  
at CSULB*



## 2025 Fall Class Schedule

**Class Registration starts Monday, September 15 at 9 a.m.**

### New Classes

#### **YOMEKI**

Instructor: Patty Rassouli  
Mondays at LAUMC

#### **TRADE AND TARIFFS**

Instructor: Diane Keenan-Wilson  
Mondays in Rm 101

#### **HISTORY OF COMMUNICATIONS**

Instructor: Len Jacobson  
Thursdays on Zoom

#### **A GALACTIC JOURNEY**

Instructor: Monserrat Geier  
Mondays on Zoom

#### **END OF LIFE MEDICAL DISCUSSION**

Instructor: Constance Malaambo  
Wednesdays at Los Alamitos

#### **ACOUSTIC GUITAR 2**

Instructor: Brian Bradshaw  
Wednesdays at Whaley Park

#### **AI OVERVIEW: GLOBAL, SOCIAL...**

Instructor: Louise Soe  
Thursdays in Rm 101 & Zoom

#### **CYBER WARRIOR ACADEMY**

Instructor: Dave Babcock  
Tuesdays in Rm 101

SEE CATALOG INSIDE

### *Learn More:*

## **Four Stories, Four Weeks**

*By Shari Faris*

### ***Celebrating a Love of Literature and Learning at OLLI with Mona Panitz***

Mona Panitz has taught at OLLI for over 15 years and is an example of how OLLI serves as a place for lifelong learning, creativity and curiosity. Mona started at OLLI as a student, taking a class in Civics many years ago with her husband. That class inspired her to become an OLLI instructor, and she developed the class **Four Stories, Four Weeks** where students read and discuss a short story each week. The four weeks sometimes stretched into five, but four seemed to be just the right amount.

One of the things Mona enjoys about the class is the camaraderie and the thoughtful sharing among the students. This fall, Mona will participate in the class as a student, rather than Instructor, but she is looking forward to sharing her love for literature with other students as she has done for the last 15 years.

Mona recalls that when she first started the class, she chose stories around the theme of aging. The class met at the Long Beach Pine Avenue OLLI location for many years and now meets at the Alpert Jewish Community Center. The first class started out with 12 students and has grown to 25 students, with many students taking the class regularly. Most of the short stories Mona has selected are fiction, with an occasional non-fiction short story on an important topic.

Although Mona will not be leading the class this fall, she is looking forward to participating as a student and a lifelong learner. She is confident that with Instructor Christina Guillen, the class will remain a place for thoughtful and lively discussion about literature and good storytelling.



*Mona Panitz*

**I ♥  
Short  
Stories**

**Classes start October 6**

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

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

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

## The Governing Council

Marc Davidson	President
Bill Shaddle	Vice President
Myles Newborn III	Treasurer
Karin Covey	Secretary
Mary K. Toumajian	Member-at-Large
Janet Lipson	Member-at-Large

Jan Stein	Communications PR
Pat Wrenn	Education - Scheduler
Donna Hawk	Education
Kathy Winkenwerder	Technology
Wesley Peck	Technology
Karin Covey	Member Services
Maria Arce	Member Services
Glenn Libby	President Emeritus

Patti LaPlace Executive Director

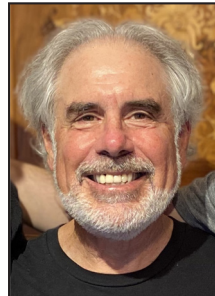
Governing Council Meetings are open to all OLLI members. Contact the office at 562-985-8237 for dates.

## THE SUN Volume 31, Issue 1

Production Manager: *Rebecca Low*  
Marketing: *Maryse Fujimori*  
Writers: *Tom Hood, Mariann Klinger, Tom Lockhart, Shari Faris, Marc Davidson, Patti LaPlace*  
Writer/Proofreader: *Louise Haglind*

## The President's Corner: Do You Have an Interest?

First, I want to express appreciation to the Member Services Working Group for their diligent efforts on the installation of the new Digital Display Monitor in the OLLI lobby dedicated to Barbara Norberg. It will be a great opportunity to promote the OLLI program, upcoming activities, recognition of members and volunteers and recognition of Barbara's contribution to the success of the OLLI at CSULB program.



Marc Davidson

I constantly reflect on the depth of new friends and relationships that have evolved for me within my engagement at OLLI since retirement. Moving beyond the classroom "walls," similar interests have developed into meetups with new friends and expanded a critical part of my social behavior and weekly routine.

In the 125 national Osher locations, Special Interest Groups (SIGs) are recognized as one of the most significant outgrowths of the OLLI programs. Beyond the classrooms, our members have found common interests that have created groups bonded through the love of books, film, music, theatre, sports, museums, dance, hiking, travel, and, even respectful gatherings around board games! The OLLI class *Parlons Francais* has spawned a group of classmates who meet after each class and continue on to lunch as they keep speaking French!

At a time when our cell phones and digital connectivity often create an excuse for isolation or staying at home, an emerging culture of special interest groups has grown to pull us back together "in-person." I encourage you to think of OLLI as a "bridge" to intersect with friends and groups with common interests. If you have an idea for a special interest group, please bring it to our Governing Council members; we'd love to help you find your group, or create the formation!

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

## OLLI News: Elder Abuse Forum

ATTENTION OLLI MEMBERS!  
FREE FOR EVERYONE - BRING YOUR FRIENDS

### Elder Justice: Changing the Conversation around Elder Abuse and Safety

Are you or someone you know a victim of elder abuse? This can include physical, financial, or neglect. Please join us for this very important topic to learn about how you can become aware and find solutions. Presenter will be Miles McNeeley, Vice President of Elder Abuse Prevention at Wise and Healthy Aging Center.



Tuesday, September 16, 2025, 2-4 p.m.

OLLI Membership is not required for attendance.  
Alpert Jewish Community Center  
3801 E. Willow St., Long Beach  
Parking is free, and refreshments will be served.

Please RSVP to [olli@csulb.edu](mailto:olli@csulb.edu) by September 12, 2025, and complete the AJCC Guest Questionnaire at their website <https://alpertjcc.org>



# From the Executive Director:

## The Power of the Digital Age

When I looked up “Digital Age” on Google, the AI response I received was “The Digital Age, also known as the Information Age, is the current period characterized by the widespread use of digital technology and the Internet for



*Patti LaPlace*

information access, communication, and various other activities.” As OLLI continues to evolve as an organization, it is indeed time for us to explore our options regarding the current “Digital Age.”

With that in mind, we are pleased to announce the installation of a new digital display monitor in the OLLI campus lobby. Display content will include timely information on registration dates, class schedules, special events, forums, travel opportunities and videos. The installation was funded by donations in honor of Barbara Norberg, a longtime OLLI volunteer who believed in the power of information and communication. The new digital display monitor is the result of the hard work and dedication of the Member Services Working group. Come by the HSD building and the OLLI office to take a look!

Other great digital communication tools we continue to utilize include our Facebook, Website, and online advertising through digital news organizations. With OLLI’s ongoing efforts to explore these options, we will discover opportunities of how we can use these tools to enhance our communication outreach. OLLI is exploring other digital options such as creating a YouTube video about the history of our organization including our mission and vision as well as promoting the benefits of lifelong learning. In addition, our Communications-PR/Marketing Working group is collaborating with our local Public Broadcasting Station (PBS) to produce a short advertisement to run during their programming that will help us reach a larger audience.

OLLI members continue to request courses that focus on digital options and tools such as AI. Yes, we indeed have exciting plans on how we are embracing the digital age.

“There are no boundaries or borders in the digital age.”

-- Karim Rashid



## OLLI Activities: Port of Long Beach Tour

Thanks to the Port of Long Beach, 35 lucky OLLI members enjoyed a 90-minute tour of the port on Saturday, June 21. Our tour guides shared the history of the port and pointed to the sights along the way.

The Port opened on June 24, 1911, and is one of the busiest ports in the nation, with 80 berths and 10 piers. It was interesting to watch this semi-automated terminal in action. We went under the Long Beach International Gateway Bridge connecting Terminal Island and Long Beach.

Once again, we give thanks to the Port of Long Beach for the tour, beverages and convenient parking. It was such a nice way to learn about our port's history. Everyone had an enjoyable morning.



The Port of  
LONG BEACH





# News from the Technology Lab: Fall 2025

by Kathy Winkenwerder

## There are New iPads in the Computer Lab!

We're very excited about getting new iPads. The OLLI computer lab now has ten of them, complete with Apple pens, all paid for by a generous grant from Park Bixby Tower Inc. So if you're thinking about getting an iPad, or yours is acting up or you've forgotten to bring yours to class, you will be able to check one out and use



Kathy Winkenwerder

while class is in session. Want to try out the Apple Pen that works with an iPad? You can in a class in the computer lab. And don't worry about your personal information staying on the iPad. It won't. It will automatically be erased when your session in the lab is finished.

## And speaking of iPads . .

**Why not focus on just a few features?** Instead of taking a class about an entire operating system, consider zeroing in on a function or two of some apps on your iPhone or iPad? These three classes taught in the campus Tech Lab by **Marilyn Gettys** will show you how.

### iPhone and iPad Camera apps

In addition to being easy to use, these cameras take great photos in all kinds of light levels from shadowed dim to blazing sunlight. They also record video and sound, and they have a background grid to help with photo composition. You choose the settings.

### iPhone and iPad Photo apps

After you take your photos, there's a lot you can do



with them. They can be edited, put into albums and shared, moved to other Apple apps or devices or even projected to your smart TV.

### Tips and Tricks on the iPad and iPhone

Here's where you can personalize some of the Apple functions. For instance, if the apps in the dock aren't the ones you use all the time, you can change them. Or set up the newly expanded Control Center the way you want it. There are a lot of options..

## New technology classes this term

Take a look at AI issues with Louise Soe, who recently taught several classes related to AI, as she explores the

issues and concerns about this new technology in her class, **Global, Societal, Political, and Human Issues with AI**. Artificial Intelligence is something most of us have heard about only in the last few years, but all the changes related to it have happened so quickly and may affect so many aspects of our lives, it's hard not to be concerned.

Here are a few areas that will be covered:

**Jobs:** It's projected that there will be a lot of them that will go away, from entry-level to skilled; how to deal with fake people and fake facts; how our personal data may be affected; the possible creation of a "have not" class of people who don't have access to AI-powered data; and on the positive side, the benefits of using AI in the medical and education fields, to name a few.

### Online search: a vast resource

Being able to search online is something we take for granted now, but when the web was new, it didn't exist for the majority of us. Imagine walking into a giant library where there were no catalogs and no humans to help you. That's what search was like in the early 1990s when the web was developing. Finding something online depended on either word of mouth or luck.

Then, one by one, search engines started popping up online. And much later, when privacy concerns surfaced, some search engines went private and didn't track people. Now in the last few years, chatbots are beginning to be used for search.

The three-week **Search on the Web: from Oldest to Newest Way** class will cover early search engines, some of which are still operating today. Next, we'll look at the growing number of private search engines that let us escape being tracked. Finally, we will check out the way chatbots search and how to construct queries to get better search results from them. I will teach this class.



### HELP WANTED - Technology Trends

Have you wanted to learn more and/or practice your computer skills? Volunteers are needed to help in Tech classes or with the Podium in the OLLI classroom.

Contact the OLLI office with your availability

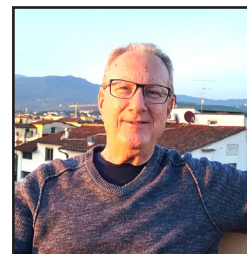
**olli@csulb.edu 562.985.2398**

## News from the OLLI Leadership: Elections and Meetings

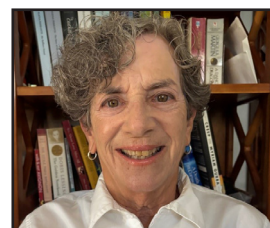
The annual Fall membership meeting will be held on **Saturday, October 18 at 1 PM**. The meeting includes a biennial election of officers. The 2025 nominating committee, consisting of Nessa Bernstein, Larry Hastings, Naida Tushnet, Sonia Savouljian, and Barry Bosscher has selected an outstanding slate of officers for the 2025-2027 term. Democracy is at work at OLLI. Your participation in this annual event is heartily encouraged. You can voice your questions or opinions either in person or via Zoom using our HyFlex option. OLLI is a better organization with you involved. Information about volunteering at OLLI can be found on the OLLI website using this link [Volunteer at OLLI](#).

### Executive Board for 2025 - 2027

**President - Jan Stein** joined OLLI in 2015 and for the past five years has been a Governing Council member and Lead, Communications Working Group. He previously served as a president/board chair of The Nonprofit Partnership, Cypress Senior Citizens Commission, Jewish Community Foundation of Greater Long Beach, Temple Israel and Temple Israel Foundation. Jan spent over 40 years in the nonprofit healthcare and hospital sector, where he held several executive positions including CEO of St. Vincent Medical Center Foundation in Los Angeles. He has a bachelor's degree in public administration (University of Arizona) and master's in health services administration (USC). Jan and his wife Norma, an OLLI volunteer, reside in Cypress and have two sons. He is an avid Dodgers fan.



**Vice President - Janet Lipson** is a Long Beach native and a proud second-generation OLLI member. She is a retired educator and spent 26 years teaching in the Long Beach Unified School District. Prior to teaching in public schools, she worked for nearly 15 years in construction, primarily as a journey plumber and co-owner of a mechanical contracting company. Since joining OLLI in 2015 she has volunteered in the office and the classroom, served as a member of the Governance Committee and as a Member at Large on the Governing Council.



**Secretary - Karin Covey** is a long-time volunteer who joined Senior University in 2001 after retiring from Hughes Aircraft. She served as treasurer for over 18 years, is an administrative volunteer in the OLLI office and a member of several Working Groups. Karin has a BA and an MA in Management from the University of Redlands. A native of Washington state, she moved to So. California in the late fifties and has lived in the Long Beach area ever since. She has a son, Greg, and daughter-in-law, Wendi, and seven grand cats along with her own.



**Treasurer - Alain Silverston** has been an instructor at OLLI Cal State Long Beach since July 2024. He was born and raised in Paris and has a master's degree in economics and Econometrics from Sorbonne, Paris, with a minor in cinema. Alain relocated to the United States in 2002. He created a property management company in 2006 and became a US Citizen in 2013. In 2021, he sold the company, with 14 employees and 125 HOAs, to spend more time with son, Tom, in his fight against cancer. Alain is semi-retired, but has kept some consulting jobs in the same field. At OLLI, he taught history of US/France relations, history of France through best French movies and other classes on French movies. It would be a honor and a pleasure to serve on the Executive Council of OLLI Cal State Long Beach.



**Member at Large - Mary Kay Toumajian** is a native of Ann Arbor, MI, and one of eight children. She is married to Robert and they have three children and four grand- children. Mary Kay received both her BS in Marketing and MS in Counseling from CSULB. At Cerritos College, she was a counselor for health majors, primarily nursing students. The Long Beach Symphony and gardening are two of her favorite pastimes. She is a life-long learner and has taken OLLI classes every semester since retiring. Thanks to the gardening classes she has finally grown tomatoes that survived to "adulthood."



**Member at Large - Greg Shea** is from Scottsdale, Arizona and moved to Southern California to attend college. The retired engineer and father of four has lived in Long Beach for 40 years. When not chasing after his two grandchildren, he volunteers for local charities and attends OLLI classes. An avid open water swimmer, he has directed the Naples Island Swims for over a decade. Proceeds of which underwrite learn to swim programs here in Long Beach. He is currently Vice President of Aquatic Capital of America Foundation here in Long Beach. " I love being committed to being a Life Long Learner. OLLI has given me so much since I retired. I'd like to find a way to give back and pay forward."



# Thank You To Our Donors

## SUMMER 2025 DONORS

*With thanks to ALL of our Anonymous Donors and those who donated class fees for cancellations.*

Nina Antoville	Daryl Leabo
Marlene Arevalo	Bobbi Liberton
Nessa Bernstein	Janet Lipson
Linda Carr	Sam Lopez
Pamela Chapin	Marian Manocchio
Mary Cliby	Michael Marshall
Robert Crabb	<i>CSULB OLLI does it the right way.</i>
Randolph Currin	<i>I'm proud to be a small part of the organization.</i>
Carl Curtis	Gary Murph
Ginny Cusenza	Karen Pruett
Dave De Wenter	Emmanuel Rhee
Carolyn Estrada	Marion Shanker
<i>In memory of Carol Zuck</i>	Donna Sims
Louise Haglind	Janice Teraoka
Bobbi Hamfeldt	Mary Kay Toumajian
<i>In memory of Erik</i>	<i>OLLI Scholarship</i>
Maria Hanson	Yvonne Troutman
Deborah Hastings	Harriet Warner
Donna Hawk	Gail Wasil
<i>In memory of Karen McDonough</i>	Howard Watkins
Linda Henry	Katherine Wightman
Diane Ito	Ian Woods
Elisabeth Ito	Pat Wrenn
John (Rick) Jacobs	Nina Zasorin
Carolyn Kanode	
J Livia Kim	
<i>In memory of Steve Maleski</i>	

## THANK YOU FOR YOUR CONTRIBUTIONS

Donations can be made online via credit card by logging in to the OLLI website. [www.csulb.edu/OLLI](http://www.csulb.edu/OLLI)

Look for the **Donate menu** on the left side and follow the menus to the credit card steps. We still take donations by check at any time. Donations may be made *In Memory of* or *In Honor of* a special person or cause or can be directed to a special purpose like Scholarships or Endowments.

*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*



## FUNNY BUT ACCURATE...

I'm a Seenager. (Senior teenager)  
I have everything I wanted as a teenager, only 60 years later.  
I don't have to go to school or work.  
I get an allowance every month.  
I have my own pad.  
I don't have a curfew.  
I have a driver's license and my own car.

The people I hang around with are not scared of getting pregnant and I don't have acne.  
Life is great.  
Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.  
I didn't make it to the gym today. That makes five weeks in a row.

I decided to stop calling the bathroom the "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning  
When I was a child I thought "Nap Time" was a punishment. Now it feels like a small vacation.  
The biggest lie I tell myself is "I don't need to write that down, I'll remember it."

I don't have gray hair; I have "wisdom highlights"! I'm just very wise.

If God wanted me to touch my toes, He would've put them on my knees.  
Last year I joined a support group for procrastinators. We'll meet soon.  
Of course I talk to myself.  
Sometimes I need expert advice.

At my age "Getting lucky" means walking into a room and remembering what I came in there for.  
I have more friends I should send this to, but right now I can't remember their names.

Now, I'm wondering: did I send this to you, or did you send it to me?  
--- As sent to Rebecca Low



# OLLI MEMBERSHIP for 2025-26 - SIGN IN

## NEW ONLINE ACCOUNT AND MEMBERSHIP

### 1. Visit the OLLI @ CSULB website

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

Click the NEW ACCOUNT link on Registration page

### 2. Create your OLLI online Account

Go to the CampusCE link. [olli.csulb.edu](http://olli.csulb.edu)

- Create a new Username and Password.  
(Record this to use every time you log on)
- Add your email - confirm it
- Fill in the required personal and address information
- Click Submit. *You now have an OLLI account!*

### 3. Purchase your OLLI membership

- Membership now is \$40 for the year
- Enter your email address to get a receipt.
- Fill in credit card information.
- Click *Submit Payment*. Wait for processing!

### 4. Purchase your OLLI classes - starting Sept 15

- Sign in to Your CE Account
- Membership must be paid any time before registering for classes.
- Special events are FREE - OLLI Membership is recommended



**Current Members:** <https://csulb.edu/csulbolli>

1. **Sign In** to your account.
2. Look for **Returning Membership** link  
Choose the Annual Membership and  
Add to Cart
3. The "add to cart" button will show if you have a current membership.

**On or after Sept. 15 - Sign In again...**

4. Click "Browse Current Classes" to select and purchase classes or SEARCH for classes.  
Select your classes by clicking "add to cart" (to exit cart and return to class list click the red "x" in the top right corner of the cart).
5. When you have finished choosing your classes, click "CHECKOUT" and complete payment process.
6. You will receive a confirmation email once completed from [olli@csulb.edu](mailto:olli@csulb.edu).

If you are still having trouble, we are creating guides with more detailed instructions.

Contact the Tech Support line - 562 985-2398

## PAPER STILL ACCEPTED!

Check a copy of *The SUN* to see what classes are being offered and make notes  
Complete a Registration form (in *The SUN* or office)  
Make check payable to: CSULB Foundation  
Mail /bring your registration form and check to OLLI:  
OLLI at CSULB - HS&D 100  
1250 Bellflower Blvd., Long Beach, CA  
90840-5609  
Visit the OLLI office. *No cash accepted at this time.*

## MORE OLLI STORIES AND ACTIVITIES

Visit the OLLI website for more stories and photos

[READ MORE STORIES ABOUT OLLI](#)

Suggestions for stories welcome at any time.

OLLI at CSULB - HS&D 100  
1250 Bellflower Blvd.,  
Long Beach, CA 90840-5609  
[olli@csulb.edu](mailto:olli@csulb.edu)

## YOUR OLLI CLASS INFO

Use the website to keep track of your Registrations  
And find your **Zoom** links.  
Start with the Header menu (above the Beach people!)

**Log in to ACCOUNT to use the following menus**

Your Profile (update phone numbers etc)  
User Name and Password (change or edit)  
History  
Class List (find your **Zoom** links for classes)  
My Membership (are you current)  
Course Priorities  
Make a Payment if pending  
Return to Registration Home

SIGN IN

Q SEARCH



CART



ACCOUNT



HOME

## 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. Refunds may take up to 4 weeks to process through the campus system. Call 562 985-2398 or contact [olli@csulb.edu](mailto:olli@csulb.edu).

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

NOTE: Pictures and videos are taken periodically of 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, Sept. 15**

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

**Helpline 562.985.2398**

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

**Office line 562.985.8237**

General questions, or to leave a message

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

## ZOOM CLASSES

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

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

Check your Spam/Junk mail for OLLI emails too.

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

### Learn how to Zoom

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

### Get ready to Zoom

A few minutes before a class is due to start,

- make sure your device has a power cord handy
- locate the Zoom link in the OLLI letter or website
- 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 are 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 event and include the Link.
- If you cannot hear audio or get into the meeting, close all Zoom windows and try the link again.



# FALL 2025 REGISTRATION starts September 15

Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Address (if new) \_\_\_\_\_

OLLI Annual 2025-26 Membership \$40.00 _____ Class Tuition _____ x \$15.00 ea _____	
<b>Donation</b> \$ _____	Contributors will be acknowledged in publications. To remain anonymous check here. <input type="checkbox"/>
Check # _____	Checks payable to CSULB Foundation <b>NO Cash</b> Total \$ _____

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

## MONDAYS, October 6 - November 17

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
8:00-9:30	Make the Most of your Apple Watch (2 wks)	B. Cohen	TECH-CSULB, HSD rm 101	<b>IP</b>	
9:00-9:45	Play the Recorder (Beg)	F. Wenger	Whaley Park	<b>IP</b>	
9:45-11:15	Play The Recorder (Int / Adv)	T. Schneider	Whaley Park	<b>IP</b>	
9:30-11:30	Bridge 2 (9 wks)	H. Dunbar	LB Bridge Center- \$20 fee	<b>IP</b>	
9:30-11:00	Search the WEB: Oldest to Newest (3 wks)	K. Winkenwerder	NEW Tech - iOS 10/13 - 27	<b>Z</b>	
10:30-11:30	YO ME KI © (4 wks)	P. Rassouli	LAUMC 11/3-24	<b>IP</b>	
10:30-12:00	80 Year Retrospective of WWII	D. Schwartz	NEW - CSULB, HSD /Zoom	<b>Hyflex</b>	
11:30-12:30	Yoga with Barbara	B. Bannerman	CSULB, LifeFit KIN 110B	<b>IP</b>	
11:30-1:00	Ukulele Intermediate	C. Baker / N. Intriore	Whaley Park	<b>IP</b>	
12:15-1:45	The History of Trade and Tariffs	D. Keenan	NEW - CSULB, HSD 101	<b>IP</b>	
1:00-4:00	Crafting Ladies	S. Haglund	JCC 10/6 & 13 early time	<b>IP</b>	
<b>1:00-2:00</b>	<b>Bluegrass Guitar Workshop</b>	<b>F. Swatek</b>	<b>Lessons for Jam session</b>	<b>Z</b>	<b>FREE</b>
<b>2:30-3:30</b>	<b>Bluegrass Mandolin Workshop</b>	<b>F. Swatek</b>	<b>Lessons and practice</b>	<b>Z</b>	<b>FREE</b>
2:00- 5:00	Hollywood Movies!	J. Hathcock	NEW- CSULB, HSD rm 101	<b>IP</b>	
2:00-3:30	A Galactic Journey	M. Geier	NEW- Zoom	<b>Z</b>	
<b>4:00-5:30</b>	<b>CPR &amp; AED Awareness - Heart Health</b>	<b>B. Fitzpatrick</b>	<b>JCC - 10/20</b>	<b>IP</b>	<b>FREE</b>

## TUESDAYS, October 7 - November 18

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
8:30-10:00	iPhone: Beyond Basics	K. Winkenwerder	TECH - iOS	<b>Z</b>	
9:00-10:00	Longevity Stick Movement	C. Taylor	CSULB, LifeFit KIN 110B	<b>IP</b>	
9:00-10:30	Mindful Movement (4 wks)	N. Raynolds	4 meetings 10/14-11/4	<b>Z</b>	
9:30-11:30	Bridge 3 (9 wks)	H. Dunbar	LB Bridge Center- \$20 fee	<b>IP</b>	
9:00-10:00	Geopolitics: Update (5 wks)	D. Lunde	New topics 10/7 - 11/4	<b>Z</b>	
9:45-11:15	Equality Under Law (3 wks)	P. Leary	CSULB, HSD rm 101	<b>IP</b>	
10:00-12:00	Play it Again Jam - all levels	C. Baker	Whaley Park	<b>IP</b>	
10:00-11:30	Foundations of Investing	A. Dilsaver	Updated topics	<b>Z</b>	
10:00-11:30	Intro to Shakespeare	D. Shere	JCC - starts 10/14	<b>IP</b>	
10:30-11:30	Tai Chi Chuan 101 (Beginners)	R. Richina	CSULB KIN 110B	<b>IP</b>	
<b>10:30-12:00</b>	<b>Prevent Heart Disease, Cancer &amp; Diabetes</b>	<b>W. Covalt</b>	<b>Meets 2 times 10/7 &amp; 9</b>	<b>Z</b>	<b>FREE</b>
11:30-1:00	Cyber Warrior Academy (3 wks)	D. Babcock	NEW- CSULB, HSD 101	<b>IP</b>	
<b>12:00-2:00</b>	<b>Electric Cars: Get Rolling</b>	<b>P. Reed</b>	<b>NEW Los Al 10/21</b>	<b>IP</b>	<b>FREE</b>
<b>12:00-2:00</b>	<b>Car Buying Guide for Seniors</b>	<b>P. Reed</b>	<b>NEW Los Al 10/28</b>	<b>IP</b>	<b>FREE</b>
<b>12:00-2:00</b>	<b>Intro to Better Capitalism: ...a Better Way</b>	<b>P. Knowlton</b>	<b>NEW 1 day 11/18</b>	<b>Z</b>	<b>FREE</b>
12:00-1:30	Spanish Story Time	P. Kiwerski	NEW tales	<b>Z</b>	
1:00-2:30	Lawn Bowling Basics (4 wks)	S. Folick	NEW - LBLBC 10/7-28	<b>IP</b>	
1:15-2:45	Asian Art in LB, Santa Ana & Pasadena	D. Hobbs	NEW- CSULB, HSD rm 101	<b>IP</b>	
2:00-3:30	Get Organized A-Z	S. Farley	Refresh your skills	<b>Z</b>	
3:00-5:00	Clash of Wings cont'd	P. Killins	CSULB, HSD, rm 101	<b>IP</b>	

## WEDNESDAYS, October 8 - November 19

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
8:30-9:45	Yoga with Jean Marie	J. VanDine	CSULB LifeFit KIN 110B	IP	
8:30-10:00	Looking Good on a Budget (3 wks)	K. Marshall	Starts 10/29, 11/5, 12	Z	
9:00-10:00	The Art of Downsizing	T. Sievers	CSULB, HSD rm 101	IP	
10:00-11:30	ABCs of Medicare (3 wks)	D. Dillman	10/8 - 22	Z	
10:00-11:30	iPhone/iPad Cameras (iPads available for use)	M. Gettys	Tech Lab-Apple All levels	IP	
<b>11:00-12:30</b>	<b>How is Your RMD?</b>	<b>J. Pak</b>	<b>Update 1 day 10/8</b>	<b>Z</b>	<b>FREE</b>
<b>11:00-12:30</b>	<b>Happiness &amp; Humor: No Groan-Ups Allowed</b>	<b>S. Mathieu</b>	<b>NEW - Los Al 11/19</b>	<b>IP</b>	<b>FREE</b>
11:00-12:30	End of-Life Decision Making (4 wks)	C. Malaambo	NEW - Los Al 10/8-29	IP	
11:30-1:00	Acoustic Guitar 2	B. Bradshaw	Whaley Park	IP	
11:45-1:15	iPhone/iPad Photo App (iPads available for use)	M. Gettys	Tech Lab iOS - All levels	IP	
12:00-1:30	Lifewell Wisdom Circle: Sharing Stories & Science...	P. Hui	NEW-CSULB, HSD rm101	IP	
1:00-3:00	Memoir Shorts - Writing for All	K. Bohn	NEW-Los Al 2 hours	IP	
<b>1:00-3:00</b>	<b>Dance to World Music for Fun and Fitness</b>	<b>D. Baker</b>	<b>Bellflower</b>	<b>IP</b>	<b>FREE</b>
1:00-2:30	Four Stories, Four Weeks (4 wks)	C. Guillen	JCC 10/29 - 11/19	IP	
1:30-3:00	iPhone Tips and Tricks (iPads available for use)	M. Gettys	Tech Lab - All levels	IP	
1:45-3:15	From Slavery to Freedom - Caribbean .....	N. Wicks	CSULB, HSD rm 101	IP	
3:30-5:00	Beginning Guitar	J. Smith	CSULB, HSD rm 101	IP	

## THURSDAYS, October 9 - November 20

9:00-10:30	History of Communications (5 wks)	L. Jacobson	Updated topics	Z	
9:30-11:30	Memoir Writing: A Novel Approach	Kiwerski/ Marshall	Email needed	Z	
10:00-11:30	AI Enhanced Video Production - all devices	P. Gutierrez	Tech- CSULB, Lab /Zoom	Hyflex	
10:00-11:00	Tai Chi Chuan 102 (Intermediate)	R. Richina	CSULB, LifeFit KIN 110B	IP	
10:00-11:00	Heartbeat of Dancing Hula (4 wks)	A. Carroll	CSULB, KIN 107	IP	
10:15-11:45	Global, Societal, Political Issues with AI	L. Soe	NEW-CSULB rm 101/Zoom	Hyflex	
<b>10:30-12:00</b>	<b>Prevent Heart Disease, Cancer.... (2 meetings)</b>	<b>W. Covalt</b>	<b>Updates 10/7 &amp; 10/9</b>	<b>Z</b>	<b>FREE</b>
11:00-12:30	Zentangle Patterns	T. Taylor	JCC - MPR \$10 fee	IP	
11:30-1:00	Finger Style Guitar	C. Horvitz	Whaley Park	IP	
12:00-1:30	National and International Current Events	Team	CSULB, HSD, rm 101	IP	
1:00-2:30	AI Powered Social Media - all devices	P. Gutierrez	Tech- CSULB, Lab / Zoom	Hyflex	
1:00-3:00	Needlework Cafe - Beg & Int (6 wks)	C. Sabol	JCC - MPR - bring supplies	IP	
1:00-2:30	Music Beginning Theory - the Basics	K. Price	LAUMC Hall	IP	
2:00-4:30	Movie Matinee	T. Hood	NEW CSULB,HSD rm 101	IP	
3:00-4:30	Build Website,Blogs... Maximizing Online Presence	P. Gutierrez	Tech-CSULB, Lab/Zoom	Hyflex	
3:00-4:30	Catch the Spirit of Singing Chorus	K. Price	LAUMC Hall	IP	

## FRIDAYS, October 10 - November 21

8:45-10:15	Foundations of Technology (3 wks)	B. Cohen	Tech-CSULB,HSD rm 101	IP	
9:00-10:30	Birding Adventures: Fun with the Flock (3 wks)	E. Swift	NEW locations	IP	
10:00-12:00	Putz'n Around: Fall Craft (3 wks - 11/7-21)	P.LaBarba/K. McKelvie	NEW-CSULB, DSN 111	IP	
10:00-12:00	Bluegrass Music Jam	F. Swatek	LAUMC Hall	IP	
10:30-12:30	Jewelry Making from A - Z	B. Belisle	JCC -MPR new designs	IP	
10:30-12:00	Writers Read Aloud	J. Van Hooten	CSULB,HSD rm 101	IP	
<b>10:30-12:00</b>	<b>Book Club: Contemporary Nonfiction (2 days)</b>	<b>S. Savouliau</b>	<b>Los Al 10/24 &amp; 11/21</b>	<b>IP</b>	<b>FREE</b>
11:30-12:30	Soul Tai Chi with Jimmy	J. Mathews	CSULB, LifeFit KIN 110B	IP	
<b>12:30-2:00</b>	<b>Pathways to a Better Life (1 day)</b>	<b>D. Hucker</b>	<b>CSULB HSD 101 10/10</b>	<b>IP</b>	<b>FREE</b>
12:30-2:00	Conversations in French (6 wks - starts 10/17)	M. Green	CSULB,HSD rm 101	IP	
12:30-1:45	Yoga on a Chair	C. Ellano	LAUMC Hall / Zoom	Hyflex	
1:00-3:00	Shape Shifting: Exploring Collage	A. Dworkin	JCC MPR rm	IP	
<b>1:30-3:30</b>	<b>Open Computer Lab</b>	<b>W. Peck</b>	<b>Tech Lab</b>	<b>IP</b>	<b>FREE</b>
1:00-3:00	Short Story Discussion Group	F. Ramirez	NEW Book purchase	Z	
2:30-4:30	Comedy Capers - more funny films	K. Lucas	CSULB, HSD 101 / Zoom	Hyflex	
2:30-4:30	Stained Glass Workshop	S. Newcomb	CSULB,HSD rm 105	IP	
3:00-4:30	Russian Language	D. Cook	JCC Bd Rm	IP	

## SATURDAYS, October 11 - November 22

9:00-12:00	Watercolor Workshop	Page 10 Daniel	CSULB, DSN rm 111	IP	
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### MAKE THE MOST OF YOUR APPLE WATCH

**Mondays, Oct. 6 & 13 (2 wks)**  
**8:00 - 9:30 a.m.**  
**CSULB, HS&D room 101**

Discover how to make the most of your Apple Watch in this beginner-friendly class! Designed for non-technical users, we'll explore key features like tracking health and fitness, managing notifications, using Siri, customizing watch faces, and staying connected with ease. Learn practical tips for everyday use, troubleshooting basics, and how to pair your watch with other Apple devices. Whether you're new to Apple Watch or want to maximize its potential, this class will leave you feeling confident and empowered. No prior tech knowledge or Apple Watch required—just bring your curiosity!

Class limit: 25

*Instructor: Robert Cohen*

### SEARCH ON THE WEB: FROM THE OLDEST TO THE NEWEST WAY

**Mondays, Oct. 13 - 27 (3 wks)**  
**9:30 - 11:00 a.m. Zoom**

**Tracing search engines from lists to powerful chatbots.** There weren't any search engines when we went on the web in the early 1990s. We hoped we'd accidentally stumble on what we wanted. Then people who built websites started including linked website lists on theirs. Next came the software we now recognize as search engines. There quickly were more of them. And some were portals that included a lot of direct links. Then came **Google**, which became the most robust of them all. Today we use chatbots with more power than the old search engines. See how all this fits together as we trace search engine development, look at some chatbots and see the results of their searches.

Class limit: 25

*Instructor: Kathy Winkenwerder*

### BRIDGE 2

**Mondays, Oct. 6 - Dec 1 (9 wks)**  
**9:30 - 11:30 a.m.**  
**LB Bridge Center**

Prerequisite: Bridge 1 or knowledge of Bridge 1 materials. Topics include: major suit transfers, "Two Over One" bidding, one no trump forcing, overcalls, takeout doubles, negative doubles, 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!

### AN 80-YEAR RETROSPECTIVE ON WORLD WAR TWO

**Mondays, Oct. 6 - Nov. 17**  
**10:30 am - 12:00 p.m.**  
**CSULB, HS&D, room 101 / Hyflex**

World War Two has been described as 'the good war' – fought by the greatest generation who bravely stopped Hitler, put the evildoers on trial at Nuremberg, restored democracy to a grateful Europe and Japan. Come to learn more, in recognition of the most calamitous conflict in all world history.

The series will not only examine the causes of the war and the military course of the conflict, but will also analyze issues raised by historians who maintain that the so-called "Good War" was far more complex and morally ambiguous than we might have thought. The lectures will address whether the war could have been averted, relations between wartime leaders, the morality of the Allied bombing campaign, and how World War Two shaped the world we live in today. The classes will be presented both in-person and on Zoom, and will feature PowerPoint presentations as well as documentary film footage of the war. Class limit: 98

*Instructor: Dr. Don Schwartz, Professor Emeritus, CSULB*

### PLAY THE RECORDER

**Mondays, Oct. 6 - Nov. 17**  
**9:00 - 9:45 a.m.**  
**Whaley Park**

Beginners are welcome to learn to play the Recorder. Stay and listen in or keep practicing with the Intermediate group. Bring your own recorder to class. Contact Fran Wenger at [olli@csulb.edu](mailto:olli@csulb.edu) for information if needed.

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

This class provides an opportunity for the more advanced recorder players to participate in a group. Students will analyze and interpret the music and improve their playing! Join us as we progress along the "path to perfection". This class is for "beyond beginners".

Class limit: 25

*Facilitator: Trina Schneider*

*Teacher: Fran Wenger, Mary Cliby*

### YO-ME-KI ©

**Mondays, Nov. 3 - 24 (4 wks)**  
**10:30 - 11:30 a.m.**  
**Los Altos UMC Hall**

YO-ME-KI © (pronounced Yo Meh 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 aura. Bring yoga mats, blankets, pillows, etc.—whatever makes you comfortable.

Class limit: 30

*Instructor: Patty Tahara Rassouli, yoga-meditation-Reiki teacher*



### UKULELE INTERMEDIATE

**Monday, Oct. 6 - Nov. 17**  
**11:30 a.m. – 1:00 p.m.**  
**Whaley Park Hall**

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 the participants are encouraged to bring songs and introduce them 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 20

**Instructors:** Carol Baker and Nancy Intriere



**FREE!**

### BEGINNING BLUEGRASS GUITAR WORKSHOP

**Mondays, Oct. 6 - Nov. 17**  
**1:00 – 2:00 p.m. Zoom**

Time for questions and personalized Zoom lessons with Frank to help to learn to play the GUITAR. This class is in conjunction with the Friday Bluegrass Jam. No charge for workshop. Class limit: 18

**Instructor:** Frank Swatek

**FREE!**

### BEGINNING BLUEGRASS MANDOLIN WORKSHOP

**Mondays, Oct. 6 - Nov. 17**  
**2:30 – 3:30 p.m. Zoom**

Time for questions and personalized Zoom lessons with Frank to help to learn to play the MANDOLIN. No charge for workshop. Class limit: 6

**Instructor:** Frank Swatek

### YOGA WITH BARBARA

**Mondays, Oct. 6 - Nov. 17**  
**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



### CRAFTING LADIES

**Mondays, Oct. 6 - Nov. 17**  
**1:00 – 4:00 p.m.**  
**(NOTE: 11:30 - 2:30 on Oct. 6 & 13)**  
**Alpert Jewish Community Center**

This is an on-going crafts class that explores different crafting projects, tools, techniques and mediums. Projects are varied and chosen with the class interests in mind. Projects may have a supply fee for specific materials needed. Students need to bring a basic tool and supply kit that will support the current project.

This class is for mid to high skill level students. Experience in card making, crafts, basic art skills, tools and techniques is required. This class is not for beginners. Questions? Contact Sheryl at sherylhaglund@verizon.net

Class limit: 14

**Instructor:** Sheryl Haglund

### HISTORY OF TRADE AND TARIFFS

**Monday, Oct. 6 - Nov. 17**  
**12:15 – 1:45 p.m.**  
**CSULB, HS&D, room 101**

We will examine ancient trade routes from Mesopotamia to the Silk Road. Trade flowed down the Red Sea and the Persian Gulf into the Indian Ocean through the Spice Islands and up to China. Islam, the Portuguese, Dutch and Great Britain dominated the seas. Trade has never been free. It expands and declines with political events. We'll look at current trade flows and tariff disputes and winners and losers from global trade.

Class limit: 50

**Instructor:** Diane Keenan Wilson, M.A. Political Science, UCLA; M.A. Economics, Claremont Grad School

## NEW CLASS!

### A GALACTIC JOURNEY

**Mondays, Oct. 6 - Nov. 17**  
**2:00 – 3:30 p.m. Zoom**

We will begin by examining different types of galaxies and learn how observation of them led to the discovery that the universe is expanding. We will realize that galaxies are made primarily of dark matter, a form of matter that is invisible, and that most galaxies, including our Milky Way, have a super-massive black hole at their centers. Finally, our Milky Way provides clues to how stars form and to how galaxies and stars evolved in the universe. All class sessions feature striking visual presentations and stunning images taken with powerful telescopes like JWST. We will also use an open-source virtual planetarium that shows a realistic sky in 3D, just like what you see with the naked eye. Class limit 50

**Instructor:** Dr. Montserrat Geier, Lecturer Emerita, taught Physics and Astronomy at CSULB

## Monday

### HOLLYWOOD MOVIES

***Mondays, Oct. 6 - Nov. 17***  
***2:00 – 5:00 p.m.***

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

Join Jeff to watch and discuss these favorite movies:

*GRAND HOTEL*

*ALL THE KING'S MEN*

*SOMETHINGS GOTTA GIVE*

*ELMER GANTRY*

*THE SPIRAL STAIRCASE*

*THE LODGER*

*REBECCA*

Class limit: 50

*Instructor: Jeff Hathcock*

## Tuesday

### IPHONE: BEYOND BASICS (iOS)

***Tuesdays, Oct. 7 - Nov. 18***  
***8:30 - 10:00 a.m. Zoom***

It's an exciting time to have a smartphone. But every year there are more interesting features, and sometimes it's hard to keep up with all the changes. Learn about a wide range of iPhone features and services ranging from phone care to the current Apple AI, how to manage your email, messages, and contacts, the different ways you can personalize your iPhone. We'll cover how to stay safe or private when you are using your phone, how to edit and organize all the photos you've taken, how to take advantage of the iPhone's health features and much more. Class limit: 18

*Instructor: Kathy Winkenwerder*

### GEOPOLITICS: UPDATE

***Tuesdays, Oct. 7 - Nov. 11 (6 wks)***  
***9:00 – 10:00 a.m. Zoom***

The class will focus on geopolitical hot spots, including updates on China's internal challenges, China vs. US and our global allies, the global impact of technology, Health Care and other new geopolitical challenges. Class limit: 60

*Instructor: Dick Lunde*

## Tuesday

**NEW CLASS!**

### LONGEVITY STICK MOVEMENT

***Tuesdays, Oct. 7 - Nov. 18***  
***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*

### BRIDGE 3

***Tuesdays, Oct. 7 - Dec. 2 (9 wks)***  
***9:30 – 11:30 a.m.***

***LB Bridge Center***

Prerequisite: Bridge 1 and 2 or knowledge of Bridge 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*

### EQUALITY UNDER LAW

***Tuesdays, Oct. 7 – 21 (3 wks)***  
***9:45 - 11:15 a.m.***

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

Like many concepts in the world of law, "equality" doesn't mean what you may think it does. We will explore the legal meaning(s) of equality focusing on how the Supreme Court applies the equal protection clause in the constitution to race, gender, sexuality, age, and class. Class limit: 50

*Instructors: Patricia Leary*

### INTRO TO SHAKESPEARE

***Tuesdays, Oct. 14 - Nov. 18***  
***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*

### MINDFUL MOVEMENT: QIGONG AND STRETCHING

***Tuesdays, Oct. 28 - Nov. 18 (4 wks)*** ***9:00 – 10:30 a.m. Zoom***

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

*Instructor: Nando Raynolds, MA; psychotherapist; studied and taught T'ai Chi, Kenpo, Qigong,*

PLAY IT AGAIN JAM

**Tuesdays, Oct. 7 - Nov. 18**  
**10:00 a.m. - 12:00 p.m.**  
**Whaley Park Hall**

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: 50

*Instructors: Carol Baker*

FOUNDATIONS OF INVESTING

**Tuesdays, Oct. 7 - Nov. 18**  
**10:00 - 11:30 a.m. Zoom**

This class will cover essential investing and explore opportunities in a declining interest rate economy. Increasingly volatile markets can create opportunities and potential pitfalls. We will address the principals of selecting stocks, bonds, and other investments, with a focus on using investment income to fund retirement. In addition to public markets, we will explore the private markets (private equity, private credit and hedge funds) and discuss what are right for your goals. Learn to read financial statements and to translate confusing financial jargon. We will discuss the world of crypto currency (Bitcoin, Ethereum, etc.). Learn the role of a financial advisor and identify fees and costs. Time will be allotted each session for individual questions and answers. No products or services are sold, endorsed, or marketed.

Class limit: 25

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

TAI CHI CHUAN 101 (BEGINNERS)

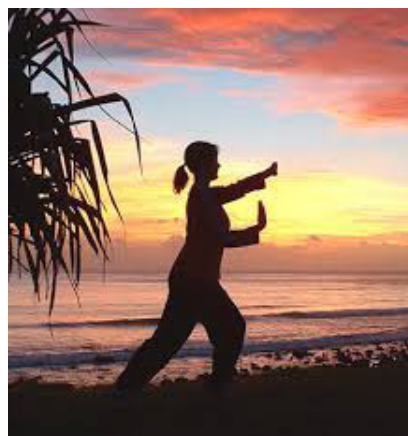
**Tuesdays, Oct. 7 - Nov. 18**  
**10:30 - 11:30 a.m.**  
**CSULB, LifeFit, KIN 110B**

This course introduces basic principles of Tai Chi Chuan through the learning of the classic movements of Yang Style tai' chi. **It is meant for Beginners.** Using demonstration and practice of movements 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 of Tai Chi was developed primarily for its health benefits. Class limit: 15

*Instructor: Richard Richina, knowledge of Tai Chi Chaun is from decades of tutelage and practice of the Yang Style shortened form*

10 Principles of Tai Chi

1. Hold Head Upright, Spirit Rises
2. Sink the Chest
3. Loosen the Waist
4. Differentiate Between Empty and Full.
5. Sink the Shoulders, drop the Elbows
6. Use Will, not Strength
7. Coordinate Upper and Lower body
8. Harmonise External and Internal
9. Move with Continuity
10. Seek Stillness in Movement



CYBER WARRIOR ACADEMY:  
CYBER-SECURITY AWARENESS

**Tuesdays, Oct. 7 - 21 (3 wks)**  
**11:30 a.m. - 1:00 p.m.**  
**CSULB, HS&D, Room 101**

This 3-part course will examine real-world cyber case studies and provide students with immediately actionable information and open-source security tools. Learn how to better defend yourselves against cyber criminals and common cyber-attacks. Students are encouraged to bring their own laptops, tablets, and/or smart phones (along with personal Wi-Fi hotspots) as they follow along with practical hands-on implementation of the Internet tools and techniques discussed. Time will be allotted for a Cyber-Security dialogue to discuss pressing concerns in the current cyber landscape. Class limit: 50

*Presenter: Dave Babcock, Senior Investigator, Los Angeles District Attorney's Office Cyber Investigation Response Team*

SPANISH STORY TIME

**Tuesdays, Oct. 7 - Nov. 18**  
**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 fluency levels.

**Beyond beginners preferred.**

Class limit: 12

*Instructor: Pam Kiwerski*



**NEW CLASS!****Tuesday****LAWN BOWLING BASICS****Tuesdays, Oct. 7 - 28 (4 wks)****1:00 - 2:30 p.m.****LB Lawn Bowls Club****1109 Federation Dr. LB, 90804**

Learn the basics of Lawn Bowling at Long Beach Lawn Bowls Club at Federation Park. Come join in this fun outdoor activity and social experience in this 4-week intro ! Learn it's rich history, core skills, and key rules. All abilities welcome – safety, fun, social connection and personal goals come first. Enjoy sunshine, gentle exercise, and friendly competition as you kick-start your journey into this classic, inclusive game. Dress is casual and flat sole shoes or exercise shoes are required. All equipment will be provided.

Class limit: 30

Instructor: Steve Folick, certified

Lawn Bowls instructor Contact:

Roberta Morrison [rdrusinas@gmail.com](mailto:rdrusinas@gmail.com)**GET ORGANIZED A-Z****Tuesdays, Oct. 7 – Nov. 18****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.

Sign up and learn more....

Class limit: 20

Instructor: Sharon Farley

**CLASH OF WINGS, CONT'D****Tuesdays, Oct. 7 - Nov. 18****3:00 - 5:00 p.m.****CSULB, HS&D, room 101**

**This class is a continuation of this topic. Prior attendance is not required.**

Clash of Wings is a wide-ranging survey of the great air campaigns of World War II extending from the first bombs dropped in Poland to the atomic weapons exploded in Japan. It covers all theaters from the frozen steps of the Soviet Union to the nightmare heat of Pacific jungle fighting. In each theater, the principal focus is on the people doing the fighting, and it is important to note that the ordinary soldiers, sailors, and airmen fought with dignity and courage irrespective of their country or their cause. As each campaign is analyzed, we will note the technical developments of the time—new aircraft, new weapons, new tactics--and the leadership is evaluated. Class limit: 50.

Instructor: Paul Killins

**Wednesday****YOGA WITH JEAN MARIE****Wednesdays, Oct. 8 - Nov. 19****8:30- 9:45 a.m.****CSULB, LifeFit, KIN 110B**

Do you want to feel younger, look younger, and supercharge your brain? Do you want to improve your posture, stand taller, and walk or move with more ease, and diminish back, neck discomfort? Practicing the ancient art of yoga has produced these results for ages!! Come and join our yoga community, and you will learn to stretch, breathe, laugh, and make friends! Come as you are— all levels are welcome! Class limit: 30

Instructor: JeanMarie Van Dine,  
Certified Yoga Instructor

**LOOKING GOOD ON A BUDGET****Wednesdays, Oct. 29 - Nov. 12 (3 wks)****8:30- 10:00 a.m. Zoom**

This class will show you how to create a look that is uniquely you. You will know what colors best complement your skin tone. You will learn about your body type and what clothing styles best complement it; this can assist in looking pounds thinner just by knowing what clothing styles work for your body type. You will learn what fashion personality you have; to help when making clothing selections. Do you know what face shape you have? Knowing this will assist you in selecting glasses, earrings and hair-styles. I will show you how to create a Core-Wardrobe in your fashion personality, your body type and in clothing colors that best complement you. Learn how to use accessories to create more looks from the clothes you already have. Class limit: 15

Presented by Kathy Marshall,  
Certified Image Consultant

[www.KathyMarshall.com](http://www.KathyMarshall.com)**NEW CLASS!****ASIAN ART IN LONG BEACH, SANTA ANA, AND PASADENA****Tuesdays, Oct. 7 – Nov. 18****1:15 - 2:45 p.m.****CSULB, HS&D, room 101**

This course will highlight items from collections here in our own "backyard". It will be an eclectic survey of Asian Art in the area covering various time periods and cultures. For example: a Chinese Qing Dynasty ancestor portrait in the Howard Collection, Long Beach; A 17th century Persian painting at Rancho Los Alamitos, Long Beach (and some Japanese woodblock prints); a Japanese garden at CSULB, the Chinese garden at the Huntington Library and Gardens, Pasadena; Neolithic China at the Bowers Museum, Santa Ana; and Buddhist and Hindu art at the Norton-Simon, Pasadena. Class limit: 50

Instructor: Delrie Hobbs

### THE ART OF DOWNSIZING

**Wednesdays, Oct. 8 - Nov. 19**  
**9:00 – 10:00 a.m.**  
**CSULB, HS&D, rm 101**

How did we accumulate all this stuff? Why can't we let it go? Take 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. If you have tried before to lighten your load but have not been successful, this class is for you! Find out what is holding you back so you can move forward. Avoid the frustration of things misplaced or lost. Find a place for everything you truly need, use and love. This class will provide strategies, helpful tools and a chance to have your questions answered in a positive and supportive atmosphere. .Class limit: 20

*Instructor: Tere Sievers*

### ABC'S OF MEDICARE

**Wednesdays, Oct. 8 - 22 (3 wks)**  
**10:00 - 11:30 a.m. Zoom**

Join for a RAFFLE PRIZE drawing! This is an educational event highlighting the importance of knowing when you can sign up for Medicare in order to get the most of your 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 first session will cover 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. Session 2 will cover the differences between HMO, PPO, and Supplemental/ Medigap plans. Session 3 will cover how to decipher your medical bills. "I just got a bill from my doctor. Do I pay it or does the insurance company pay it?"

*Leader: Diana Dillman, Medicare Options Specialist License #4189213*

### IPHONE/IPAD: CAMERAS

**Wednesdays, Oct. 8 - Nov. 19**  
**10:00 – 11:30 a.m.**  
**CSULB, HS&D, Tech Lab**

Learn how to use your iPhone/iPad Camera. Class will cover all of the settings you can use to create photos. Learn tips and tricks for different kinds of photos and create better photos and videos. Bring your charged iPhone or iPad. iPads are available for classroom use if you are thinking of a purchase.

Class limit: 12

*Instructor: Marilyn Gettys*

### IPHONE/IPAD: PHOTO APP

**Wednesdays, Oct. 8 - Nov. 19**  
**11:45 a.m. - 1:15 p.m.**  
**CSULB, HS&D, Tech Lab**

Learn everything you can do with the Apple photo App: albums, folders, slide shows, and editing photos. Third party apps will be reviewed and we will discuss what you can do with the photos you have taken. Bring your iPhone or iPad. iPads are available for classroom use if you are thinking of a purchase.

Class limit: 12

*instructor: Marilyn Gettys*



### IPHONE /IPAD: TIPS & TRICKS

**Wednesdays, Oct. 8 - Nov. 19**  
**1:30 - 3:00 p.m.**  
**CSULB, HS&D, Tech Lab**

Learn ways to use your devices more efficiently, how to set up control centers, use shortcuts with apps. Apple has added much functionality to our devices and this class will help you use them. Bring your iPhone or iPad. iPads are available for classroom use if you are thinking of a purchase. Class limit: 12

*instructor: Marilyn Gettys*

### INTERACTIVE DISCUSSION ON CRITICAL END-OF-LIFE MEDICAL DECISION MAKING

**Wednesday, Oct. 8 - 29 (4 wks)**  
**11:00 a.m. – 12:30 p.m.**

**Los Alamitos Community Center**

Participants will learn about the various end-of-life medical treatments and how to make their own decisions; treatments desired and /or avoided.

The class covers palliative care, hospice care, agents, death doulas, alternative treatments as well as the Healthcare Advance Directive form, used by all hospitals to communicate patients' wishes to both care providers and family members. The form will be explained in great detail, empowering all to express their wishes at this very critical time in life, with confidence rather than fear. Please join us in transforming the basis of healthcare decision making from fear into knowledge, understanding, and confidence. Class limit: 15

*Instructor: Constance Malaambo, Registered Nurse, MA in Homeopathy; 34 yrs. of Emergency Medicine experience*

### ACOUSTIC GUITAR 2: BEYOND THE BASICS

**Wednesdays, Oct. 8 - Nov. 19**  
**11:30 a.m. - 1:00 p.m.**  
**Whaley Park Hall**

Ready to move on to the next level, add some sophistication to your guitar playing; perhaps learn something new? Join us if you would like to learn to play rich, guitar-based music of our roots-folk, country, 60's-70's rock & roll, & blues. Instruction will be chord-based and song-based, and is designed for intermediate players. Instruction is based upon playing with a pick and will cover Advanced Chords, Right Hand Techniques, Reading Tabs, "Licks," "Intros," "Outros," Double Stops, Bass Runs, and Barre Chords.

Class limit: 50

*Instructor: Brian Bradshaw*

## FOUR STORIES- FOUR WEEKS

**Wednesdays, Oct. 29 - Nov. 19**  
**(4 wks)**

**1:00 -2:30 p.m.**

**Alpert Jewish Community Center**

"When you read a short story, you come out a little more aware and a little more in love with the world around you." — George Saunders

If you want to read short stories that leave an impact long after reading them, sign up for "Four Stories, Four Weeks" to discuss a classic or contemporary work each week in the company of readers who enjoy storytelling in the short form.

Class limit: 20

*Instructor: Christina Guillen*

## NEW CLASS!

## LIFEWELL WISDOM CIRCLE:

**Wednesdays, Oct. 8 - Nov. 19**  
**12:00 - 1:30 p.m.**

**CSULB, HS&D, rm 101**

What does it mean to live a good life—and how can we live it well at any age? In this engaging 7 session workshop you'll explore meaningful questions such as: How can we close the gap between our lifespan and health span? Who are your "North Star's—mentors, role models or guiding principles, that help you stay healthier, happier, and more fulfilled? Together we will share personal stories, life lessons, and wellness wisdom spanning physical, mental, emotional, social, cognitive, and financial well-being. Join this warm, supportive circle to exchange your own practical wisdom, spark, new ideas, and build connections that enrich your journey of lifelong wellness. Come with your stories, leave with inspiration!

Class limit: 16

*Leader: Dr. Philip K. Hui, PhD*

*Education, State Un. New York; expertise in LifeLongLearning, Learning by doing, service learning*



## NEW CLASS!

MEMOIR SHORTS:  
WRITING FOR ALL

**Wednesdays, Oct. 8 - Nov. 19**  
**1:00 - 3:00 p.m.**

**Los Alamitos Community Center**

In an encouraging setting for all level of writers, this class will provide an opportunity to create a collection of short writings that reflect the moments that have shaped you as a person.

Do you recall a time in childhood which helped steer who you became as an adult? Maybe you nursed a parent through their last moments and never shared the experience or you have a friendship that has lasted a lifetime. These are memories that could be shared in a writing collection.

Each week students will write two-single pages at home in response to a detailed prompt provided by the instructor. Students are encouraged to follow writing formats and organize their writing using sensory details, dialogue, place and time to help create memoir writings.

The papers will not be reviewed for grammar or spelling, but students must read aloud their writings in a friendly group setting. The students may ask questions and provide encouraging insight to the writer. At the end of the course, this collection of short writings will serve as a memoir keepsake.

Class limit: 15

*Instructor: Kathy Bohn*

## BEGINNING GUITAR

**Wednesdays, Oct. 8 - Nov. 19**  
**3:30 - 5:00 p.m.**

**CSULB, HS&D, rm 101**

We will begin the class learning the guitar nomenclature and how to tune the guitar. We will go through strumming techniques, and then through basic chord structures and how to change from one chord to another. Finally, we will work on playing our favorite song. Students need a guitar-steel or nylon string (preferred) guitar and a smile!

Class limit: 35

*Instructor: Jim Smith. Guitar player of many genres: rock 'n roll, country, blue grass, blues, etc. for over 60 years, and school music teacher. .*

FROM SLAVERY TO FREEDOM  
IN THE CARIBBEAN AND  
LATIN AMERICA

**Wednesdays, Oct. 8 - Nov. 19**  
**1:45 - 3:15 p.m.**

**CSULB, HS&D, rm 101**

This course investigates the history of slavery in the Caribbean and Latin America from the colonial times to the nineteenth century. We will examine the similarities and differences between these various slave societies, as well as slaves' struggle for freedom. We will focus on themes such as, the transatlantic slave trade, the Middle Passage, urban/rural slave labor, slave society and culture. Students will understand how slave labor shaped the formation and development of the New World. Class limit: 20

*Instructor: Nilce Wicks, Ph. D*



**HISTORY OF COMMUNICATIONS**

**Thursdays, Oct. 9 - Nov. 6 (5 wks)**  
**9:00 a.m. - 10:30 a.m. Zoom**

From the dawn of civilization, we have needed to communicate. Communicating across distances became difficult, thus requiring inventions. This course describes the efforts to communicate beginning with drums and smoke signals, to radio, telegraph, and telephone, and onto coaxial cable, fiber optics, satellites and television. It covers frequencies and bandwidths, the evolution of digital communications and how it led to the Internet we use today. Transmission media like coaxial cable, fiber optics and satellites are covered.

Class limit: 40

*Instructor: Len Jacobson*

*The best thing about  
**memories**  
 is making them*

**MEMOIR WRITING:  
 A NOVEL APPROACH**

**Thursdays, Oct. 9 - Nov. 20**  
**9:30 - 11:30 a.m. Zoom**

In this class, participants prepare memoirs that detail memorable life experiences. Each week, members have the opportunity to share the essays they have 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 supportive feedback related to his/her submission. Discovering one's personal writing style, voice, and effectiveness are part of the fun we enjoy in this class.

Class limit: 20

*Class Leaders: Michael Marshall  
 & Pam Kiwerski*

**TAI CHI CHUAN 102 - INT.**

**Thursdays, Oct. 9 - Nov. 20**  
**10:00 - 11:00 a.m.**

**CSULB, LifeFit, KIN 110B**

If you are familiar with basic principles of Tai Chi Chuan and have practiced in the past, come to this Intermediate class in 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 awareness and connection between the body, the mind and the animating life force of Tao. Beginners meet on Tuesdays Class limit: 15

*Instructor: Richard Richina, has decades of tutelage and practice of the Yang Style as developed by Master Cheng Man Ching.*


**HEARTBEAT OF ALOHA  
 DANCE THE HULA**

**Thursdays, Oct. 9 - 30 (4 wks)**  
**10:00 - 11:00 a.m.**

**CSULB, LifeFit, KIN 107**

Learn basic hula with graceful movements while learning the rich history of Hawai'i. No experience required, all levels are welcome. More than an enchanting dance, "Hula is the language of the heart, therefore the heartbeat of the Hawaiian people." - King David Kalakaua, Hawaii's last reigning king of the Kingdom of Hawaii.

Class limit: 20

*Instructor: Abella Leialoha Carroll, award-winning Polynesian dancer*

**AI-ENHANCED VIDEO PRODUCTION**

CREATE AND EDIT WITH SMART TOOLS

**Thursdays, Oct. 9 - Nov. 20**  
**10:00 - 11:30 a.m.**

**CSULB, HS&D Tech Lab / Hyflex**

Want to film your life and the lives of your family and friends? You can use the camera on your smartphone, tablet, laptop, or an action camera like a GoPro. Learn how to shoot, edit, and enhance videos on each device, when it is best to use which one, filming techniques, smartphone video apps, useful accessories, plus creating scripts, background music, voice narration, editing tools, and AI as a tool to do and edit videos. Discover how to connect your work to other devices, achieve the best video quality, frame rates. Bring your charged device to each class. *Prerequisite: Experience using your devices.*

Class limit: 12

*Instructor: Perla Gutierrez*

## NEW CLASS!

**GLOBAL, SOCIETAL, POLITICAL,  
 AND HUMAN ISSUES WITH AI**

**Thursdays, Oct. 9 - Nov. 20**  
**10:15 - 11:45 a.m.**

**CSULB, HS&D, rm 101/Zoom**

This class focuses on the current state of affairs in Artificial Intelligence. We will discuss issues that are affecting people worldwide as the rate of AI competitiveness accelerates and the global digital divide increases. Topics include: the possible use of AI to reorganize our government; the detrimental effects of increasing resource demands for AI data and data-centers; the cultural, educational, and cognitive effects of AI on individual users; and the job losses affecting technology, entry level, and white-collar workers. AI can improve human existence, but we need to be aware of its possible pitfalls and try to fix problems while we can. Class limit: 90

*Instructor: Louise Soe, Professor Emerita, Computer Info Systems, Cal Poly Pomona*

## FINGER STYLE GUITAR FUNDAMENTALS

**Thursdays, Oct. 9 - Nov. 20**  
**11:30 a.m. – 1:00 p.m.**  
**Whaley Park**

Learn the fundamentals of finger style, Travis picking, finger rolls, thumb independence, and chord melodies. Review knowledge of chords and positions. Learn a variety of song styles, including: traditional, folk, country, blues, and jazz.

Class limit: 15

*Instructor: Charles Horvitz, professional musician & electrical engineer*



## NATIONAL & INTERNATIONAL CURRENT EVENTS & ISSUES

**Thursdays, Oct. 9 - Nov. 20**  
**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: 90

*Instructors: leadership alternates among volunteer instructors. Naida Tushnet, Sonia Savoulain, Mary Meyer, Bill Shaddle and Gary Murph.*

## AI-POWERED SOCIAL MEDIA: APPS/STRATEGIES FOR SUCCESS

**Thursdays, Oct. 9 - Nov. 20**  
**1:00 – 2:30 p.m.**  
**CSULB Tech Lab / Hyflex**

Ever been curious about an app, but don't know how to get started using it? Join this class and choose from popular free apps like; WhatsApp, LinkedIn, YouTube, Uber, Google Maps, Eventbrite, or AI apps like Canva, IoT, Invideo AI, Bluesky, Gemini, Llama, Copilot. Many are part of the social media environment. Or you could learn about gifs, memes, or how to navigate the huge selection on Amazon, the App Store, or Google Play Store. This hands-on class helps you practice using the apps you choose. You can learn on all devices and platforms, including computers or mobile devices. *Bring a charged mobile device to class.*

Class limit: 12

*Instructor: Perla Gutierrez*

## BUILD WEBSITES, VLOGS & PODCASTS TO MAXIMIZE YOUR ONLINE PRESENCE

**Thursdays, Oct. 9 - Nov. 20**  
**3:00 – 4:30 p.m.**  
**CSULB, Tech Lab / Zoom Hyflex**

Find out how easy it is to build your own website, blog, chat or webinar. Make your own site or watch how it is done. We will explore popular website builders, including use of AI tools with WIX. Learn strategies to reach your intended audience, attract visitors to your site, enhance communications through social media channels, build loyalty, and maintain your site. All devices are welcome, but know how to use your device if you want the full experience. Enjoy this class by just learning about the most important tools of Internet communications.

Class limit: 12

*Instructor: Perla Gutierrez*

## ZENTANGLE PATTERNS

**Thursdays, Oct. 9 - Nov. 20**  
**11:00 a.m.- 12:30 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 be creating pencil and ink abstract drawings together on 3-1/2" paper "tiles". No experience, planning or over-thinking required. Bring your own Notebook. Materials are supplied at first class for \$10 paid to the instructor.

Class limit: 15

*Instructor:*

*Tom Taylor*



## NEEDLEWORK CAFÉ

### CROCHET/ KNITTING FOR BEGINNING AND INTERMEDIATE STUDENTS

**Thursdays, Oct. 16 - Nov. 20 (6 wks)**  
**1:00 - 3:00 p.m.**  
**Alpert Jewish Community Center**

Introduction to basic knitting and crochet stitches will consist of class demonstration and individual instruction. Information covered in class will include: types of stitches, abbreviations, pattern interpretation and basic tools and supplies. Beginners, on the first day of class please bring a skein of size 4 or worsted yarn, and either size 7 or 8 knitting needles or a size H or I crochet hook, depending on your desire to learn knitting or crochet. Intermediate students will continue to work on their projects. The instructor will help all students as needed. NEW: if you have a needlework project other than knitting or crochet and would like to work on it in a classroom setting, please join us.

Class limit: Beginners 6

Intermediate. 12

*Instructor: Carolyn Sabol*

**Thursday****NEW FILMS!****MOVIE MATINEE****Thursdays, Oct. 9 - Nov. 20)****2:00 - 4:30 p.m.****CSULB, HS&D, rm 101**

Come join us for the next round of cinematic delights, featuring eclectic films, including comedy, drama, who-done-its, and star-studded features. OLLI's venue offers affordability and like-minded company exploring all facets of each film: acting, writing, cinematography, directing and music... Class limit: 60

*Presenter: Tom Hood, Life-time Cinephile; former science teacher*

**MUSIC BEGINNING THEORY:  
SPORT OF MUSIC - THE BASICS**
**Thursdays, Oct. 9 - Nov. 20****1:00 - 2:30 p.m.****Los Altos UMC Hall**

This class is an introductory course to understanding the music language and how to read and perform rhythms and pitches, chords, circle of fifths. Materials needed: \$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, continues to sing and teach*

**"CATCH THE SPIRIT OF SINGING"  
CHORUS**
**Thursdays, Oct. 9 - Nov. 20****3:00 - 4:30 p.m.****Los Altos UMC Hall**

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 individual natural singing abilities and musicianship. Performances will be scheduled when we are fully prepared. Bring \$5.00 for music. A pencil w/ eraser and a 1" BLACK 3 ring binder are required. Class limit: 50

*Instructor: Kathy Price*

**NEW CLASS!****FOUNDATIONS OF TECHNOLOGY****Fridays, Oct. 10 - 24 (3 wks)****8:45 - 10:15 a.m.****CSULB, HS&D, rm 101**

Build your confidence with the basics of technology in this easy-to-understand program. We'll demystify computers, smartphones, software applications, the internet, and the cloud. You'll gain a foundation of technology and the terminology to help you understand technology better whether you use Apple, Microsoft, or Google, or almost anything else.

Class limit: 50

*Facilitator: Robert Cohen*


**BIRDING ADVENTURES:  
FUN WITH THE FLOCK**
**Fridays, Oct. 10 - 24 (3 wks)****9:00 a.m. - 10:30 a.m.****Various Locations**

Interested in exploring birdwatching? It's time to venture out in nature for the fall bird migration and also see some birds that live here year-round too. Come join us to find birds at our local Rancho & parks where we will listen, identify and enjoy. We will explore a few Internet resources to help learn more & enhance birding adventures. From novice to experienced, all levels of Birding are welcome. Enjoy social interaction with fellow OLLI members. Participants are encouraged to bring binoculars, to wear walking shoes and have transportation to travel to local parks. Locations TBD.

Class limit: 20

*Instructors: Elaine Swift, citizen scientist for birding*

**Friday****NEW CLASS!****PUTZ'N AROUND****Fridays, Nov. 7 - 21 (3 wks)****10:00 a.m. - 12:00 p.m.****CSULB, DSN, rm 111**

A crafting class with image supported lectures discussing the folk art, history and culture of PUTZ HOUSES. Participants learn to build and decorate miniature, vintage-style, Holiday Houses, traditionally known as Putz Houses. These houses, typically made from cardboard, are often embellished with glitter, mica dust, and other decorative elements. For course syllabus and materials list, email: labarbacorse@gmail.com

Class limit: 20

*Instructors: Kathleen McKelvie: Art History, Williams College & Peter LaBarba: Design, CSULB*

**JEWELRY MAKING A - Z****Fridays, Oct. 10 - Nov. 21****10:30 a.m. - 12:30 p.m.****Alpert Jewish Community Center**

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

Class limit: 20

*Instructor: Belinda K. Belisle*



## BLUEGRASS MUSIC JAM

**Fridays, Oct. 10 - Nov. 21**  
**10:00 a.m. – 12:00 p.m.**  
**Los Altos UMC Hall**

Increase your Guitar playing skills with this group of musicians. Peer learning with a *Focus on The Fundamentals*. Questions??  
 Contact [frankswatek@hotmail.com](mailto:frankswatek@hotmail.com)  
 Class limit: 20

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

## WRITERS READ ALOUD

**Fridays, Oct. 10 - Nov. 21**  
**10:30 a.m. – 12:00 p.m.**  
**CSULB, HS&D, rm 101**

Everyone has a story to tell or several stories to tell. Regretfully, they seldom are 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. It offers a sense of intimacy, spontaneity, and possible surprise. This OLLI writing class meets in person. **Each week ALL class members will read a story they have written outside of class.** Come join our lively readings and discussions.

Class limit: 10

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



## SOUL TAI CHI WITH JIMMY

**Fridays, Oct. 10 - Nov. 21**  
**11:30 a.m. - 12:30 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!

## CONVERSATIONS IN FRENCH

**Friday, Oct. 17 – Nov. 21 (6 wks)**  
**12:30 - 2:00 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 practical techniques for enjoying life in the French-speaking world. Recommended preparation-previous study of French in high school or college and some proficiency in speaking and understanding French.

Class limit: 40

*Instructor: Malcolm Green, M.A.*

## CHAIR YOGA

**Fridays, Oct. 10 - Nov. 21**  
**12:30 - 1:45 p.m. Hyflex**  
**Los Altos UMC Hall**

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. **NOTE:** attend at the church location or Zoom in from home. Class limit: 40

*Instructor: Claudia Ellano-Ota,*

## SHAPE SHIFTING: EXPLORING COLLAGE

**Fridays, Oct. 10 - Nov. 21**  
**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 a strong artistic statement. **SUPPLY LIST:** Self-healing cutting mat 9 x 12 or larger, Exacto knife, Bristle Board (96 lbs.) 9 x 12 or larger, glue stick. Email me with any questions, [elka84@hotmail.com](mailto:elka84@hotmail.com).

Class limit: 10

*Instructor: Alice Dworkin*



## Friday

### SHORT STORY DISCUSSION GROUP

**Fridays, Oct. 10 - Nov. 21**  
**1:00 - 3:00 p.m. Zoom**

This session we will read short stories from those collected in *A Century of Fiction in The New Yorker 1925-2025*. These stories include “classic” stories by well-known authors, lesser-known stories by prominent authors, and just plain excellent stories – all originally published in The New Yorker. Each week we will read a short story and discuss our responses to what makes the story unique: themes, techniques, characters, atmosphere, etc. All class members participate, contributing multiple views of the same story. The results are stimulating, entertaining and sometimes surprising.

Our source anthology is: *A Century of Fiction in The New Yorker 1925-2025*, Deborah Treisman, Ed. (New York: Alfred A. Knopf, 2025). Please arrange access to this anthology to use for the class discussions. It is available in several formats: Kindle, print, Audible.

Class limit: 24

*Class Leader: Fern Ramirez*

### COMEDY CAPERS

**Fridays, Oct. 10 - Nov. 21**  
**2:30 – 4:30 p.m.**

**CSULB, HS&D, rm 101 / Hyflex**

More laughter featuring a few more of my favorite comedy movies from the past. These will further our study of the many comedy genres. This 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 afternoon.

Class limit: 80

*Presenter: Karen Lucas.*

### STAINED GLASS WORKSHOP

**Fridays, Oct. 10 - Nov. 21**  
**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. Complete a project to beautify your own home and/or give to friends as keepsakes. A list of materials will be provided at the first class meeting. Contact the instructor at: [snewcomb@congruex.com](mailto:snewcomb@congruex.com)

Class limit: 20

*Instructor: Stephen Newcomb*

### OPEN TECH LAB Fridays 1:30 - 3:30

Come to the Tech Lab and check out the computers and software. (Windows 11, Mac iOS, Chrome OS / ChromeBook and Linux)

Talk technology with Wes Peck who can help with explaining the functions of a Mac or PC.

We're also looking for volunteers to assist others with devices / phones or Pads. Come visit and take advantage of using the Lab computers for any project you might have.

Send an email with your questions to [olli@csulb.edu](mailto:olli@csulb.edu)



### RUSSIAN LANGUAGE

**Fridays, Oct. 10 - Nov. 21**  
**3:00 – 4:30 p.m.**  
**Alpert Jewish Community Center**

Beginning with simple words and phrases is hardly new news! I will try to combine methods as practiced in the US Army Language School (when I was there, now the Defense Language Institute, West Coast) and The Berlitz Corporation. Learning should be enjoyable and students will be speaking and hearing from day one. Additionally, familiarity with German and Spanish are helpful as there are always parallels among European languages. We aim for a good second-grade appreciation for the language written, heard and spoken! Learning the Cyrillic alphabet is important, along with pronunciation and word recognition.

Class limit: 20

*Instructor: Donald Cook*

## Saturday

### WATERCOLOR WORKSHOP

**Saturdays, Oct. 11 - Nov. 22**  
**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*

**FREE!****FREE Special Events - Sign up online FREE****FREE!****CPR & AED AWARENESS****Monday, Oct. 20 (1 day)****4:00 – 5:30 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. Learn about support for women and the threat of Heart Disease. Come to find out more about the “Red Bags of Courage” Class limit: 40

**Presenters: Bill Fitzpatrick, RN &****Elsa Chau of WomenHeart.****WOMENHEART**THE NATIONAL COALITION FOR  
WOMEN WITH HEART DISEASE**BOOK CLUB:****CONTEMPORARY NONFICTION****Fridays, Oct. 24 - Nov. 21 (2 days)****10:30 a.m. – 12:00 p.m.****Los Alamitos Community Center**

Explore thought-provoking, contemporary nonfiction books in this engaging book club for life-long learners who want to stay informed and connected to the world. In this discussion-based course, we'll explore compelling books on politics, history, public policy, and current events—examining how these topics shape our society and daily lives. Each session invites thoughtful conversation, critical thinking, and shared reflections in a welcoming and intellectually stimulating environment.

Class will meet twice during Fall. Students are expected to have read the book in advance of each meeting. Fall session books:

October – “Who is Government”  
by Michael Lewis

November – “Palaces for the People”  
by Eric Klinenberg

Class limit: 30

**Leader: Sonia Savouljian****AN INTRODUCTION TO BETTER CAPITALISM: YOU ARE RIGHT! THERE IS A BETTER WAY!****Tuesday, Nov. 18****12:00 – 2:00 p.m. Zoom**

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. With this seminar, led by the authors of the recently published book *Better Capitalism: Jesus, Adam Smith, Ayn Rand and MLK Jr. on Moving from Plantation to Partnership Economics* (an Amazon No. 1 new release), you will see that capitalism reinvents itself and that a post-pandemic reinvention with the principles of Partnership Economics leads to a more profitable and ethical form of capitalism that is that better way. Join us to unleash mutually beneficial capitalism!

**Instructors: Paul Knowlton, practicing attorney, JD, MDiv, BA in engineering, Juris Doctorate (JD), & Aaron Hedges, MBA, MDiv, lived the organizational life from first-paid employee of entrepreneurial start-up to current role of CEO (organization has grown to serve families from 48 states)**

**ELECTRIC CARS: GET ROLLING TODAY****Tuesday, Oct. 21 (1 day)****12:00 - 2:00 p.m.****Los Alamitos Community Center**

Ready to ditch high gas prices, reduce your carbon footprint, and have fun behind the wheel? This class introduces you to the exciting and ever-evolving world of electric vehicles. In this class, you'll learn how to:

- Cut fuel and maintenance costs
- Understand the basics of EV technology
- Choose the right electric vehicle for your needs
- Optimize home charging and extend your driving range
- Master the art of “one-pedal” driving

Whether you're curious or ready to make the switch, this class is your roadmap to smarter, greener, and more economical driving. Class limit: 30

**Leader: Philip Reed****CAR BUYING GUIDE FOR SENIORS****Tuesday, Oct. 28 (1 day)****12:00 - 2:00 p.m.****Los Alamitos Community Center**

Car buying doesn't have to be stressful. Skip the pressure, confusion, and dealership games with a smarter approach designed for today's informed buyer. Taught by a former car salesman, learn to take control of the process using modern tools and strategies. You'll learn how to:

- Choose the best car for your lifestyle and budget
- Make the most of your test drive
- Use a low-pressure, no-haggle negotiation strategy
- Spot dealership traps and upselling techniques
- Decide whether to lease or buy
- Review and understand the final contract

Gain peace of mind—and a great deal—by becoming a confident, informed car buyer. Class limit: 30

**Leader: Philip Reed**



**FREE!****FREE Special Events - Everyone Invited****FREE!****DANCE TO WORLD MUSIC FOR FUN AND FITNESS****Wednesdays, Oct. 1 - Nov. 19 (8 wks)****1:00 - 3:00 p.m. Bellflower Womens Club 9402 Oak St.**

Welcome to the "United Nations of dance & music!" Come dance weekly and learn new steps and meet new friends. We discover that common step patterns underlie traditional dances from various world cultures. Schottisches, Syrto, Sambas and Polkas, Horas, Pravos, Halays and Tamzaras fill our dance cards. Intriguing rhythms challenge our brains; sustained movements provide cardio exercise; and camaraderie and the joy of dance induces us to smile inside and out. Research in brain activity suggests that synchronous movement with a group activates both sides of the brain and enhances endorphins. Other benefits of dancing include increased strength, balance, coordination and agility. The musical styles, ranging from rousing to peace-inducing, call forth a wide range of feelings as well as a sense of community. Comfortable shoes that allow for lateral movement are recommended. The facility has a responsive wooden floor ideal for dancing. *Your OLLI membership is requested.* The class is FREE.

Class limit: 40

*Leader: Diane Baker, retired teacher, President of the Folk Dance Federation of CA, South. She is a life-long learner, dedicated dancer, and retired physical educator who enjoys world travel and making new friends.*

**HOW IS YOUR RMD DOING?****Wednesday, Oct. 8 (1 day)****11:00 a.m. - 12:30 p.m. Zoom**

The Secure Act 2.0, passed in late 2022, brought significant changes to retirement account distribution rules, updating a regulation that had been in place for over 35 years. This new provision not only delayed the taxation of distributions but also extended the potential for account growth.

In this class, we'll dive deep into the key aspects of Required Minimum Distributions (RMDs): who is affected, what they are, when they apply, where they come from, why they matter, and how they function. Led by John Pak, the session will cover recent legal updates, strategies to adapt to these changes, and insights on how to better prepare for the evolving landscape of RMDs.

Class limit: 50

*Presenter: John Pak, Certified Financial Planner, Retirement Income Certified Professional, and an IRS Enrolled Agent with 24 years of experience in the financial industry.*

**FREE!****PATHWAYS TO A BETTER LIFE:  
A SEARCH FOR THE TRUTH****Friday, Oct. 10 (1 day)****12:30 - 2:00 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: 50

*Leader: Don Hucker***PREVENT HEART DISEASE,  
CANCER, AND DIABETES****Tuesday & Thursday, Oct. 7 & 9****10:30 - 12:00 p.m. Zoom**

Would you like to enjoy a healthy, long life, which sometimes seems elusive for people after they reach age fifty? These two classes will explain why heart disease, stroke, and cancer are the major causes of death in the U.S. with poor diet and lifestyle as primary factors. Learn 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. Wendell is a Certified Food Over Medicine Instructor, who has never taken a prescription drug and has no known medical issues. His lectures, graphs, and data are based on his 40 years of health experience, training, and a variety of books.

Class limit: 80

*Instructor: Wendell Covalt, B.S. Civil Engineering from Purdue U; MBA from Indiana U; past board member & President of South Coast Botanic Gardens.*

**HAPPINESS & HUMOR;  
NO GROAN-UPS ALLOWED****Wednesday, Nov. 19 (1 day)****11:00 - 12:30 p.m.****Los Alamitos Community Center**

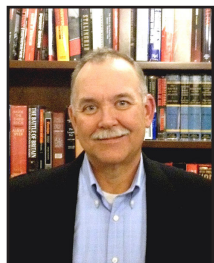
Dr. Susan Mathieu is here to help you find the positive side of life. How does humor reduce stress? You will learn how to deal with negative people, difficult situations, and skills to help to increase happiness and purpose. Be ready to laugh, learn, and enjoy each day! Class limit 50

*Presenter: Dr. Susan Mathieu, Certified Therapeutic Recreation Specialist*

## A CLASH OF WINGS

by Tom Lockhart and Paul Killins

Aviation development in the 20th Century was one of the fastest technical achievements in history. **Paul Killins' Clash of Wings** class tells the remarkable story of the epic air battles in World War II made possible by those developments.



Paul Killins

In the run up to World War 2, United States Assistant Secretary of War for Air, Robert Lovett, said, "While I don't go so far as to claim that airpower alone will win the war, I do claim the war will not be won without it." President Roosevelt agreed. By the end of 1945, the U.S. had built about 400,000 military aircraft.

From the blazing hot climate of the South Pacific, where Richard Bong, America's leading ace, compiled 40 kills, to the unspeakably brutal cold of the Russian front, where Luftwaffe pilot, Erich Hartmann, the War's leading ace, recorded 352 kills, the air battles raged with dramatic severity.

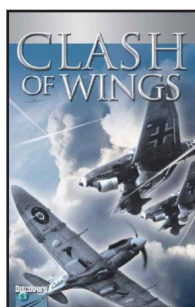
From carpet bombing of European cities to sea battles in the Pacific, where often only the rival naval aircraft were in the actual fighting; Coral Sea, Midway, the turning point in the Pacific, and Philippine Sea.

Technology played a key part in the air wars. The U. S. Norden bombsight was crucial to the Allied bombing. Radar tracked enemy activity for all sides. Rockets, bombs and napalm were elements of air support for ground units, especially in the battles for North West Germany, Iwo Jima and Okinawa. The long-range P-51 fighter escort for the U.S. bombers turned the tide of the European campaign against Germany.

But technology had its limits. Navigation errors in the Ploesti and Schweinfurt bombings caused massive U.S. aircraft losses. The Luftwaffe could not air-drop enough supplies to the 6th Army at Stalingrad to sustain the German offensive. High-altitude winds over Japan caused the U.S. to order low level bombing, increasing American losses.

Every air battle, no matter the location, was marked by heroic achievements of the personnel involved on all sides. Each soldier, sailor and airman aware of the courage and ability of the enemy, each fighting for a cause they believed in, each willing to die for that cause.

Erich Hartmann died peacefully in 1993. Richard Bong died flying an experimental plane while serving as a US Army Air Force test pilot in 1946, a year after the War.



## AN 80-YEAR RETROSPECTIVE ON WORLD WAR TWO

by Tom Lockhart

World War Two, the greatest, most consequential conflict in the history of the world, came to an end 80 years ago this September 2. More nations involved, more fatalities, more damage on a remarkable scale, and more issues, both resolved and unresolved, in its wake than any other war.

**Dr. Don Schwartz' class, An 80-Year Retrospective on World War Two**, examines that epic struggle. Could the war have been prevented, could a vicious mad man like Hitler be appeased, was the Munich Agreement in 1938 a genuine attempt at "Peace in Our Time" or desperate attempt to buy England another year to get ready, especially in airplane construction, for the inevitable conflict with the Axis?

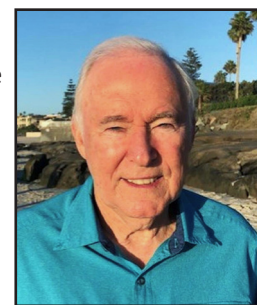
Did President Roosevelt know about the Pearl Harbor attack in advance? were the bombing efforts morally justified, were fire bombing, carpet bombing, and of course Dresden, Tokyo, Hiroshima and Nagasaki, necessary.

The conflicts between Allied commanders over tactics and objectives. MacArthur versus Nimitz in the Pacific, Patton versus Montgomery in Europe, with FDR, Churchill and Stalin in the middle of it all.

The two wars Germany was fighting, one against the Allies and one against European Jews. Even as the war ended, trains carrying Jews to concentration camps had top priority on the German railroads, above even troop movements.

The territorial sprawl of the conflict. From blistering heat in the island-hopping Pacific battles to searing cold of Russia, where 80% of all German casualties occurred. The epic battles were on the Eastern front, Stalingrad, Kursk and Leningrad. Post-war, the Allies gave Russia little credit for those victories since Communism was now the new villain in the world.

When it was over, the United Nations was born, national boundaries redrawn, ethnic cleansing occurring as civilian populations moved. War crimes trials were conducted with many of the guilty punished, many not, and more than 200 armed



Don Schwartz

conflicts between nations since 1946.

These topics and more will be explored in Dr. Schwartz' lecture series.





## Thank You for Flying With Us!

### Volunteer Appreciation 2025

by Karin Covey

Passengers on *Flight OLLI* were welcomed by a Flight Attendant and directed to Kay and Barry Bosscher at the *Arrivals* table. As they headed toward the dining area, they had a chance to enjoy memorabilia from Barbara Norberg's service as a Flight Attendant for PanAm.

The dining tables were set with beautiful centerpieces containing fresh chrysanthemum plants and themed favors including airplane pens donated by the Long Beach Airport.



Centerpiece

Patti LaPlace, OLLI Executive Director, welcomed the guests and sent them off to their *Inflight Meal* of Italian food including cannoli for dessert. After lunch, Marc Davidson, OLLI President, spoke of the value of volunteers, not only to OLLI, but as a significant resource to the greater Long Beach Age-Friendly city. He thanked the guests for the expertise and support they bring to the OLLI mission of life-long learning. Marc then introduced Muriel Pendleton, the longest tenured OLLI instructor. Muriel led the Play The Recorder class for over 20 years. During that period, the recorder group performed at many OLLI and community events. Marc thanked Muriel for her years of volunteer and representing the spirit of OLLI.

Patti introduced a special guest, Maya Stricklen, a Financial Coordinator for CHHS. Maya is a valuable mentor and financial guide for OLLI administrative transactions. No



Recognizing Cecelia

volunteer luncheon is complete without Sylvia Manheim, one of the founders of OLLI and the *Original Volunteer*. Sylvia will be 100 this year and she was given a warm ovation.

Patti introduced Cecelia Danziger, Program Administrator

for the Alpert Jewish Community Center. Patti presented Cecelia with a special plaque in gratitude for the ongoing partnership of the AJCC and OLLI. The AJCC has provided welcoming space for OLLI classes, meetings, forums and special events.

Marc introduced the event guest speaker, Randy Zarn, volunteer and enthusiastic representative of the Long Beach Airport – “America’s Coolest Airport.” Randy is a font of information about the history of Long Beach Airport, it’s beautiful sculptures and murals, as well as recent improvements to parking, access and guest amenities. He emphasized the value of the work of Long Beach Airport volunteers, including Lynne Jungers, an OLLI volunteer. Not only do they meet and greet passengers, but they also organize and support a myriad of special events.

Marc introduced and asked the members of the Executive Council, working groups, administrative support and instructors to stand and be recognized. Patti introduced Barry Bosscher to describe and administer a quiz contest pairing airport codes with their cities. After guests had completed the quiz, a tie breaker was required “How many passengers passed through L A X Airport in 2024?” Bob Cohen had the closest answer and won a Trader Joe’s gift certificate. Patti announced that the centerpieces

would go to the person at each table that had an airplane sticker on the side of their chair. Lots of happy people.

Patti thanked the committee for planning and organizing the event

– Maria Arce, Kay and Barry Bosscher, Mary Boykin, Karin Covey, Lynne Jungers, Constance Malaambo, and Cherrylaine Wallace. The centerpieces were designed by Marlene Avevalo and Constance Malaambo and put together by the committee members.



Sylvia and Friends.



Randy Zarn,  
LB Airport

Barry Bosscher  
Patti LaPlace  
Bob Cohen



Find more articles at [www.csulb.edu/olli](http://www.csulb.edu/olli)



## OLLI Community Sites

### **Alpert Jewish Community Center**

3801 East Willow St. Long Beach  
(562.426.7601)

[Visit the JCC website](#)

### **Los Alamitos Community Center**

10911 Oak Street Los Alamitos  
562.430.1073

<https://cityoflosalamitos.org/160/Recreation-Community-Services>

### **Long Beach Bridge Center**

4782 Pacific Coast Hwy. Long Beach  
562.498.8113

[Visit Long Beach Bridge Center](#)

### **Whaley Park**

5620 E. Atherton St., Long Beach

[Visit the Whaley Park website](#)

### **Los Altos United Methodist Church**

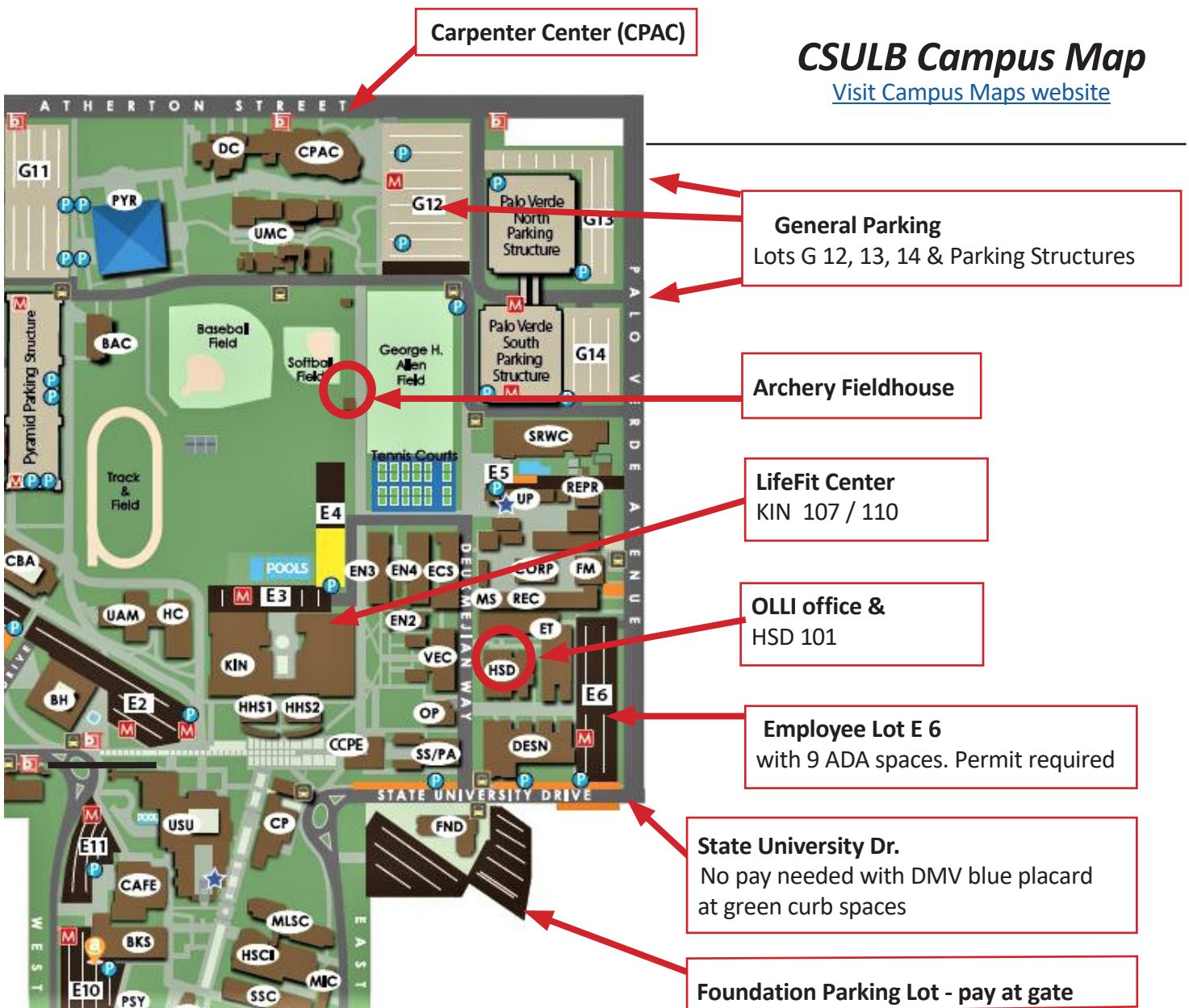
5950 E Willow St., Long Beach  
562.598.2451

[Visit the LAUMC website](#)

### **LB Lawn Bowls Club**

1109 Federation Dr. Long Beach  
562.433.9063

<https://longbeachlbc.com/contact-us/>



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

## 2025-26 OLLI CLASS SESSIONS

Fall	October 6 - November 22, 2025
Winter	January 5 - February 28, 2026
Spring	April 6 - May 23, 2026
Summer	July 6 - August 28, 2026

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

Labor Day	September 1
Veterans Day	November 11
Thanksgiving Break	November 27 - 28
Winter Holiday	December 24 - Jan. 2

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