



*The Osher Lifelong Learning Institute  
at CSULB*



## 2025 Summer Class Schedule

**Class Registration starts Monday, June 16 at 9 a.m.**

### New Classes

#### **DANCE THE HULA**

Instructor: Abella L. Carroll  
Thursdays in KIN 107

#### **INTRO TO GENEALOGY**

Instructor: Michael Blazey  
Fridays in Rm 101

#### **NEEDLEWORK CAFE**

Instructor: Carolyn Sabol  
Thursdays in person at JCC

#### **FRENCH CINEMA: 100 YEARS**

Instructor: Alain Silverston  
Mondays in Rm 101

#### **LEARN TO PLAY BRIDGE**

Instructor: Hank Dunbar  
Mondays/Tuesdays at LBBC

#### **EXPRESSING THE SELF**

Instructor: Blaga Angelow  
Wednesdays on Zoom

#### **INTRO TO THE iPad**

Instructor: Marilyn Gettys  
Wednesdays in the CSULB Lab

#### **WAGE THEFT: EPIDEMIC**

Instructor: Michael McGrorty  
Wednesdays in Rm 101

SEE CATALOG INSIDE

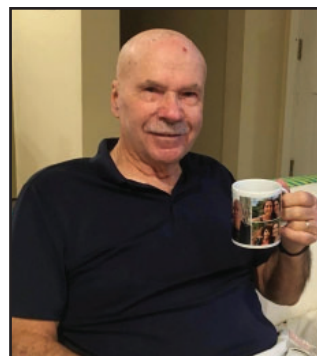
### *Learn More:*

## Russian Language and Culture

*By Tom Lockhart*

America's relationship with Russia has ebbed and flowed over the last two centuries, from our great ally in World War II to our arch rival in the Cold War for 40 years. But through it all the Russian language remained a great tool of conversation in many parts of eastern Europe and throughout the former Soviet Union. It is one of the United Nations' six official languages since that organization's founding.

Donald Cook brings the Russian language to life in his **Russian Language 101** class. He'll take you through the mystery of the Cyrillic alphabet, an outgrowth of the Greek alphabet, on which Russian is based. You will get an introduction to the language that will have you speaking and writing it at an elementary level on the first day. Don developed an interest in language early in his life, and pursued it in both high school language classes and the U.S. Army. He will use techniques he learned while at the U.S. Army Language School and from the Berlitz Corporation. Don will demonstrate an aspect of Russian sure to impress any American; Russian pronunciation has few of the annoying idiosyncrasies of English, such as "rough" and "though" not rhyming and "fat chance" and "slim chance" meaning the same thing.



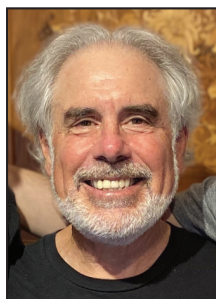
An added benefit will be that if you are ever in Russia and get thrown in jail for having even one American-made candy bar in your luggage, you'll be able to converse with the prison staff while waiting to hear your 20-year sentence. Their psychiatrist can explain why that candy bar should not have been so important to you!

**Classes start July 7**

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

## The President's Corner: OLLI at a National Level

Becky Low and I were privileged to attend the 2025 Osher Institutes National Conference in Chantilly, Virginia, the week of April 28. We gathered with over 161 attendees from 124 Osher Lifelong Learning Institutes across 50 states. Becky and I participated in workshops and "round-table" break-out sessions where the sharing of ideas was informative: learning from each other and forming networking bonds that will provide value to our program at CSULB.



Marc Davidson

I even had a moment to speak to Bernard Osher who at the age of 98 attended the full conference and personally made himself available to anyone who wanted to reach out. He recognized my CSULB "dirtbag" t-shirt and reminded me he was connected to California through his years in the Bay area. By the way, Mr. Osher made sure every one of the conference meals represented a "healthy diet," something he strongly advocates!

Each day started out with a "morning meet-up walk" (which yours truly awoke on West Coast time to do!). Breakfast came with a "whoo-hoo's" presentation featuring "special event" snippets submitted from OLLI programs across the states and a poll in which we voted on our favorite activity. One of my

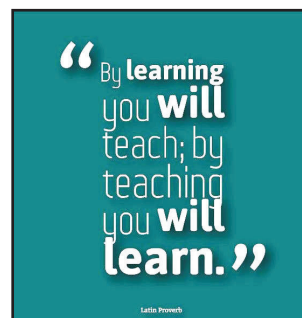
favorites was Murder at the Museum, a "whodunit" evening put together by OLLI USF in Florida. You'll need to ask Becky hers!

Becky and I divided and conquered the two-day agenda. We attended some of the following sessions: broadening our diversity, promoting your OLLI (PR and marketing), membership retention, re-thinking volunteer roles, strengthening the relationship between OLLI and our host institutions, (ie. CSULB), and future trends in lifelong learning. We both attended "round table" discussions with OLLI's of our same membership size to share programs and activities that were strong. We would usually find each other and share what we were hearing, reflecting on how our own OLLI/CSULB program, classes, leadership, volunteers, and instructors stand out! Plus, we spoke about how we share so many of the same challenges. Some common themes and challenges include:

- Fostering a vibrant membership base through partnerships and "being in the community"
- Building community partnerships through our neighborhood districts, and similar age-focused support and outreach groups
- Strengthening relationships with host university and college campuses
- Encouraging peer led member "special interest groups"
- Creating more "special events" to engage the younger members
- Monitoring and improving quality of our program and classes
- Understanding technology to build connection for our members
- Listening to our members – what makes them happy!
- Members: know your OLLI, and share your story

This year we celebrate 28 years of senior learning. OLLI@CSULB has 1100 members as of the 2025 Spring session, with 61 volunteer instructors teaching classes in foreign languages, history, arts, music, fitness, nutrition, and technology. We are one of 124 Osher Foundation programs across 50 states primarily located on college and university campuses. We share a unique alliance with our SoCal OLLI campuses in San Diego (SDSU), Fullerton (CSUF), Irvine (UCI), and Los Angeles (UCLA), as well as our California OLLI partners in Riverside, Fresno, Channel Islands, Berkeley, Davis, San Marcos, Santa Clara, Humboldt, and San Francisco!

OLLI @ CSULB is strong and in good company!  
I look forward to seeing and hearing from you – any time!  
Marc.Davidson@csulb.edu



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

### THE SUN Volume 30, Issue 4

Production Manager: *Rebecca Low*

Marketing: *Maryse Fujimori*

Writers: *Tom Hood, Mariann Klinger, Tom Lockhart, Shari Faris, Marc Davidson, Patti LaPlace*

Writer/Proofreader: *Louise Haglind*

# From the Executive Director: Summer Sun!

*"Summer means happy times and good sunshine"*

- Brian Wilson.

When I think of the summer season, I often also think about my love for the rock and roll band, The Beach Boys, and how their music illustrated the many experiences we can engage in during the summer months. This summer, OLLI is offering some courses that promote summertime fun! For example, we are offering a new Container and Small Space Gardens course offered by a wonderful non-profit organization,



Patti LaPlace

Ground Education. This organization provides gardening experiences for elementary schools throughout Long Beach. They reached out to OLLI to offer a gardening class this summer while school is out at their location in Signal Hill.

Another new class is Astronomy Night – Space and

NASA. This will be our first evening course on campus in room 101. What a great opportunity to learn about the stars in the sky on a warm summer evening!

This summer, OLLI will also be hosting its annual New Member Event that will take place on August 7th at our beautiful Earl Burns Japanese Garden on campus. The purpose of this event is to provide an opportunity for our new members to meet current members including the Governing Council, as well as members of the Working Groups. Information regarding OLLI courses and events will also be distributed as well. The Japanese Garden is beautiful during the summer, and we are excited to use this wonderful resource on campus for this event.

We, at OLLI, are so grateful for all the fantastic volunteer instructors who bring their passion and expertise to our lifelong learning curriculum. It is a collective effort that helps propel our OLLI to new experiences. As in the Beach Boy song, *Surfin Safari*, I think of our OLLI courses like a safari!

Let's go surfin' now

Everybody's learnin' how

Come on and safari with me

(Come on and safari with)

Beach Boys, 1962

Surf's up at OLLI so come and join our safari!

## From OLLI members: Charitable Giving

by Glenn Libby

Fundraising is an important element of OLLI governance and sustainability. The Development office at CSULB had a legacy society luncheon on March 27 in the CSULB Alumni House. Prior to the luncheon, we had an opportunity to meet and greet with three OLLI@CSULB legacy donors.



These three members have been very active in OLLI over many years. The members are Naida Tushnet, Carl Curtis and Michael Gavin. Jeanette Gavin also has supported OLLI, but was not present at this luncheon. We thank them for their forward thinking and hope this will incentivize other OLLI

members to consider a legacy gift to OLLI.

We all receive numerous requests from charitable organizations. OLLI is no different from many other worthwhile

entities, except for the fact that you are a member of OLLI. We ask that you assess your connection to OLLI.

Does OLLI fulfill your educational and social goals at this point in your life? Does OLLI add quality and vibrancy to your life? Do you enjoy interacting with other people with similar interests? If you answer yes to any or all of these questions, then we ask that you evaluate how you can support your organization. The possibilities are numerous. You can volunteer,

teach, or contribute financially to OLLI.

Financial contributions can be ongoing via our website or writing a check. You can also become a legacy donor to OLLI with the assistance of the 49er foundation support team. We will be having a webinar on charitable giving for OLLI in September. Regardless of how you choose to support OLLI, the important thing is to get involved. Remember the backbone of OLLI is volunteer participation.

Together, we can make OLLI@CSULB great.

Thank You,

Glenn Libby MD, chairman, OLLI development working group





# News from the Technology Lab: Summer 2025

by Kathy Winkenwerder

Thanks again to everyone who took part in our technology survey this last winter term. We appreciate you taking time to let us know the kind of technology classes you want to take.

We’ve kept track of the results from previous surveys, both paper and electronic, for a while now. They show how



Kathy Winkenwerder

the technology world has changed and the classes our instructors have created to keep up with those changes. Only computer lab students took part in the 2008 through 2014 surveys, but from 10 years ago to currently, all OLLI students have been invited to take part. The chart on this page demonstrates how the kind of classes changed as we responded

to demands from students who wanted to learn how to use these new devices.

In 2007, the computer lab was booked solid with beginning and intermediate computer classes, most of them PC. Now and then there were beginning Mac classes, and also a small assortment of software classes. Looking back on it, that year was also pivotal because the iPhone, the Kindle reader and the Android operating system were all introduced. We didn’t know it then, but those devices and software releases marked a big change for us, not only in the kind and size of electronic devices we would be use, but also where we could use them.

Our iPad class in 2011 was the first class in the computer lab to show students how to use a portable electronic device. Before that, our classes mainly covered the use of and software for desktop computers. That iPad class was successful, and there has been an iPad class nearly every term since then. Our first iPhone class was held in 2014 and it too is still being taught every term.



It seems as if there always is something new in the computing world, and right now the big new thing is Artificial Intelligence. We’ve already offered a few classes on what it is and how to begin to use some of its features. There’s even a new one this coming summer term. Check out the description of the Monday class, **AI Made Simple**. And, of course, there will be more classes about AI in the future.

Portable Digital Devices Used by OLLI Members							
	2008*	2009*	2010*	2014*	2015	2019	2025
Digital Camera	11%	53%	89%	71%	65%	17%	17%
Smartphone	2%	6%	21%	43%	68% <sup>1</sup>	80%	99% <sup>2</sup>
iPod	8%	15%	50%	27%	26%	10%	
iPad			2%	43%	40%	39%	55%
Other tablets				6%	16%	19%	18%
eReader			5%	21%	39%	17%	
Fitness Tracker					7%	15%	30%

\* Survey for computer lab students only  
<sup>1</sup> iPhone 38%, Samsung 20%, other 9%  
<sup>2</sup> 91% iPhone; 8% Android

## Yoga on a Chair - now Hyflex!

By Claudia Ellano - Ota

This Spring of 2025 OLLI session celebrated eight years of **Yoga on a Chair**! We began at the LifeFit center and went to Zoom when COVID began. Many of my original students are still practicing online each week!

Yoga on a Chair is now Hyflex! I’m very excited to offer a hyflex class where students can choose and practice in person or on Zoom. In person, I can clearly see their movements and offer more personalized instruction. The location at Los Altos Methodist Church is large and offers lots of free accessible parking! Students need to provide their own yoga straps, blankets, and blocks if desired.

I enjoy sharing my own training and personal experiences with mind/body techniques of breath, energy movement, and yoga poses that have potential to naturally heal and reduce the effects of stress and disease.

This class uses a chair to replace the traditional yoga mat and uses levels of flexibility to accommodate “Every Body” including those who use assistive devices such as walkers or wheelchairs! I invite you to take charge of your health in-person or online Fridays from 12:30-1:45.



## OLLI Classes

### Learn about Islam

By Mahmood Kauser and Tom Lockhart

Islam, like Christianity and Judaism, is an Abrahamic faith-tracing its spiritual lineage to the Prophet Abraham. With over 1.4 billion followers worldwide, Islam's teachings, rooted in the life and message of the Prophet Muhammad, have shaped civilizations and inspired generations. But what does Islam really teach? How does it compare to Christianity? And how has it responded to the modern rise of atheism and secular thought?

Mahmood Kauser's **Discover Islam: Contemporary Perspectives and Timeless Wisdom** is a unique class that



Mahmood Kauser

invites students to explore these questions and more. Rather than focusing on politics or current headlines, this course delves into the heart of faith, examining the similarities and differences between Islam and Christianity-two of the world's largest religions. Through open discussion and comparative study, students will gain a nuanced

understanding of core beliefs, practices, and the ways each tradition has shaped-and been shaped by history.

The class also addresses some of the most pressing questions facing religion today. As atheism and secularism grow, what is Islam's response? What does it mean to be "religious" in the 21st century, and how does Islam define faith, reason, and spirituality? Mahmood will guide students through these debates, drawing on both classical sources and contemporary voices.

Finally, the course takes a fascinating look at the roots of Islam in America. Long before recent waves of immigration, Muslims were part of the American story-from enslaved Africans who brought their faith across the Atlantic, to early 20th-century communities who established some of the country's first mosques. Students will read accounts of early American Muslims and discover how Islam's journey in the United States reflects broader themes of adaptation, resilience, and identity.

Whether you are curious about faith, interested in inter-religious dialogue, or simply seeking to understand the world's diversity, "Discover Islam" offers a welcoming space for learning and reflection.



## OLLI Classes

### Discover Yoga Philosophy...

By Shari Faris

Are you interested in learning more about how the principles of yoga can help us live our best lives? OLLI Instructor Patty Rassouli is excited to share the ancient yoga concepts in a way that encourages students to experience a novel way of maneuvering through today's challenging world.



Patty Rassouli

This five-session class, **Yoga Philosophy Made Modern**, will focus on the yoga principles, referred to as moral restraints (such as nonviolence and not giving into excessive desire) and moral observances (such as tolerance, contentment and surrendering). Each class session will include a discussion about these ideas and a guided meditation on the specific topic.

Patty is an experienced teacher who has taught several classes on meditation, yoga and Reiki. She enjoys sharing these ideas and hopes that the class will allow students to incorporate these yoga principles into their daily lives in a way that is meaningful and helpful. She often hears from students that these techniques help with managing stress and other challenges of daily life. Patty hopes that learning how to apply these concepts in our daily life will also help us care for ourselves and others. Please join us as we learn about a modern approach to incorporate the ancient yoga principles into our daily life.

## OLLI Classes

### How Does a Garden Grow?

By R. Low

Something NEW and different for summer exploration. Join the team at Ground Education, a local non-profit who works with LBUSD to build and teach in public school gardens. A very limited number of OLLI members will explore the great green world of container and small space gardening. Learn how to start seeds, create a garden journal, discuss soil & select plants, and practice day-day maintenance.



Materials will be provided by Ground Education at the class location. Members may want to establish their own containers which would be their own responsibility. A visit to a local public school garden may be planned. Come and work on your green thumb.

# Thank You To Our Donors

## SPRING 2025 DONORS

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

Chuck Almada  
Luz Bag-Aw  
Penny Biroc  
Eileen Braeman  
Carolyn Butterick  
Richard Chavarria  
Mary Cliby  
Susan Csikesz  
Randolph Currin  
Ginny Cusenza  
Marilyn Dancey  
Roberta Hamfeldt

*In memory of Erik*

Maria Hanson  
Roy Hanson  
Deborah Hastings  
Donna Hawk  
Benjamin & Linda Henry  
Rosemary Hernandez  
Monica Hodges  
Mary Holzgang  
Diane Ito  
Elisabeth Ito  
Lisa Kaufman  
Kristine Kelly  
Jakyung Kim

*In memory of Steve Maleski*

Karen & Jim King  
Stephen Klein  
Daryl Leabo  
Janet Lipson

Constance Malaambo  
Kathy McKelvie  
Roberta Murrin  
Bernard Natelson  
Kathleen Olinger  
Bruce Potter  
Karen Pruett  
Emmanuel Rhee  
Jana Rogers  
Donna & Timothy Schwab  
Marion Shanker  
Randall Sims  
Louise Soe

*In memory of Christian Soe*

Phyllis Spear  
Judy Swaaley  
Janice Teraoka  
Teresa Troutman  
Joan & Joe Van Hooten  
Carol Walter  
Harriet Warner  
Jerry Warren  
Katherine Wightman  
Nina Zasorin



## THANK YOU FOR YOUR CONTRIBUTIONS

Donations can be made online via credit card by logging in to the OLLI website. Look for the Donate menu on the left. Donations may be made *In Memory of* or *In Honor of* a special person or cause or can be directed to a special purpose.

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

*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*

## THOUGHTS TO PONDER

### ***Earth's Population -- Statistics put into Perspective***

The population of Earth is around 7.8 Billion

-- a number too large to perceive

If you condensed 7.8 billion into 100 persons

-- the resulting statistics are easy to comprehend.

Out of 100 people :

11 are in Europe	
5 are in North America	9 are in South America
15 are in Africa	60 are in Asia

49 live in the countryside	51 live in cities
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75 have mobile phones	25 do not.
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30 have internet access	70 are not able to go online
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7 received university education    93 did not attend college.

83 can read	17 are illiterate.
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33 are Christians	22 are Muslims
14 are Hindus	7 are Buddhists
12 are other religions	12 have no religious beliefs.

26 live less than 14 years

66 died between 15 - 64 years of age

8 are over 65 years old.

If you have your own home /

Eat full meals & drink clean water /

Have a mobile phone / Can surf the internet /

Have gone to college ...

You are in the miniscule privileged lot.

(in the less than 7% category)

Amongst 100 persons in the world,  
only 8 exceed the age of 65.

If you are over 65 years old, be content & grateful.

Cherish life, grasp the moment.

If you did not leave this world before the age of 64 --

like the 92 persons who have gone before you did --

you are already the blessed amongst mankind.

Take good care of your own health.

Cherish every remaining moment.





## OLLI Membership

Membership is open to adults 50 or older.

Annual Membership is \$40 for 2024-2025.

Half-Year membership is \$20 and starts April 1

Register for any class for a \$15 tuition fee.

Paid Membership is required to take classes.

Special 1 day events are FREE

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### NEW ONLINE ACCOUNT AND MEMBERSHIP

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#### Option 1: Visit the OLLI website

Go to OLLI website [www.csulb.edu/olli](http://www.csulb.edu/olli)

Click the NEW ACCOUNT link on the Registration page

#### Option 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!*

#### Step 3: Purchase your OLLI membership

- Membership now is \$20 if you are NEW to OLLI
- Enter your email address to get a receipt.
- Fill in credit card information.
- Click *Submit Payment*. Wait for processing!

#### Step 4: Purchase your OLLI classes -

##### Log in to Your CE Account

- Membership may be paid any time before registering for classes.

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### PAPER STILL ACCEPTED!

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#### Step 1

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

#### Step 2

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

#### Step 3

- Make 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.*



### Current Members: Register for classes at <https://csulb.edu/csulbolli>

1. Always sign in to your Account first.
2. Click "Browse Current Classes" to select and purchase classes or SEARCH for classes.
3. The "add to cart" button will show if you have a current membership.
4. Select your classes by clicking "add to cart" (to exit cart and return to class list click the red "x" in the top right hand corner of the cart).
5. When you have finished choosing your classes, you will click "CHECKOUT" and complete payment process.
6. You will receive a confirmation email once process is 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

- How to create an account
- How to register for membership and classes

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### MORE OLLI STORIES AND ACTIVITIES

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Visit the OLLI website for more stories and photos  
Check a copy of *The SUN* to see what classes are being offered and read about teachers or events

#### [READ MORE STORIES ABOUT OLLI](#)

<https://www.csulb.edu/college-of-health-human-services/osher-lifelong-learning-institute/member-information>

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)

## SCHOLARSHIP POLICY

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

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

## OLLI POLICIES AND PROCEDURES

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

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

**Refunds** - Request for refunds or a class transfer must be made **before the second class meeting** and can ONLY be requested through the office. Call 562 985-2398 or contact [olli@csulb.edu](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 the classes and special events. If you **DO NOT** want your picture or video included in the OLLI newsletter, website or brochures, a Waiver form is available in the office.



Registration starts

**Monday, June 16**

**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
- be camera ready from the waist up!

Then follow the directions below to Join a Meeting.

### Join a class meeting

Use the Confirmation Letter that was sent from OLLI and click on the blue link to start Zoom. A Passcode and Meeting ID may be included in case you use the *Join a Meeting* option.

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

**The same link will be used for all weeks.**

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

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

**Helpline 562.985.2398**



# SUMMER 2025 CLASS LIST & REGISTRATION

starts June 16

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

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

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

OLLI Membership (only if not paid) \$20.00 \_\_\_\_\_ Class Tuition \_\_\_\_\_ x \$15.00 ea \_\_\_\_\_  
**Donation** \$ \_\_\_\_\_ Contributors will be acknowledged in publications. To remain anonymous check here. ☐  
 Check # \_\_\_\_\_ Checks payable to CSULB Foundation **NO Cash** Total \$ \_\_\_\_\_

**Z = Zoom**

**IP = In Person**

**Hyflex = Zoom and in room**

## MONDAYS, July 7 - August 25

Time	Class Title	Class Leader	Location / Comment	Mode	
10:00-11:30	Play The Recorder (Int / Adv) (6 wks)	T. Schneider	LAUMC Hall (7/21-8/25)	IP	
9:30-11:30	Bridge 1 (9 wks 6/23 - 8/18)	H. Dunbar	LB Bridge Center- \$20 fee	IP	
9:30-11:00	What's New in iOS 18? (3 wks)	K. Winkenwerder	Tech - iOS 7/7 - 21	Z	
10:00-11:30	Container & Small Space Gardens (4 wks)	K. Taylor	NEW -off-campus 7/7 - 28	IP	
10:00-12:00	French Cinema: 100 years	A. Silverston	NEW - CSULB, HSD 101	Hyflex	
10:30-12:00	Let's Dish: Talking about Food!	Y.Rihbany / N. Stein	NEW Topics	Z	
11:30-12:30	Yoga with Barbara (6 wks)	B. Bannerman	CSULB, LifeFit KIN 110B	IP	
12:15-1:45	Parlons Francais!- Intermediate French	P. Davidson	CSULB, HSD rm 101	IP	
1:00-2:00	Bluegrass Guitar Workshop	F. Swatek	Lessons for Jam session	Z	FREE
2:30-3:30	Bluegrass Mandolin Workshop	F. Swatek	Lessons and practice	Z	FREE
2:00- 5:00	Hollywood Movies!	J. Hathcock	NEW- CSULB, HSD rm 101	IP	
6:00-7:30	AI Made Simple (6 wks)	E. Woodman-Nance	NEW- Los Alamitos	IP	
7:00-8:30	Astronomy Eve - Space & NASA (1 day 8/4)	S. Lopez	NEW - CSULB, HSD rm 101	IP	FREE

## TUESDAYS, July 8 - August 26

Time	Class Title	Class Leader	Location / Comment	Mode	
8:30-10:00	iPhone: Beyond Basics	K. Winkenwerder	TECH - iOS	Z	
9:00-10:00	Longevity Stick Movement	C. Taylor	CSULB, LifeFit KIN 110B	IP	
9:30-11:30	Bridge 3 (9 wks 6/24-8/19)	H. Dunbar	LB Bridge Center- \$20 fee	IP	
9:30-11:00	Geopolitics: Update (4 wks)	D. Lunde	Zoom only in July	Z	
10:00-12:00	Play it Again Jam - all levels	C. Baker & M. Davidson	CSULB, HSD rm 101	IP	
10:00-11:30	Intro to Shakespeare (6 wks)	D. Shere	JCC - new tales	IP	
10:30-11:30	Tai Chi Chuan 101 (Beginners)	R. Richina	CSULB KIN 110B	IP	
12:00-1:30	Spanish Story Time	P. Kiwerski	NEW tales	Z	
1:00-2:30	Yoga Philosophy Made Modern (5 wks)	P. Tahara Rassouli	NEW - LAUMC 7/29-8/26	IP	
3:00-5:00	Clash of Wings	P. Killins	CSULB, HSD, rm 101	IP	



Find your way around  
the CSULB campus



Los Altos United  
Methodist Church Hall



JEWISH Long Beach  
Campus



NEW class at  
Los Alamitos  
Community Center

**WEDNESDAYS, July 9 - August 27**

<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	New topics 8/13-27	Z	
10:00-11:30	Talking Story: Fabric of Our Lives	C. Estrada/R. Hamfelt	Houghton Park	IP	
10:15-11:45	Expressing the Self (4 wks)	B. Angelow	NEW (7/9 - 30)	Z	
10:15-11:45	Wage Theft: Workplace Epidemic (4 wks)	M. McGorty	NEW-CSULB, HSD 8/6-27	IP	
10:00-11:30	Intro to the iPad (iPads available for use)	M. Gettys	Tech Lab iOS - All levels	IP	
11:45-1:15	Camera & Photos for iPad / iPhone	M. Gettys	Tech Lab iOS - All levels	IP	
12:00-1:30	Beginning Ukulele 2	C. Baker/N. Intriore	NEW-CSULB, HSD rm101	IP	
<b>1:00-3:00</b>	<b>Dance to World Music for Fun and Fitness</b>	<b>D. Baker</b>	<b>More fun! Bellflower</b>	IP	FREE
1:00-2:30	ABCs of Medicare (3 wks)	D. Dillman	New topics 7/9-23	Z	
2:00-3:30	Four Stories, Four Weeks (4 wks)	M. Panitz	JCC new time 8/6-27	IP	
1:30-3:00	Travel with Your Apple Devices	M. Gettys	Tech Lab - All levels	IP	
2:00-5:00	Intro to Printmaking with GELLI plates (4 wks)	P. LaBarba/McKelvie	NEW CSULB, DSN rm 111	IP	
3:30-5:00	Beginning Guitar	J. Smith	NEW -CSULB, HSD rm 101	IP	
6:00-7:30	Discover Islam: Contemporary Perspectives...	M. Kauser	NEW CSULB, HSD rm 101	IP	

**THURSDAYS, July 10 - August 28**

9:00-12:00	Watercolor Painting Basics	V. Berry	CSULB DSN rm 111	IP	
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	Dance the Hula	A. Carroll	NEW CSULB, KIN 107	IP	
<b>10:15-11:45</b>	<b>Understanding Vision Loss (1 day 8/21)</b>	<b>N. Azaran</b>	<b>NEW CSULB, HSD rm101</b>	IP	FREE
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	
3:00-4:30	Build: Website, Blogs... Maximizing Online...	P. Gutierrez	Tech-CSULB, Lab/Zoom	Hyflex	
3:00-5:00	Needlework Cafe - Summer	C. Sabol	JCC - new time	IP	
3:00-4:30	Catch the Spirit of Singing Chorus	K. Price	LAUMC (starts 7/25)	IP	
3:15-4:45	Finger Picking Guitar Fundamentals	C. Horvitz	NEW CSULB, HSD rm 101	IP	

**FRIDAYS, July 11 - August 29**

10:00-12:00	Bluegrass Music Jam	F. Swatek	LAUMC Hall (starts 7/25)	IP	
10:30-12:00	Why LINUX? Why Now? (4 wks)	W. Peck	CSULB, HSD Lab 7/11-8/1	Hyflex	
10:30-12:00	Writers Read Aloud	J. Van Hooten	CSULB, HSD rm 101	IP	
11:00-12:00	Soul Tai Chi with Jimmy	J. Mathews	CSULB, LifeFit KIN 110B	IP	
12:30-2:00	Introduction to Genealogical Research (4 wks-Aug)	M. Blazey	NEW - CSULB HSD 101	IP	
<b>12:30-2:00</b>	<b>Book Club: Contemporary Nonfiction (2 days)</b>	<b>S. Savouljian</b>	<b>CSULB HSD 7/25 &amp; 8/29</b>	IP	FREE
12:30-1:45	Yoga on a Chair (6 wks)	C. Ellano	LAUMC / Zoom (7/25)	Hyflex	
1:00-3:00	Shape Shifting: Exploring Collage (7 wks)	A. Dworkin	NEW-CSULB, DSN 111	IP	
<b>1:30-3:30</b>	<b>Open Computer Lab</b>	<b>W. Peck</b>	<b>Tech Lab</b>	IP	FREE
1:00-3:00	Short Story Discussion Group	F. Ramirez	Book purchase	Z	
2:30-4:30	Comedy Capers - more funny films (4 wks - Aug)	K. Lucas	CSULB, HSD 101 / Zoom	Hyflex	
3:00-4:30	Russian Language 101	D. Cook	JCC Bd Room	IP	

**SATURDAYS, July 12 - August 30**

9:00-12:00	Watercolor Workshop	M. Daniel	CSULB, DSN rm 111	IP	
10:00-12:00	The Art of Song: Songwriting	M. Davidson	CSULB, HSD rm 101	IP	
<b>8:00 - 9:45</b>	<b>Paleontology/ Dino Dig 1 day 7/12</b>	<b>S. Lopez</b>	<b>CSULB, HSD rm 101</b>	IP	FREE

### BRIDGE 1

**Mondays, June 23 - Aug. 18**

**9:30 - 11:30 a.m.**

**LB Bridge Center**

For Beginners and players who played previously. Learn to play the modern way. Each class includes the play of 8 hands for these topics: introduction to bridge, opening a major, opening a minor, no trump, Stayman, transfers, opening leads, attitude, carding, 1 NT Forcing and 2 over 1. **Pay an additional \$20 card fee to the LB Bridge Center.** Class limit: 50

**Instructor: Hank Dunbar**

### WHAT'S NEW IN iOS 18

**Mondays, July 7 - 21 (3 wks)**

**9:30 - 11:00 a.m. Zoom**

This new operating system has more new features than ever, including a dedicated Password app that stores your passwords, passkeys, and Wi-Fi passwords. Others help customize your iPhone's home page and an expanded Control Center. Photos improvements allows you to remove people and objects from images, see your photos by collections and browse by topic. Learn how to record a phone call, then transcribe that sound file into text. We'll also touch briefly on the AI-powered features that only a few iPhone models currently can operate. Class limit: 18

**Instructor: Kathy Winkenwerder**

### PLAY THE RECORDER

**Mondays, July 21 - Aug. 25**

**10:00 - 11:30 a.m. (Int. / Adv.)**

**LAUMC Hall - new location**

This class allows for more **advanced** players to play in a group. Students will interpret the music and improve their playing! Join us as we progress along the "path to perfection". Bring your own recorder, either soprano or alto. This class is for "beyond beginners". Class limit: 25

**Facilitator: Trina Schneider**

**Teacher: Fran Wenger,**

### CONTAINER & SMALL SPACE GARDENING

**Mondays, July 7 - 28 (4 wks)**

**10:00 - 11:30 a.m.**

**2633 E. 28th Street - Unit 626**

**Signal Hill, CA 90755**

Ground Education, a local nonprofit group that works with Long Beach Unified School District to build and teach in public school gardens, will host OLLI members in an ADA compliant local classroom setting and explore the great green world of container and small space gardening. Together we will learn about benefits of vegetable gardening in containers, start seeds in small trays, create a garden journal, discuss soil, plant selection, watering, daily maintenance, and possibly have a visit to a local school garden. We hope that OLLI members will gain confidence and knowledge to grow their own veggies and other plants in containers. Class limit: 10

**Instructors: Ground Education Educators & Green Team Horticulture Staff Members, led by Karen Taylor**



### PARLONS FRANCAIS! INTERMEDIATE FRENCH

**Mondays, July 7 - Aug. 25**

**12:15 - 1:45 p.m. CSULB, HS&D, room 101**

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

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

### FRENCH CINEMA: 100 YEARS

**Mondays, July 7 - Aug. 25**

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

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

During each class, a French cinema masterpiece will be presented and followed by a brief discussion. The films represent a variety of genres; Comedies, Musicals, Noir and more... the proposed movies are:

- A nous la liberté (Freedom for all), René Clair, 1931, which inspired Chaplin's Modern Times.
- Le Salaire de la Peur (The Wage of Fear), HG Clouzot 1953.
- Les 400 Coups (The 400 Blows), François Truffaut, 1959.
- Le Mépris (Contempt), Jean-Luc Godard, 1963.
- L'Armée des Ombres (Army of Shadows), Jean-Pierre Melville, 1969,
- Z, Costa-Gavras, 1969, Oscar Best international Movie,
- Les Aventures de Rabbi Jacob (The Mad Adventures of Rabbi Jacob), G. Oury, 1973,
- Anatomie d'une chute (Anatomy of a Fall), Justine Triet, 2023

Class limit: 50

**Instructor: Alain Silverston, MA Economics and Econometrics, Paris I, Pantheon-Sorbonne. Studied Cinema with Jean Collet and Jean Douchet, two founding members of the French New Wave (Nouvelle Vague).**



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

**Mondays, July 7 – Aug. 25**  
**10:30 a.m. - 12:00 p.m. Zoom**

If you're passionate about food, this workshop is for you. Embark on a culinary journey as we explore food together. Regardless of your background or experience level, join the conversation as we dive into food-related topics. We'll learn from each other by sharing recipes, techniques, equipment, and resources. Topics will vary based on the group's interests and may include guest speakers, demonstrations, and live meetups. Sessions combine meetings on Zoom with field trips, demonstrations, cook-alongs, recipe exchanges, and more. Join us this term to explore new topics and expand culinary horizons. Let's dish! Class limit: 30

*Facilitators: Yesmean Rihbany & Norma Stein*

**FREE!**

### BEGINNING BLUEGRASS GUITAR WORKSHOP

**Mondays, July 7 - Aug. 25**  
**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, July 7 - Aug. 25**  
**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, July 7 – Aug. 11 (6 wks)**  
**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*



**NEW FILMS!**

### HOLLYWOOD MOVIES

**Mondays, July 7 – Aug. 25**  
**2:00 – 5:00 p.m.**

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

Join Jeff to watch and discuss these favorite movies:

*Tough Guys-* a comedy with Kirk Douglas and Burt Lancaster

*A Place in the Sun-* Liz Taylor and Montgomery Clift

*Sunset Boulevard-* Gloria Swanson  
*Son of Flubber-* A Walt Disney classic comedy

*Top Hat-* Fred Astaire and Ginger Rogers

*Seven Chances-* Classic Buster Keaton short comedy AND *Tit for Tat-* Laurel and Hardy classic comedy

*Pickup on South Street-* Film noir with Richard Widmark

*Swiss Family Robinson-* an adventure classic with Tommy Kirk

Class limit: 50

*Instructor: Jeff Hathcock*

### AI MADE SIMPLE

**Mondays, July 7 – Aug. 11 (6 wks)**  
**6:00 – 7:30 p.m.**

**Los Alamitos Community Center**

Discover how AI can simplify everyday life! From AI assistants and scam detection to health tools and creative hobbies, this hands-on course introduces practical AI applications for older adults. No tech experience needed. Just curiosity and a willingness to explore the possibilities of AI in a fun and engaging way. If possible, participants are encouraged to bring a laptop or tablet to try things out during class.

Class limit 50

*Instructor: Emily Woodman-Nance: AI consultant, educator, and IT professional specializing in digital integration and technology education. Emily worked in Big 4 consulting firms and Fortune 500 companies.*

Find more  
 FREE Special  
 Events on  
 pages 25 - 26

**FREE!**

### ASTRONOMY NIGHT U.S. SPACE PROGRAM

**Monday, Aug. 4 (1 day)**  
**7:00 – 8:30 p.m.**

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

Attendees will learn the basics of the U.S. Space Program including: the Explorer Program, the Apollo Project and the Hubble/Webb Telescope and will view the moon and other astronomic features. They will be able to identify basic locations of the moon while using a telescope and be able to understand the key events of the U.S. space program.

Class limit 50

*Instructor: Sam Lopez; former junior high & high school educator;*

## IPHONE: BEYOND BASICS (iOS)

**Tuesdays, July 8 - Aug. 26**  
**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 current Apple AI, how to manage your email, messages, and contacts, the different ways you can personalize your iPhone, how to stay safe or private when you are using your phone, how to edit and organize all those photos you've taken, how to take advantage of the iPhone's health features and much more.

Class limit: 18

*Instructor: Kathy Winkenwerder*

## BRIDGE 2

**Tuesdays, June 24 - Aug. 19 (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, "Standard American" bidding, "Two Over One" bidding, one no trump forcing, overcalls, takeout doubles, negative doubles, plus an in-class tournament for master points. **Pay an additional \$20 card fee to LB Bridge Center.**

Class limit: 50

*Instructor: Hank Dunbar*



## PLAY IT AGAIN JAM

**Tuesdays, July 8 - Aug. 26**  
**10:00 a.m. - 12:00 p.m.**  
**CSULB, HS&D, room 101 - NEW**  
**Los Altos UMC Hall from July 22**

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 & Marc Davidson*



## LONGEVITY STICK MOVEMENT

**Tuesdays, July 8 - Aug. 26**  
**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*

## GEOPOLITICS: UPDATE

**Tuesdays, July 8 - 29 (4 wks)**  
**9:30 - 11:00 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: 90

*Instructor: Dick Lunde*



## INTRO TO SHAKESPEARE

**Tuesdays, July 8 - Aug. 12 (6 wks)**  
**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*

### TAI CHI CHUAN 101 (BEGINNERS)

**Tuesdays, July 8 - Aug. 26**

**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.** Through demonstrations 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: Mr. Richard Richina's knowledge of Tai Chi Chaun comes from decades of tutelage and practice of the Yang Style shortened form*



### SPANISH STORY TIME

**Tuesdays, July 8 - Aug. 26**

**12:00 – 1:30 p.m. Zoom**

This course will introduce participants to Spanish 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 a positive learning environment that supports each learner regardless of current proficiency level. Beyond beginners are preferred.

Class limit: 12

*Instructor: Pam Kiwerski*

### CLASH OF WINGS

**Tuesdays, July 8 - Aug. 26**

**3:00 - 5:00 p.m.**

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

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

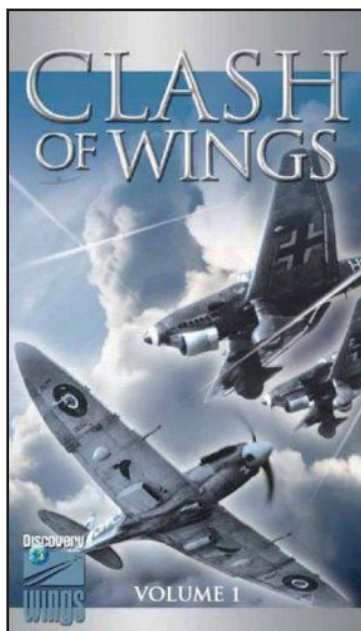
Clash of Wings is a wide-ranging survey of the great air campaigns of World War II extending from the first bombs dropped in Poland to the atomic weapons exploded in Japan.

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 take note of the technical developments of the time—new aircraft, new weapons, new tactics--and the leadership is evaluated.

Class limit: 50.

*Instructor: Paul Killins*

## NEW TOPICS!



### YOGA PHILOSOPHY MADE MODERN

**Tuesdays, July 29 - Aug. 26 (5 wks)**

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

**LAUMC Hall**

The ancient yoga principles for living a good life are noble and aspirational. The five moral restraints (nonviolence, not hoarding, not stealing, not lying and not giving into excessive desires) and the five moral observances (purity, contentment, tolerance, study expansion and surrendering) will be presented in accessible ways to implement in daily life. Come enjoy and experience a novel way of maneuvering through today's challenging world.

Class limit: 30

*Instructor: Patty Tahara Rassouli, Yoga, meditation and Reiki Master Teacher*



Yoga is not just about contorting the body into various shapes and holding poses for extended periods of time. At its core, yoga is a holistic practice that encompasses physical, mental, and spiritual well-being.

The philosophy of yoga delves deeper into the origins of the practice and helps us understand its true essence.



### YOGA WITH JEAN MARIE

**Wednesdays, July 9 - Aug. 27**  
**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*

### TALKING STORY: FABRIC OF OUR LIVES

**Wednesdays, July 9 - Aug. 27**  
**10:00 - 11:30 a.m.**

**Houghton Park**

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

*Instructors: Carolyn Estrada, Marriage, Family, Child Therapist & Roberta Hamfelt, retired teacher (still volunteering in the classroom), grief group facilitator*

### WAGE THEFT: A WORKPLACE EPIDEMIC

**Wednesdays, Aug. 6 - 27 (4 wks)**  
**10:15 – 11:45 a.m.**

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

These sessions will explore how American workers get cheated out of wages, a situation that takes billions out of paychecks every year. Despite state and federal laws, the problem has become so severe as to constitute the norm rather than the exception in some industries. We will explore the history of wage payment; the origins of overtime; how different industries compensate workers; exemptions from certain laws; child labor violations, and what we can do to address the problem. Supplemental materials will be provided to all students. Your instructor promises to keep it light and easy to understand. Class limit: 90

*Instructor: Michael McGrorty, has 37 years of experience enforcing wage and hour laws, beginning at the U.S. Department of Labor, and continuing with various private organizations and public agencies. He has written state and federal legislation on the subject, along with policy papers and enforcement guides. He graduated from CSUDH with a degree in Labor Studies, has taught Labor Relations in the Dominguez Hills Management Department, and is pursuing a graduate degree at Rutgers University. .*

### LOOKING GOOD ON A BUDGET

**Wednesdays, Aug. 13 - 27 (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)

### EXPRESSING THE SELF: BODY LANGUAGE OF PORTRAITS

**Wednesdays, July 9 - 30 (4 wks)**  
**10:15 - 11:45 a.m. Zoom**

In this four-session class, we will explore how portraits combine gesture, posture, facial expression, fashion, and props into a powerful language of self-expression. Some of its elements are timeless and easily recognizable; others are specific to the historical period in which they were created. We will compare case studies from ancient Egypt, Greece and Rome through the present day, bringing our life experiences to the conversation. By the end of the class, participants will be ready to apply their broader understanding of portraiture when visiting historic sites and museums. Class limit: 40

*Instructor: Blaga Angelow: MA Archaeology and Ancient History, University of Leicester*

## NEW CLASS!



## INTRODUCTION TO IPAD

**Wednesdays, July 9 – Aug. 27**

**10:00 – 11:30 a.m.**

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

Learn everything about how iPads work. How to add apps, and what each individual apps can do. Move apps into folders, use control center, dock, find my apps, camera and photos apps, apple pencil, apple air tags, and apple settings. We will discuss any apps the class wants to learn

There are iPads available to use in the class if you are thinking about buying your own!

Class limit: 12

*Instructor: Marilyn Gettys*



**iPad**

## CAMERA & PHOTO FOR IPHONE OR IPAD

**Wednesdays, July 9 – Aug. 27**

**11:45 a.m. - 1:15 p.m.**

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

Learn everything about the camera app on your Apple device. Using camera settings, how to take pictures. Learn the photos app, photo editing, making albums, creating slide shows, how to store photos. 3rd party apps will be reviewed and accessories discussed.

Class limit: 12

*instructor: Marilyn Gettys*

## NEW CLASS!

### BEGINNING UKULELE 2

**Wednesdays, July 9 – Aug. 27**

**12:00 – 1:30 p.m.**

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

This class is designed to take your skills to the next level. You will expand your chord knowledge and speed in changing chords. In addition, you will learn new strumming patterns and fingerpicking to enhance the joy of playing music. and make you a better player. Completion of Beginning Ukulele and or a solid understanding of chords and ability to transition between chords is required.

.Class limit: 20

*Instructors: Nancy Intriore & Carol Baker*

### ABC'S OF MEDICARE

**Wednesdays, July 9 – 23 (3 wks)**

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

Come for a RAFFLE PRIZE drawing! This is an educational event via ZOOM highlighting the importance of knowing when you can sign up for Medicare in order to get the most of your Medicare benefits and avoid late enrollment penalties. It's also important to know that you can change or amend your existing plan to better meet your specific needs. There will be 3 Medicare-related sessions. 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. The second session will cover the differences between HMO, PPO, and Supplemental/Medigap plans. The third session will cover how to decipher your medical bills. For example, 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*

## DANCE TO THE MUSIC FROM AROUND THE WORLD FOR FUN & FITNESS

**Wednesday, July 9 – Aug. 27**

**1:00 – 3:00 p.m.**

**Women's Club of Bellflower**

Welcome to the "United Nations of dance & music!" This recreational folk-dance class meets Wednesday afternoons in the Women's Club of Bellflower. We discover that common step patterns underlie traditional dances from various world cultures. Schottiches, Syrtos, 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.

Class limit: 30

*Instructor: Diane Baker is a life-long learner, dedicated dancer, and retired physical educator who enjoys world travel and making new friends.*



**FOUR STORIES- FOUR WEEKS**

**Wednesdays, Aug. 6 - 27 (4 wks)**  
**2:00 - 3:30 p.m. - new time**

**Alpert Jewish Community Center**

Looking for cool stuff this summer?

Sign up for 'Four Stories - Four Weeks' and you'll be reading and discussing stories by excellent writers, some familiar and some you've never read before--all this in the company of others who love reading adventures.

Class limit: 20

*Instructor: Mona Panitz*

**TRAVEL WITH APPLE DEVICES**

**Wednesdays, July 9 – Aug. 27**  
**1:30 - 3:00 p.m.**

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

This class will cover information about travel requirements in USA and overseas. We will discuss air travel, cruising, and car trips. In addition, we will discuss travel apps for your apple devices, Insurance, TSA, passports, accessories for your devices, and information that will make travel easier.

Class limit: 10

*Leader: Marilyn Gettys*

**INTRODUCTION TO  
PRINTMAKING WITH  
GELLI® PLATES.**

**Wednesdays, July 23 - Aug 20**  
**(4 wks - no class Aug 6)**

**2:00 - 5:00 p.m.**

**CSULB, DSN, rm 111**

No prior experience with printmaking necessary. Hands-on class with all materials and tools supplied for the first class session, we will even supply a pencil for you to take notes. Explore the art, history, materials, of this modern interpretation of a printing process dating back to the early 19th Century.

Make one-of-a-kind prints by applying ink to a soft GELLI® printing plate and manipulating the ink in a variety of ways that transfers to paper for display or repurposed to a variety of art and craft projects. If you have seen GELLI® printing demonstrated on YouTube, and you'd like to try the technique before buying a lot of equipment; this is the class for you.

Please read the syllabus for more information about SUPPLIES or materials needed. ONLINE link.

Class limit: 50

*Instructors: Kathleen McKelvie,  
Retired University Art Gallery Director  
CSUDH, MA Art History, Williams  
College*

*Peter LaBarba, Semi-retired art/  
design/creative/educator, BA Design,  
MS Teaching Credential CSULB*

**BEGINNING GUITAR**

**Wednesdays, July 9 – Aug. 27**  
**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. .*

## NEW CLASS!

**DISCOVER ISLAM:  
CONTEMPORARY PERSPECTIVES  
AND TIMELESS WISDOM**

**Wednesdays, July 9– Aug. 27**  
**6:00 - 7:30 p.m.**

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

Explore Islam's relevance in modern society, from countering social media's impact on self-worth to balancing modesty and progress. Discover Islamic prophecies related to contemporary issues, examine Islam through Biblical perspectives, and understand Muslim American contributions. Delve into Shariah law's principles and adaptability. This course offers a comprehensive, thought-provoking journey through Islam's timeless wisdom and its application to current challenge. Class limit: 50

*Class Leader: Mahmood Kauser is a religious leader with extensive experience in Islamic theology and interfaith relations. His diverse career includes serving as an Imam in Tanzania, the Pacific Islands, and New York City where he oversaw multiple mosques. Currently he serves as the Imam of the Ahmadiyya Muslim Community in So. California.*





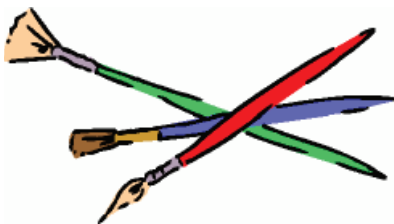
## WATERCOLOR PAINTING BASICS

**Thursdays, July 10 - Aug. 21 (7 wks)**  
**9:00 a.m. - 12:00 p.m.**  
**CSULB, DSN, rm 111**

This is a great introductory or refresher course. We cover the Elements and Principles of Art. Whether you are a beginning artist, intermediate or seasoned veteran that just needs a refresher, this class can help you let go of your inner critic and boost your confidence and art skills. We use a wide variety of materials for the fun experience of it. I do encourage the intermediate artists to push themselves a little bit harder. I promise you will see growth in your work.

Class limit: 20

*Instructor: Valerie Berry*



## MEMOIR WRITING: A NOVEL APPROACH

**Thursdays, July 10 - Aug. 28**  
**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, July 10 - Aug. 28**  
**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.*

## AI-ENHANCED VIDEO PRODUCTION

CREATE AND EDIT YOUR VIDEOS  
 WITH SMART TOOLS

**Thursdays, July 10 - Aug. 28**  
**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, and explore the differences between action cameras like GoPro and others. Bring your charged device to each class. *Prerequisite: Comfortable using your charged devices.* .

Class limit: 12

*Instructor: Perla Gutierrez*



## NEW CLASS!

## DANCE THE HULA

**Thursdays, July 10 - Aug. 28**  
**10:00 - 11:00 a.m.**  
**CSULB, LifeFit, KIN 107**

Spirit of Aloha comes alive in hula! Learn basic hula with graceful movements while embracing Hawai'i's rich history. Be kind to your body with low impact storytelling through dance and music that brings you joy. No experience required. All levels welcome. More than an enchanting dance, "Hula is the language of the heart, therefore the heartbeat of the Hawaiian people." - King David Kalākaua

- \* Learn hula with safe, low impact dance movements.
- \* Hula with no need to be perfect but to dance with joy and aloha.
- \* Understand Hawai'i's proper hula movements and its history of storytelling.

This is a basic hula class – for beginners, non-dancers, enthusiasts, or former dancers who want to re-visit hula for pure joy

Class limit: 15

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

**UNDERSTANDING VISION LOSS****Thursday, Aug. 21****10:15 - 11:45 a.m.****CSULB, HS&D, rm 101**

This presentation gives students the opportunity to first learn about various eye conditions that affect a significant portion of the population and the experiences of having these conditions. Students will learn about optical devices designed to assist those with vision loss. Additionally, this course explains Braille Institute's role in assisting members of the blind and low vision community in living their most fulfilling lives.

Class limit: 90

Instructor: Nicou Azaran

**NATIONAL & INTERNATIONAL CURRENT EVENTS & ISSUES****Thursdays, July 10 - Aug 28****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 AND STRATEGIES FOR SUCCESS****Thursdays, July 10 - Aug. 28****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. Please bring a charged mobile device to class.. Class limit: 12

Instructor: Perla Gutierrez



Vlogs, blogs, and podcasts



Podcast

**BUILD WEBSITES, VLOGS & PODCASTS TO MAXIMIZE YOUR ONLINE PRESENCE****Thursdays, July 10 - Aug. 28****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

### NEEDLEWORK CAFÉ SUMMER EDITION

**Thursdays, July 10 - Aug. 28**  
**3:00 - 5:00 p.m.**

**Alpert Jewish Community Center**

Due to the JCC activities during Summer, the Needlework Café will be meeting at a new time, but still same location!

Ongoing students will bring a project to work on in class with assistance from the instructor as needed. Beginning students will have the opportunity to learn either knitting or crochet. They will learn basic stitches, stitch abbreviations and simple pattern interpretation. Beginners please bring size 4 worsted weight yarn (look on yarn package for this information) and either size 8 knitting needles or size H crochet hook.

Class limit: Beginners 5  
Intermediate. 10

*Instructor: Carolyn Sabol*



### FINGER PICKING GUITAR FUNDAMENTALS

**Thursdays, July 10 - Aug. 28**  
**3:15 - 4:45 p.m.**

**CSULB, HS&D rm 101**

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*



### "CATCH THE SPIRIT OF SINGING" CHORUS

**Thursdays, July 24 - Aug. 28**  
**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 with eraser and a 1" BLACK 3 ring binder are required. Class limit: 50

*Instructor: Kathy Price*



### 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)



**What a variety of  
Musicians!**

**OLLI Jam session**

**Kathy Price leads the  
chorus**





**BLUEGRASS MUSIC JAM***Fridays, July 25 - Aug. 29**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*



## NEW CLASS!

**WHY LINUX? WHY NOW?***Fridays, July 11 - Aug. 1 (4 wks)**10:30 a.m. – 12:00 p.m.**CSULB, Tech Lab / Zoom Hyflex*

Linux is an alternate computer operating system that is part of the FOSS (Free Open Source Software) movement. Learn about its history and why you may want to consider using it on your computer. With all the changes currently happening within the computer industry, many people have perfectly good computers that are being rendered obsolete. For many a Linux based system will do all they require without having to buy a new computer or software. We will explore what is available, how to get and install it, and how it differs from the Windows and Mac operating systems. Class limit: 20

*Instructor: Wesley Peck*

**WRITERS READ ALOUD***Fridays, July 11 - Aug. 29**10:45 a.m. – 12:15 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, July 21 - Aug. 29**11:00 a.m.- 12:00 p.m.**CSULB, LifeFit Center, KIN 110B*

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

Class limit: 25

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

**INTRODUCTION TO GENEALOGICAL RESEARCH***Friday, Aug. 1 - 22 (4 wks)**12:30 - 2:00 p.m.**CSULB, HS&D rm 101*

Have you ever thought about starting a family tree or an extensive genealogy and did not know where to begin? Maybe you have shoeboxes filled with portraits, old documents, and other items that would be useful if only they were organized? This is your chance to begin this project! First you have to identify a method of creating a lasting legacy. Then gain a familiarity with genealogical websites. Next explore a range of on-line resources useful for genealogical research. And finally, determine whether DNA is a useful option. The time and energy put forth with this project will be well-worth it –the completed project will be a mainstay in your family, especially if many family members already have passed. Family members: children and adults, will treasure the memories and learn similarities they have to their ancestors—this alone is a treasure. Class limit: 10

*Instructor: Michael Blazey, amateur genealogist for 15+ years; CSULB Professor Emeritus (Recreation & Leisure Studies)*



### CONTEMPORARY NONFICTION BOOK CLUB

***Fridays, July 25 & Aug. 29 (2 days)***  
**12:30 – 2:00 p.m.**

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

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 (once a month). Students are expected to have read the book before each meeting.

Summer books:

July – *Poverty, by America* by

Matthew Desmond

August – *The Sum of Us*

by Heather McGhee

Leader: Sonia Savoulain

### CHAIR YOGA

***Fridays, July 25 - Aug. 29 (6 wks)***  
**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.

**NEW:** attend at the church location or Zoom in from home.

Class limit: 40

*Instructor: Claudia Ellano-Ota,*

### COMEDY CAPERS

***Fridays, Aug. 1 - 22 (4 wks)***  
**2:30 – 4:30 p.m.**

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

More laughter featuring a few more of my favorite comedy movies from the 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.*



### SHAPE SHIFTING: EXPLORING COLLAGES

***Fridays, July 11 - Aug. 22 (7 wks)***  
**1:00 - 3:00 p.m.**

**CSULB, DSN rm 111**

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.

Class limit: 8

*Instructor: Alice Dworkin*

### SHORT STORY DISCUSSION GROUP

***Fridays, July 11 - Aug. 29***  
**1:00 - 3:00 p.m. Zoom**

This session we will finish reading O. Henry Prize-winning short stories, selected by Amor Towles, from the 2024 edition of *The Best Short Stories: The O. Henry Prize Winners*. This is an opportunity to read outstanding stories from both new and well-known authors, published or translated in English. For comparison, a few classic stories published earlier may also be considered.

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.

This will be our last use of this anthology: *The Best Short Stories 2024: The O. Henry Prize Winners*, Amor Towles, Guest Ed., with Jenny Minton Quigley, Series Ed. (New York: Vintage Books, 2024). Please, arrange access to this anthology to use for the class discussions. It is available in several formats: Kindle, paperback, Audible.

Class limit: 24

*Class Leader: Fern Ramirez*

## NEW CLASS!

Friday

### RUSSIAN LANGUAGE 101

**Fridays, July 11 - Aug. 29**

**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*

***Stained Glass class will return in the Fall***



Saturday

**FREE!**

### WATERCOLOR WORKSHOP

**Saturdays, July 12 - Aug. 30**

**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*

### THE ART OF SONG: SONGWRITING

**Saturdays, July 12 - Aug. 30**

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

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

The art of songwriting is one that just about anyone can learn. Whether or not you've tried your hand at music composition in the past, this class will give you the opportunity to get creative, or receive re-assurance to continue your passion for songwriting. The class will be an interactive, exploration of songwriting, tools, techniques, including guest artists sharing their process and work. It is useful to have some playing skill with a musical instrument, such as guitar, uke, or piano, as well as some vocal ability. However, this is not a requirement – collaboration with other participants in the class is encouraged. Each class participant will write and develop a song during the session, receiving feedback and support along the way, with a final "special event" performance of our class songwriters

Class limit: 16

*Instructors: Marc Davidson & Robin Alpers*

### PALEONTOLOGY/ DINO DIG

**Saturday, July 12 (1 day)**

**8:00 – 9:45 a.m.**

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

This class will consist of attendees cleaning twenty million years old fossils. A power point presentation of paleontology of dinosaurs and shark teeth will be shown. Attendees also will complete a paleontology field map. The presentation will conclude with people understanding the basis of fossilization, digging up dinosaurs and documenting them. Class limit: 30

*Instructor: Sam Lopez, former junior high & high school educator; eight yrs. experience in paleontology field work*



### DANCE TO WORLD MUSIC FOR FUN AND FITNESS

**Wednesdays, July 9 - Aug. 27**

**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. Schottiches, Syrtos, 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.*

### CONTEMPORARY NONFICTION BOOK CLUB

**Fri. July 25 & Fri. Aug 29**

**12:30 - 2:00 p.m.**

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

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.

Class will meet twice (once a month). Students are expected to have read the book before each meeting.

Summer books:

July – *Poverty, by America* by Matthew Desmond

August – *The Sum of Us* by Heather McGhee

*Leader: Sonia Savouliau*



### UNDERSTANDING VISION LOSS

**Thursday, Aug. 21**

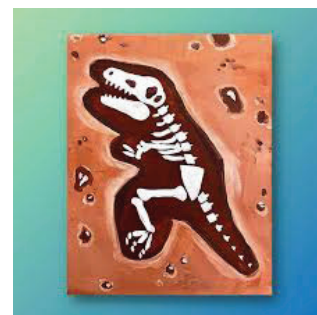
**10:15 - 11:45 a.m.**

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

This presentation gives students the opportunity to first learn about various eye conditions that affect a significant portion of the population and the experiences of having these conditions. Students will learn about optical devices designed to assist those with vision loss. Additionally, this course explains Braille Institute's role in assisting members of the blind and low vision community in living their most fulfilling lives.

Class limit: 90

*Instructor: Nicou Azaran, Braille Institute*



### PALEONTOLOGY/ DINO DIG

**Saturday, July 12 (1 day)**

**8:00 - 9:45 a.m.**

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

This class will consist of attendees cleaning twenty million years old fossils. A power point presentation of paleontology of dinosaurs and shark teeth will be shown. Attendees also will complete a paleontology field map. The presentation will conclude with people understanding the basis of fossilization, digging up dinosaurs and documenting them. Class limit: 40

*Instructor: Sam Lopez, former junior high & high school educator; eight yrs. experience in paleontology field work*

### ASTRONOMY NIGHT U.S. SPACE PROGRAM

**Monday, Aug. 4 (1 day)**

**7:00 - 8:30 p.m.**

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

Attendees will learn the basics of the U.S. Space Program including: the Explorer Program, the Apollo Project and the Hubble/Webb Telescope and will view the moon and other astronomic features. They will be able to identify basic locations of the moon while using a telescope and be able to understand the key events of the U.S. space program.

Class limit 50

*Instructor: Sam Lopez; former junior high & high school educator;*

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### KAREN MCDONOUGH

Karen graduated from University of Minnesota, St. Cloud, where she studied Speech and English. She was a high school teacher in Lake Forest, Minnesota. Karen moved to CA in 1996 with her husband, Patrick. She was always involved in community service including years volunteering at OLLI.

Pat Wrenn writes that Karen was co-chair of the Education Committee for 18 years and helped plan many educational and enjoyable OLLI classes. She was an outstanding leader of meetings to help “train” OLLI instructors and made an enjoyable task out of becoming familiar with the OLLI way! She served OLLI very faithfully and was instrumental in increasing membership in OLLI@CSULB.



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### ALAN GOLDSTEIN

OLLI film lovers, family and Hollywood colleagues who worked with Long Beach resident Allan Goldstein over the years gathered March 1 for a memorial service celebrating his decades of life as a film director, producer, mentor, teacher, all-around family man and mensch. He was 73 and died in February of cancer complications.



The people who spoke and knew Allan from his work in Hollywood, New York City and Canada, recalled his fame not only as a Hollywood insider but as a graphic novelist, union leader, skier and sailor.

Allan was beloved by OLLI members who took his “Movie Matinee” film classes over several sessions. He always arrived in class with a smile, greeting OLLI students with humor, anecdotes and bits of gossip.

He was well-prepared and scrupulous with

details about the actors, directors and films he screened each session in the large OLLI classroom. He gave each session a theme: women in film, black filmmakers, favorite Hollywood directors, favorite foreign films, including from the French New Wave period of film-making. He could answer almost any question about the technical aspects of film-making, and if there was an answer he didn’t immediately know he’d return the following week with it.

The Internet Movie Data Base credits Allan with directing 29 films, and being the major writer on seven and the major producer on five.

Several A-listers appeared in his films, including Leslie Nielsen, Charles Bronson and Malcolm McDowell, the English actor who sent a poignant video message to the memorial service.

As the cancer sapped his energy near the end of his life, his daughter Fiona Wolfson said, “He carried on strong and determined as always. We had moments of mirth in hospice. He felt the love as people came to see him every day.”

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### CAROL ZUCK

Carol spent almost 30 years as a member of Recorder classes, concerts and enjoyable music presentations. She was a quiet but supportive class participant. A colleague called her a very versatile musician. Carol was always one of the first to sign up at OLLI every session.

She and husband were generous donors to the OLLI program. Carol will be missed.



Long Beach resident Carolyn Hines recalled Allan’s strong advocacy for the senior community. She said that through his efforts the city and county plan to build a 12-bed safe house in his name for unhoused seniors.

*by Baxter Smith*



### Taking the A train! Travel News @ OLLI

by Barry Bosscher

On March 27, 2025 23 OLLI members and friends boarded the Metro “A Line”, formerly the “Blue Line” in Long Beach for a visit to El Pueblo de Los Angeles Historic Monument and Olvera Street. For many of us it was the first time using the Metro so we learned how to purchase tickets and navigate to Union Station for the short walk to Olvera Street.

Upon arrival we were led by docents on a tour of the area telling the history of Los Angeles along with many other interesting facts about the area.

After the tour we had a delicious Mexican lunch at one of the restaurants on Olvera Street and visited some of the shops. We all made it safely back to Long Beach, many filled with confidence to use the Metro system again.



Docent at Olvera St.



### A Taste of OLLI Draws a Crowd!

by MaryKay Toumajian

What do you get when you mix over 250 curious and enthusiastic older adults with lively instructors, free raffle prizes, and a gift bag or two? A highly successful recruiting event called **A Taste of OLLI**, held on Saturday, March 8th at the Duncan Anderson Gallery on the CSULB campus—and what a day it was!

Friendly neighbors who were new to OLLI mingled with former members—many of whom were returning after a pandemic pause—and current members eager to share what they love about the program. The room buzzed with energy and conversation as people connected over shared interests and new possibilities.

OLLI instructors were on hand to showcase our exciting variety of classes—from Health and Fitness, Music, and Arts & Crafts to Technology, Current Events, and History. Whether you were interested in learning to line dance, play the ukulele, explore local history, or demystify your smartphone, there was something for everyone to discover.

Several attendees mentioned that they had belonged to OLLI before COVID and were excited to reengage and take classes again—they missed the lifelong learning part of their lives. That sentiment was felt throughout the room, and it was heartwarming to see familiar faces ready to jump back in. Guests received copies of *The Sun*, a list of upcoming classes, and a fun gift bag to take home. The afternoon wrapped up with smiles as Tom Howak and Mark Holthaus walked away as the lucky winners of raffle prizes!

A huge round of applause goes to the fantastic planning committee who made this event such a hit: Karin Covey, Janet Lipson, Jan Stein, Donna Hawk, Pat Wrenn, Patti LaPlace, and Mary Kay Toumajian. Your creativity and hard work paid off—big time! If **A Taste of OLLI** was any indication, the Spring session is one of our best yet. Stay tuned for the Summer session, and get ready to sign up—because the joy of learning (and connecting) is back in full swing!



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](#)

### **Houghton Park**

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

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

### **Long Beach Bridge Center**

4782 Pacific Coast Hwy. Long Beach  
562.498.8113

[Visit Long Beach Bridge Center](#)

### **Whaley Park**

5620 E. Atherton St., Long Beach

[Visit the Whaley Park website](#)

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

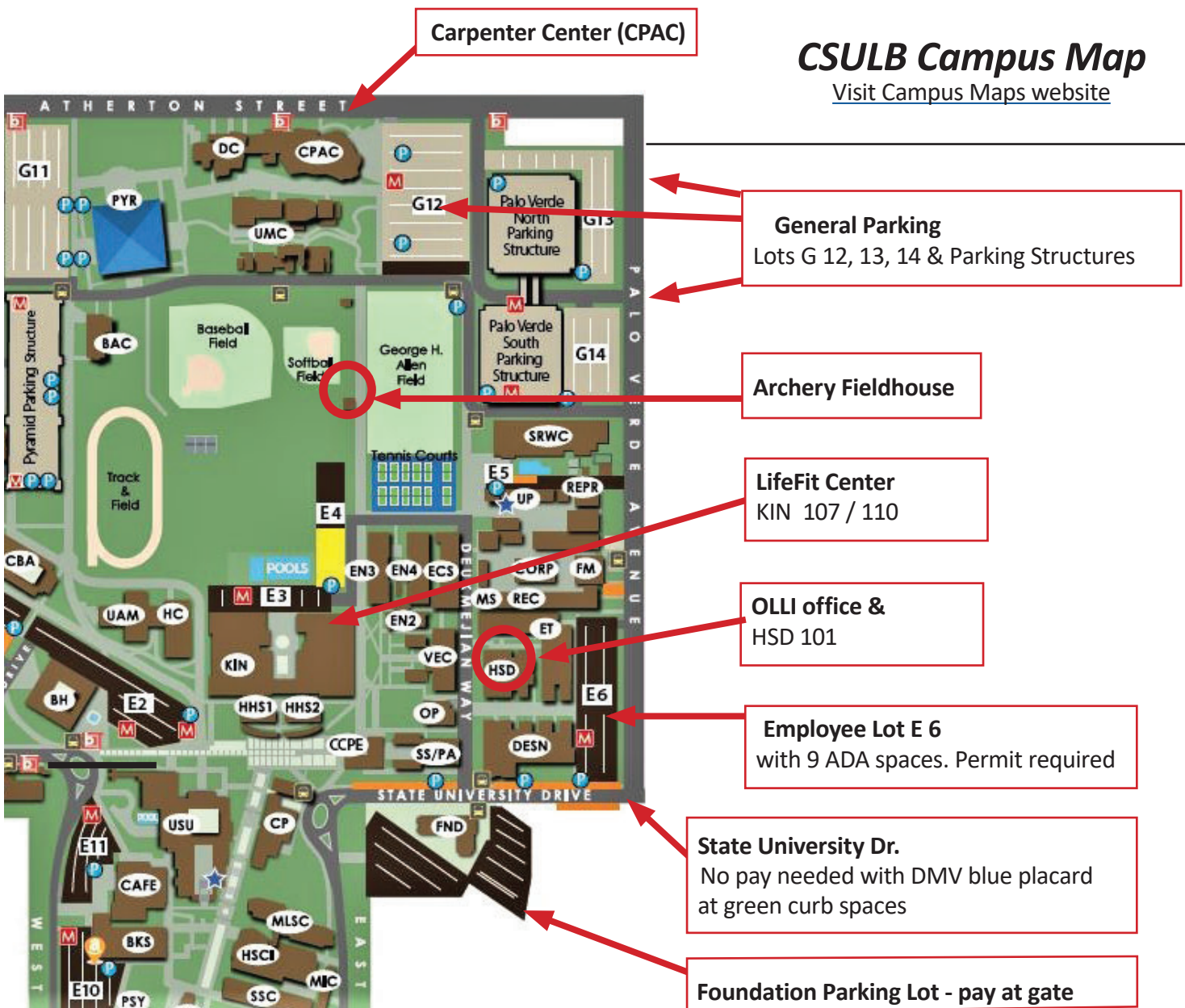
5950 E Willow St., Long Beach  
562-598-2451

[Visit the LAUMC website](#)

### **Los Alamitos Community Center**

10911 Oak Street, Los Alamitos  
562-430-1073

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



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 OLLI CLASS SESSIONS

Summer July 7 - August 30, 2025  
Fall October 6 - November 22, 2025  
Winter January 5 - February 28, 2026

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

Memorial Day	May 26
Independence Day	July 4
Labor Day	September 1
Veterans Day	November 11

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