



2026 Winter Class Schedule

Class Registration starts Tuesday, December 9 at 9 a.m.

New Classes

FASHION IN WESTERN ART

Instructor: Fred Trof
Fridays on Zoom

THE STORIES WE CARRY

Instructor: Kathrine Skrabo
Mondays at Los Alamitos CC

AVIATION HISTORY of LONG BEACH

Instructor: R Zarn & L Junkers
Tuesdays at the JCC

EAT PLANTS! PREVENT DISEASE...

Instructor: Dr. Denise Rose
Tuesdays on Zoom

PLAN YOUR RETIREMENT DREAMS

Instructor: Gini Gordon
Thursdays at Los Alamitos CC

TAP DANCE FOR BEGINNERS

Instructor: Annie Bianchino
Saturdays at LB Senior Center

DUNGEONS & DRAGONS 5e FOR BEGINNERS

Instructor: Mike Baker
Tuesdays in CSULB, Rm 101

APPS ON YOUR APPLE DEVICE

Instructor: Marilyn Gettys
Wednesdays in CSULB Tech Lab

SEE CATALOG INSIDE

Learn More:

AMERICAN PRESIDENTS: GREAT, AWFUL & MEDIOCRE

By Louise Haglind

The American Revolution spawned a new way of governing, formed by the colonies' distrust of kings. In response, they designed a strong federal government led by the creation of an executive branch headed by our first president, George Washington. Since that time, America has had 47 presidents – some great, some awful and some mediocre. Naida Tushnet



Naida Tushnet

will explore our presidents and their leaderships using two formats adapted from her previous course, "The Present Shapes the Past." These dual frameworks create different outcomes in the ratings of presidents and how these change over time. If you think Nixon was bad and Kennedy was good, you might be surprised!

Along with teaching classes at OLLI, Naida has a long and varied history with the City of Long Beach as an activist for peace and social justice. She is currently chair of the Police Oversight Commission and previous chair on the Commission on Aging,

in addition to involvement with research and development programs.

Born and raised in New Jersey, she is a "Jersey girl" at heart with a deep love for Bruce Springsteen. So enjoy this interesting class and stimulate your mind through a fascinating topic about presidents, both past and present!

JOIN OLLI

2026 MEMBERSHIP IS \$40

[Use the Link to enroll now!](#)

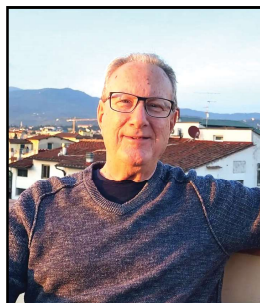


The President's Corner: New, but Experienced

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.

It is both humbling and an honor to serve as your new president, entrusted with the responsibility of leading our wonderful lifelong learning community. Over the past five years I have partnered with a dedicated group of volunteers to lead the OLLI Communications Working Group. Together, we have worked to spread the word about OLLI and build its brand. I will certainly tap into this experience which has given me valuable insight into our community and a deeper understanding of how OLLI enriches the lives of our members.



Jan Stein

Drawing inspiration from the legacy of our past presidents, my goal is to facilitate the ongoing growth of OLLI. Although OLLI has thrived in the years since the pandemic, I believe we must always seek new and innovative ways to enhance the experience for our members. To achieve this, I plan to collaborate closely with the Governing Council, Working Groups, and our members. Together, we can explore additional ways to build

community and create engaging educational programs and social activities.

I am also committed to continuing our efforts to promote and encourage volunteer and leadership development. This is essential to maintain a strong cadre of volunteers who support our mission and help OLLI flourish today and into the future.

As a membership organization, I believe it is vital to regularly seek input and feedback from you, our OLLI members. Doing so ensures that the direction and vision of the Governing Council truly reflects your voices. I look forward to creating more opportunities for you to share your ideas, suggestions, and concerns.

On behalf of your Governing Council, please accept my best wishes for a wonderful holiday season and a happy and healthy New Year!

The Governing Council

Jan Stein	President
Janet Lipson	Vice President
Alain Silverston	Treasurer
Karin Covey	Secretary
Mary K. Toumajian	Member-at-Large
Greg Shea	Member-at-Large

Marc Davidson	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 31, Issue 3

Production Manager: *Rebecca Low*

Marketing: *Maryse Fujimori*

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

Writer/Proofreader: *Louise Haglind*

OLLI Farewells: A Time to Remember Friends

Sylvia Manheim - OLLI founding member who kept coming up to age 100!

Dan Shere - beloved Shakespeare teacher who volunteered at the JCC and offered his literary talents for OLLI!

Jack Friedman - OLLI teacher, Tai Chi and technology guru. Helped with tech and movie classes

Phyllis Goodwin - member of the OLLI Chorus and piano accompanist for many years under Fran Harding's leadership

"Not of an age, but for all time"
- the famous epitaph for Shakespeare and equally fitting for our Sylvia...

From the Co-ops of NYC to CSULB; in 21st century marches and to the inception of Senior University and Osher Lifelong Learning Institute... Sylvia was always there. by Linda Carr

In Memory

From the Executive Director:

Auld Lang Syne and OLLI Memories

Every New Year's Eve for many years, a staple in my family was to sing the song "Auld Lang Syne". As with many traditions that are practiced, we would readily engage in this activity without giving much thought to the true meaning of the words we were singing. As a child, I just remember that



Patti LaPlace

the song was about reminiscing with family members about old memories from the last year and not forgetting people we cared about. Of course, the privilege of being able to stay up to midnight as a child encouraged my enthusiasm for this singing tradition.

The upcoming Winter Session is also about traditions in terms of ongoing course offerings, as well as not forgetting about our OLLI friends and experiences. "Auld Lang Syne's" literal meaning of the old Scots title translates to "old long since," but it is best understood as "for old time's sake," "long, long ago," or "days gone by. In addition, the theme of the song is illustrated by lyrics that describe two old friends reuniting to remember their past adventures, such as running in the hills or paddling a boat and sharing a drink to honor their friendship and history. "Auld

Lang Syne" is sung at New Year's because it is a song about nostalgia, old friendships, and reflecting on the past.

I think of this theme every time OLLI begins a new session of classes. We are reuniting to remember our past adventures as well as connecting with current and new friends and, of course, new and familiar learning experiences. We are very excited to bring our OLLI members together for our Winter session.

This winter, we are offering over 90 classes, including 20 new courses! In addition to offering our traditional classes to keep those experiences alive, we anticipate that our new courses will establish new memories and adventures for OLLI members. Our new courses offer different ways of connecting as well as the recognition of the benefits of lifelong learning. It is a pleasure for me to observe this firsthand on campus when OLLI members come to their classes and the excitement expressed after their course engagement. So as we enter the new year and our winter session, keep these lyrics in mind... "Should auld acquaintances be forgot. And never brought to mind? For auld lang syne, my dear, For auld lang syne. We'll take a cup o' kindness yet, For auld lang syne" Robert Burns, 1788

Wishing everyone a cup of kindness and fond memories during this holiday season and New Year!

Patti

OLLI Activities: A Trip to China - in one day by bus...

On September 27th, 21 OLLI members and friends didn't actually go to China but we did enjoy the next best thing - a visit to the Bowers Museum in Santa Ana to see the Terracotta Warrior exhibit. We were met by a knowledgeable docent who guided us through this rare exhibit. Afterwards we were given time to browse the other interesting exhibits at the Bowers.

The visit was followed by lunch - you guessed it - at a Chinese restaurant, the Dynasty, a fabulous Chinese restaurant in the City of Orange. And of course, no Good Times Travel trip would be complete without a final stop for ice cream.

Our next OLLI day trip will be in March. Stay tuned for details.



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News from the Technology Lab: Winter 2026

by Kathy Winkenwerder

This winter term, Marilyn Gettys will offer two new classes that can help you customize your Apple portable devices. (Don't forget there are iPads you can use in the computer lab during her classes.)

Her first class is **Apps on your Apple Devices**



Kathy Winkenwerder

When you get a new iPhone or iPad, it already has anywhere from 40 to 50 apps already on it, ranging from the more common Mail and Phone apps to ones you may not know about like Magnifier and Find My. You'll see how these apps work and learn if or how you can delete them. Then there are the many mostly free apps you can get from the App Store. You'll find out how to get those apps too.

The second covers **Settings on Apple devices**, where you will learn how to make your device more comfortable and efficient to use. Our iPhones and iPads work well when we first get them, but that's just a starting point. Did you know there are some things you can do that makes using them even better for you? Explore ways to make using your iPhone more convenient and useful. Learn how and where you can experiment with the options you have and explore different preferences, protect your personal information and your device's battery life, and manage connections like Wi-Fi, Bluetooth, the iCloud and accessibility features.



Bob Cohen will teach these three quick (90 minute) classes. **All three are free!**

AI for Retirees: Smarter Living with Artificial Intelligence

You don't have to have technical experience to learn how to use AI to make your retirement life better or more interesting. See how it can help with your finances, travel, health and learning about your world.

Storage & Backup for Apple Devices (iCloud & Time Machine) Want less clutter on your devices? Learn how to keep your files, photos, and important information safe with iCloud for cloud storage and sync it across your iPhone, iPad, and Mac.

Storage & Backup with Windows & Android (OneDrive & External Drives) Learn how to store, organize, and back up files on Windows and Android devices. This class will show you how to use Microsoft OneDrive for syncing and

cloud storage, along with ways to save to your computer or external drives.

Apple iOS 26

Apple is at it again with its yearly changes, improvements, and adjustments to the iPhone's operating system. Here is some of what you'll find. It now will be harder for spam to get into your email because before your phone rings, Call Screening will ask anyone who calls and isn't in your Contacts list to say why they are calling you. There's also a new translucent look to your home screens, icons and other items called Liquid Glass. You'll learn how to use or modify it. Live Translation is now part of Messages, FaceTime and phone calls so it will be easier to talk to friends or family who speak different languages, and would be great for travel. See how to add more things, like Digital ID, Order Tracking, and event tickets to the Wallet app. And if those long voicemail messages are wearing you out, the Summaries feature can save you time. I will teach this class.



Better Campus Wi-Fi for OLLI Members starting January 1

You may have had problems now and then trying to get a Wi-Fi signal in the OLLI classroom area. Well, those days are gone. The old beachnet+ Wi-Fi network will be turned off the first of January 2026. It will be replaced by the easy-to-use **eduroam** that all CSULB students and employees now use.

Here's the link that tells you how to get started. Just register your device and you're in business.
<https://cws.csulb.edu/wifi/>

OLLI Activities: 18th Annual Art Show

October found us getting organized for the annual OLLI show. The talented members who showed off arts and crafts items were so enthusiastic. OLLI offered a total of eight assorted art and crafts classes in the Fall session, from watercolor painting to Zentangle, stained glass to crafting, collage, needlecraft and more.... We hope to continue this annual event as long as our teachers and members agree to organize and "show their stuff."

Thank you to Claudia Kaneshiro who was the driving force this year behind the tradition of holding an art show for OLLI members. Tim McCall, Bob Murrin and John Detrick – brought muscles and hung pictures! Instructor Mike Daniel spoke and thanked students for their efforts. Yesmean Rihbany arranged for the "Artist Vendors" from the assorted OLLI classes and did a lot to spread the word in the community.



Tim McCall

We appreciate using the Design Department gallery as our location again. We thank them for the "loan" of the space and assistance from Design Department facilities manager, Denny Cubbage, in getting things set up.

The Opportunity Draw helped to offset expenses for the gallery show, and we thank artists for the generous donation of so many pieces of art, jewelry, and cards :

Michiel Daniel – painting / John Detrick – many watercolor paintings
Alexandra Sullivan – watercolor / Terry Fontenrose - watercolor,
Bill Lindsay – acrylic painting / Pam Watson – wool pumpkins,
Robin Alpers –cards / William Teweles – woven craft hanging.
More items were donated and so many were lucky winners. Start now to get ready for the 19th OLLI Art Show and Sale in Fall of 2026.



Claudia Kaneshiro, Patti LaPlace, Mike Daniel, Becky Low, Terry Fontenrose



Robin Alpers and a Card sale!



Kathy Biggs wins!



Opportunity draw donations

Thank You To Our Donors

FALL 2025 DONORS

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

Nina Antoville
Elizabeth Beall
John Bellas
Kathy Berger
Nessa Bernstein
Stephen Biskar
Pamela Chapin
Louise Haglind
Roy & Maria Hanson
Deborah Hastings
Donna Hawk
In memory of Sylvia Manheim
Eric Hayward
Linda & Benjamin Henry
Mary Holzgang
Sherry & Leonard Jacobson
Lee Lazarus
Richard Lee & Carole Watanabe-Lee
Bobbi Liberton
William Lindsay
Sam Lopez
Joe MacDonald
Regina & Gary Murph
Jody Ramsey
Catherine Robinson
Louse Soe
In memory of Christian Soe
Mary Kay Toumajian
Frances Wang
Jerry Warren
Theresa Whitehead-Collie
Wesley Wong



THANK YOU FOR YOUR CONTRIBUTIONS

As we look ahead to another exciting year of lifelong learning, we invite you to help ensure OLLI's continued vitality by contributing to our end-of-year fundraising campaign. Your gift directly supports the programs, instructors, and experiences that make OLLI such a vibrant and welcoming community.

Every contribution—large or small—strengthens our financial sustainability and helps secure OLLI's future for generations of learners to come. Together, we can keep curiosity, connection, and discovery thriving all year long. Thank you!



Donations can be made online via credit card at the OLLI website. www.csulb.edu/OLLI Look for the **Donate menu** on the left side and follow the credit card steps.

We still take donations by check at any time. Donations may be made *In Memory of* or *In Honor of* a special person or cause or can be directed to a special purpose like Scholarships or Endowments.

Donations to OLLI are acknowledged in The SUN unless anonymity is requested. Osher Lifelong Learning Institute has 501 (c)(3) nonprofit status. Donations are tax deductible as allowed by current law. Contact us if more information or Tax ID # is needed. A letter of receipt will be issued through the CSULB 49er Foundation.

OLLI MEMBERSHIP for 2026 - SIGN IN

NEW ONLINE ACCOUNT AND MEMBERSHIP

1. Visit the OLLI @ CSULB website

www.csulb.edu/olli

Click the NEW ACCOUNT link on **Registration** page

2. Create an OLLI online Account at the CampusCE link

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

3. Purchase your OLLI membership

- Membership now is \$40 for the 2026 year
- Enter your email address to get a receipt.
- Fill in credit card information.
- Click *Submit Payment*. Wait for processing!

4. Purchase your OLLI classes - starting Dec. 9

- Sign In to Your CE Account
- Membership must be in the Cart or paid any time before registering for classes.
- Special events are FREE if OLLI Membership is current.



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

1. **Sign In** to your account.
2. You should already have your **2026 Membership**
3. The "add to cart" button will show if you have a current membership.

Go to the HOME page to start a Search.

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

If you are still having trouble....

Contact the Tech Support line - 562 985-2398

PAPER STILL ACCEPTED!

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

MORE OLLI STORIES AND ACTIVITIES

Visit the OLLI website for more stories and photos

[READ MORE STORIES ABOUT OLLI](#)

Suggestions for stories welcome at any time.

OLLI at CSULB - HS&D 100
1250 Bellflower Blvd.,
Long Beach, CA 90840-5609
olli@csulb.edu

YOUR OLLI CLASS INFO

Use the website to keep track of your Registrations
And find your **Zoom** links.

Start with the Header menu (below the Beach people!)

Log in to ACCOUNT to use the following menus

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



SCHOLARSHIP POLICY

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

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

OLLI POLICIES AND PROCEDURES

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

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

Refunds - Request for refunds or a class transfer must be made **before the second class meeting** and can ONLY be requested through the office. Refunds may take up to 4 weeks to process through the CSULB system. Call 562 985-2398 or contact olli@csulb.edu.

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

NOTE: Pictures and videos are taken periodically of 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

Tuesday, Dec. 9

9:00 a.m. ONLINE

Helpline 562.985.2398

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

Office line 562.985.8237

General questions, or to leave a message

Email questions to [OLLI @csulb.edu](mailto:OLLI@csulb.edu)

ZOOM /HYFLEX CLASSES

A confirmation email for each class you have enrolled in will be sent to you **5 - 7 days before classes start**.

The Zoom link will look something like this:

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

Check your Spam/Junk mail for OLLI emails too.

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

Learn how to Zoom

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

Get ready to Zoom

A few minutes before a class is due to start,

- make sure your device has a power cord handy
- locate the Zoom link in the OLLI letter or website
- be camera ready from the waist up!

Then follow the directions below to Join a Meeting.

Join a class meeting

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

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

The same link will be used for all weeks.

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

Winter 2026 REGISTRATION starts December 9

Name: _____

Email: _____ Phone: _____

Address (if new) _____

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

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

MONDAYS, January 5 - February 23 (Holiday Jan. 19)

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
9:00-9:45	All About the Recorder (Beg)	F. Wenger	Whaley Park	IP	
9:45-11:15	All About the Recorder (Int / Adv)	T. Schneider	Whaley Park	IP	
9:30-11:30	Bridge 3	H. Dunbar	LB Bridge Center- \$20 fee	IP	
9:30-11:00	iOS 26 (3 wks)	K. Winkenwerder	NEW Tech - 1/12 - 2/2	Z	
10:00-12:00	French Comedies	A. Silverston	CSULB/Zoom 1/12 - 2/23	Hyflex	
10:30-12:00	Let's Dish: a little Savory, a little Sweet	Y Rihbany & N Stein	New topics	Z	
10:30-12:00	Beginning Guitar	K. Allen	NEW- LAUMC 1/12- 2/23	IP	
11:30-12:30	Yoga with Barbara	B. Bannerman	CSULB, LifeFit KIN 110B	IP	
11:30-1:00	Ukulele: Beyond Beginner	C. Baker / N. Intriere	Whaley Park	IP	
12:15-1:45	Parlons Francais - Intermediate French	P. Davidson	CSULB, HSD 101	IP	
1:00 - 2:30	The Stories We Carry	K. Skrabo	NEW Los Al 1/5 - 3/2	IP	
1:00-4:00	Crafting Ladies	S. Haglund	JCC New projects	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	
4:00-5:30	CPR & AED Awareness - Heart Health	B. Fitzpatrick	JCC - 1/12	IP	FREE

TUESDAYS, January 6 - February 24

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
8:30-10:00	iPhone: Beyond the Basics	K. Winkenwerder	TECH - iOS	Z	
9:00-10:00	Longevity Stick Movement	C. Taylor	CSULB, LifeFit KIN 110B	IP	
9:00-10:30	Mindful Movement (4 wks)	N. Raynolds	4 meetings 1/13-2/3	Z	
9:00-12:00	Watercolor for Beginners	V. Berry	CSULB, DSN rm 111	IP	
9:30-11:30	Bridge 1: New or Review	H. Dunbar	LB Bridge Center- \$20 fee	IP	
9:00-10:00	Geopolitics: Update (6 wks)	D. Lunde	New topics	Z	
10:00-12:00	Mastering Watercolor	A. Kupillas	Learn online - Use Apps too	Z	
10:00-12:00	Play it Again Jam - all levels	C. Baker, M. Davidson	Whaley Park	IP	
10:00-11:30	Foundations of Investing (6 wks)	A. Dilsaver	Updates 1/6 - 2/10	Z	
10:30-11:30	Tai Chi Chuan 101 (Beginners)	R. Richina	CSULB, KIN 110B	IP	
11:00 -12:30	AI for Retirees	B. Cohen	CSULB, HSD 101 1/13	IP	FREE
11:00-12:30	Aviation History of Long Beach (6 wks)	R. Zarn & L Junkers	NEW - JCC 1/6 - 2/10	IP	
12:30-2:00	REIKI II (6 wks)	P. Rassouli	NEW - LAUMC 1/6 - 2/10	IP	
12:30-2:30	Eat Plants: Prevent and Reverse Disease...	Dr. D. Rose	NEW 2 hour class	Z	
12:00-1:30	Spanish Story Time	P. Kiwerski	NEW tales	Z	
1:00-2:30	Dungeons & Dragons 5 e for Beginners	M. Baker	NEW- CSULB, HSD 101	IP	
2:00-3:30	Remembering Coach and Vin (2 wks)	S. Gordon	NEW- JCC 1/6 & 13	IP	
2:00-3:30	Only Hope: My Mother & the Holocaust	I. Lubliner	NEW - 2/10	Z	FREE
3:00-5:00	Clash of Wings cont'd	P. Killins	CSULB, HSD, rm 101	IP	

SATURDAYS, January 10 - February 28

9:00-12:00	Watercolor Workshop	M. Daniel	CSULB, DSN rm 111	IP	
10:00-12:00	Art of Songwriting	M. Davidson	CSULB, HSD rm 101	IP	
12:30-1:30	Tap Dancing for Beginners	Page 9 Bianchino	NEW - 4th St Sr Center	IP	

WEDNESDAYS, January 7 - February 25

<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	Ageless Fashion for Women (3 wks)	K. Marshall	NEW ideas 1/7-21	Z	
10:00-11:30	Talking Story	C. Estrada	Houghton Park	IP	
10:00-11:30	Settings on Apple Devices (iPads available for use)	M. Gettys	Tech Lab-Apple All levels	IP	
10:15-11:45	Intro to Genealogical Research (4 wks)	M. Blazey	CSULB, HSD rm 101	IP	
10:15-11:45	Healthy Living for your Brain and Body...	Y. Wyte	CSULB, HSD 101 2/4	IP	FREE
10:15-11:45	Cyber Warrior Academy (3 wks)	D. Babcock	CSULB, HSD 101 2/11-25	IP	
10:30-12:30	Knitting As You Like It (Advanced)	W. Diamond	NEW Los Alamitos CC	IP	
11:00-12:45	Yoga on a Chair: In Person	C. Ellano-Ota	NEW Los Alamitos CC	IP	
11:30-1:00	Acoustic Guitar 2	B. Bradshaw	Whaley Park	IP	
11:45-1:15	iPhone/iPad Photo App (iPads available for use)	M. Gettys	Tech Lab iOS - All levels	IP	
12:00-1:30	The Art of Downsizing	T. Sievers	CSULB, HSD rm101	IP	
12:30-3:30	Molded Magic: Create with Paper mâché (5 wks)	Y. Rihbany	NEW-Rec Park 1/14-2/11	IP	
1:00-2:00	Introduction to Mime (5 wks)	J. McGuire	CSULB, KIN 110B	IP	
12:00-1:30	The Body, Mind, Spirit Connection	M. Velicki	NEW- Los AI 1/7	IP	FREE
1:00-3:00	Dance to World Music for Fun and Fitness	D. Baker	Bellflower	IP	FREE
1:00-2:30	Four Stories, Four Weeks (4 wks)	C. Guillen	JCC 2/4 - 25	IP	
1:15-2:45	Basic Zentangle® Workshop	A. Mindus	NEW-Los Alamitos CC	IP	
1:30-3:00	Apps on your Apple device (iPads available for use)	M. Gettys	Tech Lab - All levels	IP	
1:45-3:15	Lifewell Wisdom Circle: Living the ABC...	P. Hui	CSULB, HSD rm 101	IP	

THURSDAYS, January 8 - February 26

8:30-10:00	Storage /Backup - Apple 1/8 & PC 1/15	B. Cohen	CSULB, HSD 101	IP	FREE
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	
10:00-11:30	Finger Picking Guitar Style	C. Horvitz	NEW-Whaley Park	IP	
10:15-11:45	American Presidents: the Great , Awful, Mediocre	N. Tushnet	NEW-CSULB rm 101	IP	
11:00-12:30	Zentangle World	T. Taylor	JCC - MPR \$10 fee	IP	
12:00-1:30	National and International Current Events	Team	CSULB, HSD, rm 101	IP	
1:00-2:30	AI Powered Social Media - all devices	P. Gutierrez	Tech- CSULB, Lab / Zoom	Hyflex	
1:00-3:00	Needlework Cafe - Beg & Int (6 wks)	C. Sabol	JCC - MPR - bring supplies	IP	
1:00-2:30	Music Beginning Theory - the Basics	K. Price	LAUMC Hall	IP	
2:00-4:30	Movie Matinee)	T. Hood	NEW CSULB,HSD rm 101	IP	
2:30-4:00	If Not Now, When? Retirement Dreams...(6 wks)	G. Gordon	NEW - Los Alamitos CC	IP	
3:00-4:30	AI Websites,Blogs... Build Online Presence	P. Gutierrez	Tech-CSULB, Lab/Zoom	Hyflex	
3:00-4:30	Catch the Spirit of Singing Chorus	K. Price	LAUMC Hall	IP	

FRIDAYS, January 9 - February 27

9:00-10:30	Birding Adventures: Fun with the Flock (3 wks)	E. Swift	NEW-Parks 1/9 - 23	IP	
9:00-10:30	Fashion in Western Art: Rembrandt to Warhol	F. Trof	NEW-from France!	Z	
10:00-11:30	Elder Justice: Safety, Advocacy.... (4 wks-1/16-2/6)	M. McNeeley	NEW-Houghton Park	IP	
10:00-12:00	Bluegrass Music Jam	F. Swatek	LAUMC Hall	IP	
10:00 -11:30	Ukulele: Play in Ensemble (Advanced)	C. Horvitz & J. Cole	NEW-Whaley Park	IP	
10:30-12:30	Jewelry Making from A - Z	B. Belisle	JCC - new designs	IP	
10:30-12:00	Writers Read Aloud	J. Van Hooten	CSULB,HSD rm 101	IP	
10:30-12:00	Book Club: Contemporary Nonfiction (2 days)	S. Savouliau	Los AI 1/30 & 2/27	IP	FREE
11:00-12:30	Protect Yourself: Is Anti-Virus Software Obsolete?	M. Arena	NEW- 2/27	Z	FREE
11:30-12:30	Soul Tai Chi with Jimmy	J. Mathews	CSULB, LifeFit KIN 110B	IP	
12:30-2:00	Abraham Lincoln & the English Reader (2 wks)	D. Hucker	CSULB HSD 101 2/6 -13	IP	FREE
12:30 -1:45	Yoga on a Chair (see Wed for In-Person)	C. Ellano	Zoom	Z	
1:00-2:30	Intro to the World of Shamans	M. Montoya	CSULB, LifeFit KIN 107	IP	
1:00-3:00	Shape Shifting: Exploring Collage	A. Dworkin	JCC MPR Bring supplies	IP	
1:00-3:00	Short Story Discussion Group	F. Ramirez	NEW Book purchase	Z	
2:30-4:30	Comedy Capers - more funny films	K. Lucas	CSULB, HSD 101 / Zoom	Hyflex	
2:30-4:30	Stained Glass Workshop	S. Newcomb	CSULB,HSD rm 105	IP	
3:00-4:30	Russian Language	D. Cook	JCC Bd Rm	IP	

ALL ABOUT RECORDERS

Mondays, Jan. 5 - Feb. 23

9:00 - 9:45 a.m.

Whaley Park

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

9:45 - 11:15 a.m.

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

Facilitator: Trina Schneider

Teachers: Fran Wenger, Mary Cliby

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

Mondays, Jan. 5 - Feb. 23

10:30 a.m. - 12:00 p.m. Zoom

If you're passionate about food, this class is for you. Embark on a culinary journey as we explore the many dimensions of food. Regardless of your background or experience level, join us 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 will combine meetings on Zoom, field trips, cook-along, recipe exchanges, and more. Participants will shape the conversation. Join us as we explore new topics and expand culinary horizons. Let's dish! Class limit: 25

Facilitators: Yesmean Rihbany & Norma Stein

NEW CLASS!

IOS 26 - IPHONES

Mondays, Jan. 12, 26 & Feb. 2 (3 wks)

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

It happens every year; our iPhones get a new operating system. Now it's iOS 26, and here are some of its features. It has a new look called Liquid Glass that makes apps and menus look translucent, animates wallpaper, and has a 3-D effect on some photos. Functional changes include call screening on the phone app to foil those pesky unknown callers, live language translation in phone calls, Messages and FaceTime, having boarding passes in Wallet, being able to change the background in Messages, and the new Visited Places feature in the Maps app that help you remember favorite locations. And much more, of course. Class limit: 25

Instructor: Kathy Winkenwerder

BRIDGE 3

Mondays, Jan. 5 - Feb. 23

9:30 - 11:30 a.m.

LB Bridge Center

Prerequisite: Bridge 1 and 2 or knowledge of Bridge materials. Topics include: preempts and The Law, leads and carding, 2 club strong opener, 1430 and slam bidding, finesses, defensive thoughts, plus an in-class tournament for master points. **Pay an additional \$20 card fee to LB Bridge Center.**

Class limit: 50

Instructor: Hank Dunbar

BEGINNING GUITAR

Mondays, Jan. 12 - Feb. 23

10:30 a.m. - 12:00 p.m. LAUMC

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

Class limit: 15

Instructor: Kathy Allen

FRENCH COMEDIES

Mondays, Jan. 12 - Feb. 23 (6 wks)

10:00 am - 12:00 p.m.

CSULB, HS&D, room 101 / Zoom

During our first two French Cinema sessions we had to deal with difficulties:

- We burned with Joan of Arc.
- Our POW had to try to escape from a high fortress in Germany.
- We drove trucks loaded with Nitroglycerin on steep mountain roads.
- We had to find out if the Congressman was an accident victim or was murdered.
- We had to find out if the writer killed her husband or not!

Now we replace the tension, drama, tragedy, with new movies ... light comedies. We'll introduce each by a summary handout and follow it by a Q & A in English and French. There may be some changes by week.

- *Playtime* by Jacques Tati
- *Baisers Volés* by Francois Truffaut
- *Le Père Noël est une ordure* by Poiré
- *Delicatessen* by Jean-Pierre Jeunet and Marc Caro
- *Riens du Tout* by Cédric Klapisch
- *Funny Bones* by Peter Chelsom
- *Intouchables* by Eric Toledano & Oliver Nakache

Class limit: 98

Instructor: Alain Silverston

YOGA WITH BARBARA

Mondays, Jan. 5 - Feb. 23

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

UKULELE - BEYOND BEGINNER

Monday, Jan. 5 - Feb. 23

11:30 a.m. – 1:00 p.m.

Whaley Park Hall

This class is designed to take your skills to the next level. It is not a beginning ukulele class. You will expand your chord knowledge and speed in changing chords. In addition, you will learn new strumming patterns and fingerpicking to enhance your joy of playing music. We will also work on tablature. Previous completion of Beginning Ukulele, Beginning Ukulele 2, or a solid understand of chords, several strumming patterns and the ability to transition between chords. You will need a music stand, tuner and capo.

Class limit: 20

Instructors: Carol Baker and Nancy Intriore

FREE!

BEGINNING BLUEGRASS GUITAR WORKSHOP

Mondays, Jan. 5 - Feb. 23

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, Jan. 5 - Feb. 23

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

"PARLONS FRANCAIS!"

Monday, Jan. 5 - Feb. 23

12:15 – 1:45 p.m.

CSULB, HS&D, room 101

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

Class limit: 15

Instructor: Patty Davidson

CRAFTING LADIES

Mondays, Jan. 5 - Feb. 23

1:00 – 4:00 p.m.

Alpert Jewish Community Center

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

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

Class limit: 14

Instructor: Sheryl Haglund

THE STORIES WE CARRY: REFLECTION AND REMINISCENCE IN LATER LIFE

Mondays, Jan. 5 - Mar. 2

(No class on Jan. 19 or Feb. 16)

1:00 – 2:30 p.m.

Los Alamitos Rec meeting room

Every life is a story waiting to be heard. As elders we carry not just memories, but the meaning behind those memoirs. Aging offers a rare opportunity to pause, examine and reflect on what has been experienced. This class combines story structure and life progression with remembered events through the lens of topics like cultural life scripts, autobiographic memory, narrative identity, life themes, and more. A high degree of interaction and personal sharing is part of this class. Class limit 10

Instructor: Kathryn Skrabo MSW, certified Guided Autobiography Facilitator and member of The Center for Life Story Innovations and Practice.



NEW CLASS!

HOLLYWOOD MOVIES

Mondays, Jan. 5 - Feb. 23 (not 1/19)

2:00 – 5:00 p.m.

CSULB, HS&D, room 101

Join Jeff to watch and discuss these favorite movies:

**CAPE FEAR
THE GRADUATE
TALL IN THE SADDLE
GUNGA DIN
SOME LIKE IT HOT
NEVER ON SUNDAY
ZULU**

Class limit: 50

Instructor: Jeff Hathcock

IPHONE: BEYOND BASICS (iOS)

Tuesdays, Jan. 6 - Feb. 24
8:30 - 10:00 a.m. Zoom

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

Instructor: Kathy Winkenwerder

GEOPOLITICS: UPDATE

Tuesdays, Jan. 6 - Feb. 10 (6 wks)
9:00 - 10:00 a.m. Zoom

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

Class limit: 60

Instructor: Dick Lunde

BRIDGE 1

Tuesdays, Jan. 6 - Mar. 3
9:30 - 11:30 a.m. LB Bridge Center

For Beginners and players who played previously and need a review. Learn to play bridge the modern way. Each class includes the play of 8 hands related to the subject taught. Topics include 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 the additional \$20 card fee to the LB Bridge Center.

Class limit: 50

Instructor: Hank Dunbar

LONGEVITY STICK MOVEMENT

Tuesdays, Jan. 6 - Feb. 24
9:00 - 10:00 a.m.
CSULB, LifeFit, KIN 110B

Movement with low impact, non-aerobic practice to prevent disease, protect your health, increase concentration with meditation. Do nothing that hurts or feels uncomfortable. Objectives: Develop better balance; increase physical strength by stretching muscles, tendons; and supply greater amounts of oxygen to the body through deep breathing. Equipment: BRING YOUR OWN POLE. Purchase a collapsible painter's extension pole that opens to 3-4 " longer than your height, with rubber (not plastic) end caps (Ace Hardware or Lowe's). Wear tennis shoes and loose, layered clothing.

Class limit: 20

Instructor: Charles Wm. Taylor

MINDFUL MOVEMENT: QIGONG AND STRETCHING

Tuesdays, Jan. 13 - Feb. 3 (4 wks)
9:00 - 10:30 a.m. Zoom

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

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

WATERCOLOR FOR BEGINNERS

Tuesdays, Jan. 6 - Feb. 24
9:00 a.m. - 12:00 p.m.
CSULB, DSN room 111

Welcome all interested in learning how to paint in Watercolor. This class will teach you the basics of how to start painting. We'll explore different brushes, techniques, & styles. We'll cover Value, color mixing, and color theory. I like to have the instruction be driven by class interest. So if you have certain subjects that you want to explore let me know. Come ready to paint! Supply list will be sent after you register.

Class limit: 20

Instructor: Valerie Berry

NEW CLASS!

MASTERING WATERCOLOR

Tuesdays, Jan. 6 - Feb. 24
10:00 a.m. - 12:00 p.m. Zoom

This lab-style watercolor workshop is a continuation of the skills and theory built on in the last Mastering Watercolor class. Bring your own subject material - a photograph/s that you desire to paint - and over the course of the lessons, you will work through finding your subject, defining elements of the story, composition, value and color. You will learn to use apps on your phone or pad to assist with the process. The goal is to be able to confidently translate any subject into a watercolor painting. Get as much feedback and critique from your peers as you want, and work at your own pace. This class will also help artists find their own personal style and voice. Instructor Anne Kupillas will oversee, incorporating skill exercises to flex your muscle memory when it comes to various watercolor techniques.

Class limit: 30

Instructor: Anne Kupillas

PLAY IT AGAIN JAM

Tuesdays, Jan. 6 – Feb. 24
10:00 a.m. - 12:00 p.m.
Whaley Park Hall

We are a group of amateur musicians and vocalists, beginner to experienced, gathering to have fun and make music. We play and sing together to develop our personal instrumental skills. Song sheets with chords of favorite Folk, Blues, Country and Pop tunes are compiled in a Song-book, and provided digitally. The Jam class is built around guitar and ukulele; but diverse instruments (bass, banjo, harmonica) are welcome. Class limit: 50

Instructors: Carol Baker, & Marc Davidson

NEW TOPICS!

FOUNDATIONS OF INVESTING

Tuesdays, Jan. 6 – Feb. 10 (6 wks)
10:00 - 11:30 a.m. Zoom

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

Class limit: 25
Instructor: Andy Dilsaver, CFP®, Financial Advisor

TAI CHI CHUAN 101 (BEGINNERS)

Tuesdays, Jan. 6 – Feb. 24
10:30 – 11:30 a.m.
CSULB, LifeFit, KIN 110B

This course introduces basic principles of Tai Chi Chuan through the learning of the classic movements of Yang Style tai' chi. **It is meant for Beginners.** Using demonstration and practice of movements students will apply five basic principles: relaxation, separation of weight, waist turn, upright body and virgin hands. While Tai Chi has its roots in Taoist philosophy and the martial arts of Qi Gong, this form of Tai Chi was developed primarily for its health benefits. Class limit: 15

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



REIKI II

Tuesdays, Jan. 6 – Feb. 10 (6 wks)
12:30 - 2:00 p.m.
Los Altos United Methodist Church

In this class, students will hone their Reiki, meditation and good thinking skills to help them on their mental and emotional healing journey. Learn how to send this incredible energy to anyone or anything anywhere in the world as Reiki can be sent long distance through time and space.

Requirement: Students must have studied Reiki I from any teacher. Curriculum book, \$20 to be paid on first day of class. (There are three unrevised books for \$10.) Contact Patty about the book availability. Class limit: 20

Instructor: PattyTahara Rassouli, Reiki Master Teacher

AVIATION HISTORY OF LONG BEACH

Tuesdays, Jan. 6 – Feb. 10 (6 wks)
11:00 - 12:30 p.m.

Alpert Jewish Community Center

This course will explore the significant role that the City of Long Beach played in aviation history. From the early days of airplanes using the beach for take offs and landings to Long Beach's new moniker, Space Beach, we will cover the many developments of aviation. It will also focus on the individuals who contributed to aviation's evolution.

There will be two 2 hour long field trips: touring the historical LB Airport terminal and visiting Rosie the Riveter Park.

Class limit: 20
Instructor: Randy Zarn & Lynne Junkers, LB Airport volunteers

NEW CLASS!

D & D 5e FOR BEGINNERS

Tuesdays, Jan. 6 – Feb. 24
1:00 - 2:30 p.m.
CSULB, HS&D, room 101

Introduction to the fundamentals of Dungeons & Dragons 5e. We'll guide students through rules and character creation and run two engaging mini-adventures. Interactive lecture, guided play, group discussion, handouts, and dice and a mini. We will touch on other Table Top Role Playing Games (TTRPG) as well as the new D&D rules published this year. Class will finish with instruction and strategies on serving as the Game Master. Class fee: \$10.00.

Class limit: 20
Instructor: Mike Baker, AA, Art, OCC. Worked as an illustrator and graphic artist for advertising companies and as a Web developer, media expert and publisher for the statical analysis dept. of the CSU Chancellor's Office. Currently a docent at The LB Museum of Art and a working artist. Interests in arts, backpacking, and TTRPG.

NEW CLASS!

EAT PLANTS!

Tuesdays, Jan. 6 – Feb. 24

12:30 - 2:30 p.m. Zoom

Prevent And Reverse Chronic Disease

With A Whole Food Plant-Based Lifestyle

Whole food, plant-based diets (WFPB) are supported by major medical organizations as an excellent strategy for optimizing health, losing weight, and significantly reducing risk for chronic disease such as Alzheimer's, heart disease, cancer, type 2 diabetes, and more. Some chronic diseases can be halted or reversed when people adopt a WFPB diet. Learn the evidence-based scientific reasons for why eating a WFPB diet offers many advantages to overall health, longevity, and disease prevention. Throughout the course there will be video clips from doctors and a dietician explaining the evidence and reasons why eating plants prepared in healthy ways promote health rather than disease. Resources will also be shared for healthy WFPB recipes. Learn how to eat better and reduce medical suffering. I hope to see you in class. Class limit: 50

Instructor: Dr. Denise Rose, a sociologist and passionate, educator has taught WFPB nutrition for several years. Now 73, she has defied her family's history of chronic disease, critical lifestyle medicine behaviors has created this outcome

SPANISH STORY TIME

Tuesdays, Jan. 6 – Feb. 24

12:00 – 1:30 p.m. Zoom

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

Beyond beginners preferred.

Class limit: 12

Instructor: Pam Kiwerski

NEW CLASS!

Tuesday

REMEMBERING COACH AND VIN

Tuesdays, Jan. 6 – 13 (2 wks)

2:00 - 3:30 p.m.

Alpert Jewish Community Center

Angelenos, for many years, were extremely fortunate to have had the privilege of experiencing two icons of Southern California sports. They were **John Wooden and Vin Scully**. Coach Wooden was the basketball coach at UCLA from 1948 through his retirement in 1975. During that time, he not only achieved unprecedented success, but he also established himself as a role model of kindness and decency, as well as a deliverer of wisdom. Sports Illustrated spoke of him...*"There has never been a finer coach in all of sports, nor a finer man."* Fans and admirers miss him dearly and think of him often.

"Across the hall" in Los Angeles, Vin Scully was establishing himself as the greatest announcer in sports history, regardless of the sport. Those are not my words but rather the sentiment of all other sports casters. Through an absolutely remarkable 67 year career, Vin was our friend, our teacher of baseball, and our favorite uncle who told us a bedtime story every night (with our transistor radios tucked under pillows). He not only introduced us to Dodger baseball with his play by play and unparalleled storytelling but he also became one of the most trusted personalities of his time. This class consists of two sessions (one for each) and will include lecture, discussion, and videos, specifically selected to charm the viewer. We all will enjoy remembering these two icons.

Class limit: 50

Instructor: Steve Gordon, lifelong fan and student of these two individuals



CLASH OF WINGS, CONT'D

Tuesdays, Jan. 6 – Feb. 24

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

Wednesday

YOGA WITH JEAN MARIE

Wednesdays, Jan. 7 - Feb. 25

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: Jean Marie Van Dine, Certified Yoga Instructor

AGELESS FASHION FOR WOMEN

Wednesdays, Jan. 7 - 21 (3 wks)
8:30- 10:00 a.m. Zoom

Take control of your wardrobe and create your individual style. We will look at color and first impression and how choosing the correct colors will make your skin and face glow with natural beauty. Learn about your make up and fashion personality; key when selecting clothing styles and make up. Learn the eight body types and how to best complement each one with clothing. Create a core-wardrobe and use your accessories to create more looks that best complement your fashion personality and your style.

www.KathyMarshall.com Class limit: 15

*Presenter: Kathy Marshall, CIC
Certified Image Consultant*

TALKING STORY

Wednesdays, Jan. 7 - Feb. 25
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, which, in the tradition of the "Hopi Story Holes" help weave the fabric of our lives as community. Class limit: 15

*Instructors: Carolyn Estrada,
Marriage, Family, Child Therapist &
Roberta Hamfelt, retired teacher,*

NEW CLASS!

KNITTING AS YOU LIKE IT

Wednesdays, Jan. 7 - Feb. 25 (not 18)
10:30 a.m - 12:30 p.m.
Los Alamitos meeting room

Would you like to take on an advanced knitting project with others who share your love of the art? Bring your desired pattern and materials and we will work through your project together in a friendly instructor-guided environment. Seeing others' projects and successes will inspire students to blossom. This class is for "beyond beginners" only. Class limit: 10

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## SETTINGS ON YOUR APPLE DEVICE

**Wednesdays, Jan. 7 - Feb. 25**  
**10:00 – 11:30 a.m.**  
**CSULB, HS&D, Tech Lab**

Ever wonder what you can change on your iPhone or iPad? This class will cover the settings available on your device, including camera functions, focus, accessibility, passwords, notifications. We also will cover: the settings within apps, how to use filters within apps, how to navigate within an app, tips for using your devices more efficiently. iPads are available for classroom use. Class limit: 12

*Instructor: Marilyn Gettys*

## IPHONE/IPAD: PHOTO APP

**Wednesdays, Jan. 7 - Feb. 25**  
**11:45 a.m. - 1:15 p.m.**  
**CSULB, HS&D, Tech Lab**

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

Class limit: 12

*instructor: Marilyn Gettys*

## APPS ON YOUR APPLE DEVICE

**Wednesdays, Jan. 7 - Feb. 25**  
**1:30 - 3:00 p.m.**  
**CSULB, HS&D, Tech Lab**

In this class we will cover popular apps and how to use them. Books, Libby, YouTube, voice memos, numbers, Facebook, FaceTime, messages, maps, clock, files, and others the class would like to cover. iPads are available for classroom use. Class limit: 12

*instructor: Marilyn Gettys*

*Instructor: Wendy Diamond:  
MBA Columbia; taught knitting in and  
around Long Beach*

## CYBER WARRIOR ACADEMY: CYBER-SECURITY AWARENESS

**Wednesdays, Feb. 11- 25(3 wks)**  
**10:15 - 11:45 a.m.**  
**CSULB, HS&D, Room 101**

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

Class limit: 50

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

**NEW CLASS!**

## INTRODUCTION TO GENEALOGICAL RESEARCH

**Wednesdays, Jan. 7 - 28 (4 wks)**  
**10:15 - 11:45 a.m.**  
**CSULB, HS&D, rm 101**

Have you thought about starting a family tree and did not know where to begin? Maybe you have shoe boxes 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. And finally, determine whether DNA is a useful option. The time and energy put forth with this project will be well-worth it. Family members 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 Prof. Emeritus (Recreation &  
Leisure Studies)*

**NEW CLASS!****YOGA ON A CHAIR****Wednesdays, Jan. 7 - Feb. 25****11:00 a.m.- 12:45 p.m. Los Alamitos**

See Friday description

Class limit: 20

*Instructor: Claudia Ellano-Ota***ACOUSTIC GUITAR 2:  
BEYOND THE BASICS****Wednesdays, Jan. 7 - Feb. 25****11:30 a.m. - 1:00 p.m.****Whaley Park Community Center**

Ready to move on to the next level, add some sophistication to your guitar playing?

Join us to learn to play rich, guitar-based music of our roots--folk, country, 60's-70's rock &amp; roll, &amp; blues. Instruction will be chord and song-based, and is designed for intermediate players. Instruction is based upon playing with a pick and will cover Advanced Chords, Right Hand Techniques, Reading Tabs, "Licks," "Intros," "Outros," Double Stops, Bass Runs, and Barre Chords.

Class limit: 50

*Instructor: Brian Bradshaw***WHAT TO KEEP****Wednesdays, Jan. 7 - Feb. 25****12:00 - 1:30 p.m. (new time)****CSULB, HS&D, rm 101**

Are you feeling overwhelmed? Do you have a garage bursting at the seams? Are closets or a spare room full of things you once used but no longer need? Are you keeping items that you should give away, but can't seem to let them go?

Come learn how to manage your belongings and your life. How did you accumulate all this stuff? Why are you still so attached? What is in the way of deciding What To Keep. This class will help you identify what you need, use and love and find the things that are most important to you. In this step by step process, you will find a way that works for you.

Class limit: 20

*Instructor: Tere Sievers***NEW CLASS! Wednesday****MOLDED MAGIC: CREATE WITH  
PAPER MÂCHÉ****Wednesdays, Jan. 14 - Feb. 11 (5 wks)****12:30 - 3:30 p.m.****Rec Park Community Room**

Immerse yourself in a world where paper comes alive under your fingertips. Join a hands-on workshop celebrating creativity and the art of upcycling. Whether you're an experienced artist or a complete novice, this paper mâché workshop is a great opportunity to explore your creativity and transform simple materials into your unique pieces. We'll explore various paper mâché projects and you can make pieces uniquely yours. Session 1 will be on Zoom to prepare and review materials. and session 2-5 will be live. Be prepared for lots of activity plus setting up classroom space at the Park. Class limit: 12

*Instructor: Yesmean Rihbany***LIFEWELL WISDOM CIRCLE:  
LIVING THE ABC OF A WELL-LIVED LIFE****Wednesdays, Jan. 7 - Feb. 25****1:45 - 3:15 p.m.****CSULB, HS&D, rm 101**

Discover the art and science of purposeful living. By engaging in narrative, physical activities, and thoughtful evaluation, we will examine the ABC Lifestyle—Active, Balanced, Connected — and collaboratively develop individual wellness plans that emphasize vitality, resilience, and purpose. This course invites you to foster belonging, share your lived experience, and contribute to a ripple of community connection. Help shape a healthier, more purposeful community.

Class limit: 16

*Leader: Dr. Philip K. Hui, PhD  
Education, State Un. New York; expertise  
in LifeLongLearning, Learning by doing,  
service learning***NEW STORIES!****FOUR STORIES - FOUR WEEKS****Wednesdays, Feb. 4 - 25 (4 wks)****1:00 - 2:30 p.m.****Alpert Jewish Community Center**

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

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

Class limit: 20

*Instructor: Christina Guillen***NEW CLASS!****INTRODUCTION TO MIME****Wednesdays, Jan. 14 - Feb. 25****1:00 - 2:00 p.m.****CSULB, Lifefit KIN rm 110B**

In this class students will learn basic mime techniques, movement, and silent playwriting. Mime is an excellent way to stay fit, become aware of the body and learn how to communicate better through gestures and actions. Students will create their own sketches. Students will learn to use the body for storytelling. Students will learn to separate and isolate different areas of the body based on techniques from Marcel Marceau and Etienne Decroux. Students will become more aware of their bodies. Please wear loose, comfortable clothing. Class limit: 16

*Presenter: James Royce McGuire,  
studied with The Goldstone School  
for Mimes; Marcel Marceau; worked  
with Periwinkle Theatre for Young  
Audiences and was a featured  
performer with Celebrity Cruise and  
the New Haven Symphony Children's  
Program. More qualifications on file.*



# BASIC ZENTANGLE® WORKSHOP

**Wednesdays, Jan. 7 - Feb. 25**  
**1:15- 2:45 p.m.**

**Los Alamitos meeting room**

Explore this popular art form that is an easy-to-learn and relaxing method of drawing structured patterns. Anyone who thinks s/he is a “non-artist” can learn! Certified Zentangle Teacher, Arlene Mindus, will guide you in teaching techniques and creating hand-drawn patterns into art. The Zentangle Method® develops focus and creativity, hand-eye coordination, manual dexterity, following step-by-step directions, and problem-solving techniques. Materials are supplied at the first class for \$10, paid to teacher.

**Instructor: Arlene Mindus, CZT:**  
*certified Zentangle teacher since 2014;*

## Thursday

# AI-ENHANCED VIDEO PRODUCTION

CREATE AND EDIT WITH SMART TOOLS

**Thursdays, Jan. 8 - Feb. 26**  
**10:00 - 11:30 a.m.**

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

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

Class limit: 12

**Instructor: Perla Gutierrez**

# MEMOIR WRITING: A NOVEL APPROACH

**Thursdays, Jan. 8 - Feb. 26**  
**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, Jan. 8 - Feb. 26**  
**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.**

# AMERICAN PRESIDENTS: THE GREAT, THE AWFUL & THE MEDIOCRE

**Thursdays, Jan. 8 - Feb. 26**  
**10:15 - 11:45 a.m.**

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

Using frameworks established by historians and political scientists as well as the analysis of two historians (James Downton and James Burns), the course will examine American presidential leadership from Washington to Trump. It will also build on a previous course (The Present Shapes the Past) to illustrate how ratings of Presidents have changed over time.

Class limit: 90

**Instructor: Naida Tushnet, PhD**



# FINGER STYLE GUITAR

**Thursdays, Jan. 8 - Feb. 26**  
**10:00 – 11:30 a.m.**

**Whaley Park**

Learn the fundamentals of finger style, Travis picking, finger rolls, thumb independence, and chord melodies. Review knowledge of chords and positions. Learn a variety of song styles, including: traditional, folk, country, blues, and jazz. Class limit: 15

**Instructor: Charles Horvitz,**

## NATIONAL & INTERNATIONAL CURRENT EVENTS & ISSUES

**Thursdays, Jan. 8 - Feb. 26**

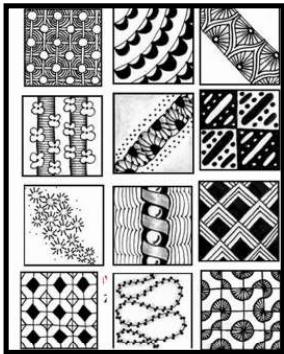
**12:00 – 1:30 p.m.**

**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.*



## ZENTANGLE WORLD

**Thursdays, Jan. 8 - Feb. 26**

**11:00 a.m.- 12:30 p.m.**

**Alpert Jewish Community Center**

Come draw with me - one line at a time. The Zentangle Method is an easy-to-learn relaxing and fun way to create beautiful images by drawing structural patterns. The patterns are called "Tangles". We will be creating pencil and ink abstract drawings together on 3-1/2" paper "tiles". No experience, planning or over-thinking required. Bring your own Notebook. Materials are supplied at first class for \$10 paid to the instructor.

Class limit: 15

*Instructor: Tom Taylor*

## NEEDLEWORK CAFÉ

**CROCHET/ KNITTING FOR BEGINNING  
AND INTERMEDIATE STUDENTS**

**Thursdays, Jan. 8 - Feb. 26**

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

**Alpert Jewish Community Center**

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

Class limit: Beginners 6

Intermediate. 12

*Instructor: Carolyn Sabol*

## NEW FILMS!

## MOVIE MATINEE

**Thursdays, Jan. 8 - Feb. 26**

**2:00 - 4:30 p.m.**

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

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

Class limit: 60

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

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

**Thursdays, Jan. 8 - Feb. 26**

**1:00 – 2:30 p.m.**

**CSULB Tech Lab / Hyflex**

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

Class limit: 12

*Instructor: Perla Gutierrez*

## AI WEBSITES, VLOGS & PODCASTS: BUILD YOUR ONLINE PRESENCE

**Thursdays, Jan. 8 - Feb. 26**

**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*

## Thursday

### MUSIC BEGINNING THEORY: SPORT OF MUSIC - THE BASICS

**Thursdays, Jan. 8 - Feb. 26**  
**1:00 – 2:30 p.m. LAUMC Hall**

Join an introductory course to understand the music language and learn how to read and perform rhythms and pitches, chords, circle of fifths. Materials: \$5.00 for printed pages; a three-ring binder or folder and pencil with eraser. Class limit: 15

*Instructor: Kathy Price, a Kodaly Method certified Music Specialist and professional vocalist*

### "CATCH THE SPIRIT OF SINGING" CHORUS

**Thursdays, Jan. 8 - Feb. 26**  
**3:00 – 4:30 p.m. LAUMC 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 natural singing abilities and musicianship. Performances will be scheduled when we are fully prepared. Fee for music scores. A pencil w/eraser and a 1" BLACK 3 ring binder are required.

Class limit: 50

*Instructor: Kathy Price*

### IF NOT NOW ..WHEN? CREATE THE RETIREMENT OF YOUR DREAMS

**Thursdays, Jan. 8 - Feb. 12 (6 wks) 2:30 - 4:00 p.m.**  
**Los Alamitos Community Center**

Designed to help you lay out a blueprint to make this period as the best time of your life. Many people, who have dealt with the financial aspect of this time, have not considered the mental and emotional aspect. We will address issues that often arise during the transition of retirement. The exercises included in the accompanying book, present an easy-to-follow process that leads you into a plan for your future.

Subjects that will be addressed are:

- \* What would I love to be doing with my newfound time/freedom?
- \* What will now bring purpose to my life?
- \* How can I take the value of my past/career into the next part of my life?
- \* Would I like to continue to work part-time? What would I like to do?
- \* Is it time to start/add to my bucket list?
- \* What can I gain from my classmates/other retirees' experience?

*Instructor: Virginia (Ginni) Gordon: Retirement and career change options;*  
*A workbook can be available for \$5.00 ) Class limit: 20*

## Friday

**NEW CLASS!**

### BIRDING ADVENTURES: FUN WITH THE FLOCK

**Fridays, Jan. 9 - 23 (3 wks)**  
**9:00 – 10:30 a.m.**

**Various Park Locations**

Interested in exploring birdwatching in our winter season? Do you enjoy venturing out in nature? Come join us at local parks where we will look, listen and enjoy the birds we come across. I will share a few Internet resources to help explore & enhance birding adventures. Whether you're a new birder, want to sharpen your skills, or maybe just get out in nature, come join us. Participants are encouraged to bring binoculars, to wear walking shoes and have transportation to travel to local parks. Class limit: 20

*Instructor: Elaine Swift, citizen scientist for birding*



**NEW CLASS!**

### SURVEY OF FASHION IN WESTERN ART:

FROM REMBRANDT TO WARHOL

**Fridays, Jan. 9 - Feb. 27**  
**9:00 a.m. – 10:30 a.m. Zoom**

A review of the intersection of fine art and fashion in Europe and the Americas from the 15th century to the present with an emphasis on the great portrait painters, printmakers and photographers. In an historical survey, we'll focus on appreciation and understanding of the works. This is an interactive class and obviously highly visual. Students should have access to a laptop, desktop /monitor, or smart TV screen rather than a phone to fully experience the class. Class limit: 25

*Instructors: Fred Trof, interior design and fine art specialties*

### JEWELRY MAKING A - Z

**Fridays, Jan. 9 - Feb. 27**  
**10:30 a.m. – 12:30 p.m.**

**Alpert Jewish Community Center**

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

*Instructor: Belinda K. Belisle*

**NEW CLASS!**

### UKULELE ENSEMBLE (ADVANCED)

**Thursdays, Jan. 8 - Feb. 26**  
**10:00 – 11:30 a.m. Whaley Park**

Learn to play the Ukulele as an Accompaniment Instrument. Learn and understand chord structures with melody. Focus on songs with chord structures and melodies (in multiple positions) that support the melody or lead. Questions? 714-789-4790 Class limit: 15

*Instructors: Charles Horvitz, Josh Cole*



**BLUEGRASS MUSIC JAM*****Fridays, Jan. 9 - Feb. 27******10:00 a.m. – 12:00 p.m.******Los Altos UMC Hall***

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

Class limit: 20

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

**WRITERS READ ALOUD*****Fridays, Jan. 9 - Feb. 27******10:30 a.m. – 12:00 p.m.******CSULB, HS&D, rm 101***

Everyone has a story to tell or several stories to tell. Regretfully, they seldom are brought to life, never articulated, never shared. This class encourages us to write our stories and share them in a classroom environment that is attentive and supportive. 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 writer.*

**SOUL TAI CHI WITH JIMMY*****Fridays, Jan. 9 - Feb. 27******11:30 a.m.- 12:30 p.m.******CSULB, LifeFit Center, KIN 110B***

This class is designed for anyone who wants to improve the flow of energy throughout their body and work on balance. My Tai Chi process will enhance your overall system harmony and incorporates many different styles. 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*

**ELDER JUSTICE: SAFETY, ADVOCACY AND ABUSE PREVENTION*****Friday, Jan. 9 - Feb. 6 (4 wks)******10:00 - 11:30 a.m.******Houghton Park classroom***

Join us for a dynamic and engaging course designed to support older adults and their loved ones in navigating safety, relationships, experiences of mistreatment and community resources. Through interactive discussions and practical strategies, we will explore how societal factors impact well-being, ways to prevent fraud and abuse, and how to build safer, more supportive environments. Participants also will learn how to advocate for stronger community resources and connect with services that offer help during vulnerable times.

Class limit: 10

*Instructor: Miles McNeeley, LCSW, is vice-president of Elder Abuse Prevention at Wise & Healthy Aging. He leads the Los Angeles County Protective Services Center of Excellence.*

**CHAIR YOGA*****Fridays, Jan. 9 - Feb. 27******12:30 - 1:45 p.m. Zoom***

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

*Instructor: Claudia Ellano-Ota,*

**INTRODUCTION TO THE WORLD OF SHAMANS*****Fridays, Jan. 9 - Feb. 27******1:00.- 2:30 p.m.******CSULB, LifeFit Center, KIN 107***

Mushroom Montoya has been involved in the practice of shamanism since 1981. Some things are best learned when experienced, first hand. Learning to ride a bicycle is best learned by getting onto the bike and peddling. Learning about shamanism is best learned by going on a shamanic journey.

Purpose of the class: learn how to journey into non-ordinary reality. Experience meeting spirit helpers and share experiences with other students. Shamanism is the oldest spiritual practice known to humankind. We know from archaeological evidence that shamanism was practiced all over the world for at least 40,000 years. A shaman is a man or woman who uses the ability to see "with the strong eye" or "with the heart" to travel into hidden realms. Shamans act as healers, doctors, priests and priestesses, psychotherapists, mystics, and storytellers.

Class limit: 30

*Instructor: Mushroom Montoya, graduate of Foundation for Shamanic Studies*

**SHAPE SHIFTING: EXPLORING COLLAGE*****Fridays, Jan. 9 - Feb. 27******1:00 - 3:00 p.m.******Alpert Jewish Community Center***

This class will offer you an opportunity to develop skills in cutting and tearing, composition, color and texture leading to a finished collage and a strong artistic statement.

SUPPLY LIST: Self-healing cutting mat 9 x 12 or larger, Exacto knife, Bristle Board (96 lbs.) 9 x 12 or larger, glue stick.

Email me with any questions, [elka84@hotmail.com](mailto:elka84@hotmail.com).

Class limit: 10

*Instructor: Alice Dworkin*

## SHORT STORY DISCUSSION GROUP

**Fridays, Jan. 9 - Feb. 27**  
**1:00 - 3:00 p.m. Zoom**

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

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

Class limit: 24

Class Leader: Fern Ramirez

## COMEDY CAPERS

**Fridays, Jan. 9 - Feb. 27**  
**2:30 – 4:30 p.m.**  
**CSULB, HS&D, rm 101 / Hyflex**

More laughter featuring a few more of my favorite comedy movies from the past. These will further our study of the many comedy genres. This session continues the laughs with films I have enjoyed and I hope you will too! Most are not the mainstream comedies you would expect, but rather overlooked films that deserve a second chance. This Hyflex class, both Zoom and on campus, will make you smile with an occasional chuckle. Time to grab the popcorn and get ready to enjoy your afternoon.

Class limit: 80

Presenter: Karen Lucas.

## STAINED GLASS WORKSHOP

**Fridays, Jan. 9 - Feb. 27**  
**2:30 - 4:30 p.m.**  
**CSULB, HS&D, rm 105**

Learn secrets to design, build, and/or restore stained glass windows. This course will cover leaded and copper foil techniques that haven’t changed for hundreds of years. Complete a project to beautify your own home and/or give to friends as keepsakes. A list of materials will be provided at the first class meeting. Contact the instructor at: [snewcomb@congruex.com](mailto:snewcomb@congruex.com)

Class limit: 20

Instructor: Stephen Newcomb



## OPEN TECH LAB

**Fridays 1:30 - 3:30**

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

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

We're also looking for volunteers to assist others with devices / phones or Pads.

Come visit and take advantage of using the Lab computers for any project you might have.

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



## RUSSIAN LANGUAGE

**Fridays, Jan. 9 - Feb. 27**  
**3:00 – 4:30 p.m.**  
**Alpert Jewish Community Center**

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

Class limit: 20

Instructor: Donald Cook

# Saturday

## WATERCOLOR WORKSHOP

**Saturdays, Jan.10- Feb. 28**  
**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

## TAP DANCING FOR BEGINNERS

**Saturdays, Jan. 10 - Feb. 28**

**12:30 - 1:30 p.m.**

**4th St. Senior Center, LB**

Have you ever wanted to learn to tap dance but never got around to it? This beginner's class will get you moving, and having fun while getting a great workout. Class will have a warm up, learning steps, dancing across the room, and a cool down with stretches. You will improve your coordination, balance, dance moves, and of course your mood! Tap shoes are recommended but not mandatory; give the class a try first if you'd like.

Class limit: 10

Leader: Annie Bianchino, contact email ([abianchinoolli@gmail.com](mailto:abianchinoolli@gmail.com))



## ART OF SONG: SONGWRITING

**Saturdays, Jan. 10 - Feb. 28**

**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. While it will be useful to have access to a musical instrument this is not a requirement. Each participant will be encouraged to write and develop a song during the session, receiving feedback and support along the way, with a final session "special event" performance of our class songwriters

Class limit: 16

Instructor: Marc Davidson & Robin Alpers

**FREE**

## THE BODY-MIND-SPIRIT CONNECTION

**Wednesday, Jan. 7 (1 day)**

**12:00 - 1:30 p.m.**

**Los Alamitos Community Center**

Mary Ruth Velicki MS, DPT presents the body-mind-spirit connection in a clear, practical, and entertaining way using stories from her personal journey. She describes practical ways to tune in to this connection to enhance your health and well-being. Mary Ruth has a doctorate in physical therapy and taught courses in neurological rehabilitation at several universities (including CSULB). She personally used the body-mind-spirit connection to heal from debilitating pelvic pain, and she has worked with clients using the holistic bodywork and energy work that helped her heal.

Class limit: 50

Leader: Mary Ruth Velicki

## CPR & AED AWARENESS

**Monday, Jan. 12 (1 day)**

**4:00 - 5:30 p.m.**

**Alpert Jewish Community Center**

With a half-million cardiac arrests each year, CPR (cardiopulmonary resuscitation) can help save a life if a person's breathing or heart stops. Why Is CPR Important? Keeping the blood flow active - even partially - extends the opportunity for a successful resuscitation once trained medical staff arrive on site. ALSO: Learn about support for women and the threat of Heart Disease. Come to find out more about the "Red Bags of Courage"

Class limit: 40  
Presenters: Bill Fitzpatrick, RN & Elsa Chau of WomenHeart.



## STORAGE & BACKUP FOR APPLE DEVICES AND PCS

**Thursdays, Jan. 8 (Mac) & 15 (PC)**

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

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

Learn how to keep your files, photos, and important information safe with Apple's built-in tools. This class introduces iCloud for cloud storage and syncing across iPhone, iPad, and Mac, plus Time Machine for full Mac backups. It's designed for anyone seeking peace of mind, reduced clutter, and confidence in managing digital storage smartly. **January 15 class will focus on PC backup and Storage options.**

Class limit: 50

Instructor: Bob Cohen

## AI FOR RETIREES: SMARTER LIVING WITH AI

**Tuesday, Jan. 13**

**11:00 a.m. - 12:30 p.m.**

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

Discover how Artificial Intelligence can make retirement more engaging, healthy, and creative. Learn how to use AI tools to manage finances, plan travel, improve health, explore hobbies, and keep learning new things. This friendly class shows real examples of AI in everyday life—no technical experience required..

Class limit: 30

Instructor: Bob Cohen

## WHY ANTIVIRUS SOFTWARE IS OBSOLETE

**Friday, Feb. 27 (1 day)**

**11:00 a.m. - 12:30 p.m. Zoom**

What are The Four New Threats (and how to avoid them)  
-How they slow your computer down  
-What is Fake Rental WiFi  
-How to find a safe email provider  
-What is proper Backup  
-How to save tons of money on printing  
-How to make almost any computer last 15 years AND... Answers to any questions you may have. Class limit: 50  
Presenter: Marc-Anthony Arena



### DANCE TO WORLD MUSIC FOR FUN AND FITNESS

**Wednesdays, Jan. 7 - Feb 25**

**1:00 - 3:00 p.m. Womens Club of Bellflower 9402 Oak St.**

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

### BOOK CLUB: CONTEMPORARY NONFICTION

**Fridays, Jan. 30 & Feb. 27 (2 days)**  
**10:30 a.m. – 12:00 p.m.**

**Los Alamitos Community Center**

Explore contemporary nonfiction books in this engaging book club for life-long learners who want to stay informed and connected to the world. We'll explore 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. In the Winter term, our readings will trace the impact of transformative innovations - from the rise of global trade to the dawn of artificial intelligence - and invite discussion about how technological change reshapes economies, institutions, and communities around the world.

Winter books:

Jan. 30 – "The Box" by Marc Levinson

Feb. 27 – "The Coming Wave" by Mustafa Suleyman

Class limit: 30

*Leader: Sonia Savouljian*

### ONLY HOPE: MY MOTHER AND THE HOLOCAUST BROUGHT TO LIGHT

**Tuesday, Feb. 10 (1 day)**  
**2:00 – 3:30 p.m. Zoom**

Before she died in 1974, Felicia Bornstein Lubliner wrote about her internment in ghettos and concentration camps in Nazi-occupied Poland. These powerful stories were published later by her son, Irv Lubliner, professor emeritus at Southern Oregon University. Irv will share excerpts from the book. Learn about the Holocaust through the eyes of a survivor, as well as his own experience as a child of Holocaust survivors.

Class limit 50

*Presenter: Irving Lubliner, Prof. Emeritus at SOU, math, music and OLLI teacher*



### HEALTHY LIVING FOR YOUR BRAIN AND BODY

**Wednesday, Feb. 4 (1 day)**  
**10:15 - 11:45 a.m.**

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

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging. We will also be discussing the results of the US BRAIN HEALTH POINTER Study. Class limit: 80

*Presenter: Yael Wyte, Alzheimers Assn.*

### ABRAHAM LINCOLN & THE ENGLISH READER

**Fridays, Feb. 6 & 13 (2 days)**  
**12:30 - 2:00 p.m.**  
**CSULB, HS&D, rm 101**

Abraham Lincoln wrote that the most important book for the development of his values, philosophy, and ways to govern was "Murray's English Reader", written in 1826 by Lindley Murray and republished by Forgotten Books. Lincoln read the book many times during his adult years. For this class you will choose two readings from this book that you consider most important and be prepared to read them aloud; a class discussion of each student's selection will follow. The book is available from Amazon for \$12.95.

Class limit: 15

*Instructor: Donald Hucker*

### WHAT'S KILLING THE AMERICAN DREAM

**Tuesday, Feb. 17 (1 day)**  
**12:00 – 2:00 p.m. Zoom**

Co-authors of *Better Capitalism*, present their research and business examples while explaining the clearest path to restoring the American Dream. A path you can participate in. Class limit 50

*Presenters: Paul Knowlton and Aaron Hedges,*

## HOLLYWOOD MOVIES!

by Tom Lockhart

Seen any good movies lately? Maybe that's because they don't make them like they used to. Jeff Hathcock's **Hollywood Movies** class looks at seven of the best ever made before 1970.

**Cape Fear** As graphic a depiction of sociopathic behavior in a human being as was ever filmed. Did Robert Mitchum really try to kill Gregory Peck in the climactic scene? Peck said no, Mitchum never said.

**The Graduate** The end of the tall, dark and handsome leading man. The short, light and homely got the romantic lead and never looked back.

**Tall in the Saddle** A soap opera in a wild west setting. One of John Wayne's better efforts with one intrigue after another until the final scene.



Jeff Hathcock

**Gunga Din** A fairly ordinary adventure movie, but it showcased the tremendous versatility of Cary Grant, perhaps the greatest romantic lead.



**Some Like It Hot** Seven decades later the American Film Institute still calls it the greatest comedy ever.

**Never On Sunday** A modern view on "Pygmalion" or "My Fair Lady", take your pick.

**Zulu** One of the best written, acted and directed war movies of all time, but vastly underrated due to its release during the turbulent and politically charged 1960's. Michael Caine's breakthrough performance opened a six decades career of remarkable performances, with six Oscar nominations and two wins.



If you are a dedicated movie fan and enjoy analyzing films for all their subtleties and techniques, this class is your bag of popcorn.

Jeff Hathcock has directed motion pictures and stage plays, written twenty-five movie screenplays, including ones for acclaimed actors Walter Mathau and Jack Klugman. He has worked with over 5,000 actors, including kids, teens, adults and seniors. Join this Monday afternoon class and see those films you missed!

## A SURVEY OF FASHION IN WESTERN ART: FROM REMBRANDT TO WARHOL

by Shari Faris

Are you interested in learning more about the history of fashion in art? Fred Trof's class **"A Survey of Fashion in Western Art: From Rembrandt to Warhol"** (Fridays from 9:00 a.m. to 10:30 a.m. - on Zoom) will explore both, with a focus on fashion and interior design found in Western Art from the 15th century to the present. Fred hopes students will gain a sense of how fashion developed in fine art and gain an appreciation of what makes good art.

Fred has a background in fine art and interior design and has always been interested in fashion and art. He has taught several OLLI classes, including classes on the History of Women in Art, and he currently lives in France.



Fred Trof

The class will focus on exploring the work of great portrait painters, photographers and printmakers. The emphasis will be on looking at art from the mid-1800s to the present, which includes Impressionism, Art Nouveau,

Art Deco and Pop Art. Some of the artists featured include Rembrandt, Mary Cassatt, John Singer Sargent, Gustave Klimt, and Matisse.

Fred's goal is to encourage students to share their thoughts about the art explored in the class, while gaining an appreciation and understanding of the works.





## How is Your AI Skill-Set? by Louise Soe

In the Fall session OLLI class, **Global, Societal, Political, and Human Issues with AI**, 50+ curious OLLI students went down the AI Rabbit Hole with Louise Soe. We looked at the interaction of Artificial Intelligence and society, and the effects they are having on each other.

AI burst into public view with ChatGPT in 2022, and the hype about AI – both positive and negative—means that most individuals, when they think of AI, either hope for utopia or fear dystopia. The students hung in there, even when they heard the worst-case scenario. Maybe the AI-generated jokes helped? ChatGPT writes terribly nerdy, sometimes edgy, and occasionally even funny jokes about AI which the class tolerated and even seemed to enjoy.

In an attempt to cut through some of the hype, we discussed the current state of AI at the beginning of its disruptive techno-economic cycle, AI's effects on cognition and education, and on jobs and work.

Economic issues included the datacenter buildout, and indicators as to whether an AI bubble might burst. The political tensions between national and state governments within the U.S. on regulation of AI were revealing. The Global discussion compared the attitudes toward AI of American, Chinese, European Union, and multinational organizations.

And now if things change too much - we'll be ready for a new class!



*Created by Louise Soe using her AI resources*

### HELP WANTED - Technology Trends

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

Contact the OLLI office with your availability

**olli@csulb.edu 562.985.2398**

## A New Kind of Travel by Barbara White

In December 2024, OLLI at CSULB was offered an opportunity to travel to Chiang Mai, Thailand with members of OLLI as Arizona State University through Discover Corp (<https://discovercorps.com>).

Visiting with Elephants were the attraction for three of us, but we got so much more from the experience! For 10 days we were immersed in Thai culture. We took what the region had to offer us (as most tourists do). But we also gave back to our host city, as few visitors can.

- We spent a day at an ethical elephant sanctuary (<https://changland.org>) with rescued pachyderms who have lost their habitat to land development. We fed, walked, and bathed these beautiful creatures – well they bathed us!
- We taught English to grade 4 school classes – while they charmed us!
- We spent two days at the Wildflower Home for abused women and their children, including cooking WITH them an “American” lunch of spaghetti, tuna sandwiches, garlic bread, and salad – and eating together with the moms and kids.
- We enjoyed a “Monk Chat” with a Buddhist monk, learning their philosophy and asking questions.
- We learned to cook (and eat) four Thai dishes including Pad Thai and mango sticky rice after visiting the school’s garden and a local market for produce and spices.

Yes, we also trekked a mountain path, visited a Hmong village, drank coffee grown on the land, visited temple grounds, stayed in a Vegan hotel – including salad and soymilk cappuccino for breakfast among other delicious dishes. (<https://www.facebook.com/moreganicrestaurant> !

Giving as well as receiving is a wonderful way to travel. Find opportunities to do it!



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



## OLLI Community Sites

### **Alpert Jewish Community Center**

3801 East Willow St. Long Beach  
(562.426.7601)

[Visit the JCC website](#)

### **Los Alamitos Community Center**

10911 Oak Street Los Alamitos  
562.430.1073

[Visit the Los Alamitos Website](#)

### **Long Beach Bridge Center**

4782 Pacific Coast Hwy. Long Beach  
562.498.8113

[Visit Long Beach Bridge Center](#)

### **Whaley Park**

[Visit the Whaley Park website](#)

### **Houghton Park**

[Visit the Houghton Park website](#)

### **Recreation Park**

[Visit the Rec Park website](#)

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

5950 E Willow St., Long Beach  
562.598.2451

[Visit the LAUMC website](#)

### **CSULB LifeFit Center**

1250 Bellflower Blvd Long Beach  
KIN building - Room 110B  
562.985-2005

[Visit the Lifefit website](#)

**Carpenter Center (CPAC)**

### **CSULB Campus Map**

[Visit Campus Maps website](#)



**General Parking**

Lots G 12, 13, 14 & Parking Structures

**Archery Fieldhouse**

**LifeFit Center**

KIN 107 / 110

**OLLI office &**

HSD 101

**Employee Lot E 6**

with 9 ADA spaces. Permit required

**State University Dr.**

No pay needed with DMV blue placard  
at green curb spaces

**Foundation Parking Lot - pay at gate**

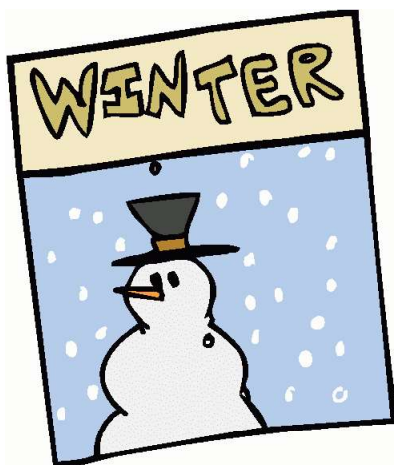
OLLI at CSULB  
Building HS&D 100  
1250 Bellflower Blvd  
Long Beach, CA 90840-5609  
Return Service Requested



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

## 2026 OLLI CLASS SESSIONS

|        |                               |
|--------|-------------------------------|
| Winter | January 5 - February 28, 2026 |
| Spring | April 6 - May 23, 2026        |
| Summer | July 6 - August 28, 2026      |
| Fall   | October 5 - November 21, 2026 |

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

|                |                      |
|----------------|----------------------|
| Winter Holiday | December 24 - Jan. 2 |
| MLK Holiday    | January 19           |
| Memorial Day   | May 25               |
| Juneteenth     | June 19              |

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