



The Osher Lifelong Learning Institute
at CSULB



2026 Fall Class Schedule

Registration starts Tuesday, Sept 15 at 9 a.m.

FALL Classes

TRAVELING T-SHIRTS: TEXTILES

Instructor: Diane Keenan Wilson
Mondays at CSULB, Rm 101

3 STEPS TO WATERCOLOR

Instructor: Anne Kupillas
Tuesdays on Zoom

AI ENHANCED VIDEO PRODUCTION

Instructor: Perla Gutierrez
Thursday on Hyflex/Lab

LAWN BOWLING BASICS

Instructor: Thom Cloutier
Thursdays at LB LB Club

ZENTANGLE BASICS

Instructor: Arlene Mindus
Wednesdays at Los Alamitos CC

BRIDGE 1 OR BRIDGE 3

Instructor: Hank Dunbar
Mon/Tues at LB Bridge Center

FOUNDATIONS OF INVESTING

Instructor: Andy Dillsaver
Tuesdays on Zoom

IT HAPPENED IN BROOKLYN

Instructor: Len Jacobson
Wednesdays on Zoom

SEE CATALOG INSIDE

Learn More: CAN AI BE GOOD?

Oh look, that big bad Artificial Intelligence (AI) monster is knocking on our door. Life as we know it may be doomed!

But maybe, not yet, it's too soon to tell. In the class, **AI for the Good**, Louise Soe, looks at ways in which AI can benefit society both today and in the future. The global organization, **AI for Good**, which includes the UN, has the goal to "unlock AI's potential to serve humanity through building skills, AI standards and advancing partnerships." Pope Leo XIV urges AI's developers to design technology that benefits workers and humanity throughout the world. A recent book, **AI for Good**, points out ways in which AI better diagnoses patients. The European Union has regulations to protect its citizens.



Louise Soe

In the longer term, AI has great potential to improve healthcare, increase productivity, solve environmental, climate, and scientific problems, and make life better for all humankind.

However, there is increasing opposition toward AI development. In the United States, public approval for AI is declining. Citizens are protesting the building of datacenters, potential job displacement, the lack of jobs for young people, the effects of AI use on teenagers, student use of AI for homework, etc. To ameliorate this opposition, the AI industry is proposing a number of programs: "universal basic income," "universal basic capital," and charitable foundations.

The AI industry admits there will be extreme job displacement in the near term. A new industry-funded organization, Raise Us, intends to influence public policy and help American workers transition into the AI era, through education and (re) training. It will work with governors, who have more control over education and training, and perhaps offer benefits to workers so they can continue in the workforce in lower paying jobs.

How effective will all these efforts be? To examine and discuss them, sign up for **AI for the Good**.

Learn More --- Age Less.



Classes start October 5

www.csulb.edu/olli

The President's Corner: A Season of Transition and Gratitude

As the saying goes, change is the only constant. This Fall, OLLI is experiencing a change in staff leadership as we warmly welcome Annette Rodrigues as our new Executive Director and express our deep gratitude to Patti LaPlace as she prepares for her well-earned retirement later this year.

Patti's retirement announcement set in motion a search by the CSULB College of Health and Human Services to select OLLI's next Executive Director, culminating in the appointment of Annette, the Program Manager with the Gerontology Department's Center for Successful Aging. She officially began her new position with OLLI on August 17th.



Jan Stein

Annette brings a strong and valuable combination of experience and academic training, as a gerontologist, educator, researcher, and administrator, having worked in higher education, nonprofit organizations, and community-based aging programs. Her commitment to lifelong learning and her background in gerontology will serve OLLI well as we

continue to grow, adapt, and support the interests of our members. We are also fortunate that Patti will remain available to help ensure a smooth and thoughtful transition.

Patti has made a lasting impact on OLLI since becoming Executive Director nearly four years ago. As we emerged from the pandemic, OLLI faced significant challenges, and Patti met them with energy, focus, and determination. Through her leadership and close partnership with the Governing Council, our membership has grown to more than 1,500 members. Patti had an instrumental role in making classes more accessible through the expansion of our community venues and was pivotal in strengthening OLLI's relationships with the university, community organizations, and city agencies. Her steady support and counsel to OLLI's volunteer leadership, working group members and instructors have also been greatly valued.

As we say goodbye to Patti in her role as Executive Director, we do so with sincere appreciation for her dedication, leadership, and care for OLLI. At the same time, we look ahead with enthusiasm and confidence as Annette begins this next chapter with us. Please join me in thanking Patti and welcoming Annette to OLLI.



Mark your Calendar for:

Labor Day	9/7
Registration for OLLI	9/15
End of Life planning JCC	9/17
Estate Planning Talk	9/30
OLLI Fall session starts	10/5
Art Show Reception	11/7
Thanksgiving Break	11/26

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

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

The Governing Council

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
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
Annette Rodriguez	New Exec Director

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

THE SUN Volume 32, Issue 1

Production Manager: *Rebecca Low*

Marketing: *Maryse Fujimori*

Writers: *Tom Hood, Tom Lockhart, Shari Faris, Marc Davidson, Patti LaPlace, Jan Stein, Annette Rodriguez*
Writer/Proofreader: *Louise Haglind*

From the Executive Director: Goodbye...

Many of us remember the children's show, *Mr. Rogers Neighborhood*. His warm and welcoming opening of every televised show created an atmosphere of acceptance and civic responsibility by inviting viewers to be his "neighbor." I loved



Patti LaPlace

that concept.

As I was thinking about how to write a final article for *The SUN* before I retire at the end of this year, I found this quote by Fred Rogers. "Often when you think you're at the end of something, you're at the beginning of something else." This quote really sums up my feelings

about my own retirement journey. During my research, I also discovered that Fred Rogers' decision to retire from his long running TV series was not really about the need to end, but more about choosing to focus on other projects like writing books and creating resources for parents and children. I want to learn how to contribute and be a good neighbor in my community and beyond, including OLLI.

This decision to retire did not come lightly and I do have to admit, it is a bit scary as well. Many OLLI members have already offered kind words of advice on retirement. As many of you have experienced, it is not about the "end" but about the journey and the choices we make during retirement. I can't think of a better place to seek out "retirement advice" than the OLLI community.

Even though I have only been the Executive Director since 2022, it has been a wonderful experience for me. When I started, OLLI was recovering from the pandemic. Our membership numbers dropped to 800 and classes were held only on Zoom. Now, we are at 1500 members and back to in person classes, Zoom and Hyflex. We also have community sites that include parks and senior centers in Long Beach, Los Alamitos, the Alpert Jewish Community Center of Long Beach and the Rancho sites. This is all due to the hard work of our OLLI volunteers (Governing Council, Working Groups, instructors) and office staff. We recognize our current members for spreading the word as well. OLLI is a wonderful community.

You will also be in great hands with our new Executive Director, Annette Rodrigues. Annette's passion for working with older adults comes from her experiences, lived and professional. We are very lucky to have her come on board.

So, this is goodbye and hello. I will return as an OLLI volunteer next year to explore my "new beginning". As Bob Hope used to say at the end of his performances, "Thanks for the memories." Here's to making new ones!

With love and respect, Patti

and Hello!

I am truly excited to begin my new chapter with OLLI as its incoming Executive Director and honored to join a community of dedicated staff, instructors, volunteers and members who are committed to lifelong learning.

As a gerontologist, I have a deep appreciation for the value of lifelong learning, social connection, and meaningful engagement throughout our lives. OLLI embodies these values by creating opportunities that promote healthy aging and improve quality of life for older adults. This role brings together my personal and professional experiences in a way that feels especially meaningful to me.



Annette Rodrigues

As Patti approaches her retirement, I feel grateful for the opportunity to build on the strong foundation that has been established at OLLI, with the goal of positively impacting the community and contributing to its continued growth and sustainability. I look forward to meeting each of you, hearing your ideas and interests, and working together to strengthen OLLI as a vibrant community and a bridge to CSULB and the surrounding community. I look forward to all that we will learn, experience, and accomplish together.

Estate Planning 201: What Happens Next? A Guide to Trust Administration

Discover how your estate plan works in practice and what your trustee and loved ones need to know.

Wednesday, September 30 | 10:30-12:00PM |

In-person and Zoom

Estate planning attorney Sindee Smolowitz returns for this **free** follow-up workshop to review estate planning basics and explain the trust administration process. You'll gain a better understanding of what trustees do, what beneficiaries can expect, and how careful planning today can save your loved ones time, expense, and unnecessary stress in the future.

Because estate planning often involves the people closest to you, OLLI members are welcome to invite a guest, such as a trustee or family member, to attend with them in person or virtually.

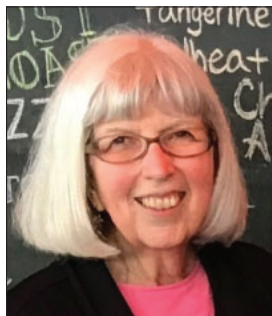
Email PlannedGiving@csulb.edu to register in person or virtually

News from the Technology Lab: Fall 2026

by Kathy Winkenwerder

Apple Device Settings

Settings - whether they are on your iPhone, iPad or Mac computer - control how your devices behave, and it's also where you can change their behavior. Knowing what your choices are will let you make the features on your device's apps behave the way you want them to and personalizes them to suit your needs. In this five-week **Settings on your Apple Devices** class, Marilyn Gettys will show you how to have your devices do what you want them to.

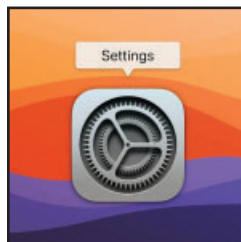


Kathy Winkenwerder

AI for the Good

If you've heard anything about Artificial Intelligence (AI), chances are you've just heard about the scary side of it. That's partly because AI company founders talk about the scary part a lot, and partly because something like AI that's new, powerful and that we know very little about can be scary.

In **AI for the Good**, Louise Soe, who has taught several AI classes at OLLI, will tell you about AI's benefits. These include automating repetitive and hazardous jobs, faster data analysis, enhancing health care, speeding up scientific discovery, and tailoring



educational tools. This new class examines the issue of AI for the Good, covering both the current and potential benefits of AI, and some of its unintended consequences.

Coming Soon: New Mac Operating Systems

Ready or not, here they come! By the time you read this, the new operating systems for the iPhone (iOS 27), the iPad (iOS 27) and Mac computers (macOS 27 Golden Gate) should be released. And the star of all of these devices will be Siri AI. In the Apple world, AI stands for Apple Intelligence, not Artificial Intelligence. Siri AI will now have its own separate app on iPhones, iPads and Mac computers. After a few false starts, the new Siri now is supposed to be a lot smarter than the old one. It's powered by Google's Gemini, a chatbot, so now if you have a fairly recent Apple device, you can type or use your voice to ask questions, and even carry on a conversation with it, the same way you would with a chatbot.

An iOS 27 class will be offered in the Winter 2027 term.

Campus News: The LIFE FIT CENTER at CSULB

by Greg Shea

The LifeFit Center @ The Beach is an experiential learning and research laboratory within the department of Kinesiology. The LifeFit Center is conveniently located in the Kinesiology Building, a short walk from our OLLI campus classroom. LifeFit serves as a health and fitness facility to all CSULB faculty, staff and to community members age 49+. The LifeFit Center is proud to say that it is officially, an "Exercise is Medicine on Campus" facility. Furthermore, they believe that supporting the health and wellness of university faculty and staff as well as its community members is critical to establishing a culture of wellness on campus. OLLI Members play a special part in the learning process as both students and beneficiaries.



Current OLLI classes that are offered in the LifeFit facility are Yoga, Longevity Stick and Tai Chi classes. Consult *THE SUN* for days and times. The classroom location is KIN 110B.

If you are an OLLI member, you are eligible for a special LifeFit discount rate. Discount rates are also available for PT@THE BEACH, the Physical Therapy practice, with your LifeFit Membership. Other membership options are for Medicare Advantage plan holders. The facility hours of operation are Monday through Friday 8:30 am to 2:00 pm.

For more information, contact Araceli Velasco, Program Coordinator at (562) 985-2015 or Araceli.Velasco@csulb.edu for a tour of the facilities and membership options. You can also check out their website <https://www.csulb.edu/college-of-health-human-services/lifefit-center-the-beach>.

OLLI Activities: New Members Event

A Beautiful Day to Welcome New OLLI Members

Thursday, August 13, was a beautiful day in the Earl Burns Japanese Garden. The temperature had cooled a bit, a gentle breeze moved across the koi pond, and the music of OLLI's own Play It Again Jam group wafted throughout the garden.

It was the occasion of OLLI's annual New Member Garden Party, an event designed to welcome those who have joined OLLI during the past year.

As new members entered the garden, they received OLLI swag bags. Inside the garden, they found stations offering fresh fruit, cheese, crackers and cookies, along with a variety of beverages. Tables and umbrellas provided comfortable seating throughout the garden, where members could relax, enjoy the beautiful surroundings and get acquainted with one another. Guests also had the rare opportunity to feed the koi.

OLLI staff members Patti LaPlace, Becky Low and Annette Rodrigues, along with Governing Council members Jan Stein, Janet Lipson, Marc Davidson, Mary Kay Toumajian, Greg Shea, Donna Hawk and Glenn Libby, were on hand to welcome the new members. They shared their experiences with OLLI and helped introduce newcomers to the many opportunities available through the organization.

The event was hosted by the Member Services Working Group: Maria Arce, Marlene Arevalo, Kay and Barry Bosscher, Mary Boykin, Karin Covey, Constance Malaambo and Cherrylaine Wallace.

With beautiful surroundings, good food, music and plenty of opportunities to meet fellow members, the Garden Party provided a wonderful introduction to the OLLI community.



Feed the Koi



Constance, Maria and Barry meet new members



Music by the Jammers and Issaih helped

Thank You - Donors



ONGOING CONTRIBUTIONS

Donations can be made online via credit card using the OLLI website. www.csulb.edu/OLLI

Look for the **Donation Information** menu on the left side and follow the links. Click on **Be Part of This List**. Enter **Osher** in the Search for heading at the top of the page.

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. Become an **OLLI Legacy Donor** by contacting the OLLI office or the Planned Giving office at plannedgiving@csulb.edu.

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.



SUMMER 2026 CONTRIBUTIONS

THANK YOU TO ALL WHO CONTRIBUTED AND THOSE WHO ALSO DONATED THEIR CLASS FEES TO SUPPORT OLLI @CSULB

NINA ANTOVILLE
KAREN ASRAF
CARI BLITZER
ELLEN BLOM
BONNIE BROSNAHAN
NANCY BUCHANAN
MARY CLIBY
ROBERT CRABB
GINNY CUSENZA
CAROLYN ESTRADA
LOUISE HAGLIND & DAN UNDERWOOD
BOBBI HAMFELDT
MARIA HANSON
DEBORAH HASTINGS
BARBARA JONES
ANNA KELLY
JAKYUNG KIM
JANET LIPSON
STEVE MASONER IN MEMORY OF WES WONG
GARY MURPH
VICKI O'TOOLE
MARION SHANKER
DONNA SIMS
JAMES SMITH
JANICE TERAOKA
KATHERINE WIGHTMAN
KATHY WINKENWERDER IN MEMORY OF WES WONG
NINA ZASORIN

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

- 2026-27 Membership is \$40
- Enter your email address to get a receipt.
- Fill in credit card information.
- Click *Submit Payment*. Wait for processing!

4. Purchase your OLLI classes - starting Sept. 15

- Sign In to Your CE Account
- Membership must be in the Cart or paid 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. Buy your **2026-27 Membership (\$40)**
3. Pay before **Sept. 15 Registration Day**

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"
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 Home 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

SIGN IN

Q SEARCH



CART



ACCOUNT



HOME

SCHOLARSHIP POLICY

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

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

OLLI POLICIES AND PROCEDURES

Class Limits - Enrollment in all classes *with limits* will be on a first-come, first-served basis. Wait lists will NOT be kept for FULL classes. Check *The SUN* or online for class limits. Zoom classes may NOT be audited. NOTE: Please keep OLLI financially healthy by paying for all classes 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, Sept. 15

9:00 a.m. ONLINE

Helpline 562.985.2398

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

Office line 562.985.8237

General questions, or to leave a message

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

ZOOM /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.

FALL 2026 REGISTRATION starts Sept. 15

Name: _____ Phone: _____

Address (if new) _____

Email: _____

2026 Annual Membership \$40.00 _____	Class Tuition _____ x \$15.00 ea _____	
Donation \$ _____	Contributors will be acknowledged in publications. To remain anonymous check here. ☐	
Check # _____	Checks payable to CSULB Foundation NO Cash	Total \$ _____

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

MONDAYS, Oct. 5 - Nov. 16

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
8:45-10:15	Meditation with Carol (5 wks)	C. Beckerman	CSULB, HSD 101 10/5-11/2	IP	
9:00-9:45	All About Recorders (Beg)	F. Wenger	Whaley Park CC	IP	
9:45-11:15	All About Recorders (Int / Adv)	T. Schneider	Whaley Park CC	IP	
9:30-11:30	Bridge 3 (9 wks)	H. Dunbar	LB Bridge Center- \$20 fee	IP	
9:30-12:30	Molded Magic: Playing With Paper Mâché	Y. Rihbany	NEW-JCC - MPR	IP	
10:30-12:00	Traveling T-Shirt: History of Textiles...	D. Keenan Wilson	NEW-CSULB, HSD rm 101	IP	
11:30-12:30	Yoga with Barbara	B. Bannerman	CSULB, LifeFit KIN 110B	IP	
12:15-1:45	Parlons Francais - Intermediate French	P. Davidson	CSULB, HSD rm 101	IP	
1:00-4:00	Crafting Pros	S. Haglund	JCC - MPR	IP	
1:00-2:30	Stories We Carry: Reflection & more...	K. Skrabo	Los Alamitos CC	IP	
2:00- 5:00	Hollywood Movies!	J. Hathcock	NEW- CSULB, HSD rm 101	IP	
2:00-3:30	Understand Our Place in the Universe	M. Geier	NEW- topics	Z	
2:00-4:00	Prevent Heart Disease, Cancer...	W. Covalt	Update-Special on Oct 19	Z	FREE

TUESDAYS, Oct. 6 - Nov. 17

<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-updates	Z	
8:30-10:00	Playful Making (4 wks 10/27-11/17)	E. Louros	NEW - CSULB, HSD,101	IP	
9:00-10:30	Protect Yourself from your Computer (2 days)	M. Arena	Meets 11/10 & 11/12	Z	
9:00-10:00	Longevity Stick Movement	C. Taylor	CSULB, LifeFit KIN 110B	IP	
9:00-10:30	ABCs of Medicare (2 wks)	D. Dillman	NEW Topics 10/6 & 13	Z	
9:00-10:30	Art History with Lee	L. Samuels	NEW Topics -JCC Bd Rm	IP	
9:30-11:30	Bridge 1 (9 wks)	H. Dunbar	LB Bridge Center- \$20 fee	IP	
10:00-11:30	Foundations of Investing (6 wks)	A. Dillsaver	NEW Topics 10/6-11/10	Z	
10:00-12:00	Play it Again Jam - all levels	C. Baker, M. Davidson	Whaley Park CC	IP	
10:00-12:00	3 Steps to Watercolor	A. Kupillas	NEW - tips & techniques	Z	
10:30-12:00	Opening: Ways to Live with More Peace...	M.R. Velicki	NEW - CSULB, HSD 101	HYFLEX	
10:30-11:30	Tai Chi Chuan 101 (Beginners)	R. Richina	CSULB, LifeFit, KIN 110B	IP	
11:00-12:30	Aviation History of Long Beach	R. Zarn, L. Jungers	NEW - JCC	IP	
12:00-1:30	Spanish Story Time	P. Kiwerski	NEW tales	Z	
12:30-1:30	Sleep and Dreams	R. Rosenberg	NEW-CSULB, HSD rm 101	IP	
1:45-3:15	Great Dynasties & Empires of India	D. Hobbs	NEW-CSULB, HSD rm 101	IP	
3:30-5:00	Clash of Wings (continued)	P. Killins	New adventures	IP	
4:00-5:30	Learn About CPR, AEDs and more	B. Fitzpatrick	JCC -Special on Oct 27	IP	FREE
5:00-6:30	Chinese Language Unlocked (5 wks)	I. Wang	NEW- meets Tue & Thurs	Z	

WEDNESDAYS, Oct. 7 - Nov. 18 Holiday 11/11					
<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. Van Dine	CSULB LifeFit KIN 110B	IP	
8:30-10:00	A More Glamorous You (3 wks)	K. Marshall	New Tips - 10/7 - 21	Z	
9:00-10:30	The Amateur Naturalist (4 wks 10/14-11/4)	J. Moore	NEW-Los Alamitos	IP	
10:00-11:30	iPhone/iPad Camera (5 wks) (iPads available)	M. Gettys	CSULB, Tech Lab	IP	
10:15-11:45	Dungeons & Dragons for Beginners	M. Baker	CSULB, HSD, rm 101	IP	
10:30-12:00	It Happened in Brooklyn (4 wks)	L. Jacobson	Meets 10/7 - 28	Z	
10:30-12:30	Knitting As You Like It (Adv)	W. Diamond	Los Alamitos start 14th	IP	
10:30-12:00	Holocaust Destination - Ecuador! (Oct 21)	D. Rubenstein	Special Event 10/21	Z	FREE
11:00-12:45	Yoga on a Chair	C. Ellano-Ota	Los Alamitos start 14th	IP	
11:30-1:00	Acoustic Guitar 2: Beyond Basics	B. Bradshaw	Whaley Park CC	IP	
11:45-1:15	Apple Photo App (5 wks) (iPads available)	M. Gettys	CSULB, Tech Lab	IP	
1:00-3:00	Dance to World Music for Fun	D. Baker	Bellflower Club	IP	FREE
1:00-2:00	YoMeKi® 2.0	P. Rassouli	El Dorado Sr. Center	IP	
1:00-3:00	Zentangle® Basic Workshop	A. Mindus	Los Alamitos start 14th	IP	
1:00-2:30	Four Stories, Four Weeks (4 wks)	C. Guillen	JCC - 10/28 - 11/18	IP	
1:30-3:00	Settings on Apple Devices (5 wks) (iPads available)	M. Gettys	CSULB, Tech Lab	IP	
1:30-3:30	Intro to World of Shamans	M. Montoya	Los Alamitos start 14th	IP	
1:30-3:30	Modern Board Games - for first time gamers	G. Page	Los Alamitos start 14th	IP	
1:45-3:15	Maroons & Slave Rebellions	N. Wicks	CSULB, HSD rm 101	IP	
3:30-5:00	CA Health Care Directives (3 wks)	C.. Malaambo	CSULB, HSD, 101 10/28 - 11/18	IP	
3:00-4:30	7 Weeks to Balance	G. Diaz	NEW- JCC Bd Rm	IP	

THURSDAYS, Oct. 8 - Nov. 19					
9:00-10:30	Protect Yourself from your Computer (2 days)	M. Arena	NEW-Tech 11/10 & 12	Z	
9:30-11:30	Memoir Writing: A Novel Approach	Kiwerski/ Marshall	Email needed	Z	
10:00-11:30	Purposeful Retirement: Your Next Chapter (2 wks)	R. Bhargava	NEW- 10/ 8 & 10/16	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	Whaley Park	IP	
10:15-11:45	AI For the Good	L. Soe	NEW-CSULB, HSD, 101	Hyflex	
11:00-12:30	Zentangle Patterns	T. Taylor	JCC - MPR	IP	
11:30-1:00	Beginning Guitar	J. Smith	Whaley Park	IP	
12:00-1:30	National and International Current Events	Team	CSULB, HSD, rm 101	IP	
1:00-2:30	AI Apps & Social Media enhanced	P. Gutierrez	Tech- CSULB, Lab / Zoom	Hyflex	
1:00-3:00	Needlework Cafe	C. Sabol	JCC MPR	IP	
1:00-2:30	Lawn Bowling Basics (5 wks)	T. Cloutier	NEW -LB LawnBowlsClub	IP	
2:00-4:00	Catch the Spirit of Singing: Chorus	K. Price	St. Gregory's Parish	IP	
2:00-4:30	Movie Matinee (start 10/15)	T. Hood	CSULB, HSD, rm 101	IP	
3:00-4:30	AI Websites, Blogs... Maximize Your Online Presence	P. Gutierrez	Tech-CSULB, Lab/Zoom	Hyflex	
5:00-6:30	Chinese Language Unlocked (5 wks)	I. Wang	NEW- meets Tues & Thurs	Z	
6:00-7:30	US Space Program Evening (OCT 22)	S. Lopez	CSULB, HSD, 101	IP	FREE
6:00-7:30	Astronomy Night (OCT 29)	S. Lopez	CSULB, HSD, 101	IP	FREE

FALL 2026 REGISTRATION starts Sept. 15

FRIDAYS, Oct. 9 - Nov. 22

9:30-11:30	Bluegrass Music Jam	F. Swatek	Whaley Park CC	IP	
9:45-11:15	Book Club: Contemporary Nonfiction (2 days)	S. Savoulain	Los Alamitos (10/23 11/20)	IP	
10:00-1:00	Visit to the Holocaust Gallery Special		Cypress CC 10/30	IP	
10:00-11:30	Music from the Inside Out Special	D. Rochlin	NEW - online 10/16	Z	
10:00-12:00	Wet Felting Art (4 wks)	P. Watson	NEW CSULB, HSD 105	IP	
10:15-12:15	Writers Read Aloud	J. Van Hooten	CSULB, HSD rm 101	IP	
10:30-12:30	Jewelry making A - Z	B. Belisle	JCC MPR	IP	
11:30-12:30	Soul Tai Chi with Jimmy	J. Mathews	CSULB, LifeFit KIN 110B	IP	
12:00-1:30	Irish Music Jam	M. Cliby, A. Bates	NEW-Whaley Park	IP	
12:30-2:00	Jazz and France: ... Cultural Exchange	A. Silverston	NEW-CSULB, HSD rm 101	Hyflex	
12:30-1:45	Yoga on a Chair - Zoom	C. Ellano-Ota	A return to fitness	Z	
1:00-3:00	The Art of Book Folding (4 wks)	Y. Fielder	NEW - JCC \$12 fee	IP	
1:00-3:00	Short Story Discussion Group	F. Ramirez	Book purchase	Z	
2:30-4:30	Stained Glass Workshop	S. Newcomb	CSULB, HSD, rm 105	IP	
2:30-4:00	Pathways to a Better Life (3 wks 10/9-23))	D. Hucker	CSULB, HSD, rm 101	IP	
2:30-4:30	Comedy Capers (4 wks 10/30)	K. Lucas	CSULB, HSD, rm 101	IP	
3:00-4:30	Russian Language - all levels	D. Cook	JCC Bd Rm	IP	

SATURDAYS, Oct. 10 - Nov. 21

9:00-12:00	Watercolor Workshop	M. Daniel	CSULB, DSN rm 111	IP	
10:30-12:00	Parlons Francais - Intermediate French	P. Davidson	CSULB, HSD rm 101	IP	
11:45-12:45	Tap Dancing for Beginners	A. Bianchino	4th St Senior Center	IP	
12:45-1:45	Tap Dancing for Intermediates	A. Bianchino	4th St Senior Center	IP	

NEW CLASS!

Monday

MEDITATION WITH CAROL

Mondays, Oct. 5 – Nov. 2 (5 wks)

8:45 – 10:15 a.m.

CSULB, HS&D, room 101

Meditation has been defined as a way to quiet the mind, connect with our inner self, and even heal our body. It has been used for centuries within spiritual and religious settings. In the Western world it is being accepted not only as a spiritual practice, but also as an adjunct to other therapies to treat chronic pain, lower blood pressure, and PTSD. It is a useful tool for everyone to disconnect from the constant barrage of emails, negative news, and traffic jams. Carol believes daily meditation provides insight into different levels of consciousness. As she works on her doctorate, she is studying people's motivations for beginning a meditation practice during the pandemic. She looks forward to sharing her love for this calming and life-affirming practice. Class limit: 50

Instructor: Carol Beckerman, M.A.

ALL ABOUT RECORDERS

Mondays, Oct. 5 - Nov. 16

9:00 - 9:45 a.m.

Whaley Park

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 details.

9:45 – 11:15 a.m.

The more advanced recorder players 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

BRIDGE 3

Mondays, Oct. 5 - Nov. 30 (9 wks)

9:30 – 11:30 a.m. LB Bridge Center

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

BRIDGE 1

Tuesdays, Oct. 6 – Dec. 1 (9 wks)

9:30 - 11:30 a.m. LB Bridge Center

For Beginners and players who played previously. 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

NEW CLASS!

Monday

MOLDED MAGIC: PLAYING WITH PAPER MÂCHÉ

Mondays, Oct. 5 – Nov. 16
9:30 am – 12:30 p.m.
Alpert JCC - MPR

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 create and transform simple materials into your unique pieces. We'll explore various paper mâché projects. The first session will be on Zoom to prepare and review materials and the remaining sessions will be in-person.

Class limit: 12

Instructor: Yesmean Rihbany



NEW CLASS!

THE TRAVELING T-SHIRT: THE HISTORY OF TEXTILES AND GLOBAL TRADE

Mondays, Oct. 5 – Nov. 16
10:30 a.m. - 12:00 p.m.
CSULB, HS&D, room 101

Human innovation and trial and error created fabrics and dyes on every continent. From spinning to weaving, textiles spurred innovation and industrialization. For 3,000 years India dominated cotton production and the art of dying and monopolized trade on the Indian Ocean. We'll look at how textiles spurred global trade and impacted the environment today.

Class limit: 90

Instructor: Diane Keenan Wilson

YOGA WITH BARBARA

Mondays, Oct. 5 – Nov. 16
11:30 a.m. - 12:30 p.m.
CSULB, LifeFit, KIN 110B

Enjoy practicing flexibility, strength building, and balance by using different yoga poses or asanas. Participants need to be able to move from a seated position on the floor to standing with ease. Learn relaxation and meditation techniques that help reduce stress, depression and anxiety. Create a flexible and strong mind/body connection.

Class limit: 30

Instructor: Barbara Bannerman,
Certified Yoga Facilitator



CRAFTING PROS

Mondays, Oct. 5 – Nov. 16
1:00 – 4:00 p.m. JCC MPR

This is an on-going crafts class that explores different 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: 12

Instructor: Sheryl Haglund



"PARLONS FRANCAIS!"

Monday, Oct. 5 – Nov. 16
12:15 – 1:45 p.m.
CSULB, HS&D, room 101

Did you study French in school and wish that you could have continued your studies? Have you been using Duo Lingo or online classes but want feedback from a live French-speaking person? If so, this course is for you! Come to refresh your memory and ignite your ability to speak and understand French 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 a first-time experience in learning French.

Parlons Francais is offered twice each week. The same content will be presented on Mondays and Saturdays. Please register for your preferred section and thank you in advance for not asking to make up absences by attending the other session. Class limit: 10 (see Saturday)

Instructor: Patti Davidson!

STORIES WE CARRY: REFLECTION & REMINISCENCE IN LATER LIFE

Mondays, Oct. 5 – Nov. 16
1:00 – 2:30 p.m.
Los Alamitos Sr Center

Every life is a story waiting to be heard. As elders we carry not just memories, but the meaning behind those memories, the synthesis of a life. 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 reframing and repair. 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 is member of The
Center for Life Story Innovations and
Practice.

Monday

NEW TOPICS!

UNDERSTANDING OUR PLACE IN THE UNIVERSE: PART 1

Mondays, Oct. 5 – Nov. 16
2:00 - 3:30 p.m. Zoom

We'll begin with a basic inventory of our observable universe: earth, our solar system, stars, galaxies, and galaxy clusters. We will marvel at the appearance of these heavenly bodies and their features. As we examine the sky and the motion of the Earth, we will explore the causes of seasons, eclipses, and phases of the Moon. Finally, we'll learn about our Sun. We will analyze the basic properties of light and the newest telescopes that are contributing to our understanding of the universe. All class sessions feature striking visual images taken with powerful telescopes. Class limit: 50

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

NEW FILMS!

HOLLYWOOD MOVIES

Mondays, Oct. 5 – Nov. 16
2:00 – 5:00 p.m.

CSULB, HS&D, room 101

Come, enjoy Jeff's favorite movies.
Offer a suggestion if you have a favorite!

1. Breakfast At Tiffany's
Audrey Hepburn
2. Lifeboat - Alfred Hitchcock classic
3. Captain From Castille- Tyrone Power
4. Touch of Evil- Charlton Heston,
Orson Welles
5. Ulysses- Kirk Douglas- Anthony Quinn
6. Maltese Falcon- Humphrey Bogart
7. Birth of A Nation- D. W. Griffith's
1915 masterpiece

Class limit: 98

Presenter: Jeff Hathcock



Tuesday

IPHONE - BEYOND BASICS

Tuesdays, Oct. 6 – Nov. 16
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 it can be 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 discuss how to stay safe or private when you are using your phone, how to edit and organize all those photos you've taken, how to take advantage of the iPhone's health features and much more.

Class limit: 18

Instructor: Kathy Winkenwerder

PROTECT YOURSELF FROM YOUR COMPUTER

Tues., Nov. 10 & Thurs. Nov. 12
9:00 – 10:30 a.m. Zoom

It turns out the vast majority of headaches, security issues, tech expenditures, and e-waste are preventable. Through my books, podcast, and speaking tour, I de-mystify and explain the IT industry in plain English. Topics I explain:

- The core components of a computer
- Why Antivirus software is obsolete
- WHY software becomes more complicated every day

The Four New Threats:

- Legalized Spyware
- Cryptolocker/Ransom/Hostageware
- Update Attacks
- Support Scams AND MORE.....

Class limit: 80

*Presenter: Marc Anthony Arena;
author, podcaster, and public speaker.
marc@thecomputerexorcist.com*

LONGEVITY STICK MOVEMENT

Tuesdays, Oct. 6 – Nov. 17
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

ABCs OF MEDICARE

Tuesdays, Oct. 6 –13 (2 wks)
9:00 - 10:30 a.m. Zoom

Raffle Prize Drawing! This is an educational class highlighting the importance of knowing when you can sign up for Medicare in order to get the most of your Medicare benefits. Learn how or why you can change your existing plan to better meet your specific needs. The first class will cover the 4 parts of Medicare: Part A-Hospital Care, Part B-Medical Care, Part C-Medicare Advantage, and Part D-Medicare Prescription Drug Coverage Plans. The second session will cover HMO, PPO, and Supplemental/Medigap plans and how to decipher your medical bills. Class limit: 50

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

PLAYFUL MAKING

Tuesdays, Oct. 27 – Nov. 17 (4 wks)

8:30 – 10:00 a.m. CSULB, HS&D, room 101

Give yourself permission to play! Explore a variety of creative projects while experimenting with paper, fabric, thread, paint, and more. No experience needed—just curiosity, creativity, and a willingness to try something new in a relaxed, supportive environment. A supplies fee may be requested and is payable to the instructor. Class limit: 12

Instructor: Elizabeth Louros is a retired educator and mixed-media artist who loves inspiring creativity and helping others discover the joy of making.

NEW CLASS!

ART HISTORY WITH LEE

Tuesdays, Oct. 6 – Nov. 17
9:00 – 10:30 a.m. Alpert JCC

Students will explore the historical aspects, aesthetic compositions, and the lives of influential artists and architects representing **the Italian Mannerism and Baroque periods and the Italian and French Rococo period (1520-1790)**. Mediums presented will include paint, chalk, charcoal, lead/graphite, clay, marble, bronze (casting), and printmaking. Lecture and discussions will take into consideration the impact of the Catholic Counter-Reformation, absolute aristocratic power, deep economic inequality and economic policies as they affected the lives and practices of artists and architects. Class limit: 30

Instructor: Lee Samuels

PLAY IT AGAIN JAM

Tuesdays, Oct. 6 – Nov. 17
10:00 a.m. - 12:00 p.m.
Whaley Park CC

We are a group of amateur musicians, instrumentalists and vocalists, beginner to experienced, gathering to have fun and make music. We play and sing together while developing our personal instrumental skills. Basic song sheets with chords of favorite Folk, Blues, Country and Pop tunes are compiled in the Session's Songbook. The Jammin' class is built around the guitar and ukulele; but diverse instruments such as acoustic bass, banjo, harmonica, and keyboards are welcome. Bring a capo, music stand and your instrument. Our Jam session songbook will be sent electronically to you. Contact the OLLI office to purchase a hard copy for \$10.00. Class limit: 60

Instructors: Carol Baker & Marc Davidson

FOUNDATIONS OF INVESTING

Tuesdays, Oct. 6 – Nov. 10 (6 wks)
10:00 – 11:30 a.m. Zoom

This class will cover essential investing and opportunities in a rapidly changing economy. We will address the principals of selecting stocks, bonds, and other investments, with a focus on using investment income to fund retirement. We will explore public and private markets (private equity, private credit and hedge funds) and discuss if these investments are right for your goals. Learn how to read financial statements, to translate confusing financial jargon, and view the evolving world of crypto currency (Bitcoin, Ethereum, etc.). Time will be allotted each session for questions and answers. No products or services are sold, endorsed, or marketed.

Class limit: 25

Instructor: Andy Dilsaver,
CFP®, Financial Advisor

TAI' CHI CHUAN 101 (BEGINNERS)

Tuesdays, Oct. 6 – Nov. 17
10:30 - 11:30 a.m.
CSULB, LifeFit, KIN 110B

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

Class limit: 15

Instructor: Mr. Richard Richina's knowledge of Tai Chi Chuan comes from decades of tutelage and practice of the Yang Style shortened form.

3 STEPS TO WATERCOLOR

Tuesdays, Oct. 6 – Nov. 17
10:00 a.m. - 12:00 p.m. Zoom

This is a new format class by Watercolor Mastery instructor Anne Kupillas, who will lead you to paint intermediate to advanced paintings using three steps. Each week, we will explore approaches such as painting from Large to Small, Light to Dark, Thin to Thick paint consistencies, and Wet to Dry. Subjects will vary across genres (landscape, still life, portrait, etc.). This course is an instructor Demo/ student Paint- Along with Q&A, rather than a step-by-step format. Students will need to keep up! You will need basic supplies plus a hairdryer (a full list will be sent upon registration). Class limit: 32

Instructor: Anne Kupillas

www.annekupillasfineart.com

@annekupillasfineart

**AVIATION HISTORY OF LONG BEACH**

Tuesdays, Oct. – Nov.17 (6 wks)
11:00 a.m. - 12:30 p.m. Alpert JCC

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, the course will cover the many developments of aviation. It will also focus on the individuals who contributed to aviation's evolution. There will be two 90 minutes long field trips that include touring the historical Long Beach Airport terminal and visiting Rosie the Riveter Park.

Class limit: 20

Instructors: Randy Zarn
(zpeoplebuilder@hotmail.com) &
Lynne Jungers (livertoni@aol.com)

NEW CLASS!

OPENING: WAYS TO LIVE WITH MORE PEACE, AWARENESS, JOY

Tuesdays, Oct. 6 – Nov. 17

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

CSULB, HS&D, room 101/ Zoom

If you are curious and would like to experience your life in more uplifting ways, this course is for you. Author Mary Ruth Velicki shares practical tools and perspectives for living with more peace, awareness, and joy in everyday life. Through engaging presentations, personal stories, and reflective activities, participants will explore ways to open their body, mind, and heart. Topics include:

- Opening the body /calming the body-mind
 - Appreciating the connection between body, mind, and spirit
 - Opening the mental-emotional state
 - Exploring energy and intuition
 - Experiencing more presence, love, and connection
- Class limit: 30

Instructor: Mary Ruth Velicki is a retired physical therapist and university instructor. She is the author of The Healing Series books.

NEW CLASS!

GREAT DYNASTIES AND EMPIRES OF INDIA

Tuesdays, Oct. 6 – Nov. 17

1:45 - 3:15 p.m.

CSULB, HS&D, room 101

Combining history and art history, we'll cover six of the most significant dynasties and empires of India. We'll span almost 5,000 years of history from the Indus Valley civilization of 3,000 bc up to the advent of the British Raj in the mid-19th century. We'll study the Mauryans, Kushans, Guptans, Cholas and Mughals. Within that time frame we'll weave in various threads of art history, architecture, sculpture, painting, religion and philosophy. For example: the origins of yoga, the great Sanskrit epics, the birth of Hinduism, Buddhism and Jainism, and more. Overarching themes will be the cultural contributions of India as well as its importance in ancient and pre-modern world trade routes. Class limit: 80

Instructor: Delrie Hobbs

NEW CLASS!

Tuesday

SLEEP AND DREAMS

Tuesdays, Oct. 6 – Nov. 17

12:30 - 1:30 p.m.

CSULB, HS&D, room 101

Introduction to the function of sleep, normal sleep, circadian rhythms of sleep, sleep deprivation, clinical sleep medicine (classification of sleep disorders and treatments), identification of sleep stages and abnormalities using physiological recordings, role of sleep for learning and memory. Class limit: 30

Instructor: Richard Rosenberg, lecturer, CSULB Dept. of Psychology

SPANISH STORY TIME

Tuesdays, Oct. 6 – Nov. 17

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

HOLA!
LEARN SPANISH

CLASH OF WINGS (CONT'D)

Tuesdays, Oct. 6 – Nov. 17

3:30 - 5:00 p.m.

CSULB, HS&D, room 101

Note: 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 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. We will note the technical developments of each campaign time—new aircraft, new weapons, new tactics—and the leadership.

Class limit: 80

Instructor: Paul Killins

CHINESE LANGUAGE UNLOCKED

Tues/Thurs, Oct. 6 – Nov. 3 (5 wks)

5:00 - 6:30 p.m. Zoom

Unlock the mystique of an ancient oriental language! Vivid Chinese language learning materials and a focus on interaction, much in-class practice, helps students acquire basic conversational ability. Learn how to participate in daily conversations in Mandarin Chinese. Links to helpful online learning portals will supplement the course. **Class meets twice a week - Tues & Thurs.** Class limit: 25

Instructor: Iris Wang, Ming Chuan

University-US offers online Mandarin Chinese courses to the OLLI community.

New on Wednesday

THE AMATEUR NATURALIST

Wednesdays, Oct. 14 – Nov. 4 (4 wks)

9:00 - 10:30 a.m.

Los Alamitos Sr. Center

Enrich your life a little by engaging the natural world. Learn to play the nature game. No special skills required. Some lessons, a few activities and we will get you up to speed. Three in-person classes. Last class will be a field trip....to be decided.

Class limit: 20

Instructor: Jeff Moore, Birds, Plants, Bees, Butterflies, Nature; 25 successful years in education

YOGA WITH JEAN MARIE

Wednesdays, Oct. 7 – Nov. 18
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? Practicing the ancient art of yoga has produced these results for ages!! 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

A MORE GLAMOROUS YOU

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

This course will focus on timeless fashion for women. We will look at color, first impression and how choosing the correct colors will make your skin and face glow with natural beauty. You will learn about your body type and what clothing styles best complement it. Do you know what fashion personality or face shape you have? Knowing this will assist you in selecting glasses, earrings and hair-styles. I will show you how to create a Core-Wardrobe in your fashion personality and how to use your accessories to create more looks with the clothes you already have. Class limit: 20

Instructor: Kathy Marshall-Fashion Stylist, Cert Image Consultant. www.kathymarshall.com 562-547-6117

NEW CLASS!

IT HAPPENED IN BROOKLYN

Wednesdays, Oct. 7 – 28 (4 wks)
10:30 a.m.- 12:00 p.m. Zoom

This is a romp through Brooklyn, NY, from its beginnings to present day, with videos that epitomize Brooklyn life. The course will highlight many famous people that grew up in Brooklyn and their achievements. It will cover neighborhoods, landmarks and Brooklyn's impact on the world as well as describing how life in Brooklyn today is different from how it was when many OLLI people grew up there. Class limit: 40

Instructor: Len Jacobson, MSEE

IPHONE CAMERA

Wednesdays, Oct. 7 – Nov. 4 (5 wks)
10:00 – 11:30 a.m.

CSULB, HS&D, Tech Lab

Learn how to use your iPhone camera. Class will cover all the settings you can use for better photos. Tips and tricks for different kinds of photos. How to take better photos and videos. Bring your charged device. iPads are available for classroom use. Class limit: 12

Instructor: Marilyn Gettys

APPLE PHOTO APP

Wednesdays, Oct. 7 – Nov. 4 (5 wks)
11:45 a.m. - 1:15 p.m.

CSULB, HS&D, Tech Lab

Learn everything you can do with the photo app, albums, folders, slide shows, editing photos. 3rd party apps will be reviewed and we will discuss what you can do with the photos you have taken. iPad's will be available for use in class for anyone who does not own one. Class limit: 12

instructor: Marilyn Gettys

NEW CLASS!

D&D 5E FOR BEGINNERS

Wednesdays, Oct. 7 – Nov. 18
10:15 – 11:45 a.m.

CSULB, HS&D, rm 101

Dungeons & Dragons has had quite a resurgence but many people are intimidated by playing, finding a group, or running a game. Whether you've played as a kid and want a refresher or you've never played before, this class will get you battle-ready! You'll learn the basics of the game, some history, and some Table Top Role - Playing Game (TTRPG) alternatives to D&D. Once we're acquainted with the game, we will break into groups of 5 or less and play! We will end with instruction on how to run a game (GM, "Game Master"). \$10 fee for materials, including dice and a mini figure. Adventure awaits! Class limit: 12

Mike R. Baker has experience playing Adv. Dungeons & Dragons in the early eighties and has been playing 5e (2014 or 5th edition) for over 3 years now.

SETTINGS ON YOUR APPLE DEVICE

Wednesdays, Oct. 7 – Nov. 4 (5 wks)
1:30 - 3:00 p.m.

CSULB, HS&D, Tech Lab

Do you wonder what you can change on your device? This class will cover the settings app on your iPhone or iPad, including camera functions, focus, accessibility, passwords, notifications. We will also cover the settings within other apps. Come learn tips for using your devices more efficiently. iPads are available for classroom use

Class limit: 12

instructor: Marilyn Gettys

YOGA ON A CHAIR - IN-PERSON

Wednesdays, Oct. 14 - Nov.18
11:00 a.m.-12:45 p.m. Los Alamitos CC

See the Friday description . This yoga experience is based on Lakshmi Voelker Chair Yoga (LVCY), Eden Energy Medicine, and Dr. Micheal Reed Gach Acupressure Yoga. Class limit: 30

Instructor: Claudia Ellano-Ota

**ACOUSTIC GUITAR 2:
BEYOND THE BASICS**

Wednesdays, Oct. 7 – Nov. 18
11:30 a.m. - 1:00 p.m.

Whaley Park

Ready to add some sophistication to your guitar playing; perhaps add some new songs & chords for your repertoire? Join us if you would like to learn to play guitar-based music of our roots--folk, 60's-70's classic rock, blues. Instruction will be chord-based and song-based and is designed for players advancing their skills. We will be covering Advanced Chords, Strumming, Tabs, "Licks," Double Stops, Bass Runs, and Barre Chords. An Intro to Lead Acoustic Guitar section will be attached to the class. Contact instructor for more info before the 1st class if you are interested.

Class limit: 20

instructor: Brian Bradshaw

BASIC ZENTANGLE® WORKSHOP

Wednesdays, Oct. 14 – Nov.18
1:00 -3:00 p.m. Los Alamitos CC

Come explore this popular art form that is an easy-to-learn and relaxing method of drawing structured patterns. Anyone who thinks he/she is a “non-artist” can learn! Arlene 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, and more. Materials supplied at the first class for \$15 paid to the teacher. Class limit: 15

Instructor: Arlene Mindus, CZT: cert. Zentangle teacher since 2014;

YO ME KI® 2.0

Wednesdays, Oct. 7– Nov.18
1:00 -2:00 p.m. Location TBD

Come experience this new version of Yo Me Ki® 2026. Yoga is still a mainstay, but we'll also be adding in other movements to keep our bodies limber. The meditation portion will focus on healing enhanced by the soothing sounds of crystal sound bowls. In the Reiki part, we'll concentrate on clearing the subconscious mind for a greater sense of well-being. The goal of this class— to leave more relaxed yet focused; thus, enjoying a better quality of life. Class limit: 20

Instructor: Patty Tahara Rassouli, Wellness teacher

FOUR STORIES - FOUR WEEKS

Wednesdays, Oct.28– Nov. 18 (4 wks)
1:00 - 2:30 p.m. Alpert JCC

“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!**MODERN BOARD GAMES FOR FIRST TIME BOARD GAMERS**

Wednesdays, Oct. 14 – Nov.18
1:30 -3:30 p.m. Los Alamitos CC

This class has been designed to introduce senior citizens into the fun and brain-stimulating world of modern board games. This is an interactive class where we will play a different low-complexity game each week in a friendly small group. Everything will be provided-no previous knowledge is required. Come and enjoy learning!

Class limit: 6

Instructor: Gary Page, passionate board gamer

CA HEALTH CARE DIRECTIVES

Wednesdays, Oct. 28 - 18 (3 wks)
3:30 - 5:00 p.m.

CSULB, HS&D, rm 101

Constance Malaambo, R.N., who worked in the Emergency Department for over 30 years will now take you through the process of completing your Healthcare Directive. It is important to understand your options for medical treatment; our choices on exactly what we want; choosing someone to speak for you if needed. We plan our funerals. But the act of dying and how this may occur is up to us and our gift to our loved ones. Please join me in creating this gift. Class limit: 30

Instructor: Constance Malaambo, Registered Nurse, MA in Homeopathy

INTRODUCTION TO THE WORLD OF SHAMANS

Wednesdays, Oct. 14 – Nov.18
1:30 -3:30 p.m. Los Alamitos CC

Mushroom Montoya has been involved in the practice of shamanism since 1981. Some things are best learned when experienced, first hand. Learning about shamanism is best learned by going on a shamanic journey. In the class: you'll learn how to journey into non-ordinary reality and meet spirit helpers. Shamanism is the oldest spiritual practice known to humankind. 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 have and still act as healers, doctors, priests and priestesses, psychotherapists, mystics, and storytellers. Class limit: 30

Instructor: Mushroom Montoya, graduate of Foundation for Shamanic Studies

MAROONS AND SLAVE REBELLIONS

Wednesdays, Oct. 7– Nov. 18
1:45 – 3:15 p.m.

CSULB, HS&D, rm 101

This course takes you on a journey through the stories of resistance and rebellion among enslaved people in the Americas. We'll dive into famous uprisings like the Haitian Revolution, the Amistad Rebellion, and Nat Turner's Uprising, as well as some lesser-known fights for freedom in places like Brazil, Cuba, and the Guianas. You'll get to look at firsthand accounts and expert research to figure out what drove these movements, how they were organized, and what they accomplished.

Class limit: 20

Instructor: Nilce Wicks, Ph. D.

KNITTING AS YOU LIKE IT

Wednesdays, Oct. 14 – Nov.18
10:30 -12:30 p.m. Los Alamitos CC

Would you like to take on a 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. You will have fun and success. Students will learn to read and manage their patterns. Seeing others' projects and successes will inspire students to blossom. Knitters can tackle almost anything with kind support. This class is for “beyond beginners” only. Class limit: 10

Instructor: Wendy Diamond: MBA Columbia UN; taught knitting at various Yarn Salons in and around Long Beach

Wednesday

SEVEN WEEKS TO BALANCE: MEDITATION & AYURVEDA FOR THRIVING

Wednesdays, Oct. 7 – Nov. 18

3:00 - 4:30 p.m. Alpert JCC

Explore meditation and the ancient wisdom of Ayurveda through an engaging 7-week journey designed to support balance, vitality, and overall well-being. Participants learn practical meditation techniques, receive an individualized mantra, and are introduced to Ayurveda—a holistic system of wellness that emphasizes understanding the mind-body constitution. Through simple Ayurvedic practices, students will explore how food choices, daily routines, rest, and self-care can support energy, digestion, sleep, and emotional balance. No prior experience is needed—just curiosity, openness, and a desire to thrive.

Class limit: 20

Instructor: Ginny Diaz, a certified Meditation, Ayurveda, and Yoga teacher, as well as a Wellness Coach. These practices have enhanced my own well-being and I am passionate about sharing them with others. I have a BA (CSUF), MBA (CSULB), and MA in Law, also am an adjunct instructor at Cerritos College.

Thursday

MEMOIR WRITING: A NOVEL APPROACH

Thursdays, Oct. 8 – Nov. 19

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

PROTECT YOURSELF FROM YOUR COMPUTER

Tuesday, Nov. 10 & Thurs. Nov. 12

9:00 a.m. – 10:30 p.m. Zoom

See the Tuesday description

Class limit: 80

Presenter: Marc Anthony Arena; author, podcaster, and public speaker. marc@thecomputerexorcist.com

TAI' CHI CHUAN 102

Thursdays, Oct. 8 – Nov. 19

10:00 - 11:00 a.m.

CSULB, Lifefit, KIN rm 110B

This class is designed for students who have been through the 101 class offered at OLLI, to learn additional strategies and techniques in the practice of Tai Chi Chuan. We'll use demonstrations, observation and practice movements to develop an understanding and application of the five basic principles: relaxation, separation of weight, waist turn, upright body and virgin hands.

While Tai Chi has roots in Taoist philosophy and the martial arts of Qi Gong, this form of Tai Chi was developed primarily for its health benefit by Master Cheng Man Ching. This form seeks to engage and activate key meridians and functions within the body to create balance, flexibility and strength and a greater awareness and connection between the body, the mind and the animating life force of Qi. Hopefully students will incorporate its practice into their everyday life. I welcome you to join.

Class limit: 25

Instructor: Richard Richina

FINGER STYLE GUITAR

Thursdays, Oct. 8 – Nov. 19

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,

Thursday

PURPOSEFUL RETIREMENT: YOUR NEXT CHAPTER

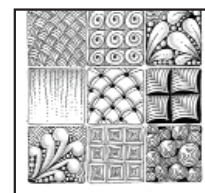
Thursday, Oct. 8 & Fri. Oct. 16 (2 wks)

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

During retirement, many of us seek greater meaning in health, work, relationships, community, learning, creativity, or spirituality, yet the path forward often feels uncertain. This workshop offers an opportunity to reflect on what matters most, and intentionally shape your next chapter. Drawing on behavioral science research, we explore meaning, purpose, resilience, mindset, and habits, and apply these ideas to your life. Through guided reflection, creative exercises, peer collaboration, and a simple online interactive workbook that supports iterative reflection, you will gain new perspectives, clarify what gives your life meaning in retirement, and define achievable goals. You will leave with practical strategies to launch your next chapter, overcome barriers, and an accountability group to support continued progress momentum. Please leave your Zoom cameras on for these workshops.

Class limit: 50

Instructor: Raj Bhargava, Stanford Distinguished Careers Institute Fellow;



ZENTANGLE WORLD

Thursdays, Oct. 8 – Nov. 19

11:00 a.m. - 12:30 p.m. Alpert JCC

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

Class limit: 15

Instructor: Tom Taylor

AI-ENHANCED VIDEO PRODUCTION

CREATE AND EDIT WITH SMART TOOLS

Thursdays, Oct. 8 – Nov 19

10:00 – 11:30 a.m.

CSULB, HS&D Tech Lab / Hyflex

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

Class limit: 12

Instructor: Perla Gutierrez

NEW CLASS!

AI FOR THE GOOD

Thursdays, Oct. 8 – Nov. 19

10:15 – 11:45 a.m.

CSULB, HS&D, rm 101 /Zoom

We hear a lot about potential downsides of AI for the present and the future. Global public opinion of AI is declining as AI grows. Yet there are potentially valuable upsides to AI technologies. In fact, a global organization (which includes the UN) is named "AI for Good." Its goal is to "unlock AI's potential to serve humanity through building skills, AI standards and advancing partnerships." Pope Leo XIV is advocating for similar goals. And a recent book with the same title describes beneficial uses of AI.

This new class examines the issue of "AI for the Good," covering both the current and potential benefits of AI, some of its unintended consequences, and, of course, touches on its potential harm.

Class limit: 80

Instructors: Louise Soe, Ph.D., Professor Emerita, CIS, Cal Poly Pomona

AI-APPS & SOCIAL MEDIA

ENHANCED: STRATEGIES FOR SUCCESS

Thursdays, Oct. 8 – Nov 19

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. 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, BLOGS, & PODCASTS: MAXIMIZE YOUR ONLINE PRESENCE

Thursdays, Oct. 8 – Nov 19

3:00 – 4:30 p.m.

CSULB, Tech Lab / 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 website, blog or chat. All devices are welcome, but know how to use your device well. Enjoy learning about the most important tools for Internet communications.

Class limit: 12

Instructor: Perla Gutierrez

BEGINNING GUITAR

Thursdays, Oct. 8 – Nov 19

11:30 a.m. – 1:00 p.m.

Whaley Park CC

We will first talk about the structure of the guitar (body, neck, tuning pegs etc.) and then learn how to tune it. We'll practice chord structures and some basic music theory, then strumming patterns. Soon we'll begin playing some easy songs so moving from chord to chord will be easier. Bring a guitar with steel or nylon strings (preferred) and a smile!

Class limit: 15

Instructor: Jim Smith. player for over 60 years, and school music teacher.

NATIONAL & INTERNATIONAL CURRENT EVENTS & ISSUES

Thursdays, Oct. 8 – Nov. 19

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. 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 volunteers Naida Tushnet, Sonia Savoulain, Bill Shaddle, Louise Soe and Gary Murph.

NEW CLASS!

LAWN BOWLING BASICS

Thursdays, Oct. 8 – Nov. 5 (5 wks)

1:00 – 2:30 p.m. LB L B Club

1109 Federation Dr. LB 90804

Discover the timeless sport of Lawn Bowls in this 5 week intro! Learn the rich history, core skills, and key rules. All abilities welcome—safety, fun, social connection, and personal gains come first. Enjoy sun, gentle exercise, and friendly competition as you kick-start your journey into this classic, inclusive game.

Class limit: 21

Instructor: Thom Cloutier

Thursday

NEW FILMS!

MOVIE MATINEE

Thursdays, Oct. 15 – Nov. 19

2:00 - 4:30 p.m.

CSULB, HS&D, room 101

I am delighted to continue as host for our next cinematic journey this Fall session. After screening a variety of films this last summer, I look forward to more exploration of foreign, animated, comedic, impactful and powerful movies. Some films may span two genres, an oldie that's also about Los Angeles for example. It has always been my aim to include directors and actors who have exhibited excellence in the cinematic arts. Foremost, these selections are chosen for their excellent writing, dialogue, acting, and overall aura. After consulting with fellow cinephiles, I feel I have moved closer to understanding some common elements of "What makes a movie a timeless masterpiece." Please join us as we "Seek the Answer Together."

Class limit: 80

*Instructor: Tom Hood, Life-time Cinephile, Former Science teacher
Lover of the Arts: anything else creative.*

NEEDLEWORK CAFE

Thursdays, Oct. 8 - Nov 19

1:00 – 3:00 p.m. Alpert JCC

Beginning students: Introduction to basic knitting and crochet stitches using class demonstration and individual instruction. Information covered in class will include types of stitches, stitch abbreviations, pattern interpretation and basic tools/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 with instruction and assistance from the instructor as needed.

Class limit: Beginning students 6, and Intermediate students 15

Instructor: Carolyn Sabol

NEW BOOKS!

BOOK CLUB: CONTEMPORARY NONFICTION

Fridays, Oct. 23 & Nov. 20 (2 days)

9:45 a.m. – 11:15 a.m.

Los Alamitos Community Center

America turns 250 this year and our readings mark the occasion by asking what the country actually promised itself. Jill Lepore traces the Constitution's built-in promise of amendment, and how that promise has been fought over since the ink dried. Beverly Gage takes the more literal route: a road trip through thirteen regions, weighing the country's accomplishments against its failures on the ground. One book reads the rules America wrote. The other reads the record of how the country has lived by them.

www.contemporarynonfictionbookclub.com

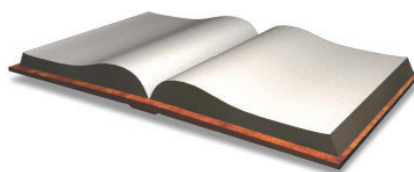
Fall books:

Oct - *We the People: A History of the US Constitution* - by Jill Lepore

Nov. - *This Land is Your Land* - by Beverly Gage

Class limit: 30

Leader: Sonia Savoulain



"CATCH THE SPIRIT OF SINGING" CHORUS

Thursdays, Oct. 8 – Nov 19

2:00 – 4:00 p.m.

St. Gregory's Parish

6201 E. Willow, LB

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 prepared. Fee for music scores. A pencil w/eraser and a 1" BLACK 3 ring binder are required. Class limit: 50

Instructor: Kathy Price

Friday

NEW CLASS!

GOOD CLEAN FUN WITH WET FELTING

Fridays, Oct. 9 - 30 (4 wks)

10:00 a.m. – 12:00 p.m.

CSULB, HS&D, rm 105

Don't miss this opportunity to learn the beautiful and tactile art of wet felting while creating a unique fiber bowl. Learn skills utilizing a multi-media approach: alternating between in-person instruction and the instructor's YouTube Channel videos. In class, you will (in stages) learn the fundamentals of wet felting "hands-on". Then at home complete that step with a video of the process to watch in a relaxed setting. In 4 weeks, students will have completed a handmade fiber vessel and learned foundational skills to continue exploring the art of wet felting. Come play with soap & water- just good clean fun! Supply list will be sent upon registration! Class limit: 15

Facilitator: Pam Watson

JEWELRY FROM A-Z

Fridays, Oct. 9 - Nov. 20

10:30 a.m. – 12:30 p.m. JCC

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

Instructor: Belinda K. Belisle

CHINESE LANGUAGE UNLOCKED

Tues/Thurs, Oct. 6 - Nov. 5 (5 wks)

5:00 - 6:30 p.m. Zoom

See description for Tuesday

This class meets twice a week for five weeks starting Oct 6 and 8.

Class limit: 25

Instructor: Dr. Iris Wang, Assistant Professor, Ming Chuan University, PhD.

SOUL TAI CHI WITH JIMMY**Fridays, Oct. 9 - Nov 20****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*

WRITERS READ ALOUD**Fridays, Oct. 9 - Nov 20****10:15 a.m. – 12:15 p.m.****CSULB, HS&D, rm 101**

Everyone has a story or 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 an environment that is supportive and offers a sense of intimacy, spontaneity, and possible surprise. Each week ALL class members will read a story they have written outside of class. Please read from a printed page rather than a device. Come join our lively readings and discussions. Class limit: 10

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

YOGA ON A CHAIR - ZOOM**Fridays, Oct. 9 - Nov. 20****12:30 - 1:45 p.m. Zoom**

Yoga is for Every Body! Chair Yoga provides the advantages 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, breathwork, energy work, basic meditation, and acupressure for a total yoga experience. Students report better balance, strength and flexibility as a result of Chair Yoga! This yoga experience is based on Lakshmi Voelker Chair Yoga (LVCY), Eden Energy Medicine, and Dr. Micheal Reed Gach Acupressure Yoga. Class limit: 35

Instructor: Claudia Ellano-Ota

ART OF BOOK FOLDING**Fridays, Oct 9 - 30****1:00 – 3:00 p.m.****Alpert Jewish Community Center**

Use those books that are lying around collecting dust and turn them into works of art that will jump out of the pages. Create 3-D images by folding pages in a book. Learn two methods—folding only and cut & fold. Learn how to select the correct book for the folding project. Once you have some basic knowledge on folding, it's a very easy and affordable craft. You may add a bit of scrapbooking details to finish off the cover.

Class material fee is \$12 paid to instructor at first class meeting.

Class limit: 15

Instructor: Yolanda Fielder

NEW CLASS!

JAZZ AND FRANCE: A CENTURY OF CULTURAL EXCHANGE**Fridays, Oct. 9 - Nov. 20****12:30 – 2:00 p.m.****CSULB, HS&D, rm 101 / Zoom**

Jazz was born in New Orleans at the end of the nineteenth century, in a unique cultural environment shaped by African, Caribbean, French, and American influences. Introduced to France by American soldiers during World War I, jazz quickly found an enthusiastic audience and became a lasting part of French cultural life. Over the following decades, many legendary American musicians—including Sidney Bechet, Josephine Baker, Bud Powell, and Miles Davis—found in France a welcoming environment where they could perform, create, and often enjoy greater artistic freedom and recognition than at home. This course explores the rich and enduring relationship between jazz and French culture. It will be offered using music and video presentations both in person and via Zoom (HyFlex).

Class limit: 70

Instructor: Alain Silverston.

PATHWAYS TO A BETTER LIFE: A SEARCH FOR THE TRUTH**Fridays, Oct. 9 - 23 (3 wks)****2:30 – 4:00 p.m.****CSULB, HS&D, rm 101**

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

Class limit: 30

Instructor: Don Hucker.

BLUEGRASS MUSIC JAM**Fridays, Oct. 9 - Nov 20****9:30 a.m. – 11:30 p.m.****Whaley Park**

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

Class limit: 22

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

NEW CLASS!

IRISH MUSIC JAM**Fridays, Oct. 9 - Nov 20****12:00 – 1:00 p.m.****Whaley Park**

Join us as we play Irish fiddle tunes and sing traditional “pub” songs and sea shanties, while discovering a little history of the Emerald Isle. Traditional instruments (guitar, fiddle, mandolin, bodhran, tin whistles) welcome.

Class limit: 10

*Instructors: Mary Cliby and
Allyson Bates*

Friday

SHORT STORY DISCUSSION GROUP

Fridays, Oct. 9 - Nov. 20
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. Each week we will discuss what makes the story unique: themes, techniques, characters, atmosphere, etc. All class members participate... Our source anthology is: *A Century of Fiction in The New Yorker 1925-2025*, Deborah Treisman, Ed. (New York: Alfred A. Knopf, 2025)

Class limit: 24

Class Leader: Fern Ramirez

RUSSIAN LANGUAGE BASICS

Fridays, Oct 9 - Nov. 20
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 from day one. Additionally, familiarity with German and Spanish are helpful as there are always parallels among European languages. Learning the Cyrillic alphabet is important, along with pronunciation and word recognition. Class limit: 20

Instructor: Donald Cook

NEW FILMS!

COMEDY CAPERS

Fridays, Oct. 30 - Nov 20 (4 wks)

2:30 - 4:30 p.m. CSULB, HSD, rm 101 / Zoom

This Hyflex class, both Zoom and on campus, will make you smile with an occasional chuckle. Come for more laughter featuring a few of my favorite comedy movies from the past and from many comedy genres. See 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. Grab the popcorn and get ready to enjoy your afternoon

Class limit: 50 Instructor: Karen Lucas

Saturday

"PARLONS FRANCAIS" LET'S SPEAK FRENCH!

Saturdays, Oct. 10 – Nov. 21
10:30 a.m. - 12:00 p.m.

CSULB, HS&D, rm 101

See the Monday description.

Please register for your preferred section and thank you in advance for not asking to make up absences by attending the other session.

Class limit: 10

Instructor: Patti Davidson

**Buy an Activity Parking
permit for weekend
classes. \$37 for a month
to park in any lot**

TAP DANCING FOR ALL

Saturdays, Oct. 10 – Nov. 21
11:45 - 12:45 p.m.
12:45 - 1:45 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, making noise, and having fun while getting a great workout. No experience necessary for the 11:45 class!

The 12:45 class requires some (but limited) tap experience. Both classes will have a warm up, learning steps, dancing across the floor with short combinations, and a cool down with stretches. Tap 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. For more information you can contact the instructor via email (abianchinoolli@gmail.com)

Class limit: 10 in each group

Leader: Dr. Annie Bianchino



WATERCOLOR WORKSHOP

Saturdays, Oct. 10 – Nov. 21
9:00 a.m. – 12:00 p.m.
CSULB, DSN, rm 111

This workshop offers an opportunity to improve your watercolor painting focusing on fundamental elements such as colors, value patterns, perspectives, and composition. It is intended for students who have experience with watercolors. Bring your own materials and reference photos.

Mike gives lessons from 10:00 - 12:00, but all students contribute to the class by sharing experience, feedback and critiquing each other's work. Students decide on their own hours to work independently or with lessons.

Class limit: 30

Instructor: Mike Daniel

FREE!**FREE Special Events - Sign Up Online****FREE!****U.S. SPACE PROGRAM****Thursday, Oct. 22 (1 day)****6:00 - 7:30 p.m.****CSULB, HS&D rm 101**

Come for a fun night and learn about the US Space program; how the rockets of WW2 inspired the beginning of the US space program. We'll learn about The Jet Propulsion Laboratory (JPL), in Pasadena, CA, and the development of our first satellite. We'll discuss the Apollo Project and our more recent space missions. You will view the moon and Saturn through a telescope. We'll finish our evening viewing the area where Neil Armstrong landed on the moon, using 2 high-quality telescopes. Class limit: 60

*Instructor: Sam Lopez***ASTRONOMY NIGHT****Thursday, Oct. 29 (1 day)****6:00 - 7:30 p.m.****CSULB, HS&D rm 101**

Discover our universe filled with stars, planets and beautiful nebulae. Learn about the vastness of our galaxy, how stars are formed, and understand the speed of light. We'll learn about the telescopes we now have in space that are used to view our universe. We will view the stars, the rings of Saturn and the moon through 2 high-quality telescopes. Students will understand how the universe is structured, identify certain planets in the sky and describe how telescopes work to amplify images at night. Class limit: 60

*Instructor: Sam Lopez***HOLOCAUST GALLERY TOUR****Friday, Oct. 30 (1 day)****10:00 a.m. - 1:00 p.m.****Cypress College**

The Cypress College Holocaust Survivor's Portrait Gallery will help to preserve stories and to ensure the world never forgets what the survivors experienced. The portraits go beyond likenesses and capture the essence of the survivor's character and their resilience in the face of unspeakable horror and loss. Join a docent narrated tour of the Holocaust Portrait Gallery, meet the photographer, see the portraits which will spark empathy and admiration as you hear their stories. Students will provide own transportation. Class limit: 30

*Presenter: Karen Lynn Cant***MUSIC FROM THE INSIDE OUT****Friday, Oct. 16 (1 day)****10:00 - 11:30 a.m. Zoom**

Just as important as learning scales, chords and the technology of music is the mindset of how to play effortlessly, with freedom. Go beyond the limitations of performance anxiety, perfectionism, and feelings of inadequacy. Music is not just for the "gifted" and can be mastered by anyone with the willingness to confront their limitations and grow beyond them. Class limit: 12

*Instructor: Donn Rochlin, pianist, composer and educator.***PREVENT HEART DISEASE..****Monday, Oct. 19 (1 day)****2:00 - 4:00 p.m. Zoom**

This class will explain why heart disease, stroke, and cancer are the major causes of death in the U.S. with poor diet and lifestyle as primary factors. Understand which foods promote excellent health and how to develop a health-oriented diet so your risk of heart disease, cancer and diabetes will drop dramatically. Class limit: 50

*Instructor: Wendall Covalt, Food over Medicine Instructor***HOLOCAUST DESTINATION-ECUADOR!****Wednesday, Oct. 21 (1 day)****10:30 a.m. - 12:00 p.m. Zoom**

This talk draws from first-person accounts of people and families who fled Hitler and ended up in a country they never knew existed. In Ecuador, a Jewish community of over 3,000 Jews blossomed for over 25 years and still exists today. The contributions of this small Jewish community in Ecuador cannot be ignored, and several examples of their current impact are summarized and celebrated.

Class limit: 50

*Presenter: Doris Rubenstein***DANCE TO WORLD MUSIC ... FOR FUN AND FITNESS****Wednesdays, Oct. 7 - Nov. 18****1:00 - 3:00 p.m. Womens Club of Bellflower 9402 Oak St.**

How did traditional dances of Bulgaria get preserved during 400 years of Ottoman occupation? In what formation were dances done in ancient Greece? Why can dances in which dancers strike sticks together be found in diverse regions of the world? After a brief warm up we devote a few minutes to exercises to maintain posture, balance and strength then learn dance step patterns for traditional dances from multiple cultural traditions. We'll learn a bit about the history and communities that generated the dances. Čočeks, Horas, waltzes, Sârbas, Pravos, Kolos keep our hearts, knees and feet moving to a variety of rhythms. Dance incorporates social, cardio, cognitive and expressive activity—an ideal combination to maintain lifelong health. Comfortable shoes that allow for lateral movement and turning on a responsive wooden floor are recommended..

OLLI membership is required. 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.***FREE!****CPR & AED AWARENESS****Tuesday, Oct. 27 (1 day)****4:00 - 5:30 p.m. Alpert JCC**

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.

OLLI Volunteers

VOLUNTEER CORNER

OLLI at CSULB is fortunate to have three wonderful staff members, Office Manager Becky Low, Executive Director Patti LaPlace and Technical Support Wonder Lee Sianez. What you may not be aware of is OLLI 's army of volunteers and what they do.

Do you know who prepares OLLI posts on Facebook and Instagram, who prepares graphics for marketing information for LB Post, Grunion Gazette, and The Seal Beach Sun, who writes interviews and articles for the OLLI SUN newsletter and schedule, who represents OLLI at community events?

VOLUNTEERS DO!

Do you know who maintains constant contact with OLLI instructors about new and continuing classes, who arranges time and venue for special events, who arranges new instructor workshops, who helps organize the open houses where community members can meet instructors. Who maintains an Instructor Manual, and who acts as site managers for the venues where OLLI classes are held?

VOLUNTEERS DO!

Do you know who plans special social events like the Valentine Open House, the New Member Reception and the annual Volunteer Appreciation Luncheon, who makes arrangements for quarterly day trips and forums on topics of interest to OLLI members (i.e., Cyber Security, Edler Abuse, Pain Management, etc.), and plans the annual Member Meetings?

VOLUNTEERS DO!

We are looking for members who can help with technology in the classroom as well as office related skills to keep up with our growing membership tasks.

If you would like to know more about becoming involved with ANY of these activities, contact Maria Arce at meorce47@aol.com or Karin Covey at karin.covey@csulb.edu.

IT HAPPENED IN BROOKLYN

A Zoom class by Len Jacobson, MSEE

About 15 years ago, I was teaching some technically oriented OLLI classes based on my engineering background when I responded to a request for a different kind of class. Drawing on my experiences growing up in Brooklyn and a book I had, strangely titled *It Happened in Brooklyn*, I put together an eight-week course given live in Room 101 (Zoom hadn't been invented yet). The class, **It Happened in Brooklyn**, filled the room and was oversubscribed, and it was repeated several times in subsequent years.

Now that I've relocated to Rossmore in Walnut Creek, the classes I give are on Zoom. That required some changes to the original course. It's now whittled down to four sessions and no longer includes a screening of *A Tree Grows in Brooklyn* or a Brooklyn-trivia contest that ended with an award of Nathan's hot dogs to the winner. What remains is a lecture on the history of Brooklyn, a look at its various neighborhoods, and its impact on the world, among other things.

After moving to the LA area in 1966, my job let me return to Brooklyn often to visit my parents and enjoy the Brooklyn food I missed living so far away. My last visit there, almost 10 years ago, gave me some additional material to fold into the class.

If you've lived there, visited, or know someone who did, you're in the majority of Americans — so perhaps you'd like to know more about Brooklyn, or just reminisce. Either way, I think you'll enjoy this unique class!



Len Jacobson



Find more articles at www.csulb.edu/olli



OPEN TECH LAB Fridays 1:30 - 3:30

Visit the Tech Lab and use computers and software. (Windows 11, Mac iOS, ChromeBook and Linux) Talk technology with Wes Peck who can help with explaining looking for / phones or computers for Send an email



the functions of a Mac or PC. We're also volunteers to assist others with devices Pads. Take advantage of using the Lab any project you might have. with your questions to olli@csulb.edu

A CLASH OF WINGS

by Tom Lockhart

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

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

From the blazing hot climate of the South Pacific, where Richard Bong, America's leading ace, compiled 40 kills, to the unspeakably brutal cold of the Russian front, where Luftwaffe pilot, Erich Hartmann, the War's leading ace, recorded 352 kills, the air battles raged with dramatic severity. From carpet bombing of European cities to sea battles in the Pacific, where often only the rival naval aircraft were in the actual fighting; Coral Sea, Midway, the turning point in the Pacific, and Philippine Sea.



Paul Killins

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

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

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

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

Paul has a BS in Engineering Design, a MBA focused on Technology Management. He spent 26 years in various leadership positions with the Information Technology Department of Southern California Edison. Prior to that, he was a Systems Engineer with General Dynamics Convair Division and prior to that a Surface Warfare Officer for the United States Navy. He has been teaching military history topics at OLLI since 2018.

JAZZ AND FRANCE: A CENTURY OF CULTURAL EXCHANGE

by Alain Silverston

Jazz was born in New Orleans at the end of the 19th century, in a unique cultural environment shaped by African, Caribbean, French, and American influences. Introduced to France by American soldiers arriving in Le Havre during World War I, jazz quickly found an enthusiastic audience and became a lasting part of French cultural life.

Over the following decades, many legendary American musicians—including Sidney Bechet, Josephine Baker, Bud Powell, and Miles Davis—found in France a welcoming environment where they could perform, create, and often enjoy greater artistic freedom and recognition than at home.



Alain Silverston

This course, **Jazz and France...** explores the rich and enduring relationship between jazz and French culture, from its arrival in France to its continuing influence today. The class will be offered in a multimedia format combining music, film excerpts, historical photographs, and original PowerPoint presentations. It will be offered both in person and via Zoom (HyFlex format). This will allow students to attend in either the classroom or online.

Topics include the origins of jazz in the US and early pioneers like Jelly Roll Morton and King Oliver. We'll discuss things like "Does the word 'jazz' come from the French verb jaser ('to chat')? When and how did jazz cross the Atlantic and become popular in France? Join this class to remember hits and discover old favorites again. We will close with the current state of jazz in France and Europe.

More about this class instructor... Alain L. Silverston holds an MBA from the Sorbonne (Paris 1) with a concentration in Mathematical Economics and Econometrics. He also studied the History of Cinema under Jean Douchet and Jean Collet, two prominent figures in French film criticism and education.

A lifelong student of French culture, music, and cinema, he

teaches at OLLI and ESPI (Paris) and works internationally as a consultant and instructor in economics and law. He is also a licensed real estate broker in California and a member of the California Association of Realtors®.



OLLI is proud to have volunteer teachers of the quality that Anne offers. Please enjoy reading from her blog article...

Why I Teach Art to Adults

by Anne Kupillas

The Emotional Lessons I've Learned From Teaching Adults

Early in my teaching career, I focused on the "how-to." I worried about lesson plans and light sources. I was just a beginner watercolor painter myself, after all, and I was afraid I wouldn't know enough. But as I spent more hours at the head of the class, I realized that the work wasn't just happening on the paper—it was happening in the minds, hands and hearts of the people sitting in front of me. Teaching adults has taught me that art is rarely just about art; it's a profound emotional exchange that works both ways. Here is what I've learned about that connection.

1. I am a Guardian of Their Bravery

For an adult, picking up a brush for the first time in twenty or thirty years is an act of radical vulnerability. Many walk in carrying a creative wound—a comment from a childhood teacher or a parent that convinced them they weren't good enough.

I've learned that my primary job isn't to critique my student's perspective; it's to protect the often fragile courage it took for them to show up. When they trust me with their "bad" paintings, they are trusting me with their self-esteem. I take this utterly seriously. I am adamant about pointing out the good moments as well as areas for improvement. We are all hard enough on ourselves. We all need encouragement as well as constructive critique, especially when starting out.

2. My Classes are a Safe Space for Release

I've worked with adult students who are navigating loss, divorce, health issues and more. I've learned that for many of my students, the studio is the only space in their week where they aren't the boss, the caregiver, or the patient. That emotional release is a gift they give to themselves, and being allowed to witness it is a privilege I don't take lightly. In fact, I often encourage my students to "remember to breathe!" which always gets a laugh, as we are all taking things so seriously and it's good to be able to collectively laugh at ourselves.

Loneliness is another aspect of life for many of my students. Often they're just looking for connection, and I am fully aware that at times the weekly class or Friday's *free* watercolor happy hour on Zoom is the only time they are connecting — really being seen and heard — in their day. I started hosting the Zooms during the pandemic shut in, when it was so obvious we were all seeking connection. But I've realized that art as a hobby can be a solitary endeavor; that's why I kept the Zoom going (we are about to hit a milestone of 300 weeks!) On the Zoom, and in my live workshops, we see each other. We see each other, we listen to each other, and we lift each other up. We are like-minded creatives. Art becomes the language we can all speak together, while at the same time it's a refuge. Whether we are talking about serious subjects or new art supplies, we are connecting.

3. Empathy is my Most Important Tool

I used to think my "eye" for detail was my greatest asset. Now, I know it's my ability to read the room. I've learned to spot the student who is frustrated with a technique, and the student who is having a breakthrough moment. Teaching has taught me to meet frustration with kindness instead of just a technical fix or worse, a soliloquy on art. It has made me a softer, more patient person, both in and out of the studio. For those teachers out there who insist on students doing it "their way" — a word of advice: Being kind is more important than being right.

4. Mutual Growth Through Shared Struggle

There is a unique bond that forms when you struggle through a difficult piece together. When I admit to a student that I also find that week's happy hour subject difficult to capture, or that I ruined a painting last night, the power dynamic shifts. We become two humans navigating the absurd yet mysterious act of creating art using "silly marks" on paper, paint and water (I'm paraphrasing the great Tom Hoffmann). This mutual vulnerability has taught me that I don't need to be an untouchable expert to be a great teacher; I just need to be an honest companion on their journey.

5. The Joy of the "Second Chance"

Perhaps the most emotional lesson I've learned from teaching is that it is never too late for a "second act." I myself rediscovered art at age 50 as a result of a debilitating illness, and needing something to keep me occupied and positive. The healing power of art is one of the reasons I started to teach senior classes, through CSULB's volunteer-run OLLI program (**Osher Lifelong Learning Institute**). Watching my mostly retired students discover a talent and passion for watercolor painting has fundamentally changed my own perspective on aging. It has taught me that the human spirit remains hungry for beauty and expression until the very end, and that while as we age we may give up things, like the ability to travel or be physically active for example, we can absolutely continue to grow and reinvent ourselves, and redefine what brings us joy. My students have given me a sense of hope that no gallery sale or professional accolade ever could. They've taught me how to age well.

Final Thoughts

I entered the classroom thinking I would be the one changing lives, but my students have been the ones changing mine. They have taught me that art is a bridge—a way for us to see each other, support each other, and find our own voice through artistic process. Along the way, I've made so many friends. One of my students always tells me I'm "like family — but better than family."

To this amazing acquired family of mine, I say "Thank You."
www.annekupillasfineart.com
[@annekupillasfineart](https://www.instagram.com/annekupillasfineart)

OLLI Community Sites

Alpert Jewish Community Center

3801 East Willow St. LB 90815
(562.426.7601)

Los Alamitos CC

10911 Oak St
Los Alamitos, CA 90720
562. 430.1073

Long Beach Bridge Center

4782 Pacific Coast Hwy. LB 90815
562.498.8113

4th St Senior Center

1150 E. 4th Street, LB 90802
562. 570. 3500

St. Gregory's Church

6201 E. Willow
Long Beach, CA 90815
562. 420.1311

Long Beach Lawn Bowling Club

1109 Federation Dr. LB 90804
562.433.9063

El Dorado Senior Center

2800 Studebaker Road, LB 90815
562. 570.3225

Los Altos United Methodist Church

5950 E. Willow St
Long Beach, CA 90815
562. 598.2451

CSULB LifeFit Center

1250 Bellflower Blvd Long Beach
KIN building - Room 110B
562.985-2005
[Visit the Lifefit website](#)

Whaley Park CC

5620 Atherton, LB 90815
562. 570.1710

Carpenter Center (CPAC)

CSULB Campus Map

[Visit Campus Maps website](#)



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

LifeFit Center
KIN 107 / 110

OLLI office & HSD 101
HSD 101 HSD 105

Employee Lot E 6
with 9 ADA spaces. Permit required

State University Dr.
Permit 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

2026-27 OLLI Sessions

Fall	October 5 - November 21, 2026
Winter	January 5 - February 28, 2027
Spring	April 5 - May 22, 2027
Summer	July 6 - August 28, 2027

HOLIDAYS No OLLI Classes, Campus & Office Closed

Labor Day	September 7
Veterans Day	November 11
Winter Holiday	December 24 - Jan. 1
MLK Holiday	January 18
Memorial Day	May 31

www.csulb.edu/olli 562.985.2398