

Saturday

"PARLONS FRANCAIS" LET'S SPEAK FRENCH!

Saturdays, April 11 – May 23
10:30 a.m. - 12:00 p.m.
CSULB, HS&D, rm 101

See the Monday description.

Parlons Francais is offered twice each week in order to optimize the classroom experience. 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

Instructor: Pattie Davidson



TAP DANCING FOR BEGINNERS

Saturdays, April 11 – May 23
12:30 - 1:30 p.m.
4th St. Senior Center, LB

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

Class limit: 10

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

FREE

Special Events - Sign up online

CPR & AED AWARENESS

Tuesday, May 26 (1 day)
4:00 – 5:30 p.m.
Alpert Jewish Community Center

With a half-million cardiac arrests each year, CPR (cardiopulmonary resuscitation) can help save a life if a person's breathing or heart stops. Why Is CPR Important? Keeping the blood flow active - even partially – extends the opportunity for a successful resuscitation once trained medical staff arrive on site. ALSO: Learn about support for women and the threat of Heart Disease. Come to find out more about the "Red Bags of Courage"
Class limit: 40

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



AGING BENEATH THE SURFACE

Thursdays, April 7 - 28 (4 wks)
9:00 – 10:00 a.m.
CSULB, HS&D, rm 101 / Hyflex

This course raises awareness about mental health in older adulthood by exploring four key areas:

- understanding mental health
- the physical challenges that influence emotional wellbeing
- the impact of ageism on self-perception
- the barriers to care and advocacy.

The discussions and presentations focus on education, empowerment, and connecting individuals with supportive resources in their communities.

Class limit: 50

Class leader: Odilia Angulo

PREVENT HEART DISEASE, CANCER, AND DIABETES

Monday, April 13 (1 day)
2:00 – 4:00 p.m. Zoom

Would you like to enjoy a healthy, long life, which sometimes seems elusive for people after they reach age fifty? 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. See how marketing and lack of health education contribute to poor eating habits. Understand which foods promote excellent health and how to develop a health-oriented diet so your risk of heart disease and cancer will drop dramatically. Wendell is a Certified Food Over Medicine Instructor, who has never taken a prescription drug and has no known medical issues.

Class limit: 80

Presenter: Wendall Covalt

OPEN TECH LAB Fridays 1:30 - 3:30

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

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

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

Send an email with your questions to olli@csulb.edu



FREE!**FREE Special Events - Sign Up Online****FREE!****DANCE TO WORLD MUSIC ... FOR FUN AND FITNESS****Wednesdays, April 8 - 29 (4 wks)****1:00 - 3:00 p.m. Womens Club of Bellflower 9402 Oak St.**

Are you curious about.... How did traditional dances of Bulgaria get preserved during 400 years of Ottoman occupation? What's the difference between social and ritual dances? 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 (often improvisational movement) 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 also learn a bit about the history and communities that generated the dances. Čočeks, Horas, waltzes, Sârbas, Pravos, Kolos keep our hearts, knees and feet gaily 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.. *Your OLLI membership is required* The class is FREE. Class limit: 50



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

HAPPINESS & HUMOR AT HOUGHTON**Wednesday, April 22 (1 day)****12:00 - 1:30 p.m.****Houghton Park classroom**

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

Class limit: 30

Presenter: Dr. Susan Mathieu, Certified Therapeutic Recreation Specialist

**AMERICA'S MUSICAL ROOTS****Wednesday, April 22 (1 day)****1:00 - 2:30 p.m. Zoom**

From 1892 -1895 Antonin

Dvorak was director of the National Conservatory of Music in New York City and became acquainted with and enamored by an African American style of music that he described in this way: "These beautiful and varied themes are the product of the soil. They are American." Join us to explore the contributions and influence of African American musicians on genres of jazz and classical from 16th century America to present-highlighting performers and composers such as Scott Joplin, Florence Price, Marian Anderson, Jon Batiste and Carlos Simon. Class limit: 50

Instructor: Leonne Lewis, MArts CSULB, Past President Music teachers' Assoc. of CA, LB Branch; Lecture-Performances on classical music and career planning seminars throughout the world.

HOLOCAUST SURVIVOR PORTRAIT GALLERY TOUR**Friday, May 8 (1 day) 10:00 a.m.– 12:30 p.m.****Cypress College, 9200 Valley View Ave., Cypress, CA 90630**

From the mid-1930s until the end of the WWII, the Nazi regime carried out a campaign of sustained antisemitic persecution that developed into a coordinated program of mass murder. Millions of Jewish people were killed; many different communities were shattered – and not just people were destroyed but entire ways of life. The Holocaust will soon pass out of living memory, leaving us without the first-hand testimony of eyewitnesses and survivors. The **Cypress College Holocaust Survivor's Portrait Gallery** will help to preserve their stories and to ensure the world never forgets what they 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. The Holocaust matters because as it was happening, much of the world stood by and watched—not just Germans, not just Europeans—the world. Today, we use the Holocaust to remember that we, as world citizens, can and must do better.

Join a docent narrated tour of the Gallery, meet the photographer, see the portraits which will spark empathy and admiration as you hear their stories. The event concludes with a group discussion. Class limit: 30
Register online. Open to OLLI members.