



The Osher Lifelong Learning Institute  
at CSULB



## 2026 Spring Class Schedule

Class Registration starts Tuesday, March 17 at 9 a.m.

### New Classes

**BUDDHIST ART ACROSS ASIA**  
Instructor: Delrie Hobbs  
Tuesdays at CSULB, Rm 101

**BEGINNING MIXED MEDIA ART**  
Instructor: Kathrine Skrabo  
Mondays at JCC

**HOMEOPATHY PRINCIPLES**  
Instructor: Constance Malaambo  
Tuesdays in CSULB 101 / HYFLEX

**ART HISTORY WITH LEE**  
Instructor: Lee Samuels  
Tuesdays at the JCC

**INTRO TO A WORLD OF SHAMANS**  
Instructor: Mushroom Montoya  
Wednesdays at Los Alamitos CC

**TAP DANCE FOR BEGINNERS**  
Instructor: Annie Bianchino  
Thursdays at LB Senior Center

**DUNGEONS & DRAGONS  
FOR BEGINNERS**  
Instructor: Mike Baker  
Thursdays in CSULB, Rm 101

**TO @\$%! WITH PASSWORDS**  
Instructor: Chris Wisniewski  
Tuesdays on Zoom

SEE CATALOG INSIDE

### Learn More:

## A LITTLE OLLI HISTORY

The history of OLLI at CSULB actually dates back to early 1994 when a group of community members met with Dr. Don Lauda, Dean of the College of Health and Human Services (CHHS). They were looking for a room on campus where they and other seniors could meet occasionally to socialize and have discussions about current events, the community, etc. The dean was intrigued since all the departments in CHHS had an interest in older adults and lifelong learning. And so the journey began to create a Senior University on CSULB campus.

Dr. Lauda worked with representatives of Community Hospital, the Gerontology program, and others for the next two years to find space, obtain funding, hire a project director, and obtain Academic Senate approval. Senior University officially opened its doors in the HSD building in October 1996 with 118 members registered for nine classes.



In February 2000, thanks to a generous grant from the Archstone Foundation, a computer lab with 10 "state of the art" workstations opened. We have continued to upgrade equipment and course offerings to stay abreast of changing technology.

Our relationship with the Bernard Osher Foundation began in 2003 with funds to support growth. As Senior University continued to flourish and grow, we received Osher grants and later endowments from the Osher Foundation that by 2006 inspired us to change the name to the Osher Lifelong Learning Institute - now known as OLLI!

OLLI membership and class offerings have steadily grown over the years, from 250 members and 18 classes in 2000-21 to 2,024 members and 385 classes in 2018-19. We are striving to reach our pre-Covid growth goal with 1,100 current members as we near our 30th anniversary and continue to

Learn More --- Age Less.



**JOIN OLLI**  
**2026 MEMBERSHIP IS NOW \$20**  
**Use the Link to enroll now!**

Classes start April 6

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

## The President's Corner: The Power of Word of Mouth

**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.

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### The Governing Council

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

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

Patti LaPlace      Executive Director

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

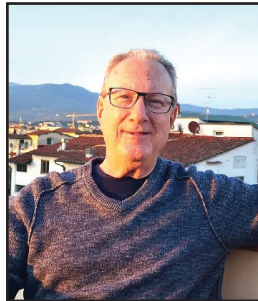
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### THE SUN Volume 31, Issue 3

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

Eleven years ago, as I was preparing to transition into retirement, a close friend asked me what I planned to do with my newfound free time. I explained that I had developed a plan for retirement which included taking classes simply for enjoyment, but I was uncertain about how to turn this idea into reality. That conversation became a turning point: my friend, who was already an OLLI member, shared his firsthand experiences. He described the enjoyment he received from participating in OLLI classes and social activities. His enthusiasm and personal testimony convinced me. As soon as I officially retired and registration opened for a new session, I joined OLLI!



*Jan Stein*

My story is echoed by countless OLLI members. In fact, our member surveys consistently show that word of mouth is the most common way people first hear about OLLI. This comes as no surprise as testimonials from trusted friends can be very influential and create realistic expectations for prospective OLLI members.

While our Communications Working Group is tasked with marketing OLLI to the broader community, it is truly our members who serve as our most effective brand ambassadors. Nothing can replace the direct experiences and enthusiasm of our members; they can speak authentically about participating in OLLI classes, attending social events, and volunteering.

As we prepare for our upcoming Spring session, each member can serve as an OLLI "influencer" by spreading the word and inspiring others to discover the benefits our community offers. I encourage you to take an active role in sharing your experiences by "telling a friend" about OLLI. There are many ways you can do this: email a digital copy of *The SUN* to a friend so they can learn about upcoming classes and registration information; share our website ([www.csulb.edu/olli](http://www.csulb.edu/olli)); bring a friend to an OLLI special event so they can experience our welcoming community firsthand; and talk about the classes you've taken and the personal connections you've made as an OLLI member.

By reaching out in these ways, you help strengthen and expand our OLLI community, ensuring others can also benefit from the learning opportunities and social connections that make OLLI so special.



***Jam with the group  
or Join the chorus***



# From the Executive Director:

## Spring into Action

As the season of "Spring" approaches, I feel a sense of excitement. As we know, Spring represents growth, fertility, renewal. It is a time for many celebrations such as Easter, Passover, Earth Day and Memorial Day. At OLLI, we like to think of Spring as starting a continuing lifelong learning journey.



Patti LaPlace

As OLLI embarks on rolling out the Spring session, we also encourage our OLLI members to embrace the season with many classes and other activities that will be taking place. In addition to our new and ongoing OLLI classes, we have many events planned for Spring

On Monday, March 23rd, we will have a free forum on Mental Health at the Alpert Jewish Community Center from 2-4 pm. As with previous forums, they are free and open to anyone. Mental health has been a long-requested topic from many of our members. The speaker for this forum is Patricia Speelman, License Marriage, and Family Therapist (LMFT) in Long Beach. She has many years of experience working with older adult mental health issues.

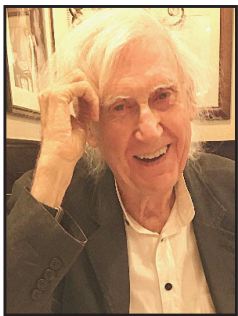
We are also very excited for another opportunity for OLLI members on May 8. In collaboration with Cypress Community College, we are offering a special event for OLLI members to sign up and participate in a tour of the Ursula Lowenbach Holocaust Survival Portrait Gallery. We will see and hear about the stories of Holocaust survivors. Over 50 photo portraits will be on display, done by Professor Emeritus Clifford Lester whose parents were Holocaust survivors. The tour will end with a discussion and question/answer session with an actual holocaust survivor.

Our Volunteer Appreciation Luncheon will take place on Saturday May 16th. The Member Services Workgroup organizes this yearly event. It will be held at noon at The Grand. This is a special occasion for OLLI to honor their wonderful volunteers. As usual, it will be a great time, with delicious food and wonderful friends!

Let's not forget that Daylight saving time occurs in the spring; March 8th at 2:00 am we'll Spring Forward! If you are like me, my body feels it is on jet lag for the first weeks during this time. However, I also like the extended hours of sunlight as well.

Whatever Spring symbolizes for all of you, I hope you will celebrate your Spring habits and choices with OLLI. As the late and great comedian (and my personal favorite) Robin Williams once said, "Spring is nature's way of saying "Let's Party."

## OLLI Farewells: A Time to Remember A Friend



Jack Bettenhausen 1934 - 2026

"Jack of all Trades" - In Memoriam  
by Carol Baker and Marc Davidson

OLLI recently lost a dear friend and member of 20 years, and a beloved part of the OLLI Play It Again Jam music class. Many of us had our own special bond with Jack; we know that he cared for each of us.

We'll miss him dearly.

Jack began a career in medicine, with an internship at Cook County Hospital in Chicago. He moved to Seal Beach and worked at Kaiser as a dermatologist for 30 years. It was there that he met his third wife JoAnn, one of his patients. Upon his departure from Kaiser, Jack left medicine to build a life for himself and JoAnn as he worked diligently on his beloved beach house and "antique art garden." Many of us who were fortunate to get the garden tour would come to appreciate and love it as much as he did! One of his property investments was an old motel in Seal Beach, which he refurbished and operated for many years as the Seal Beach Inn and Gardens.

Jack loved to travel both domestically and internationally. JoAnn said they traveled to over 40 countries. He absolutely loved France, and his collection of antique art and sculpture is reflective of this passion. Jack was a student in Malcolm Green's French class at OLLI, and would often connect as well with Pattie Davidson, another OLLI French instructor and fellow jammer, on his love of the French

language, art, and culture. It is noteworthy that he first heard the Beatles in a small hillside café in Hong Kong!

Jack loved reading on subjects such as neuroscience, religion, art, and philosophy. He spent the last 10 years working on a 500-page philosophical work about "how we have over-developed our analytical left brains to the detriment of our emotional right brains when it comes to our connection with God." Jack was thinking of this as a potential OLLI class!

Jack loved the performing arts and was frequently spotted in attendance at the Long Beach Symphony, numerous plays and musicals, as well as Long Beach municipal band concerts in the park every summer. He had a strong affinity for architecture and was proud to have lived in a Mies van der Rohe building in downtown Chicago while attending Northwestern University.

Jack was 91 years of age when he passed on the 34th wedding anniversary of his marriage with JoAnn. As she so lovingly reflected: "he just always wanted to learn and live life to the fullest." Jack leaves behind 3 children, 13 grandchildren, 2 great-grandchildren, and "one on the way!"

May his memory ever be a blessing to all that knew and loved him.



# News from the Technology Lab: Spring 2026

by Kathy Winkenwerder

## How is AI affecting the way people work?

It's one thing to learn the theory of something, but it's another to put it into practice. Louise Soe, who has taught several OLLI classes about AI and what it can do, will introduce you to a group of people who now are using AI at work.

She will tell you about the City of Long Beach's Smart City Program, where city staff and community members pair up to work on things like street light installation, air quality monitors, preparing for the Olympic and Paralympic Games, and the installation of free Wi-Fi in public spaces. You'll also hear from a high school teacher about how AI affects her and her students in an Advanced Placement class where those students have to do



Kathy Winkenwerder

a lot of writing. You'll hear from the CSULB librarian in charge of digital literacy and ethics. Her department provides workshops on digital privacy and the ethics of using generative AI. Also, two CSULB professors who have grants to develop AI tools to use in the classroom will tell you how those tools are being developed and what the reaction to them has been.



Louise Soe

## To @\*^\$# with Passwords!

As the computer world gets more complicated, more and more sites require passwords, which means we have to keep track of more of them, which is getting harder. Chris Wisniewski will show you how to create order in your password chaos, including how to make them hard for hackers to guess, how passkeys differ from passwords, and how to create and keep track of them so you can keep your online information safe.



Chris Wisniewski

## Keep it to yourself! Privacy for today's Internet users

It's easy to be tracked online, but you don't have to give up and hand the bad guys your information. Learn what you can do to protect your digital data while you're on the web and avoid those marketers and trackers. You'll also learn how to find your

data that is already on websites and how to delete what has already been collected. Chris Wisniewski will teach this class that shows you how to keep your information private.

## A.I. for the rest of us (finally): Apple Intelligence on the iPhone, iPad, and Mac

If you have an iPhone, iPad or Mac computer, here's how the new AI features can make your online life easier. Chris Wisniewski will guide you through features that were first promised a while ago, but this spring will finally be delivered. After two years, Siri is finally getting more features, such as being able to interact easily with other Apple apps. You'll have access to a free ChatGPT account, and be able to record, transcribe and summarize audio in the Notes and Phone apps.

## JOLLY OLLI

I found my happy place,  
Have you found yours ?  
It's waiting for you  
Through OLLI's front doors

Classes taught  
In a cheery classroom  
On campus in a chair  
Or at home on zoom

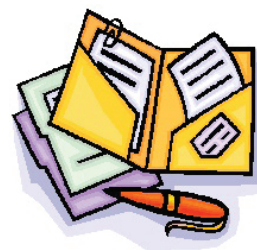
The choice is yours  
So much to choose  
Just take a risk  
You've nothing to lose

Writer's Workshop  
Stories begin and end  
Come join us on Fridays  
We'd love to welcome you in

Movies, lectures,  
Experiences so diverse  
Eight weeks of learning  
And a chance to converse

So many choices  
A chance for exploring  
I can promise you this  
OLLI is never boring

New friends, old friends  
All waiting for you  
Sign up for OLLI  
It's the best thing  
you'll ever do



Written by Marilyn Sweet, member of the Writers Read Aloud class. She really catches the feeling that so many of our OLLI members talk about.

## OLLI Activities: CA Watercolor Style

Are you interested in learning more about a hidden facet of art history connected to Southern California? Come join instructors Kathleen McKelvie and Peter LaBarba in their 4 week class “**California Watercolor Style 1920-1960**” which will focus on watercolors in the “California Style” that thrived during this period. The class will explore the multi-talented watercolor artists who, against the backdrop of the Depression and WWII, began to experiment with bold design and color. They used broad brushstrokes and stylized landscapes to create local scenes of everyday life in California. Many of the artists also worked in the burgeoning entertainment industry, in animation, set design and special effects. The class will look at the technique, subject matter and background of the art, as well as its artistic, political and intellectual contexts.

Kathy and Peter each bring a unique perspective to teaching the class, based on their background in the art field. Kathy is an Art Historian and Peter is a teacher and artist with a design background. Both are OLLI students and have taught OLLI art classes. Peter’s connection to CSULB goes back to his early days as a young student taking summer art classes at CSULB. He also received his design degree from CSULB and later his teaching



*Peter LaBarba and Kathy McKelvie*

credential. He worked with Fortune 500 companies in design and in Motion Picture Marketing and later taught K-12 and higher education, including at Otis Art Institute. Kathy has a BA from UC Berkeley and an MA in Art History and worked as a gallery director, curator, and teacher. She has worked with the Gardena High School Collection traveling exhibition called “Gifted” that contains many premier California watercolor artists.

Kathy and Peter became interested in the topic of the California Watercolor Style after taking a watercolor class at OLLI. They began researching the subject and visited as many exhibits as possible to see more examples of this style. They found a rich history of this work at the Museum of Natural History in Los Angeles, the Hilbert Museum in Orange, the Laguna Beach Museum of Art, the Orange County Museum of Art, and the Los Angeles County Museum of Art. They hope that students will enjoy looking at this art and discover how California artists reimagined the medium of watercolor and exported it to the world.

## OLLI Activities: Valentine Party

Over fifty OLLI members, family and friends attended the first OLLI Valentine Party on Thursday, February 12, at the Bixby Village Club House. Guests mingled over wine and hors d’oeuvres in an informal festive setting, getting to know other OLLI members outside the classroom.

Drawings for the centerpieces and other decorations were held throughout the event. Comments like “the best thing you’ve ever done” and “we should do this more often” were heard as guests were leaving.



*Member Services Working Group*



Our wine sommelier was Veronica Carrillo from Grocery Outlet. The event was hosted by the OLLI Member Services Working Group and Patti LaPlace, OLLI Executive Director.

# Thank You To Our Donors

## SUSTAINABILITY DONORS

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Nina Antoville	Linda & Bemjamin Henry
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Sallie Bakovic	Cathy & Larry Hicks
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Louise Haglind	Nancy Mullio
Roberta Hamfeldt	Mindy-Kay Murakawa
Deborah Hastings	Gary Murph

## THANK YOU FOR YOUR CONTRIBUTIONS

*With thanks to ALL of our Anonymous Donors and those who donated class fees for cancellations. ALSO a sincere note to thank all 130 OLLI members who contributed to our end of the year "Financial Sustainability" fundraising drive. We achieved our goal of \$35,000. We are a motivated and generous group. I greatly appreciate all of you.*

*Glenn Libby Chairman,  
OLLI Development Working Group*

Robert Murrin	Baxter Smith
Mary Jo Murthy	Louise Soe
Donna Newton	Norma & Jan Stein
Catherine Paez	Rick Takamoto
Carole Pollard	Sabira & Nasir Tejani
Bruce Potter	Janice Teraoka
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Alice Sexton	Barbara White
William Shaddle	Katherine Wightman
Marion Shanker	Virginia Wilky
Alain Silverston	Judy Ann Willis
Donna Sims	Pat Wrenn
	Nina Zasorin

## ONGOING CONTRIBUTIONS

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

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

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



# OLLI MEMBERSHIP for 2026 - SIGN IN

## NEW ONLINE ACCOUNT AND MEMBERSHIP

### 1. Visit the OLLI @ CSULB website

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

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

### 2. Create an OLLI online Account at the CampusCE link

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

### 3. Purchase your OLLI membership

- Membership now is \$20 for the rest of 2026 year
- Enter your email address to get a receipt.
- Fill in credit card information.
- Click *Submit Payment*. Wait for processing!

### 4. Purchase your OLLI classes - starting Dec. 9

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



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

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

**Go to the HOME page to start a Search.**

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

If you are still having trouble....

Contact the Tech Support line - 562 985-2398

## PAPER STILL ACCEPTED!

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

## MORE OLLI STORIES AND ACTIVITIES

Visit the OLLI website for more stories and photos

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

Suggestions for stories welcome at any time.

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

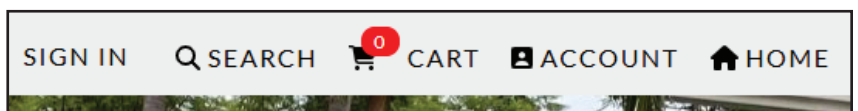
## YOUR OLLI CLASS INFO

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

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

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

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



## SCHOLARSHIP POLICY

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

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

## OLLI POLICIES AND PROCEDURES

**Class Limits** - Enrollment in all classes *with limits* will be on a first-come, first-served basis. Wait lists will NOT be kept for FULL classes. Check *The SUN* or online for class limits. Zoom classes may NOT be audited.

NOTE: Please keep OLLI financially healthy by paying for all classes you attend.

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

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

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

NOTE: Pictures and videos are taken periodically of classes and special events. If you **DO NOT** want your picture or video included in the OLLI newsletter, website or brochures, a Waiver form is available in the office.



Registration starts

**Tuesday, March 17**

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

**Helpline 562.985.2398**

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

**Office line 562.985.8237**

General questions, or to leave a message

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

## ZOOM /HYFLEX CLASSES

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

The Zoom link will look something like this:

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

Check your Spam/Junk mail for OLLI emails too.

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

### Learn how to Zoom

Visit the **[www.Zoom.US](http://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.

# SPRING 2026 REGISTRATION starts March 17

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

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

Email: \_\_\_\_\_ NOTE: \* Class May dates may change

Half-Year 2026 Membership \$20.00 _____	Class Tuition _____ x \$15.00 ea _____	
<b>Donation</b> \$ _____	Contributors will be acknowledged in publications. To remain anonymous check here. <input type="checkbox"/>	
Check # _____	Checks payable to CSULB Foundation <b>NO Cash</b>	<b>Total</b> \$ _____

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

## MONDAYS, April 6 - May 18 (7 weeks)

Time	Class Title	Class Leader	Location / Comment	Mode	
9:00-9:45	All About the Recorder (Beg)	F. Wenger	Whaley Park 4/13	IP	
9:45-11:15	All About the Recorder (Int / Adv)	T. Schneider	Whaley Park 4/13	IP	
9:30-11:30	Bridge 1 (starts March 16)	H. Dunbar	LB Bridge Center- \$20 fee	IP	
9:30-11:00	iOS 26 (3 wks)	K. Winkenwerder	Tech - 4/13-27	Z	
10:00-11:30	Beginning Mixed Media Art	J. Ekmalian	NEW - JCC	IP	
10:30-12:00	The Vietnam War: Lessons	J. Wilson	NEW - CSULB, HSD rm 101	IP	*
11:30-12:30	Yoga with Barbara	B. Bannerman	CSULB, LifeFit KIN 110B	IP	*
11:30-1:00	Ukulele: Beyond Beginner 2	C. Baker / N. Intriere	NEW - Whaley Park	IP	
12:15-1:45	Parlons Francais - Intermediate French	P. Davidson	CSULB, HSD rm 101	IP	*
1:00 - 2:30	The Stories We Carry (6 wks)	K. Skrabo	NEW Los Al start 4/13	IP	
1:00-4:00	Crafting Folks	S. Haglund	JCC New projects	IP	
<b>2:00-4:00</b>	<b>Prevent Heart Disease... and more</b>	<b>W. Covalt</b>	<b>4/13</b>	<b>Z</b>	<b>FREE</b>
2:00-3:30	Origin & Evolution of Our Solar System	M. Geier	NEW topics	Z	
2:00- 5:00	Hollywood Movies!	J. Hathcock	NEW- CSULB, HSD rm 101	IP	*

## TUESDAYS, April 7 - May 19

Time	Class Title	Class Leader	Location / Comment	Mode	
8:30-10:00	iPhone: Beyond the Basics	K. Winkenwerder	TECH - iOS	Z	
9:00-10:00	Longevity Stick Movement	C. Taylor	CSULB, LifeFit KIN 110B	IP	*
9:00-10:30	Mindful Movement (4 wks)	N. Raynolds	4 meetings 4/7-28	Z	
9:15-11:15	Lifewell. Becoming Changemakers (4 wks)	P. Hui	NEW-CSULB, HSD rm 101	IP	*
9:30-11:30	Bridge 2 (starts March 16)	H. Dunbar	LB Bridge Center- \$20 fee	IP	
9:00-10:00	Geopolitics: Update	D. Lunde	New topics	Z	
9:30-10:30	Art History with Lee (6 wks)	L. Samuels	NEW- JCC 4/7 - 5/12	IP	
10:00-12:00	Play it Again Jam - all levels	C. Baker, M. Davidson	Whaley Park	IP	
10:00-11:30	Foundations of Investing (6 wks)	A. Dilsaver	Updates 4/7 - 5/12	Z	
10:30-11:30	Tai Chi Chuan 101 (Beginners)	R. Richina	CSULB, KIN 110B	IP	*
11:00 -12:30	Memoir Shorts: Writing for All	K. Bohn	JCC - weekly writing	IP	
11:30-1:00	Homeopathy Principles (6 wks)	C. Malaambo	NEW-CSULB, rm 101/ Zoom	<b>HYFLEX</b>	*
12:00-1:30	Spanish Story Time	P. Kiwerski	NEW tales	Z	
<b>12:30-2:00</b>	<b>Beginning Guitar</b>	<b>J. Smith, K. Allen</b>	<b>New day and time</b>	<b>IP</b>	
1:00-3:00	Drawing for All - Beginners (start 4/14)	V. Berry	NEW-CSULB, HSD rm 105	IP	*
1:15-2:45	Buddhist Art Across Asia	D. Hobbs	NEW-CSULB, HSD rm 101	IP	*
1:30-3:00	To @#\$% with Passwords (5 wks)	C. Wisniewski	NEW- 4/7 - 5/5	Z	
1:30-3:00	Privacy for Today's Internet Users (3 wks)	C. Wisniewski	NEW - 5/12 - 26	Z	
2:00-3:30	Get Organized A to Z	S. Farley	New help ideas	Z	
3:00-4:30	Calif. Watercolor Style 1920-1960 (4 wks)	P. LaBarba& McKelvie	NEW -CSULB, rm 101 4/28-5/19	IP	*
3:30-5:00	AI for the Rest of Us - iOS options	C. Wisniewski	NEW - Apple Intelligence	Z	

## SATURDAYS, April 11 - May 23

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

**WEDNESDAYS, April 8 - May 20**

<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	Ageless Fashion for Women (3 wks)	K. Marshall	NEW ideas 4/8 - 22	Z	
8:30-10:00	The ABCs of Medicare (2 wks)	D. Dillman	Questions 4/8 - 15	Z	
10:00-11:30	Talking Story (5 wks)	C. Estrada	Houghton Park	IP	
10:00-11:30	Email and more (iPads available for use) (4 wks)	M. Gettys	Tech Lab - 4/22- 5/13	IP	*
10:15-11:45	Fifth Republic of France: Constitution (5 wks)	A. Silverston	NEW-CSULB,HSD rm 101	Hyflex	
10:30-12:30	Knitting As You Like It (Advanced)	W. Diamond	Los Alamitos CC 4/15	IP	
11:00-12:15	Yoga on a Chair: In Person	C. Ellano-Ota	Los Alamitos CC 4/15	IP	
11:30-1:00	Acoustic Guitar 2	B. Bradshaw	Whaley Park	IP	
11:45-1:15	Basics of Siri and AI (iPads available) (4 wks)	M. Gettys	Tech Lab iOS - All levels	IP	
12:00-1:30	The Art of Downsizing	T. Sievers	CSULB, HSD rm101	IP	*
<b>12:00-1:30</b>	<b>Happiness &amp; Humor at Houghton Park</b>	<b>S. Mathieu</b>	<b>Houghton Park 4/22</b>	IP	FREE
<b>1:00-3:00</b>	<b>Dance to World Music for Fun (4 wks)</b>	<b>D. Baker</b>	<b>Bellflower 4/8-29</b>	IP	FREE
1:00-2:30	Four Stories, Four Weeks (4 wks)	C. Guillen	JCC 4/29 - 5/20	IP	
<b>1:00-2:30</b>	<b>America's Musical Roots: Afro American Exp</b>	<b>L. Lewis</b>	<b>NEW 4/22</b>	Z	FREE
1:00-3:00	Basic Zentangle® Workshop	A. Mindus	Los Alamitos CC 4/15	IP	
1:30-3:00	Intro to the World of Shamans	M. Montoya	Los Alamitos CC 4/15	IP	
1:30-3:00	Apple Device Basics (iPads available) (4 wks)	M. Gettys	Tech Lab - All levels	IP	*
1:45-3:15	From Slavery to Freedom (6 wks)	N. Wicks	CSULB, HSD rm 101	IP	

**THURSDAYS, April 9 - May 21**

<b>9:00-10:00</b>	<b>Aging Beneath the Surface: Mental Health (4 wks)</b>	<b>O. Angulo</b>	<b>CSULB, HSD rm 101</b>	<b>Hyflex</b>	<b>FREE</b>
9:00-10:30	Navigation and Time: the untold story... (5 wks)	L. Jacobson	Updated topics	Z	
9:30-11:30	Memoir Writing: A Novel Approach	Kiwerski/ Marshall	Email needed	Z	
10:00-11:30	AI Enhanced Video Production - all devices	P. Gutierrez	Tech- CSULB, Lab /Zoom	Hyflex	*
10:00-11:00	Tai Chi Chuan 102 (Intermediate)	R. Richina	CSULB, LifeFit KIN 110B	IP	*
10:00-11:30	Finger Picking Guitar Style	C. Horvitz	NEW-Whaley Park	IP	
10:15-11:45	How is AI Affecting our Work?	L. Soe	NEW-CSULB rm 101	Hyflex	*
11:00-12:30	Zentangle World	T. Taylor	JCC - MPR \$10 fee	IP	
12:00-1:30	National and International Current Events	Team	CSULB, HSD, rm 101	IP	*
1:00-2:30	AI Powered Social Media - all devices	P. Gutierrez	Tech- CSULB, Lab / Zoom	Hyflex	*
1:00-3:00	Needlework Cafe - Beg & Int	C. Sabol	JCC - bring supplies	IP	
1:00-2:30	Music Beginning Theory - the Basics	K. Price	LAUMC Hall	IP	
1:45-3:15	D & D for Beginners	M. Baker	NEW CSULB,HSD rm 101	IP	*
3:00-4:30	AI Websites,Blogs... Build Online Presence	P. Gutierrez	Tech-CSULB, Lab/Zoom	Hyflex	*
3:00-4:30	Catch the Spirit of Singing Chorus	K. Price	LAUMC Hall	IP	
3:30-5:00	7 Weeks to Balance	G. Diaz	NEW-CSULB,HSD rm 101	IP	*

**FRIDAYS, April 10 - May 22**

8:30-10:15	Rediscovering Vitality: ABCD Living	P. Hui	NEW-CSULB,HSD, rm101	IP	*
9:00-10:30	Birding Adventures: Fun with the Flock (3 wks)	E. Swift	NEW-Parks 4/10 - 24	IP	
<b>10:00-12:30</b>	<b>Holocaust Survivor Portrait Gallery 5/8</b>	<b>Docents</b>	<b>NEW- Cypress College</b>	IP	
10:00-12:00	Bluegrass Music Jam	F. Swatek	LAUMC Hall	IP	
10:00-11:30	Ukulele: Play in Ensemble (Advanced)	C. Horvitz & J. Cole	NEW-Whaley Park	IP	
10:00-11:30	Let it Grow! See online locations	T. Hood	NEW-Los Al and off site	IP	
10:30-12:30	Jewelry Making from A - Z (6 wks)	B. Belisle	JCC - new designs	IP	
10:30-12:00	Writers Read Aloud	J. Van Hooten	CSULB,HSD rm 101	IP	*
10:30-12:00	Book Club: Contemporary Nonfiction (2 days)	S. Savoulian	Los Al 4/24 & 5/22	IP	
11:30-12:30	Soul Tai Chi with Jimmy	J. Mathews	CSULB, LifeFit KIN 110B	IP	*
12:30-2:00	Opening the Body, Mind, Spirit	M. Velicki	NEW-CSULB, HSD 101	IP	*
12:30-1:45	Yoga on a Chair (see Wed for In-Person)	C. Ellano	Zoom version	Z	
1:00-3:00	Shape Shifting: Exploring Collage	A. Dworkin	JCC MPR Bring supplies	IP	
1:00-3:00	Short Story Discussion Group	F. Ramirez	NEW Book purchase	Z	
2:30-4:30	Comedy Capers - more funny films	K. Lucas	CSULB, HSD 101 / Zoom	Hyflex	*
2:30-4:30	Stained Glass Workshop	S. Newcomb	CSULB,HSD rm 105	IP	*
3:00-4:30	Russian Language - Intermediate level	D. Cook	JCC Bd Rm	IP	

**ALL ABOUT RECORDERS**

**Mondays, April 6 - May 18**  
**9:00 - 9:45 a.m.**

**Whaley Park Hall**

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 1**

**Mondays, March 16 - May 11**  
**9:30 – 11:30 a.m. LB Bridge Center**

For Beginners and also people 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, and Stayman. Pay the additional **\$20 card** fee to the LB Bridge Center. Class limit: 50

*Instructor: Hank Dunbar*

**NEW CLASS!**

**BEGINNING MIXED MEDIA ART**

**Mondays, April 6 - May 18**  
**10:00 a.m.– 12:00 p.m. JCC**

Create art pieces using a variety of art supplies and other materials. Class members will use different techniques, mediums, and materials combined on each piece. A list of materials will be sent out before the first class. Class limit: 12

*Instructor: Judy Ekmalian, drawing, watercolor, mixed media artist with 30 yrs. experience*

**IOS 26 - IPHONES**

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

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

*Instructor: Kathy Winkenwerder*

**NEW CLASS!**

**UKULELE - BEYOND BEGINNER 2**

**Monday, April 6 - May 18**  
**11:30 a.m. – 1:00 p.m.**  
**Whaley Park Hall**

This class is designed to take your skills to the next level, It is not a beginning ukulele class. You will expand your chord Knowledge and speed in changing chords. In addition, you will learn new strumming patterns and fingerpicking to enhance your joy of playing music. We will also continue to work on tablature.

Previous completion of Beyond Beginner Ukulele, or a solid understand of chords, several strumming patterns and the ability to transition between chords You will need a music stand, tuner and capo. New students – there is a \$10 fee for your songbook unless you download it to your tablet. Class limit: 20

*Instructors: Carol Baker and Nancy Intriere*

**THE VIETNAM WAR: LESSONS**

**Mondays, April 6 - May 18 \***  
**10:30 am – 12:00 p.m.**  
**CSULB, HS&D, room 101**

The longstanding American war, and one with a huge impact on the lives of our generation. Where? When? Why? What? Who? We'll be wrestling with all the questions that news stories and history are supposed to deal with. What are the lessons of the war? Class limit: 20  
*Instructor: John Wilson, Ph.D*

**YOGA WITH BARBARA**

**Mondays, April 6 - May 18**  
**11:30 a.m. - 12:30 p.m.**  
**CSULB, LifeFit, KIN 110B**

Enjoy practicing flexibility, strength building, and balance through using different yoga poses or asanas. Participants need to be able to move from a seated position on the floor to standing with ease. Learn relaxation and meditation techniques that help reduce stress, depression and anxiety. Create a flexible and strong mind/body connection. Class limit: 30

*Instructor: Barbara Bannerman, Certified Yoga Facilitator*

**CRAFTING FOLKS**

**Mondays, April 6 - May 18**  
**1:00 – 4:00 p.m. JCC**

This is an on-going crafts class that explores different crafting projects, tools, techniques and mediums. Projects are varied and chosen with the class interests in mind. Projects may have a supply fee for specific materials needed. Students need to bring a basic tool and supply kit that will support the current project. This class is for mid to high skill level students. Experience in card making, crafts, basic art skills, tools and techniques is required. This class is not for beginners. Questions? Contact Sheryl at sherylhaglund@verizon.net

Class limit: 14

*Instructor: Sheryl Haglund*

## Monday

### "PARLONS FRANCAIS!"

**Monday, April 6 - May 18\***  
**12:15 – 1:45 p.m.**  
**CSULB, HS&D, room 101**

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

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: Patty Davidson*

### ORIGIN & EVOLUTION OF OUR SOLAR SYSTEM

**Mondays, April 6 - May 18**  
**2:00 – 3:30 p.m. Zoom**

In this class we will examine the formation of stars and planetary systems. Since the last three decades, more than 6,000 planets are now confirmed to exist orbiting around other stars! We will learn why planets are common in our Milky Way galaxy. We will discuss the planets of our solar system, their moons, and countless fragments of material such as asteroids, comets, and meteoroids that orbit in interplanetary space. Through these studies, we will gain a richer outlook of our own place in the universe. *Note: This class has been updated to reflect the recent discoveries made in astronomy.* Class limit: 50

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

### NEW CLASS!

### THE STORIES WE CARRY: REFLECTION AND REMINISCENCE IN LATER LIFE

**Mondays, April 13 - May 18 (6 wks)**  
**1:00 – 2:30 p.m.**  
**Los Alamitos CC room**

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

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

### HOLLYWOOD MOVIES

**Mondays, April 6 - May 18\***  
**2:00 – 5:00 p.m.**  
**CSULB, HS&D, room 101**

Come, enjoy Jeff's favorite movies:  
*North By Northwest-*

Alfred Hitchcock's thriller

*How Green Was My Valley-*

John Ford's masterpiece

*The Big Sleep-*

Humphrey Bogart

*Dr. No -*

Sean Connery as James Bond

*The Naked City -*

1948 Film Noir classic

*Red Headed Woman -*

Jean Harlow

*A Shot in the Dark -*

Peter Sellers farce

Class limit: 98

*Presenter: Jeff Hathcock*

## Tuesday

### iPHONE: BEYOND BASICS (iOS)

**Tuesdays, April 14 - May 19**  
**8:30 - 10:00 a.m. Zoom**

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

*Instructor: Kathy Winkenwerder*

### GEOPOLITICS: UPDATE

**Tuesdays, April 7 - May 19**  
**9:00 – 10:00 a.m. Zoom**

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

Class limit: 60

*Instructor: Dick Lunde, (classes may be held bi-weekly)*



### BRIDGE 2

**Tuesdays, March 17 - May 12**  
**9:30 - 11:30 a.m. LB Bridge Center**

Prerequisite: Bridge 1 or knowledge of Bridge 1 materials. Topics include: major suit transfers, "Two Over One" bidding, one no trump forcing, overcalls, takeout doubles, negative doubles, plus an in-class tournament for master points. Pay an additional **\$20 card fee** to LB Bridge Center.

Class limit: 50

*Instructor: Hank Dunbar*

**MINDFUL MOVEMENT:  
QIGONG AND STRETCHING**

**Tuesdays, April 7 - 28 (4 wks)  
9:00 – 10:30 a.m. Zoom**

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



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

**LONGEVITY STICK MOVEMENT**

**Tuesdays, April 7 - May 19\*  
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*

**LIFEWELL IMPACT CIRCLE:  
BECOMING CHANGEMAKERS**

**Tuesdays, April 14 - May 5 (4 wks)  
9:15 - 11:15 a.m.**

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

Become a Lifewell Changemaker in this four-week class for active elders ready to share life wisdom and create social impact. Gain practical skills in transformational leadership, group facilitation, coaching techniques, and mastery of ABCD Living. Working in collaborative trios, you will design a real-world community service project that bridges generations, reduces social isolation, and strengthens civic connection—preparing you to lead future Lifewell Wisdom Circles and contribute to the growing Lifewell Sharing Movement aligned with LA28 wellness initiatives.

Class limit: 12

*Leader: Dr. Philip K. Hui, PhD in Education (SUNY Buffalo), Founding President of Lifewell Learning Institute LA*

**PLAY IT AGAIN JAM**

**Tuesdays, April 7 - May 19  
10:00 a.m. - 12:00 p.m.**

**Whaley Park Hall**

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

*Instructors: Carol Baker, & Marc Davidson*

**ART HISTORY WITH LEE**

**Tuesdays, April 7 - May 12 (6 wks)  
9:30 – 10:30 a.m. JCC**

Explore the rich world of art history through engaging discussions and visual examples. This class invites you to discover influential artists, movements, and cultural moments that have shaped the art world, encouraging connection and conversation along the way.

Class limit: 20

*Instructor: Lee Samuels,*



**FOUNDATIONS OF INVESTING**

**Tuesdays, April 7 - May 12(6 wks)  
10:00 - 11:30 a.m. Zoom**

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

Class limit: 25

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

## BEGINNING GUITAR

**Tuesdays, April 7 - May 19**  
**10:30 a.m - 12:00 p.m. LAUMC**

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

Class limit: 25

*Instructor: Jim Smith & Kathy Allen*



**NEW CLASS!**

## MEMOIR SHORTS: WRITING FOR ALL

**Tuesdays, April 7 - May 19**  
**11:00 a.m. - 12:30 p.m. JCC**

In an encouraging setting for all level of writers, this class will provide an opportunity to create a collection of short writings that reflect the moments that have shaped you as a person. Do you recall a time in childhood which helped steer who you became as an adult?

Maybe you nursed a parent through their last moments and never shared the experience. These memories could be shared in a writing collection.

Each week students will write two-single pages at home in response to a prompt provided by the instructor. The papers will not be reviewed for grammar or spelling, but students must read aloud their writings in a friendly group setting. At the end of the course, this collection of short writings will serve as a memoir keepsake. Class limit: 20

*Instructor: Kathy Bohn*

## TAI CHI CHUAN 101 (BEGINNERS)

**Tuesdays, April 7 - May 19**  
**10:30 – 11:30 a.m.**  
**CSULB, LifeFit, KIN 110B**

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

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

**NEW CLASS!**

## HOMEOPATHY

**Tuesdays, April 7 - May 12 (6 wks)**  
**11:30 a.m. - 1:00 p.m.**  
**CSULB, HS&D, rm 101 / Hyflex**

Samuel Hahnemann, a physician, born in 1755 began exploring a new way of treating patients in a time when mercury, leeches, bloodletting was used, thereby creating principles that he came to call homeopathy. We have been using this medicine for over 200 years.

Today, homeopathy is/has been re-emerging as a natural, holistic medicine because of its mind-body connection; individualized care; and the public (again) questioning the overuse of drugs marketed by the pharmaceutical companies. We'll learn principles of homeopathy; the process of making them; why homeopathy is unique; how to easily use them for your family and self-care (first-aid, surgery, insomnia, arthritis, flu) and allowing the body to heal.

Class limit: 35

*Instructor: Constance Malaambo, R.N., Masters in Homeopathy*

## SPANISH STORY TIME

**Tuesdays, April 7 - May 19**  
**12:00 – 1:30 p.m. Zoom**

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

**Beyond beginners preferred.**

Class limit: 12

*Instructor: Pam Kiwerski*

**NEW CLASS!**

## BUDDHIST ART ACROSS ASIA

**Tuesdays, April 7 - May 19**  
**1:15 - 2:45 p.m.**

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

This class is being offered in conjunction with the exhibit at LACMA, "Realms of the Dharma", on view through July 12th. Starting with some basic questions: Who was the Buddha? What is Buddhism? We'll then move on to the origins of Buddhist art in India and examine how Buddhism and the visual image of the Buddha adapted to new cultures as it was transmitted throughout Asia (the Himalayas, Central Asia, China, Korea, Japan, SE Asia). Objects on view at LACMA will be supplemented with objects, sculpture, painting and architecture from other museums and archaeological sites. Finally, we may attempt to answer how Buddhist thought and practice are reflected in the art.

Class limit: 98

*Instructor: Delrie Hobbs*

**NEW CLASS!**

**TO @\*^\$# WITH PASSWORDS!**

**Tuesdays, April 7 - May 6 (5 wks)**  
**1:30 - 3:00 p.m. Zoom**

Struggling with your passwords? Modern computing devices offer built-in, free, secure, and private password management tools that eliminate the hassle of manually managing them. Using those tools protects your data from malware attacks and prevents you from accidentally providing your passwords to fraudulent websites. This class will walk you through getting your passwords in order, including making them impossible-to-guess and making them meaningfully unique on every account you have. We'll also spend time on passkeys—what they are, how they differ from passwords, and how to create and use them (and if you should) when they're offered by an online account provider.

Class limit: 30

Instructor: Chris Wisniewski

**NEW CLASS!**

**KEEP IT TO YOURSELF! PRIVACY FOR TODAY'S INTERNET USERS**

**Tuesdays, May 13 - 27 (3 wks)**  
**1:30 - 3:00 p.m. Zoom**

It's easy to visit web sites and use apps in ways that jeopardize your privacy and security. By default, most web sites and social media accounts scatter your digital data in ways that you may not even realize and that will certainly come to haunt you later. "They already have all of my information; there's nothing I can do" is not the answer! This short class will introduce you to some internet fundamentals and will teach you how to turn off those trackers. You'll learn how to discover what web site owners already know about you and how you can purge the data that they have collected.

Class limit: 30

Instructor: Chris Wisniewski

**NEW CLASS!**

**Tuesday**

**DRAWING FOR ALL - BEG**

**Tuesdays, April 14 - May 19 \***  
**1:00 - 3:00 p.m.**

**CSULB, HS&D, rm 105**

"Drawing for All - Beginning" is a great introductory or refresher course. In this course we cover the Elements and Principles of Art. You will learn basic skills and techniques as a beginning artist or sharpen your skills. "Drawing for All" will teach basics and allow you time to hone skills. Contact the olli office or Valerie for the list of materials needed. These stores have a variety of art supplies, pencils, paints, brushes, papers, etc.

Daiso: 1926 N. Lakewood Blvd. LB 90815

Five Below: 5545 Stearns St. LB, 90815

Class limit: 20

Instructor: Valerie Berry

**NEW CLASS!**

**A.I. FOR THE REST OF US (FINALLY): APPLE INTELLIGENCE ON THE IPHONE, IPAD, AND MAC**

**Tuesdays, April 7 - May 19**  
**3:30 - 5:00 p.m. Zoom**

You might remember that Apple announced impressive new A.I. features to their operating systems two years ago, and then, in a rare slip, failed to deliver what they had promised. This spring, Apple is finally releasing significant upgrades to "Apple Intelligence," including much-anticipated improvements to Siri. This class will cover these features, the new Siri, and—importantly—how to get the most from them. There is no reason to be afraid of this kind of A.I. These capabilities are game changers that will fundamentally improve (and make easier) the way in which you interact with your phone, iPad, and Mac. Class limit: 30

Instructor: Chris Wisniewski

**GET ORGANIZED A-Z**

**Tuesdays, April 7 - May 19**  
**2:00 - 3:30 p.m. Zoom**

Less clutter, more storage-sound like a dream? It can be your reality. Learning the ABCs of managing your clutter results in a peaceful life.

**A:** Act-If you want to do it, act on it now.

**B:** Break It Down-A project is easier to do if you break it into manageable parts.

**C:** Containerize-Store belongings in see-through, plastic containers. And more....

Class limit: 20.

Instructor: Sharon Farley



**NEW CLASS!**

**CA WATERCOLOR STYLE 1920-60**

**Tuesdays, April 28 - May 19 (4 wks)**  
**3:00 - 4:30 p.m.**

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

Explore a hidden facet of art history with us as we discuss and view watercolors in the "California Style" that thrived between the 1920's and mid-60's. Learn about these multi-talented artists who against the backdrop of the Depression and WWII began to experiment with bold design and color. They used broad brushstrokes and stylized landscapes to render local scenes of everyday life in California. We will focus on Millard Sheets and his circle including major watercolor artists Phil Dike, Rex Brandt, Emil J. Kosa Jr., and Phil Paradise. Many artists who worked in the burgeoning entertainment industry including luminaries such as Lee and Mary Blair (Disney), Tyrus Wong (Disney) and Dong Kingman (Universal) will be discussed in depth. Discover how our California artists re-imagined the medium of watercolor and exported it to the world.

Class limit: 98

Instructor: Kathleen McKelvie & Peter LaBarba

**NEW CLASS!**

## Wednesday

**NEW CLASS!**

### FASHION & STYLE FOR WOMEN

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

This course will focus on timeless fashion for women. We will look at color and 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 you have? Do you know what face shape you have? Knowing this will assist you in selecting glasses, earrings and hair-styles. Learn how to create a Core-Wardrobe in your fashion personality, your body type and in colors that best complement you. I will show you how to use your accessories to create more looks with the clothes you already have. [www.KathyMarshall.com](http://www.KathyMarshall.com)

Class limit: 15

**Presenter: Kathy Marshall, CIC**  
*Certified Image Consultant*



### YOGA WITH JEAN MARIE

**Wednesdays, April 8 - May 20**  
**8:30- 9:45 a.m.**  
**CSULB, LifeFit, KIN 110B**

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

Class limit: 30

**Instructor: Jean Marie Van Dine,**  
*Certified Yoga Instructor*

### THE ABCs OF MEDICARE

**Wednesdays, April 8 & 15 (2 wks)**  
**8:30 - 10:00 a.m. Zoom**  
**RAFFLE PRIZE DRAWING!**

This is an educational event highlighting the importance of knowing when you can sign up for Medicare in order to get the most of your Medicare benefits and avoid late enrollment penalties. Know that you can change or amend your existing plan to better meet your specific needs. The first session will cover the 4 parts of Medicare: Part A-Hospital Care, Part B-Medical Care, Part C-Medicare Advantage, and Part D-Medicare Prescription Drug Coverage Plans. The second session will cover the differences between HMO, PPO, and Supplemental/Medigap plans and how to decipher your medical bills. For example, *I just got a bill from my doctor. Do I pay it or does the insurance company pay it?* Class limit: 15

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

### KNITTING AS YOU LIKE IT

**Wednesdays, April 15 – May 20**  
**10:30 a.m - 12:30 p.m.**  
**Los Alamitos meeting room**

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

Class limit: 10

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

### EMAIL TIPS AND MORE

**Wednesdays, April 22 - May 13 (4 wks)**  
**10:00 – 11:30 a.m.**  
**CSULB, HS&D, Tech Lab**

Learn all about e mail and how to use Apple mail. New features allow you to look at multiple e mail addresses in one app. Bring your questions and sample tasks. iPads are available for classroom use. Class limit: 12  
**Instructor: Marilyn Gettys**

### BASICS OF SIRI AND AI

**Wednesdays, April 22 - May 13 (4 wks)**  
**11:45 a.m. - 1:15 p.m.**  
**CSULB, HS&D, Tech Lab**

Class will be for beginners who want to learn how to use this Artificial Intelligence technology in everyday life. Focus will be on Apple devices. Bring your iPhone or iPad. iPads are available for classroom use. Class limit: 12  
**instructor: Marilyn Gettys**

### APPLE DEVICES: BASIC INFO

**Wednesdays, April 22 - May 13 (4 wks)**  
**1:30 - 3:00 p.m.**  
**CSULB, HS&D, Tech Lab**

What to buy, when should you buy new devices, and basic usage of devices like iPhones and iPads. This class is for beginning users or students who may be interested in purchasing Apple devices. iPads are available for classroom use  
Class limit: 12

**instructor: Marilyn Gettys**

### TALKING STORY

**Wednesdays, April 8 – May 6 (5 wks)**  
**10:00- 11:30 a.m. Houghton Park**

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

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

**THE FIFTH REPUBLIC OF FRANCE**

*Wednesdays, April 8 – May 6 (5 wks)*  
**10:15 - 11:45 a.m.**

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

**HOW A CONSTITUTION SURVIVED**

**POLITICAL CRISES** Adopted in 1958, the Constitution of France's Fifth Republic has proven to be one of the most resilient political systems in modern Europe. Despite repeated political crises, shifting party landscapes, and social unrest, it has endured for nearly seventy years. This five-week course explores how the Fifth Republic came into being, how it works, and why it has so far resisted collapse. The course is designed for curious, engaged learners with an interest in history, politics, and comparative government. No prior knowledge of French politics is required.

Class limit: 50

*Presenter: Alain L. Silverston, MBA from the Sorbonne, licensed real estate broker*

**ART OF DOWNSIZING**

*Wednesdays, April 8 – May 20 \**  
**12:00 – 1:30 p.m.**

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

How did we accumulate all this stuff? Why can't we let it go? Many of us are retired and taking a closer look at the space around us. Perhaps you see closets, a spare room or a garage full of things you once used but no longer need. Are you planning a move and finding it hard to decide what to keep. If you have tried before to lighten your load but have not been successful, this class is for you! Find out what is holding you back so you can move forward. Avoid the frustration of things misplaced or lost. Experience the freedom of finding a place for everything you truly need, use and love. This class will provide information, strategies, helpful tools and a chance to have your questions answered in a positive and supportive atmosphere.

Class limit: 20

*Instructor: Tere Sievers*

**YOGA ON A CHAIR**

*Wednesdays, April 15 – May 20*  
**11:00 a.m.- 12:15 p.m. Los Alamitos**

See Friday description - In person

Class limit: 20

*Instructor: Claudia Ellano-Ota*

**ACOUSTIC GUITAR 2:  
BEYOND THE BASICS**

*Wednesdays, April 8 – May 20*  
**11:30 a.m. - 1:00 p.m.**

**Whaley Park Community Center**

Ready to up your acoustic guitar skills, add some sophistication to your guitar playing; perhaps learn something new chords, songs and ways to play? Join us as we explore guitar-based music of our roots—folk, 60's-70's classic songs and old faves. Instruction is song and strum based, and is designed for intermediate players. Instruction is based upon playing with a pick and will cover Advanced Chords, Right Hand Strum Techniques, Reading Tabs, "Licks," "Intros," "Outros," Double Stops, Acoustic Lead Play. Looking for performance opportunities within the OLLI community and beyond. Class limit: 18

*Instructor: Brian Bradshaw*

**FOUR STORIES - FOUR WEEKS**

*Wednesdays, April 29–May 20 (4 wks)*  
**1:00 -2:30 p.m.**

**Alpert Jewish Community Center**

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

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

Class limit: 20

*Instructor: Christina Guillen*

**INTRO TO THE WORLD OF  
SHAMANS**

*Wednesdays, April 15 – May 20*  
**1:30 - 3:00 p.m. Los Alamitos**

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

Purpose of the class: You will learn how to journey into non-ordinary reality. You will experience, first hand, meeting spirit helpers. We will share our experiences with the other students. Shamanism is the oldest spiritual practice known to humankind. Shamans have and still act as healers, doctors, priests and priestesses, psychotherapists, mystics, and storytellers. Shamans journey to receive information, inspiration, healing and knowledge. Class limit: 30

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

**BASIC ZENTANGLE® WORKSHOP**

*Wednesdays, April 15 - May 20*  
**1:00 - 3:00 p.m. Los Alamitos**

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

Class limit: 15

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

## Wednesday

### FROM SLAVERY TO FREEDOM IN THE CARIBBEAN AND LATIN AMERICA

**Wednesdays, April 8 – May 20 (6 wks)**  
**1:45 - 3:15 p.m.**  
**CSULB, HS&D, rm 101**

This course examines the complex history of slavery in the Caribbean and Latin America from the colonial period through the nineteenth century. It covers key topics such as the transatlantic slave trade, the Middle Passage, differences between urban and rural slave labor, and the cultural and social lives of enslaved people. All will gain insight into the pivotal role slave labor played in shaping the social, economic, and cultural foundations of the New World.

Class limit: 20

*Instructor: Nilce Wicks, Ph. D*

## Thursday

### MEMOIR WRITING: A NOVEL APPROACH

**Thursdays, April 9 - May 21**  
**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*

### NAVIGATION AND TIME:

### THE UNTOLD STORY OF GETTING FROM HERE TO THERE

**Thursdays, April 9 – May 7 (5wk) 9:00 – 10:30 a.m. Zoom**

This class covers the history of both timekeeping and navigation from the earliest endeavors of mankind to safely cross the vast oceans to land, sea, air and space travel. How are we using today's satellite navigation systems? Learn how we are observing the sun's daily behavior to using the atomic clocks that synchronize much of the world's communications and commerce.

Class limit: 40 *Instructor: Len Jacobson, MSEE*

## Thursday

### TAI CHI CHUAN 102 - INT.

**Thursdays, April 9 - May 21**  
**10:00 - 11:00 a.m.**

**CSULB, LifeFit, KIN 110B**

If you are familiar with basic principles of Tai Chi Chuan and have practiced in the past, come to this Intermediate class in the classic movements of Yang Style tai' chi. Students will apply five basic principles: relaxation, separation of weight, waist turn, upright body and virgin hands. Beginners meet on Tuesdays  
Class limit: 15

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

### AI-ENHANCED VIDEO PRODUCTION CREATE AND EDIT WITH SMART TOOLS

**Thursdays, April 9 - May 21**  
**10:00 - 11:30 a.m.**

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

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

Class limit: 12

*Instructor: Perla Gutierrez*

### FINGER STYLE GUITAR

**Thursdays, April 9 - May 21**  
**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,*

### ZENTANGLE WORLD

**Thursdays, April 9 - May 21**  
**11:00 a.m.- 12:30 p.m. 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. Materials are supplied at first class for \$10 paid to the instructor. Class limit: 15

*Instructor: Tom Taylor*

### NATIONAL & INTERNATIONAL CURRENT EVENTS & ISSUES

**Thursdays, April 9 - May 21**  
**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 Savoulian, Mary Meyer, Bill Shaddle and Gary Murph.*

**HOW IS AI AFFECTING THE WAY PEOPLE WORK?**

**Thursdays, April 9 - May 21**  
**10:15 - 11:45 p.m.**  
**CSULB, HS&D, rm 101 / Hyflex**

Artificial Intelligence (AI) is set to bring about revolutionary changes in the way humans live and work. Projections about the future of the AI wave, now in its early stages, range from enabling humans to live forever to destroying all of humanity. Job displacement is a big issue as thousands of workers are laid off and hiring of knowledge workers stagnates.

While we cannot predict AI's future effects, we can look at some of those effects on work right now. This class features speakers who will discuss how AI is affecting their work, both the challenges they face and the solutions they are developing to meet those challenges. Class limit: 80

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

**NEEDLEWORK CAFÉ**

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

**Thursdays, April 9 - May 21**  
**1:00 - 3:00 p.m. JCC**

For beginning students this is an Introduction to basic knitting and crochet stitches which will be 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: Beginners 6 Intermediate. 12

*Instructor: Carolyn Sabol*

**DUNGEONS & DRAGONS FOR BEGINNERS**

**Thursdays, April 9 - May 21 \***  
**1:45 - 2:15 p.m.**  
**CSULB, HS&D, room 101**

Dungeons & Dragons has had quite a resurgence but many people are a little 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! Learn the basics of the game, some history, and some Table Top Role Playing Game (TTRPG) alternatives to D&D. We'll also learn where to find a game you can join or how to start one yourself, as well as where to find groups and online games. Class fee: \$10.00 for materials.

Class limit: 20

*Instructor: Mike Baker, AA,Art, OCC. Worked as an illustrator and graphic artist and Web developer, media expert. Currently a docent at The LB Museum of Art and a working artist. Interests in arts, backpacking, and TTRPG.*



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

**Thursdays, April 9 - May 21**  
**1:00 - 2:30 p.m. LAUMC Hall**

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

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

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

**Thursdays, April 9 - May 21**  
**1:00 - 2:30 p.m.**  
**CSULB Tech Lab / Hyflex**

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

Class limit: 12

*Instructor: Perla Gutierrez*

**AI-WEBSITES, VLOGS & PODCASTS: MAXIMIZE YOUR ONLINE PRESENCE**

**Thursdays, April 9 - May 21**  
**3:00 - 4:30 p.m.**

**CSULB, Tech Lab / Zoom Hyflex**

Find out how easy it is to build your own website, blog, chat or webinar. Make your own site or watch how it is done. We will explore popular website builders, including use of AI tools with WIX. Learn strategies to reach your intended audience, attract visitors to your site, enhance communications through social media channels, build loyalty, and maintain your 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*

## Thursday

### “CATCH THE SPIRIT OF SINGING” CHORUS

**Thursdays, April 8 - May 21**  
**3:00 – 4:30 p.m. LAUMC Hall**

Whether you are an experienced singer or have always desired to sing, this creative chorus is for you. Together we will gain confidence in our natural singing abilities and musicianship. Performances will be scheduled when we are fully prepared. Fee for music scores. A pencil w/eraser and a 1” BLACK 3 ring binder are required.

Class limit: 50

*Instructor: Kathy Price*

### NEW CLASS!

### SEVEN WEEKS TO BALANCE: MEDITATION & AYURVEDA FOR THRIVING

**Thursdays, April 9 - May 21**  
**3:30 - 5:00 p.m.**  
**CSULB, HS&D, rm 101**

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: 25

*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. My career spans four decades in the human resources, with a BA (CSUF), MBA (CSULB), and MA in Law. I am also an adjunct instructor at Cerritos College.*

### NEW CLASS!

### REDISCOVERING VITALITY

**Fridays, April 10 - May 22**  
**8:30 a.m. – 10:15 a.m.**  
**CSULB, HS&D, rm 101**

Discover renewed vitality and happiness in this interactive 7-week circle. Through storytelling, gentle movement, reflective activities, and group dialogue, we will explore ABCD Living—Active, Balanced, Connected, Disburdened—a research-backed framework grounded in longevity science, positive psychology, and neuroscience. Craft a personalized wellness plan, practicing the ABCD lifestyle, track progress using the Lifewell Score, and build community connections with like-minded peers seeking purpose, practical tools, and sustainable habits that truly matter.

Class limit: 16

*Leaders: Kathleen Adams, certified Lifewell Ambassador; Dr. Philip Hui, curriculum designer and co-facilitator*



### BIRD WATCHING: FUN WITH THE FLOCK

**Fridays, April 10, 17, 24 (3 wks)**  
**9:00 – 10:30 a.m.**

**Various Park Locations**

Ready to spring into bird watching? Our group will search for spring migratory and non-migratory birds. Join us at local parks where we will listen, identify and enjoy the birds we come across. Explore a few resources, Merlin App & ebird.org (from Cornell University of Ornithology) to help learn more & enhance birding adventures, then ask questions about them at our meet-ups. Whether you’re a novice birder, want to sharpen your skills, or maybe just get out in nature, come join us. See online description for class location details.

Class limit: 20

*Instructor: Elaine Swift, citizen scientist for birding*

## Friday

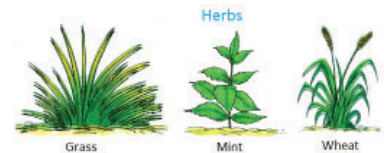
### NEW CLASS!

### LET IT GROW!

**Fridays, April 10 - May 22**  
**10:00 a.m. - 11:30 p.m.**  
**Los Alamitos Community Center**

Come join me for a journey into the plant world. See how plants have had an inseparable relationship with humans since the beginning of our time together on Earth. Join whether you are a beginning gardener or an expert in the world’s amazing array of flora. Possible field trips include: A School Native Plant Garden, The Long Beach Community Garden, The VA garden, and the CSULB Japanese Garden. We will have a veggie potluck on the day of the last class, where people will also have an opportunity to share recipes and pictures of their gardens and/or particularly interesting gardens they had seen during the Mary Lou Heard regional garden tour. Location details are online. Class limit: 14

*Instructor: Tom Hood, retired high school science teacher, active gardener at the LB Community Garden, has taught five previous gardening classes at OLLI. i*



### UKULELE: PLAY IN ENSEMBLE (ADVANCED)

**Thursdays, April 10 - May 22**  
**10:00 – 11:30 a.m. Whaley Park**

Learn to play the Ukulele as an Accompaniment Instrument. Learn and understand chord structures with melody. Focus on songs with chord structures and melodies (in multiple positions) that support the melody or lead. Prerequisites: Know the chords, shapes and notes especially in the first and second positions. This is not intended as an entry level course. Questions? 714-789-4790

Class limit: 15

*Instructors: Charles Horvitz and Josh Cole*

## WRITERS READ ALOUD

***Fridays, April 10 - May 22 \****  
***10:30 a.m. – 12:00 p.m.***  
***CSULB, HS&D, rm 101***

Everyone has a story or several stories to tell. Regretfully, they seldom are brought to life, never articulated, never shared. This class encourages us to write our stories and share them in a classroom environment that is supportive. It offers a sense of intimacy, spontaneity, and possible surprise. It is preferred that readings be done from a printed page rather than a device. Each week ALL class members will read a story they have written outside of class. Come join our lively readings and discussions.

Class limit: 10

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



## JEWELRY MAKING A - Z

***Fridays, April 10 - May 22***  
***(not April 24)***

***10:30 a.m. – 12:30 p.m.***

***Alpert Jewish Community Center***

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

Class limit: 20

*Instructor: Belinda K. Belisle*

## BLUEGRASS MUSIC JAM

***Fridays, April 10 - May 22***  
***10:00 a.m. – 12:00 p.m.***  
***Los Altos UMC Hall***

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

Class limit: 20

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

## SOUL TAI CHI WITH JIMMY

***Fridays, April 10 - May 22 \****  
***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*

## CHAIR YOGA

***Fridays, April 10 - May 22***  
***12:30 - 1:45 p.m. Zoom***

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

*Instructor: Claudia Ellano-Ota,*

## BOOK CLUB:

### CONTEMPORARY NONFICTION

***Fridays, April 24 & May 22 (2 days)***  
***10:30 a.m. – 12:00 p.m.***

***Los Alamitos Community Center***

Explore thought-provoking, contemporary nonfiction books in this engaging book club who want to stay informed and connected to the world. We examine compelling works on politics, history, public policy, and current events, exploring how these forces shape our society and daily lives. We'll examine the housing crisis reshaping American communities, from families working full-time yet unable to secure stable housing, to the massive climate-driven migration already underway across the nation. We'll explore how economic forces and environmental change are fundamentally altering where and how Americans live, and what these profound shifts reveal about inequality, policy choices, and our collective future.

Spring books:

April 24 – "There Is No Place for Us" by Brian Goldstone

May 22 – "The Great Displacement" by Jake Bittle

Class limit: 30

*Leader: Sonia Savoulian*

### SHAPE SHIFTING: EXPLORING COLLAGE

***Fridays, April 10 - May 22***  
***1:00 - 3:00 p.m.***

***Alpert Jewish Community Center***

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

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

Email me with any questions, elka84@hotmail.com.

Class limit: 10

*Instructor: Alice Dworkin*

**OPENING THE BODY-MIND-SPIRIT****Fridays, April 10 - May 22 \*****12:30 – 2:00 p.m.****CSULB, HS&D, rm 101**

In this course, we will explore how to open up in many ways. This kind of processing can be used to improve your health or well-being, or simply help you live with more peace and awareness.

Topics we will cover include:

- Ways to recognize the connection between your body, mind, and spirit.
- Ways to calm and open your body and mind.
- Ways to practice self-reflection.
- Ways to tune in to guidance and love.

The concepts in this course will be presented in a fun and engaging way through stories, information, and personal activities. Class limit: 75

*Instructor: Mary Ruth Velicki, has a doctorate in physical therapy and has taught neurological rehabilitation courses at several universities. She has personally healed from chronic pain and trauma and has worked with clients using holistic bodywork and energy work. She is the author of The Healing Series books. For more information: lettingloveflow.com.*

**STAINED GLASS WORKSHOP****Fridays, April 10 - May 27 \*****2:30 - 4:30 p.m.****CSULB, HS&D, rm 105**

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

Class limit: 20

*Instructor: Stephen Newcomb*

**SHORT STORY DISCUSSION GROUP****Fridays, April 10 - May 22****1:00 - 3:00 p.m. Zoom**

This session we will read short stories from those collected in *A Century of Fiction in The New Yorker 1925-2025*. These stories include "classic" stories by well-known authors, lesser-known stories by prominent authors, and just plain excellent stories – all originally published in *The New Yorker*. Each week we will read a short story and discuss our responses to what makes the story unique: themes, techniques, characters, atmosphere, etc. All class members participate, contributing multiple views of the same story. The results are stimulating, entertaining and sometimes surprising. Our source anthology is: *A Century of Fiction in The New Yorker 1925-2025*, Deborah Treisman, Ed. (New York: Alfred A. Knopf, 2025). Please arrange access to this anthology to use for the class discussions. It is available in several formats: Kindle, print, Audible.

Class limit: 24

*Class Leader: Fern Ramirez*

**COMEDY CAPERS****Fridays, April 10 - May 22 \*****2:30 – 4:30 p.m.****CSULB, HS&D, rm 101 / Hyflex**

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

Class limit: 60

*Presenter: Karen Lucas.*

**RUSSIAN LANGUAGE 2****Fridays, April 10 - May 22****3:00 – 4:30 p.m.****Alpert Jewish Community Center**

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

Class limit: 20

*Instructor: Donald Cook*

## Saturday

**WATERCOLOR WORKSHOP****Saturdays, April 11 - May 23****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*

## 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

**Monday, May 28 (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](mailto: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***AMERICA'S MUSICAL ROOTS****Fridays, 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.*

## HOMEOPATHY: A NEW PATHWAY

by Lou Haglind

Have you ever been scheduled for surgery – be it a major or minor one – and wondered if there wasn’t another way out? That was the situation Constance Malaambo faced in 1993 prior to undergoing carpal tunnel surgery. She was scheduled to have surgery done when, as she put it, “The stars aligned,” and she met a homeopath who guided her on a different path and enlightened her to the “gift” of homeopathy which has become her philosophy. Her mentor suggested Constance give this alternative treatment a couple of months to work, which was her introduction to the field of homeopathy. And once she opened her mind and heart to this new pathway, she never looked back! Within six months she had no pain in her hand, and she never needed carpal tunnel surgery. Thus, in homeopathy, she discovered a whole new world of alternative medicine.



Constance Malaambo

Constance is a registered nurse who has spent 35 years at Kaiser Hospital. Born and raised in California, she graduated from Long Beach City College with her RN degree. But because this new pathway worked so well for her, she decided to explore it further through a school in Santa Monica from which she received her Master’s degree in homeopathy. This led to her starting a private practice in the field and also passing on her philosophy to others through teaching. She will return to Long Beach City College to offer her homeopathy program there.



Homeopathy is an alternative medical treatment which Constance says is based on three principles: (1) “Like cures like;” (2) Medications involve tiny doses of the medicinal treatments; and (3) One medication is taken at a time and individualized for each person. These medications are primarily plant and animal-based, and they are easily available at health food stores, Whole Foods Markets or Mother’s Markets.

Homeopathy can be used in many different ways such as self-care (first aid, insomnia, arthritis and flu) and in surgical treatments. She will be teaching the homeopathic philosophy and principles in a six-week class at OLLI. Come and learn from this lovely lady about options using the alternative health treatment of homeopathy. You will be enlightened and delighted.

## THE FIFTH REPUBLIC OF FRANCE: HOW A CONSTITUTION SURVIVED POLITICAL CRISES

by Tom Lockhart

Originally crafted in 1791, and based on the 1789 Declaration of the Rights of Man and of the Citizen, the French Constitution has stood the test of time and trouble. It emphasizes equality, with restrictions needed to maintain public order. The most recent iteration of it is the 1958 Constitution of France’s Fifth Republic, under Charles de Gaulle.



Alain Silverston

Alain Silverston’s class, ***The Fifth Republic of France: How a Constitution Survived Political Crises*** discusses the many trials and tribulations that France and that document endured, emerging as one of the most resilient and effective governmental frameworks of the 20th Century.

The five most consequential constitutional crises of the Fifth Republic were:

- The May 1968 student protests and general strikes, immobilizing much of the country. It signaled a profound social rejection of traditional authority, almost destroying the government.
- What came to be known as the “Cohabitation Periods” when the presidency and parliament were from opposing political parties. The resulting power-sharing arrangement led to governing paralysis.
- The 2005 European Constitution Referendum in which French voters refused to accept the European Constitution, which led to the public’s increased mistrust of the political system.
- The 2017/2022 Transformation in which President Macron dismantled the traditional left-right party system. This led to arbitrary legislation, and stress on the governing system.
- 2024 snap elections resulting in the National Assembly having no clear majority left the country in its deepest political instability since 1958, with challenges in forming a working government.

Time will tell the future of the Fifth Republic and its Constitution.

Alain L. Silverston holds an MBA from the Sorbonne (Paris 1) in Mathematical Economics and Econometrics. He teaches at OLLI and ESPI (Paris) and works internationally as a consultant and instructor in economics and law.



### A New Kind of Travel by Ina Massler Levin

It was just a blurb in an OLLI email blast but somehow it caught our eye. "Planning a Summer Trip? Travel to Girton College, Cambridge UK. Information on the summer school can be found at: <https://www.girton.cam.ac.uk/lifelong-learning>."

Both my husband Michael and I thought it was most interesting. Neither of us had gone away for college or much less done a junior year abroad. So, while this program was only one or two weeks long, it was enough to make us no longer regret what we had missed. We decided to look into it with a little more depth.

Thus began an email correspondence with Nick Godfrey, the Director of Global Programmes and go-to guy for the summer program at Girton College. Our questions ranged from "What will our classes be like?" "Where will our accommodations be?" and "Will there be some place to wash our clothes?" Via email we got answers to all our questions and decided to sign up, opting for the one-week program.

Before we knew it we were at Girton College. This lovely campus is surrounded by a wooded area, perfect for walking. It has an interesting history as it is the first of the Cambridge Colleges to grant diplomas to women. Our classes were in the Stanley library, a large room with beautiful dark wood bookshelves and stained-glass windows. Here we would meet after our dining hall breakfast.



There were various subjects to study including British literature, the monarchy, architecture, and politics. We had chosen our courses before leaving home and opted for the monarchy and architecture. These turned out to be excellent choices. The monarchy was an interesting history of the kings and queens of the past, the bloody battles that ensued, and problems that the monarchy encountered.

The British architecture classes proved even more fascinating. In the morning we heard lectures about architecture in the area, about buildings and their history. In the afternoon we would go into the town of Cambridge and see the buildings we had learned about. It made the lectures relevant.

When we weren't in class, we had many other activities: a high tea, punting on the River and seeing a Shakespeare play (Macbeth). A highlight for us was the formal dinner in the spectacular dining hall. There was also plenty of free time which allowed us to explore the campus a bit more and do the mundane things like laundry. We even took a short trip to the village of Grantchester which is the setting for the PBS series Grantchester, one of our favorites.

We met and keep in touch with fellow classmates, two of who live right here in Long Beach. It keeps the program alive for us. From seeing the OLLI email to spending an unforgettable week at Girton College at Cambridge. Sometimes things are serendipitous!

### Interested in Shakespeare?

William Shakespeare is considered by many to be one of the greatest writers in the world; but many people have difficulty understanding what they are reading or hearing when a Shakespeare play is being performed on stage. For those who are interested, reading Shakespeare's plays and others' plays from the same time period reading through the plays with other participants playing the different parts is an excellent way to understand Shakespeare's and contemporary authors' words and meanings. The Shakespeare Aloud Group is a group of people who enjoy reading and understanding the works of Shakespeare and his contemporaries. No acting experience is required! Just the desire to hear these plays and to gaining a deeper understanding of their meanings and the ways in which they shaped literature right down to the modern day.

Shakespeare Aloud is free and additional readers are always welcome.

For more information please contact:

Kevin Bigelow at [bigelow.kevin@gmail.com](mailto:bigelow.kevin@gmail.com).



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

# OLLI Community Sites

## Alpert Jewish Community Center

3801 East Willow St. Long Beach  
(562.426.7601)

[Visit the JCC website](#)

## Los Alamitos Community Center

10911 Oak Street Los Alamitos  
562.430.1073

[Visit the Los Alamitos Website](#)

## Long Beach Bridge Center

4782 Pacific Coast Hwy. Long Beach  
562.498.8113

[Visit Long Beach Bridge Center](#)

## Whaley Park

[Visit the Whaley Park website](#)

## Houghton Park

[Visit the Houghton Park website](#)

## Recreation Park

[Visit the Rec Park website](#)

## Los Altos United Methodist Church

5950 E Willow St., Long Beach  
562.598.2451

[Visit the LAUMC website](#)

## CSULB LifeFit Center

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

[Visit the Lifefit website](#)

Carpenter Center (CPAC)

## CSULB Campus Map

[Visit Campus Maps website](#)



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

Archery Fieldhouse

LifeFit Center  
KIN 107 / 110

OLLI office &  
HSD 101

Employee Lot E 6  
with 9 ADA spaces. Permit required

State University Dr.  
No pay needed with DMV blue placard  
at green curb spaces

Foundation Parking Lot - pay at gate

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



OLLI @ CSULB is located on the sacred site of Puvungna (Pronounced: POO-VUN-GAH) village. We acknowledge that we are on the land of the Tongva/ Gabrieleno (Pronounced: TON-VAH/ GABRIEL-EN-YO) and the Acjachemen/Juaneno (Pronounced: AH-HACHAH- MEN/JUAN-EN-YO) Nations who have lived and continue to live here.

We recognize these Nations and their spiritual connection as the first stewards and the traditional caretakers of this land. We thank them for their strength and perseverance, and for letting us meet on this land.

If you would like more information on the Native American history in our southern California region, visit the CSULB website <https://www.csulb.edu/puvungna>



Visit the OLLI Website

## 2026 OLLI Sessions

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

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

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

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