



2026 Summer Class Schedule

Class Registration starts Tuesday, June 16 at 9 a.m.

Summer Classes

BEGINNING UKULELE

Instructor: C. Baker, N. Intriere
Thursdays at CSULB, Rm 101

BEGINNING WATERCOLOR

Instructor: Valerie Berry
Fridays at CSULB Design 111

CHINESE LANGUAGE UNLOCKED

Instructor: I. Wang
Tues & Thurs on Zoom

HISTORY OF THE RANCHO...

Instructor: L. Reece
Tuesdays at Rancho Los Cerritos

ALL ABOUT RECORDERS

Instructors: F Wenger, T Schneider
Mondays at Los Alamitos Museum

TAP DANCE FOR ALL

Instructor: Annie Bianchino
Saturdays at 4th St Senior Center

FLIP PHONES ...TO TOUCH SCREENS

Instructor: A. Dew
Tuesdays on Zoom

GET MORE FROM YOUR MAC!

Instructor: Chris Wisniewski
Tuesdays on Zoom

SEE CATALOG INSIDE

Learn More: MOVIES AND MORE

For those of you who have attended any film shown at an AMC theater over the past few years, I am sure you have heard Nicole Kidman say at one time or another in her Aussie accent, "We come to this place... for magic. We come to AMC theaters to laugh to cry to care. Because we need that, all of us, that indescribable feeling we get when the lights begin to dim. And we go somewhere we've never been before; not just entertained but somehow reborn. Together."

As tiring it is to watch her pitch, I truly believe her oft repeated message: watching a film in a group setting greatly enhances the experience. And discussing a movie immediately afterwards can open our minds to new perspectives through an active group discussion. Although each of my prior sessions of Movie Matinee haven't followed a central theme, the movie selections I chose for this summer session have arranged themselves quite neatly. I have included an "Oldie," an animated film, a foreign film, a drama, a comedy and a new category; a film about Los Angeles. The last movie is one I thought to be excellent. Most of the selections are either Oscar Best Film winners, Oscar nominees for best films, or had thespians who won or were nominated for best actor or actress. As an afterthought, I may throw in a

"Noir" film to test the water for a new genre to explore. In an attempt to stay consistent, I choose films for their excellent writing, dialogue, acting, and overall aura.

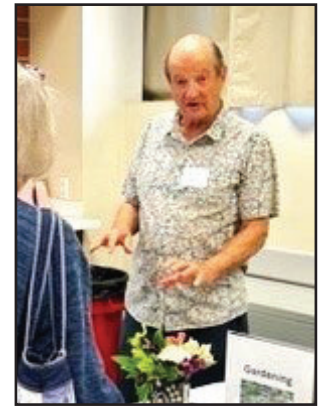
If you enjoy delving more deeply into this art form further enlivened via a group discussion, then this is the place to be. We will continue our quest to find the answer to: "What makes a movie a timeless masterpiece?"



** Tom Hood has taught not only movie classes at OLLI but gardening is also one of his many talents. He is a life-time Cinephile, a former science teacher in a visual and performing arts high school and a lifelong lover of the Arts: cinematic, theatrical, impressionist painters, dance, music and anything else creative.

Join this class to....

Learn More --- Age Less.



Tom Hood

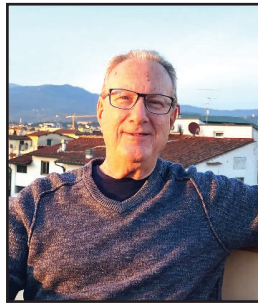
The President's Corner: Our Volunteers Make It Possible

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.

Alexis de Tocqueville, a noted 19th century French political philosopher and author of *Democracy in America*, observed that Americans have a unique spirit of volunteerism—organizing themselves to solve problems and sacrifice for the common good. He believed that volunteerism is essential to preserving democracy.

On May 16, OLLI celebrated and honored the remarkable members who make up our volunteer community. These individuals truly embody the lifeblood of our organization, providing the talent, time, and energy needed for OLLI to thrive. Without our volunteers, we simply could not offer the classes, events, programs, and governance that define our community. I am deeply grateful for their commitment and dedication, especially those who have served OLLI for many years. While they do not receive a paycheck, they gain something equally meaningful—a sense of purpose, fulfillment, and the knowledge that their service makes a difference.



Jan Stein

OLLI is, at its core, a volunteer-driven organization. As we continue to grow, we are always seeking new volunteers to meet evolving needs and opportunities. The Member Services Working Group, led by Maria Arce and Karin Covey, plays a vital role in recruiting and developing volunteers. There are many ways to get involved, including teaching or facilitating a class, assisting with events, serving on one of our many working groups (committees), or supporting administrative efforts.

I encourage you to consider how you might share your time, talents, and passions with OLLI. Whether you are a long-time member or newly joined, volunteering is a rewarding way to deepen your connection to our community while helping ensure its continued success.

Information is available about volunteering on the OLLI website (Volunteer with OLLI or Volunteer Instructor Information), in the regular eblasts sent to members, and in The SUN (Volunteer Corner).

The Governing Council

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

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

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

THE SUN Volume 31, Issue 4

Production Manager: *Rebecca Low*

Marketing: *Maryse Fujimori*

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

Writer/Proofreader: *Louise Haglind*

ONGOING CONTRIBUTIONS

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

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

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

From the Executive Director: Summer of Love with OLLI

Many of us may remember the “Summer of Love” that took place in San Francisco’s Haight Ashbury district to promote peace, love, and communal living in 1967.

Although this movement was founded as responsive to current societal events at the time and well known as a counterculture event, the theme of “love” was also promoted and encouraged. I wish to convey and promote this theme of “Love” for my summer Executive Director’s report.



Patti LaPlace

I think we can all agree, we are living in contentious political times. Many of us may be actively involved in various political expressions in individual ways. That is the beauty of living in the United States. We honor our first amendment rights.

Keeping that in mind, I also think it is important to remember the philosophy and premise that OLLIs are founded upon. Our primary funding source for our OLLI is the Bernard Osher Foundation. The Bernard Osher Foundation, founded in 1977 by Bernard and Barbro Osher, is a philanthropic organization focused primarily on higher education, the arts, and integrative medicine. The foundation is non-partisan and, according to its institutional guidelines, its programs—specifically the Osher Lifelong Learning Institutes (OLLI)—are not affiliated with any political organization, nor do they endorse or promote any political or religious viewpoint.

It is always my goal to honor this premise of a non-partisan approach to our courses and activities. Even with courses that may have “political content” it is very important that discussions of political nature be conducted with respect and civility. It is our promise and commitment with our OLLI that all participants feel welcome,

In addition, our commitment in offering lifelong learning experiences is to also promote a safe environment. As we engage- and even rejoice-our learning opportunities with OLLI, it is imperative to understand that our reputation relies on how we treat each other as well as conduct ourselves in public spaces such as the university and our community sites. We are all essentially the “Face of OLLI.” I hope we can approach that opportunity with “love,” not divisiveness.

It is also important to note that by providing a “safe environment” for lifelong learning, we also recognize what we receive from this type of engagement. Things like social connection without pressure creates a relaxed and respectful atmosphere where people can share ideas without competitiveness and rejection; exposure to diverse perspectives with a non-partisan approach means you can engage with current issues, history, or culture in a way that emphasizes understanding rather than polarization; and lastly, promote a sense of belonging and community identity as programs like OLLI build tight-knit communities that help older adults to stay engaged with the world. With these concepts in mind, I can’t think of a better way of promoting a “Summer of Love” for OLLI.

THANK YOU FOR YOUR CONTRIBUTIONS IN SPRING 2026

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

Jan Berliner
Nessa Bernstein
Stephen Biskar
Eileen Braeman
Mary Cliby
Robert Crabb
Randy Currin
Ginny Cuzenza
James Elsten
Roberta Hamfeldt
Deborah Hastings
Donna Hawk
Linda & Benjamin Henry
Jill Humphries
Rick Jacobs

Karen & James King
Daryl Leabo
Glenn Libby
Janet Lipson & Bruce Potter
Sylvia Manheim Estate
Regina & Gary Murph
Mary Jo Murthy
Karen Pruet
Jody Ramsey
Marion Shanker
Louise Soe
Judith Swaaley
Janice Teraoka
Naida Tushnet
Jerry Warren

Mr & Mrs Howard Watkins
Katherine Wightman
Paul Winchell
Ian Woods
William Younglove
Nina Zasorin

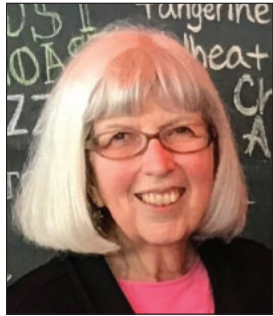


News from the Technology Lab: Summer 2026

by Kathy Winkenwerder

Our OLLI family just lost an exceptional volunteer. And some of us have lost a friend. On April 22, Wes Wong, a volunteer coach in my classes for 14 years and in Chris Wisniewski's classes for nine years, died suddenly.

If there is such a thing as a helper gene, Wes had it. He started helping in person when iPad, then iPhone classes were introduced in the computer lab, and then continued to coach when the pandemic lockdown drove our OLLI classes online. He volunteered in almost all of my classes, every term, every week, until just days before his death.



Kathy Winkenwerder

During those years, it would be impossible to calculate how many students Wes helped

by researching answers to their questions, as well as doing research for me when a student's question in class had me temporarily stumped. His help was invaluable.

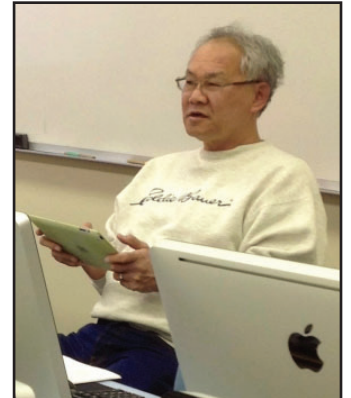
In our classes, which teach how technical things work, it's not easy to keep an eye on everyone in either the class or Zoom environment. And students can't just turn to their neighbor if they have a question because it interrupts things. Coaches watch for the raised hand or that quizzical or stunned look on a student's



Dolores and Wes

face so they can alert the instructor. Wes was good at spotting those students and seemed to enjoy solving their problems. He would quietly look up the answer to a student's question and make sure the student got it, either telling them during the class or emailing them the answer afterward.

Wes also loved trying out new technology. When iPads were introduced, he got one, learned to use it, then helped others to learn to use it. The same with the iPhone and the Apple Watch.



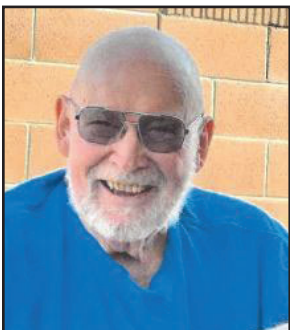
When you volunteer, you often become friends with the people you volunteer with. Wes, and a few years later, coaches Susan Bouris and Dolores Jaunzemis and I, would stay a bit after class was finished to talk about how to help a student or deal with technical difficulties, but often it was just to get caught up with each other's lives. Then after the pandemic hit, we began the tradition of meeting for lunch during the month-off interval between class sessions, continuing for more than six years worth of class breaks. Susan, Dolores and I will miss our friend more than we can say.

Wes's wife and two daughters survive him. His wife Linda has asked that instead of sending flowers or cards, you make a donation to OLLI. (See the OLLI [website www.csulb.edu/olli](http://www.csulb.edu/olli))

OLLI Farewells: A Time to Remember

Don Preuss

May 11, 1940 - April 10, 2026



Donald Preuss

We are sad to hear of the passing of another volunteer who gave so much of his time to OLLI for the Technology department. Don was a regular helper/coach for the other instructors to see that OLLI members learned about the latest computers, laptops, and those "new fangled phones".

Don grew up in Long Beach, attended Millikan High School and joined the Army right out of high school where he made lifelong friends. He worked in a variety of settings, including tending bar, and was a great storyteller. He was a good listener and offered his smile and help when any learner was hesitant to figure out the computer issues.

Don leaves behind two sons and they expressed that their Dad always showed what can be accomplished through hard work and consistency. Don was a consistent member at OLLI and we all appreciated his time as a volunteer.

OLLI Activities: Volunteer Appreciation Lunch

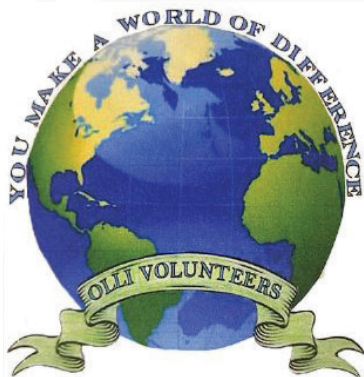
The theme of the 2026 OLLI Volunteer Appreciation Luncheon was ***You Make A World of Difference!***

The event was held in the ballroom at The Grand on Saturday, May 16. Attendees included instructors and other volunteers, staff members and special guests. In keeping with the theme, guests entered a welcoming venue decorated with global representations and floral centerpieces.

After lunch, Jan Stein, OLLI president, welcomed the volunteers, stressed their importance to the OLLI program, and thanked them for their service.

Patti La Place introduced Barbara White who gave a moving tribute to Carl Curtis and thanked him for his 25 years of continuing service to OLLI. When she was finished, Carl's fellow volunteers gave him a standing ovation!

The guest speaker was Casey Goeller from the CSULB Gerontology Department. He spoke about Loneliness, Boredom and Healthy Aging - The Role of Volunteers in Adult Enrichment Programs and emphasized that volunteers can change the trajectory of aging.



To wrap up the day there was a fun experience. Guests were asked to challenge themselves with a world capital quiz administered by Barry Bosscher. It was such a well - traveled and knowledgeable crowd that we had to go to a tie breaker. The winner of a \$100 Trader Joe's gift card was Dan Underwood. At the end of the program, a guest at each table was lucky enough to take home a beautiful centerpiece.

Patti thanked those responsible for planning and organizing the event – Maria Arce, Marlene Arevalo, Kay and Barry Bosscher, Mary Boykin, Karin Covey, Constance Malaambo, Cherrylaine Wallace, and Diana Walters. Marlene Arevalo and Constance Malaambo designed the centerpieces.



Checking in with Kay and Barry



Lunch is served



Ballroom at The Grand venue

Volunteers make a world of difference



A game winner



***An OLLI
photographer***

***A graduate in
Marketing***

***A long time
helper***



OLLI MEMBERSHIP for 2026 - SIGN IN

NEW ONLINE ACCOUNT AND MEMBERSHIP

1. Visit the OLLI @ CSULB website

www.csulb.edu/olli

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

2. Create an OLLI online Account at the CampusCE link

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

3. Purchase your OLLI membership

- Membership now is \$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 June 16

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



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

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

Go to the HOME page to start a Search.

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

If you are still having trouble....

Contact the Tech Support line - 562 985-2398

PAPER STILL ACCEPTED!

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

MORE OLLI STORIES AND ACTIVITIES

Visit the OLLI website for more stories and photos

[READ MORE STORIES ABOUT OLLI](#)

Suggestions for stories welcome at any time.

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

YOUR OLLI CLASS INFO

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

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

Log in to ACCOUNT to use the following menus

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

SIGN IN 🔍 SEARCH 🛒 CART 👤 ACCOUNT 🏠 HOME

SCHOLARSHIP POLICY

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

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

OLLI POLICIES AND PROCEDURES

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

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

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

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

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

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



Registration starts

Tuesday, June 16

9:00 a.m. ONLINE

Helpline 562.985.2398

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

Office line 562.985.8237

General questions, or to leave a message

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

ZOOM /HYFLEX CLASSES

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

The Zoom link will look something like this:

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

Check your Spam/Junk mail for OLLI emails too.

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

Learn how to Zoom

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

Get ready to Zoom

A few minutes before a class is due to start,

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

Then follow the directions below to Join a Meeting.

Join a class meeting

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

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

The same link will be used for all weeks.

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

SUMMER 2026 REGISTRATION starts June 16

Name: _____ Phone: _____

Address (if new) _____

Email: _____

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

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

MONDAYS, July 6 - August 24

Time	Class Title	Class Leader	Location / Comment	Mode	
9:00-10:30	Protect Yourself from Your Computer (2 days)	M. Arena	Meets 7/27 & 29	Z	
9:00-9:45	All About Recorders (Beg)	F. Wenger	Los Al Museum	IP	
9:45-11:15	All About Recorders (Int / Adv)	T. Schneider	Los Al Museum	IP	
9:30-11:30	Bridge 2	H. Dunbar	LB Bridge Center- \$20 fee	IP	
9:30-11:00	iPhone - iOS 26 (3 wks)	K. Winkenwerder	Tech - 7/13 - 27	Z	
10:00-11:30	Container / Small Space Gardening (4 wks)	K. Taylor and team	Signal Hill 7/6 - 27	IP	
10:30-12:00	Palliative, Hospice and EOLD (2 wks)	C. Malaambo	CSULB, HSD rm 101 8/3-10	IP	
10:30-12:00	Intro to Genealogy Research (4 wks)	M. Blazey	CSULB, HSD rm 101 July	IP	
10:30-12:00	Culinary Conversations: Exploring ...Food	Y.Rihbany & N.Stein	New topics	Z	
11:30-12:30	Yoga with Barbara (6 wks)	B. Bannerman	CSULB, LifeFit KIN 110B	IP	
11:30-1:00	Ukulele: Beyond Beginner 2	C. Baker / N. Intriere	Los Al Museum	IP	
12:15-1:45	Parlons Francais - Intermediate French	P. Davidson	CSULB, HSD rm 101	IP	
1:30-4:30	Crafting Pros	S. Haglund	Los Al Museum	IP	
1:00-2:30	Journey that Changed Everything	J. Chalsty	NEW - 7/20 special	Z	FREE
1:00-3:00	Relive Children's Literature	S. Pratt	NEW- book needed	Z	
2:00- 5:00	Hollywood Movies!	J. Hathcock	NEW- CSULB, HSD rm 101	IP	

TUESDAYS, July 7 - August 25

Time	Class Title	Class Leader	Location / Comment	Mode	
8:30-10:00	iPhone - Beyond Basics	K. Winkenwerder	TECH - iOS	Z	
9:00-10:00	Longevity Stick Movement	C. Taylor	CSULB, LifeFit KIN 110B	IP	
9:00-10:30	ABC's of Medicare (2 wks)	D. Dillman	New topics 7/7-14	Z	
9:00-10:30	Art History with Lee (6 wks)	L. Samuels	NEW-JCC Not 7/21 or 8/18	IP	
9:30-11:30	Bridge 3	H. Dunbar	LB Bridge Center- \$20 fee	IP	
10:00-12:00	History of Rancho Los Cerritos (6 wks)	L. Reece	NEW at Rancho Cerritos	IP	
10:00-12:00	Play it Again Jam - all levels	C. Baker, M. Davidson	NEW at Rancho Los Alamitos	IP	
11:00-12:30	Grow Your Own Culinary Herbs (4 wks)	J. Lingle	Off-Campus - 7/7 -28	IP	
12:00-1:30	Spanish Story Time	P. Kiwerski	NEW tales	Z	
1:45-3:15	Lifewell: Fun & Flourishing Together	P. Hiu & K. Adams	NEW-CSULB, HSD rm 101	HYFLEX	
1:30-3:00	Get More from your Mac!	C. Wisniewski	NEW TECH - learn online	Z	
3:30-5:00	Clash of Wings (continued)	P. Killins	New adventures	IP	
3:30-5:00	Skeptics Guide to Fraud Detection (4 wks)	C. Wisniewski	NEW-TECH - all systems July	Z	
4:00-5:30	CPR and AED Awareness	B. Fitzpatrick	Special Aug. 25	IP	FREE
4:15-5:45	From Flip Phones to ...Touch Screens (3 wks)	A. Dew	NEW-TECH - 7/7 - 21	Z	
5:00-6:30	Chinese Language Unlocked (5 wks)	I. Wang	NEW- meets Tue & Thurs	Z	

SUMMER classes start July 6

WEDNESDAYS, July 8 - August 26

<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	
9:00-10:30	Protect Yourself from your Computer (2 days)	M. Arena	NEW-TECH 7/27 & 29	Z	
9:30-11:30	Justice Across Generations	C. Hallenbrook	NEW-CSULB, rm 101 8/12	IP	FREE
9:30-11:30	Summer of Wellness (6 wks)	P. Rassouli	NEW-Expo Senior Center	IP	
10:00-11:30	Tips & Tricks on iPhone/iPads (iPads available)	M. Gettys	Tech Lab - All levels	IP	
11:45-1:15	Basic Info on Apple Devices (iPads available)	M. Gettys	Tech Lab - Beginners	IP	
12:00-1:30	Lifewell: Sparking Community Wellbeing	K. Adams & P. Hui	NEW-CSULB, HSD rm101	Hyflex	
1:00-3:00	Dance to World Music for Fun	D. Baker	Bellflower Club	IP	FREE
1:30-3:00	Travel with Apple Devices (iPads available)	M. Gettys	Tech Lab - All levels	IP	
1:45-3:15	Maroons & Slave Rebellions (6 wks)	N. Wicks	NEW-CSULB, HSD rm 101	IP	
2:00-3:30	Four Stories, Four Weeks (4 wks)	C. Guillen & H. Gordon	JCC- New stories /time	IP	
3:30-5:00	The Art of Living Well (6 wks)	G. Diaz	NEW-CSULB, HSD rm 101	IP	

THURSDAYS, July 9 - August 27

8:30-10:00	AI for Retirees (1 day)	R. Cohen	CSULB, HSD rm 101	Hyflex	FREE
8:30-10:00	AI for Photo Editing (1 day)	R. Cohen	CSULB, HSD rm 101	Hyflex	FREE
9:30-11:30	Memoir Writing: A Novel Approach	Kiwerski/ Marshall	Email needed	Z	
9:30-11:00	Purposeful Retirement... (2 wks)	R. Bhargava	NEW- 7/23 & 30	Z	
10:00-11:30	AI Enhanced Video Production - all devices	P. Gutierrez	Tech- CSULB, Lab /Zoom	Hyflex	
10:15-11:45	Beginning Ukulele	N. Intriere & C. Baker	CSULB, HSD rm 101	IP	
10:00-11:30	Finger Picking Guitar Style	C. Horvitz	LB Sr Center 4th St	IP	
11:00-12:30	Zentangle World	T. Taylor	Call for location	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	
2:00-4:30	Movie Matinee	T. Hood	CSULB, HSD, rm 101	IP	
3:00-4:30	AI Websites,Blogs... Build an Online Presence	P. Gutierrez	Tech-CSULB, Lab/Zoom	Hyflex	
3:00-4:00	Beginning Guitar	J. Smith	4th St. Sr Center	IP	
2:00-4:00	Catch the Spirit of Singing: Chorus	K. Price	El Dorado Sr Center	IP	
5:00-6:30	Chinese Language Unlocked (5 wks)	I. Wang	NEW- meets Tues & Thurs	Z	

FRIDAYS, July 10 - August 28

9:00-12:00	Beginning Watercolor	V. Berry	CSULB, DSN rm 111	IP	
10:00 -12:00	Bluegrass Music Jam	F. Swatek	TBD	IP	
10:30-12:00	Writers Read Aloud (4 wks)	J. Van Hooten	CSULB, HSD rm 101	IP	
10:30-12:00	Book Club: Contemporary Nonfiction (2 days)	S. Savoulian	JCC Bd Rm 7/31 & 8/28	IP	
11:30-12:30	Soul Tai Chi with Jimmy	J. Mathews	CSULB, LifeFit KIN 110B	IP	
12:00-2:00	Adventures in 3D Paper Crafting (4 wks-July)	LaBarba & McKelvie	NEW-CSULB, HSD 105	IP	
12:30-2:00	Authoritarians, Cults, Conspiracies... (2 wks)	D. Hucker	NEW-CSULB, HSD rm 101	IP	
1:00-3:00	Short Story Discussion Group	F. Ramirez	Book purchase	Z	
1:30-3:30	Open Computer Lab	W. Peck	CSULB, HS&D, Lab	IP	FREE
3:00-4:30	Russian Language - all levels	D. Cook	JCC Bd Rm	IP	

SATURDAYS, July 11 - August 29

9:00-12:00	Watercolor Workshop	M. Daniel	CSULB, DSN rm 111	IP	
10:30-12:00	Parlons Francais - Intermediate French	P. Davidson	CSULB, HSD rm 101	IP	
10:00-12:00	The Art of Song: Songwriters Circle	M. Davidson	Location to be determined	IP	
11:45 -12:45	Tap Dancing for Beginners	A. Bianchino	4th St Senior Center	IP	
12:45 - 1:45	Tap Dancing for Intermediates	A. Bianchino	NEW-4th St Senior Center	IP	

SUMMER classes start July 6

PROTECT YOURSELF FROM YOUR COMPUTER

Monday, July 27 & Wed. 29
9:00 – 10:30 a.m. Zoom

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

- The core components of a computer/tablet
 - Why Antivirus software is obsolete
 - WHY software becomes more complicated every day
- The Four New Threats:
- Legalized Spyware
 - Cryptolocker/Ransom/Hostageware
 - Update Attacks
 - Support Scams AND MORE.....

Class limit: 80

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

ALL ABOUT RECORDERS

Mondays, July 6 - Aug. 24
9:00 - 9:45 a.m.

Los Alamitos Museum

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

iPHONES - iOS 26

Mondays, July 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 has a 3-D effect on some photos. Functional changes include call screening on the phone app to foil those pesky unknown callers, live language translation in phone calls, Messages and FaceTime, having boarding passes in Wallet, being able to change the background in Messages, and the new Visited Places feature in the Maps app that help you remember favorite locations. And much more, of course. Class limit: 25

Instructor: Kathy Winkenwerder

BRIDGE 2

Mondays, July 6 - Aug. 31
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

CONTAINER AND SMALL SPACE GARDENING

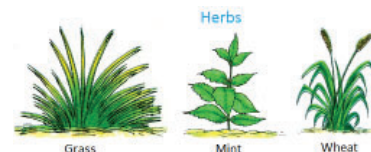
Mondays, July 6 - 27 (4 wks)
10:00 – 11:30 a.m.

3304 Industry Dr, Signal Hill

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

Class limit: 10

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



INTRODUCTION TO GENEALOGICAL RESEARCH

Mondays, July 6 - 27 (4 wks)
10:30 am – 12:00 p.m. CSULB, HS&D, room 101

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

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

PALLIATIVE, HOSPICE AND EOLD

Mondays, Aug. 3 & 10 (2 wks)
10:30 am – 12:00 p.m.
CSULB, HS&D, room 101

How can we create a beautiful, intimate experience as we move from this lifetime to our final “sunset”? I/we will start by turning the fearful unknown into a known by exploring our options for palliative care, hospice care, end-of-life doulas, some alternative treatments and more.

It is human to want to do things “our way”. This is true throughout life and possibly no more important than towards the end. We do need to understand our options; who can support us (and loved ones) in this, thus create the experience we all want and desire. Thirty plus years in the Emergency Department and teaching about our directives has allowed me to be witness to life, death and everything in-between. Join me to empower yourself and loved ones through this knowledge.

Class limit: 20

Instructor: Constance Malaambo, R.N., M. Hom.

NEW CLASS!**CULINARY CONVERSATIONS: EXPLORING THE WORLD OF FOOD TOGETHER**

Mondays, July 6 - Aug. 24
10:30 a.m. - 12:00 p.m. Zoom

Food is one of life’s great connectors -- inspiring us and sparking great conversations. This flexible, participant guided workshop invites members to explore all things culinary — from cooking and baking techniques, to global cuisines, food memories, traditions, ingredients, and trends. Each session blends light facilitation with lively discussion, allowing participants to shape weekly topics based on their interests. No cooking or expertise required; just curiosity and a love of good food. Every great meal creates connection. Pull up a chair — we saved you a seat.

Class limit: 30

Instructors: Yesmean Rihbany and Norma Stein

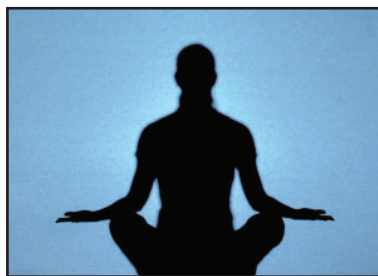
YOGA WITH BARBARA

Mondays, July 6 - Aug. 10 (6 wks)
11:30 a.m. - 12:30 p.m.
CSULB, LifeFit, KIN 110B

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

Class limit: 30

Instructor: Barbara Bannerman, Certified Yoga Facilitator

**UKULELE - BEYOND BEGINNER 2**

Monday, July 6 - Aug. 24
11:30 a.m. – 1:00 p.m.
Los Alamitos Museum

This class is designed to take your skills to the next level. It is not a beginning ukulele class. 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, 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

"PARLONS FRANCAIS!"

Monday, July 6 - Aug. 24
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: Pattie Davidson

CRAFTING PROS

Mondays, July 6 - Aug. 24
1:30 – 4:30 p.m.
Los Alamitos Museum

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: 12

Instructor: Sheryl Haglund

RELIVE CHILDREN'S LITERATURE

Mondays, July 6 - Aug. 24
1:00 – 3:00 p.m. Zoom

The class will read together weekly chapters of a children's book and discuss using *The Icons of Depth and Complexity* (to be distributed prior to first class meeting). Reading will be structured such that the entire book will be completed in the 8 week session. There is a great deal of joy and community building when the class reads together. This component is missing from many book clubs. The *Icons of Depth and Complexity* help readers delve into books on a much deeper level than a free form discussion, helping the reader to use higher order thinking skills and critical thinking. The students need to purchase the book (or may be found in a public library) "*When You Reach Me*" by Rebecca Stead and they also will need a composition writing book.

Class limit: 15

Instructor: Shane Pratt,
elementary school teacher for 32
years, Adjunct Professor

NEW TOPICS!**HOLLYWOOD MOVIES**

Mondays, July 6 - Aug. 24
2:00 – 5:00 p.m.
CSULB, HS&D, room 101

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

1. The Man Who Shot Liberty Valance:
John Wayne, Jimmy Stewart
2. The Bride Came COD:
Bette Davis, James Cagney
3. Rebel Without A Cause:
James Dean, Natalie Wood
4. The Third Man:
Orsen Welles, Joseph Cotton
5. Freebie And The Bean:
James Caan, Alan Arkin
6. Young Frankenstein
7. D.O.A... Edmund O'brien

Class limit: 98

Presenter: Jeff Hathcock

iPHONE - BEYOND BASICS

Tuesdays, July 7 - Aug. 25
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

**LONGEVITY STICK MOVEMENT**

Tuesdays, July 7 - Aug. 25
9:00 - 10:00 a.m.
CSULB, LifeFit, KIN 110B

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

Class limit: 20

Instructor: Charles Wm. Taylor

ABCS OF MEDICARE

Tuesdays, July 7 & 14 (2 wks)
9:00 - 10:30 a.m. Zoom

Raffle Prize Drawing! This is an educational class highlighting the importance of knowing when you can sign up for Medicare in order to get the most of your Medicare benefits and avoid late enrollment penalties. Learn how or why 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. "Do I pay this hospital bill or does the insurance company pay it?"

Class limit: 50

Instructor: Diana Dillman,
Medicare Options Specialist
License #4189213

ART HISTORY WITH LEE

Tuesdays, July 7 - Aug. 25
(Not 7/21 or 8/18)
9:00 – 10:30 a.m. JCC

Tuscan and Roman Italian Gothic, Renaissance, and Mannerism Periods
 Explore the historical aspects, aesthetic compositions, and the lives of influential artists and architects representing the Italian Gothic, Proto-Renaissance, High Renaissance, and Mannerism periods (13th – 16th centuries).

Mediums presented include painting, drawing, sculpture, and architecture. Lecture and discussion will take into consideration the roles and impact of the Catholic Church, the Protestant Reformation, the rising Mercantile/Banker classes, and social-economic "climate" on the lives of the artists and architects. Class limit: 20

Instructor: Lee Samuels

NEW CLASS!

Tuesday

BRIDGE 3

Tuesdays, July 7 - Aug. 25

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

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

Class limit: 50

Instructor: Hank Dunbar

NEW CLASS!

HISTORY OF RANCHO LOS CERRITOS

Tuesdays, July 7 - 28, Aug. 18 & 25

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

Rancho Los Cerritos

We will meet on site at the Rancho Los Cerritos, a national historic site located in the heart of Long Beach on the ancestral homeland of the Tongva people. The historic adobe house was constructed in 1844 and over the years has served as headquarters for cattle and sheep ranching, tenant housing, a private residence and currently a museum. Our interactive study of Rancho history will include house and garden tours, hands-on activities, visits from living history characters from the Rancho's past and exploration of artifacts. Free parking is available on site. Purchase of the book, *Rancho Los Ceritos: People Who Shaped the Past*, (available at the Rancho) is optional. Class limit: 20

Instructor: Leslie Reece, docent

GROW YOUR OWN CULINARY HERBS

Tuesdays, July 7 - 28 (4 wks)

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

Off-Campus - near CSULB

Growing and cooking with fresh herbs. The thought is exciting to some, and perhaps a bit intimidating to others.

But whether you are a seasoned gardener or just a beginner, join us to learn tips I have gleaned from my 45 years of experience in selecting, growing, harvesting, and even cooking with these incredible plants. Perhaps, with just a little stroll to your own kitchen garden, or a few steps to windowsill pots, you can gather the treasures for which man once sailed to faraway lands. Location details upon registration.

Class limit: 12

Instructor: John Lingle

PLAY IT AGAIN JAM

Tuesdays, July 7 - Aug. 25

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

Rancho Los Alamitos *

We are a group of amateur musicians, instrumentalists and vocalists, beginner to experienced, gathering to have fun and make music. We play and sing together while developing our personal instrumental skills. Basic song sheets with chords of favorite Folk, Blues, Country and Pop tunes are compiled in the Session's Songbook and are provided digitally. The Jammin' class is built around the guitar and ukulele; but diverse instruments such as acoustic bass, banjo, harmonica, and keyboards are welcome. You will need to bring a capo, music stand and your instrument.

Our Jam session songbook will be sent electronically to you. If you want a hard copy, you can contact the OLLI office in advance to purchase one for \$10.00.

Class limit: 50

Instructors: Carol Baker, & Marc Davidson

SPANISH STORY TIME

Tuesdays, July 7 - Aug. 25

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!

FUN & FLOURISHING TOGETHER

Tuesdays, July 7 - Aug. 25

1:45 - 3:15 p.m.

CSULB, HS&D, room 101 /Hyflex

What does it mean to truly flourish? In this lively gathering, you will explore a practical, joyful framework with elements for designing a more active, balanced, and connected life. Each week, with interactive activities, we reflect, share, and co-design small choices that add up to a life well lived. Every session comes alive with wisdom and music. Expect fresh inspiration for living well.

Class limit: 98

Instructor: Kathleen Adams & Dr. Philip K. Hui, Certified Lifewell Ambassadors, Board Members, Lifewell Learning Institute Los Angeles.



RANCHO LOS CERRITOS

HISTORIC SITE. MUSEUM.



NEW CLASS!

GET MORE FROM YOUR MAC

Tuesdays, July 7 - Aug. 25

1:30 - 3:00 p.m. Zoom

Designed for both new and

experienced Mac users looking for a refresher, this class covers the basics, including the differences between the Mac and Windows interfaces and how to customize the Mac to work more like Windows, if desired. We'll explore iCloud, Apple's cloud service, and discuss recent improvements in (and how to use) many of Mac's built-in apps for file management, photo management and editing, web browsing, document creation, content sharing, and password management. Additionally, learn how to integrate your Mac with other Apple devices like iPhones, iPads, and Apple Watches to boost productivity and creativity. Handouts will be provided, and there will be plenty of time for questions.

Class limit: 30

Instructor: Chris Wisniewski

CLASH OF WINGS (CONTD)

Tuesdays, July 7 - Aug. 25

3:30 - 5:00 p.m.

CSULB, HS&D, room 101

Note: This class is a continuation

of this topic. Prior attendance is not required. Clash of Wings is a wide-ranging survey of the great air campaigns of World War II extending from the first bombs dropped in Poland to the atomic weapons exploded in Japan. It covers all theaters from the frozen steps of the Soviet Union to the heat of Pacific jungle fighting. In each theater, the principal focus is on the people doing the fighting, and it is important to note that the ordinary soldiers, sailors, and airmen fought with dignity and courage irrespective of their country or their cause. As each campaign is analyzed, we will note the technical developments of the time—new aircraft, new weapons, new tactics—and the leadership is evaluated.

Class limit: 98

Instructor: Paul Killins

NEW CLASS! Tuesday

SKEPTICS GUIDE TO FRAUD DETECTION

Tuesdays, July 7 - 28 (4 wks)

3:30 - 5:00 p.m. Zoom

No one is immune from receiving deceptive emails, texts, calls, or even letters in their postbox that aim to steal their attention and money. Most people believe they can easily spot every such phishing attempt, yet millions fall for them daily. And with the rise of AI, it's effectively now almost impossible to know just by reading the content of the message whether the sender is lying. But that doesn't mean you can't protect yourself! This class offers strategies to reduce unwanted and troublesome messages from ever reaching your inbox. Additionally, we'll cover techniques that will minimize the exposure of your sensitive data from breaches and help you to know whether your sensitive information has been leaked, along with important steps to take if that's happened.

Class limit: 30

Instructor: Chris Wisniewski

NEW CLASS!

CHINESE LANGUAGE UNLOCKED

Tuesdays, July 7 - Aug. 4 (5 wks)

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

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

Class limit: 25

Instructor: Ming Chuan University-US offers online Mandarin Chinese courses for CSULB and to OLLI community during July.

NEW CLASS!

FROM FLIP PHONES TO...

Tuesdays, July 7 - 21 (3 wks)

4:15 - 5:45 p.m. Zoom

The early 2000s was a period that

saw rapid technological advancement. In one short decade many of us who were young or old enough, recall going from using dial-up internet to wanting the latest flip phone, camera phone, smartphone, app. Social media became more popular than ever before. It was a point in time when average people could feel globally connected to other persons they had never physically met. In this course, students will understand the rapid acceleration of technology in the early 2000s and how it paved the way for how we use technology most conveniently today. Come learn how technology shaped everyday topics such as politics, religion, lifestyle and wellness, and education. Students will demonstrate their learning by completing a project of their choice on a technological product from this era and its connection to current technology. Class limit: 20.

Instructor: Alexis Dew

Wednesday

YOGA WITH JEAN MARIE

Wednesdays, July 8 - Aug. 26

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

NEW CLASS!

Wednesday

NEW CLASS!

PROTECT YOURSELF FROM YOUR COMPUTER

**Monday, July 27 & Wed. 29
9:00 a.m.– 10:30 p.m. Zoom**

It turns out the vast majority of headaches, security issues, tech expenditures, and e-waste are preventable. Through my books, podcast, and speaking tour, I de-mystify and explain the IT industry in plain English. See details for class on Monday 7/27 - second class is 7/29.

Class limit: 80

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



NEW CLASS!

SUMMER OF WELLNESS

**Wednesdays, July 8–Aug. 12 (6 wks)
9:30- 11:30 a.m.
Expo Arts Center**

In this six-week course, we'll be exploring different methods for creating our ultimate well-being. Some of the possible topics (subject to change): Journaling Ourselves to Wellness, The Benefits of Tea, Creativity Heals, All About Oracle Cards, and a Crystal Grid for Release. Each class will also feature an active meditation such as new ways to nurture the self, expanding possibilities to release our old thinking patterns, and saying good-bye to the past once and for all. Please bring your journal to the first class session

Class limit: 20

Instructor: Patty Tahara Rassouli, meditation, Reiki and yoga teacher

TIPS & TRICKS ON IOS DEVICES

**Wednesdays, July 8 – Aug. 24
10:00 – 11:30 a.m.
CSULB, HS&D, Tech Lab**

Learn tips and tricks to use your devices more effectively or efficiently. How to use control center, app switcher, Siri, how to get free apps, get phone life daily tip, show health app, internet reader version, downloads, search, add to home screen, find my app, and many other shortcuts. Bring your charged device or iPads are available for classroom use. Class limit: 12

Instructor: Marilyn Gettys

BASIC INFORMATION ON APPLE DEVICES

**Wednesdays, July 8 – Aug. 24
11:45 a.m. - 1:15 p.m.
CSULB, HS&D, Tech Lab**

What to buy, when should you buy new devices, and basic usage of devices. Most frequently used apps will also be covered in class. This class will be for beginning users or students who may be interested in purchasing apple devices. iPad's will be available for use in class for anyone who does not own one.

Class limit: 12

instructor: Marilyn Gettys

TRAVEL WITH APPLE DEVICES

**Wednesdays, July 8 – Aug 24
1:30 - 3:00 p.m.
CSULB, HS&D, Tech Lab**

Class will cover basic information on traveling by car, cruising, plane, packing, and travel insurance. Review Apps that are available to help with travel plans. Using the internet, Siri and apps to help plan travel. How to use your apple devices when traveling. iPads are available for classroom use

Class limit: 12

instructor: Marilyn Gettys

SPARKING COMMUNITY WELLBEING

**Wednesdays, July 8–Aug. 24
12:00 - 1:30 p.m.**

CSULB, HS&D, Room 101 / Hyflex

Turn life wisdom into positive change. We invite lifelong learners to become community leaders who spark hope and action for community wellbeing. We will explore the science behind the social determinants of health, the common good, and how movements grow. Working in a collaborative pod, we will design a real-world community service project. Connect with an opportunity to join the growing Lifewell Sharing Movement as Los Angeles prepares for LA28.

Class limit: 60

Leaders: Kathleen Adams & Dr. Philip K. Hui, Certified Lifewell Ambassadors, Board Members, Lifewell Learning Institute Los Angeles

NEW CLASS!

MAROONS AND SLAVE REBELLIONS

**Wednesdays, July 8 – Aug. 12 (6 wks)
1:45 – 3:15 p.m.
CSULB, HS&D, rm 101**

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

Class limit: 20

Instructor: Nilce Wicks, Ph. D.

Wednesday

FOUR STORIES - FOUR WEEKS

Wednesdays, July 29 – Aug. 12
2:00 - 3:30 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: Harry Gordon and Christina Guillen



NEW CLASS!

THE ART OF LIVING WELL: 6 PILLARS OF MINDFUL LIVING & COACHING

Wednesdays, July 8 – Aug. 12 (6 wks)

3:30 - 5:00 p.m.

CSULB, HS&D, rm 101

Join me for a 6 week journey that bridges ancient wisdom and modern wellness coaching. This course is designed for those seeking to navigate life’s transitions with more clarity, intention, and ease.

Each session is designed to engage both the body and the mind. We begin with 45 minutes of Somatic Grounding—utilizing gentle breathwork, guided meditation, and chair-supported movement to calm the nervous system and sharpen focus. The second half of the class transitions into a Professional Coaching Workshop. We will explore the 6 Pillars of Mindful Living and learn how to apply these timeless principles to our daily habits, relationships, and state of being. Come to explore and discover what is possible for you.

Class limit: 25

Instructor: Ginny Diaz, a certified Meditation, Ayurveda, and Yoga teacher, as well as an ICF certified Coach. My career spans four decades in human resources, with a BA (CSUF), MBA (CSULB), MA in Law. I am also an adjunct instructor at Cerritos College.

Thursday

NEW CLASS!

MEMOIR WRITING: A NOVEL APPROACH

Thursdays, July 9 – Aug. 27

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



PURPOSEFUL RETIREMENT: YOUR NEXT CHAPTER

Thursdays, July 23 & 30 (2 wks)

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

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

Class limit: 50

Instructor: Raj Bhargava, Stanford Distinguished Careers Institute Fellow; taught behavioral science at the Stanford Graduate School of Education:

FINGER STYLE GUITAR

Thursdays, July 9 - Aug. 27

10:00 – 11:30 a.m.

4th St. Senior Center, LB

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,

AI-ENHANCED VIDEO PRODUCTION

CREATE AND EDIT WITH SMART TOOLS

Thursdays, July 9 - Aug. 27
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

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

Thursdays, July 9 - Aug. 27
3:00 - 4:30 p.m.

CSULB, Tech Lab / Hyflex

Find out how easy it is to build your own website, blog, chat or webinar. Make your own site or watch how it is done. We will explore popular website builders, including use of AI tools with WIX. Learn strategies to reach your intended audience, attract visitors to your site, enhance communications through social media channels, build loyalty, and maintain your website, blog or chat. All devices are welcome, but know how to use your device well. Enjoy learning about the most important tools for Internet communications.

Class limit: 12

Instructor: Perla Gutierrez

AI-POWERED SOCIAL MEDIA:

Apps/Strategies for Success

Thursdays, July 9 - Aug. 27
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

ZENTANGLE WORLD

Thursdays, July 9 - Aug. 27
11:00 a.m.- 12:30 p.m.

Location to be announced with registration

Come draw with me - one line at a time. The Zentangle Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structural patterns. The patterns are called "Tangles". We will create pencil and ink abstract drawings on 3-1/2" paper "tiles". No experience, planning or over-thinking required. Bring a Notebook and your own pens, pencils. A kit of materials can be supplied at first class for \$10 paid to the instructor. Contact Maryse with questions - 714-588-8923

Class limit: 15

Instructor: Tom Taylor

BEGINNING UKULELE

Thursdays, July 9 - Aug. 27
10:15 - 11:45 p.m.
CSULB, HS&D, rm 101

Have you wanted to know how to play the ukulele and didn't know where to start? This beginning ukulele class will teach you how to tune and strum your uke and provide you with basic chords that will enable you to play many songs.

You will need to bring a ukulele, electronic tuner and music stand. Music will be provided. If you need to purchase a ukulele and tuner we can provide some suggestions. Contact Carol Baker for questions. carolbaker6607@gmail.com

Class limit: 20

Leaders: Carol Baker & Nancy Intriere



NATIONAL & INTERNATIONAL CURRENT EVENTS & ISSUES

Thursdays, July 9 - Aug. 27
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.

MOVIE MATINEE

Thursdays, July 9 - Aug. 27
2:00 - 4:30 p.m.
CSULB, HS&D, room 101

It gives me great pleasure to host our cinematic journey during the summer session. Although each prior session hasn't followed a central theme, the movies I chose this time arranged themselves quite neatly in a theme. We'll see an "Oldie," an animated film, a foreign film, a drama, a comedy and a new category; films about Los Angeles. The balance are movies I thought excellent. I choose films for their excellent writing, dialogue, acting, and their overall aura. If you enjoy delving more deeply into this art form enhanced via a group discussion, then this is the place to be. We will continue our quest to find the answer to: "What makes a movie a timeless masterpiece?"

Class limit: 80

Instructor: Tom Hood, Life-time Cinephile, Former Science teacher Lover of the Arts: Cinematic, theatrical, impressionist painters, dance, music and anything else creative.

"CATCH THE SPIRIT OF SINGING" CHORUS

Thursdays, July 9 - Aug. 27
2:00 - 4:00 p.m.
El Dorado Park West Sr Center

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

CHINESE LANGUAGE UNLOCKED

Thursdays, July 9 - Aug 6 (5 wks)
5:00 - 6:30 p.m. Zoom

Unlock the mystique of an ancient oriental language! Vivid Chinese language learning materials and focus on interaction, with much in-class practice, help students acquire basic conversational ability and technique, enabling them to participate in daily conversations in Mandarin Chinese. Links to helpful online learning portals will supplement the course.

***This class meets twice a week for five weeks starting July 7.**

**Learning materials will be sent to students as a pdf file prior to the start of the course. Class limit: 25

Instructor: Ming Chuan University-US offers online Mandarin Chinese courses for CSULB and to OLLI community

Dr. Iris Wang, Assistant Professor, Ming Chuan University, PhD. in East Asian Languages and Cultures from the University of Southern California
Specialization: Generative Linguistics; Chinese Syntax; East Asian Linguistics; Language Teaching

BEGINNING GUITAR

Thursdays, July 9 - Aug. 27
3:00 - 4:00 p.m.
4th St. Senior Center, LB

We will begin the class learning the guitar nomenclature and how to tune the guitar. Next, we will go through strumming techniques. Then we will go through basic chord structures and how to change from one chord to another. Finally, we will work on playing our favorite song. Students need a guitar-steel or nylon string (preferred) guitar and a smile! Class limit: 15

Instructor: Jim Smith. Guitar player of many genres: rock 'n roll, country, blue grass, blues, etc. for over 60 years, and school music teacher.

BEGINNING WATERCOLOR

Fridays, July 10 - Aug. 28
9:00 a.m. - 12:00 p.m.
CSULB, DSN, rm 111

We'll work on practice pieces and sharpen our skills. Build a portfolio of work in which you will see your skills growing. Paint a different subject together each week. Subjects will range from still life to nature, landscapes, animals, people, and abstract. Learn and practice new techniques. We will paint on day one so bring your materials. I'll send out a list of materials after registration. Come learn something new this summer.

Class limit: 20

Instructor: Valerie Berry

BLUEGRASS MUSIC JAM

Fridays, July 10 - Aug. 28
10:00 a.m. - 12:00 p.m.
To Be Determined

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

WRITERS READ ALOUD

Fridays, July 10 - 31 (4 wks)
10:30 a.m. - 12:00 p.m.
CSULB, HS&D, rm 101

Everyone has a story or stories to tell. Regretfully, they seldom are brought to life, never articulated, never shared. This class encourages us to write our stories and share them in an environment that is supportive and offers a sense of intimacy, spontaneity, and possible surprise. 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.

**BOOK CLUB:
CONTEMPORARY NONFICTION**

*Fridays, July 31 & Aug. 28 (2 days)
10:30 a.m. – 12:00 p.m. JCC*

Explore contemporary nonfiction books in this engaging book club for lifelong learners. We examine works on politics, history, public policy, and current events through thoughtful conversation, critical thinking, and shared reflection in a welcoming environment.

This summer, our readings trace how the global competition for strategic resources shapes geopolitics, conflict, and economic power. We begin with an exploration of the six essential raw materials that underpin modern civilization, from microchips to construction. We then turn to four decades of rivalry in the Middle East, a region holding much of the world's energy resources. At a moment when supply chain disruptions, trade policy, and energy security dominate headlines, these books offer crucial context for understanding how the scramble for materials drives international relations, technological advancement, and regional instability. Together, they reveal why control over physical resources remains central to global power, and how resource competition continues to reshape alliances, economies, and conflicts worldwide. Summer books:

July 31 – "Material World" by Ed Conway
August 28 – "Black Wave" by Kim Ghattas

Class limit: 30

Leader: *Sonia Savoulian*



SOUL TAI CHI WITH JIMMY

*Fridays, July 10 - Aug. 28
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*



**ADVENTURES IN
3D PAPER CRAFTING!**

*Fridays, July 10 - 31 (4 wks)
12:00 – 2:00 p.m.
CSULB, HS&D, rm 105*

Join this exciting four-week class where flat paper transforms into amazing 3-D worlds! We will learn how to use simple card stock to build incredible models. First, we will cover the essential materials, tools, and processes. We will also learn important safety rules for cutting and gluing so everyone can craft safely.

We will start by building classic Putz houses. You will design spooky scenes for Halloween, displays for Dia de los Muertos, and winter tableaus for Winter villages.

Next, we leave Earth to build 3-D fictional spacecraft! You will also craft detailed card models that are perfect for tabletop RPG games. Finally, we will learn the magic of automata, creating fun paper models with mechanical moving parts.

Get ready to cut, fold, and build your own paper worlds! For syllabus and materials list, email: artnlunch@gmail.com

Class limit: 15

Instructors: Kathy McKelvie & Peter LaBarba

AUTHORITARIANS, CULTS, AND CONSPIRACY THEORIES

*Fridays, July 10 - 17 (2 wks)
12:30 – 2:00 p.m.
CSULB, HS&D, rm 101*

This class will examine three important conditions that cause people to believe misinformation and lies that weaken our democracy. Especially important in a democracy is a commitment to a "Just War". How is that different from "War"? A discussion of the principles of a "Just War" will be included.

Class limit: 30

Instructor: Don Hucker.

Friday

SHORT STORY DISCUSSION GROUP

Fridays, July 10 - Aug. 28
1:00 - 3:00 p.m. Zoom

This session we will read short stories from those collected in *A Century of Fiction in The New Yorker 1925-2025*. These stories include "classic" stories by well-known authors, lesser-known stories by prominent authors, and just plain excellent stories. Each week we will 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) It is available in several formats: Kindle, print, Audible. Class limit: 24

Class Leader: Fern Ramirez

RUSSIAN LANGUAGE BASICS

Fridays, July 10 - Aug. 28
3:00 - 4:30 p.m.

Alpert Jewish Community Center

Beginning with simple words and phrases is hardly new news! I will try to combine methods as practiced in the US Army Language School (when I was there, now the Defense Language Institute, West Coast) and The Berlitz Corporation. Learning should be enjoyable and students will be speaking from day one. Additionally, familiarity with German and Spanish are helpful as there are always parallels among European languages. 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

THE ART OF SONG: SONGWRITERS CIRCLE

Saturdays, July 11 - Aug. 29
10:00 a.m. - 12:00 p.m.

Location details with registration

The Art of Song: Songwriters' Circle will be an interactive and collaborative class sharing original material in formative or advanced stages, supported by discussions on writing technique, structure, and process. The goal will be to encourage group interaction, feedback, and mentoring. Instruments will be encouraged in the gatherings, with opportunities to improvise and suggest music development. Both beginning and experienced songwriters are welcomed. The prior songwriting class *Art of Song: Songwriting Workbook* will be provided as a reference. Contact the instructor for location. marc.davidson@csulb.edu

Class limit: 16

Instructor: Marc Davidson



"PARLONS FRANCAIS" LET'S SPEAK FRENCH!

Saturdays, July 11 - Aug. 29
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

WATERCOLOR WORKSHOP

Saturdays, July 11 - Aug. 29
9:00 a.m. - 12:00 p.m.
CSULB, DSN, rm 111

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

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

Class limit: 30

Instructor: Mike Daniel

TAP DANCING FOR ALL

Saturdays, July 11 - Aug. 29
11:45 - 12:45 p.m.
12:45 - 1:45 p.m.

4th St. Senior Center, LB

Have you ever wanted to learn to tap dance but never got around to it? This beginner's class will get you moving, making noise, and having fun while getting a great workout. No experience necessary for the 11:45 class!

The 12:45 class requires some (but limited) tap experience. Both classes will have a warm up, learning steps, dancing across the floor with short combinations, and a cool down with stretches. Tap will improve your coordination, balance, dance moves, and of course your mood! Tap shoes are recommended but not mandatory; give the class a try first if you'd like. For more information you can contact the instructor via email (abianchinoolli@gmail.com)

Class limit: 10 in each group

Leader: Annie Bianchino

FREE!**FREE Special Events - Sign Up Online****FREE!****DANCE TO WORLD MUSIC ... FOR FUN AND FITNESS****Wednesdays, July 8 - Aug. 26****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: 40

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

**FREE****THE JOURNEY THAT CHANGED EVERYTHING****Monday, July 20 (1 day)****1:00 - 2:30 p.m. Zoom**

At 63, Jill Chalsty boarded a ship alone, grieving her husband's death and battling cancer. What began as a voyage around the world became far more than a trip. In this lecture, Jill shares the story behind her memoir Packets of Hope, inviting participants to travel alongside her through the ports she visited, the people she met, and the reflections that transformed personal adversity into strength and global impact. Jill demonstrates how one person's courage can create ripples that span continents. Participants are encouraged to read her memoir, available free at www.packetsofhope.com, before the presentation.

Class limit: 80

Presenter: Jill Chalsty

FREE!**AI FOR RETIREES: SMARTER LIVING WITH ARTIFICIAL INTELLIGENCE****Thursday, July 9 (1 day)****8:30 - 10:00 a.m.****CSULB, HS&D rm 101 / Hyflex**

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

Class limit: 60

Instructor: Bob Cohen

FREE!**USING AI TO EDIT PHOTOS****Thursday, July 16 (1 day)****8:30 - 10:00 a.m.****CSULB, HS&D rm 101 / Hyflex**

Artificial Intelligence is making photo editing faster and easier than ever. In this class, you'll learn how free AI tools can improve lighting, sharpen images, remove unwanted objects, and restore old photos with just a few clicks. We'll also explore simple apps that work on iPhone, iPad, Android, Windows, and Mac so you can enhance your photos on almost any device.

Class limit: 60

Instructor: Bob Cohen

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



JUSTICE ACROSS GENERATIONS

**Wednesday, Aug. 12 (1 day)
9:30 – 11:30 a.m.**

CSULB, HS&D, rm 101

I just published a book that should be of interest to OLLI members. In *Justice Across Generations* my co-author and I develop a theory of intergenerational justice - what we owe to each other across age groups and what we owe the future yet to be born - and apply it to several public policy areas, namely education, the development of AI, the national debt, climate change, and race. Your participation is appreciated! .

Class limit: 50

Instructor: Christopher R.

Hallenbrook, PhD, Associate Professor of Political Science and L. G. Chaffee Endowed Chair of Global and Comparative Politics, CSU Dominguez Hills



CPR & AED AWARENESS

**Tuesday, Aug. 25 (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.

RIP CATHIE ROBINSON

by Kathy Allen



It is with profound sadness that I share the news that our dear friend and fellow Jammer, Cathie Robinson, passed away. She had successful hip surgery and then developed complications. Many of you knew her from Play It Again Jam, various guitar classes, and she was the piano player for the choir.

We were happy to see her join the last jam session in February where she played the instrumental break on her keyboard during one of our songs that day.

We will always miss Cathie's kindness, her laugh and her positive approach to life. She was a treasure. We were blessed to have her among us for her for as long as we had her.

Being with Cathie was a little like riding on a moonbeam. Her fun-loving spirit and enthusiasm were contagious. With her heart on her sleeve, Cathie rushed headlong into life. She always signed up for too many classes, racing to be on time, because she loved learning new things and being in the company of friends.

Cathie once mentioned that her father told her, "Everyone has something to teach us." On the Mediterranean cruise we shared 2 summers ago, Cathie would stop anyone and everyone on the street and ask questions, just to hear what they might say, adding a few words of broken Spanish if they looked confused by her English... even if they looked Scandinavian or Russian! She loved engaging with everyone we met. Her curiosity was infectious.

Cathie always fought for the underdog and was proud of the unconventional interventions she sometimes used as a school counselor when she thought it would help. A "helper" she was- a person who changed her world with her heart, her courage and her kindness.

Cathie with a "C" as she would introduce herself when we were together, faced life's challenges with an open heart. She trusted in the goodwill of others and others knew they could trust her. She was always inclusive, opening her home and heart to the world, inviting anyone who would like to join for her many holiday parties and other gatherings. Any excuse allowed her to bring us together for a night of fun.

Cathie was a treasure - a heartfelt, action-oriented woman. She was taken from us too soon as sometimes happens to the best among us. I know that all who knew her will always miss her and her indomitably bright spirit... as I will.

* Thank you to Kathy A. for this article and to the many friends who gathered for a musical celebration of Cathie on May 12.



VOLUNTEER CORNER

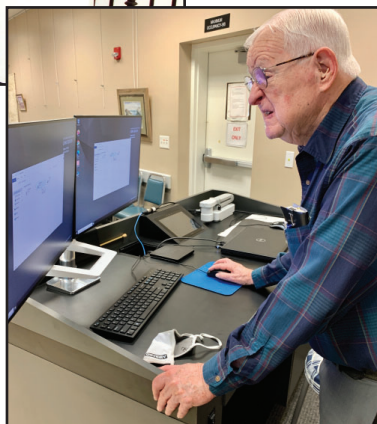
OLLI at CSULB is fortunate to have three wonderful staff members, Office Manager Becky Low, Executive Director Patti LaPlace and Technical Support Wonder Lee Sianez. What you may not be aware of is OLLI 's army of volunteers and what they do.

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

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

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

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



CARL CURTIS: OLLI POWERHOUSE AND RENAISSANCE MAN

by Karin Covey

If you have taken classes on campus in the OLLI classroom, there has often been a gentleman at the podium or console working with Becky or the instructor to set up AV for the class and hang around to assist. That was probably Carl Curtis.

I'd like to tell you a little about Carl and OLLI. Carl joined Senior University (precursor to OLLI) in mid-2001 and has been an active volunteer for the past 25 years. Much of his service to OLLI has been related to his background and interests.

His 35 years' experience in the Los Angeles County Probation Department made him well qualified to teach a class on Law, Crime and Punishment with Bill Drukker, a retired lawyer and judge.

Due to his passion for astronomy, Carl taught an astronomy class and formed the Planetary Science Club for OLLI members who shared visits to Griffith Observatory, Mt. Palomar, Mt Wilson and other "starry" activities.

His love of literature, particularly Shakespeare, fueled his enthusiasm and stewardship of Michelle Roberge's class, Fear Not I Speak Shakespeare, for many years until the pandemic.

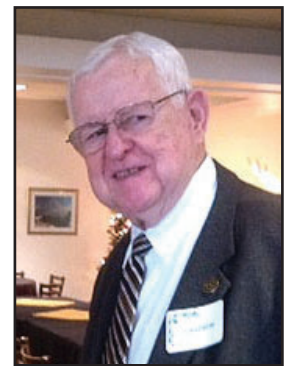
Because of his own difficulties with hearing loss, he was sensitive to the needs of his fellow OLLI members. He maintained the assistive listening devices and arranged for the installation of a T-coil hearing loop in the classroom. He also brought in specialists to discuss assistive hearing resources and new technologies.

Carl joined the OLLI Governing Council in 2005 and moved on to serve as President for five years. During his tenure, OLLI memberships and the number and diversity of classes grew steadily.

In 2008, OLLI was given the opportunity to open a satellite campus downtown Long Beach adjacent to Park Pacific Tower at Pacific and Seventh. Carl took the lead in preparing the site for OLLI classes: arranged for telecom service; acquired furniture and equipment for the classroom and office; oversaw the installation of a controlled access system; recruited and trained residents of Park Pacific Tower as office volunteers; and established collegial relationships with other tenants.

One big hurdle was that the OLLI site was on the second floor and the building did not have an elevator. It would be impossible for many OLLI members to attend classes at the site. After lengthy discussion with the landlord and much hand wringing, as if by magic, a lift was installed. It was easy to use, especially by those in a wheelchair or with walkers. Problem solved. At a grand opening reception, the classroom was named the Carl Curtis Classroom. The site was unused during the pandemic and a few years later the building was sold and the OLLI site was closed. The Carl Curtis Classroom sign is now on the door to the OLLI Campus classroom.

Carl's contributions to OLLI over the past 25 years reflect the very best of lifelong learning, generosity, and service. His dedication has touched countless members, and his influence will continue to be felt every time we walk into the OLLI classroom.



LIVE LONGER WITH LONGEVITY STICK PRACTICE

by Tom Lockhart

Some exercise disciplines are born out of inquisitive interest, some financial gain, and some, like Longevity Stick Art, out of self-preservation. It was developed by the Master Mai Bac Dau, a former South Vietnamese Army officer, while he languished for five years in a “re-education camp” run by North Vietnam immediately after the end of the Vietnam War. Suffering from illness and lack of adequate food, he devised a 12-movement regimen using a slender pole roughly the length of his body. It resulted in the ability to do self-administered medical care and rehabilitation for the severe treatment at the hands of his captors, and his survival. Charles William Taylor’s **Longevity Stick Art Movements** class teaches the fundamentals of the discipline, including various routines of the exercise pole.



Charles with member Cheryl Marx

Longevity Stick Art is for all ages, but it is especially applicable to senior citizens because of its low-impact exercises and remarkably gentle affect on body joints. Its components are breathing, self-massage, stretching, and standing meditation. Breathing is a slow, very specific four-count inhale and four-count exhale pattern which promotes deep diaphragm technique. The 12 movements are composed of four distinct sections:

- focus on breathing, loosening joints, and respiratory system;
- opening the lungs and internal organ stimulation;
- flexibility, posture and core energy;
- lower body stability and strength.

Although Longevity Stick Art is a highly disciplined process, requiring concentration and attention to detail, the class manages to avoid the Marine Corps boot camp atmosphere of many exercise classes! It could even include meditation or easy movements. Each person is respected as an individual with differing limitations, be it physical, cognitive, or emotional. There is no set bar or requirement for individuals to achieve.

Participants are encouraged to do nothing that hurts or is uncomfortable. Although the leader may do eight repetitions of a movement, individuals are encouraged to do 70% or less of what they think they can do and to stop and rest when their bodies say, "I've had enough!"



Longevity Stick Art - OLLI
Leader: Charles Wm. Taylor, Tuesday, April 7, 2024

WANT TO SLOW DOWN BRAIN AGING? THESE ACTIVITIES MIGHT HELP

by Meeri Kim, Washington Post

Playing music, dancing, creating art — and even playing some types of video games — aren’t just immersive and emotionally rewarding. They may actually slow down brain aging, a new study suggests. By analyzing brain activity data, the researchers found that engaging in creative pursuits of all kinds is linked to a younger-looking brain.

“This is not just a solution for the da Vincis of the world. Anyone can benefit from having a creative hobby, not just geniuses or professional artists,” said study author Agustín Ibáñez, director of the Latin American Brain Health. “We are living in a world full of stress, uncertainty and despair. Creating a little bubble through art or music can have a positive impact on your brain health.”

Researchers have found that all four creative and challenging pursuits they looked at — dance, music, visual art and strategy video games — were associated with delayed brain aging. And greater expertise and performance level seemed to help. Experts with years of practice had younger brains compared with hobbyists. Out of all participants, highly skilled tango dancers seemed to have the most youthful brains — an average of seven years younger than their chronological age.

Protective effects even from passive activities

Even taking in art made by others — such as going to a concert or play — may have protective effects that help buffer against age-related cognitive decline. In a 2022 study, Jill Sonke, a research professor, found that engaging in receptive arts activities (such as going to a concert, play or museum) for up to three hours a week was associated with better subsequent memory.

“You can improve your chances for cognitive health by taking part in cognitively stimulating activities,” said Stacy Andersen, professor of medicine at B U School of Medicine, “There’s no time like the present to learn something new — like photography or how to play guitar — that can also help protect your future brain.”

How to benefit from creative arts Here are some tips:

- Cultivate your flow state. Lean into activities and experiences that keep you fully engaged and deeply focused.
- Participate in a hobby club or group. Having strong social connections is also linked to healthy aging, and a shared creative activity is one way to bond with others in your community.
- Combine creativity with movement. Some hobbies such as dance not only engage the mind but also engage the body. Anything that keeps your heart healthy is going to keep your brain healthy.
- Know that it’s never too late. At age 54, Jill Sonke learned how to sing and play guitar. “It was just amazing taking up a new art form in midlife,” said Sonke, now 59. “I don’t strive to be a professional musician, but it is a huge part of my life now. “The arts can engage us with information, physical movement, and uplifting activities that contribute to reduction of stress and improvement in mental health.”

Generations Connect: Meaningful Conversations Across Generations

Have you ever wondered what college students are really thinking about these days? Come join us — you may be surprised by how much joy and connection can grow from a simple conversation.

Generations Connect pairs OLLI members with CSULB students for one-hour weekly Zoom conversations during the Fall semester. No teaching experience is required — just a willingness to show up, listen, share, and connect.

What begins as a class assignment often grows into something much more meaningful — genuine connection, laughter, shared stories, and mutual encouragement.

The Fall 2026 semester begins Monday, August 24, with mentoring sessions starting the week of September 7. Mentors are asked to commit to ten one-hour weekly Zoom meetings on either Tuesday mornings or Thursday mornings.

To learn more, contact Mary Kay Toumajian and include “Generations Connect” in the subject line (mktoumajian@gmail.com).

OLLI Members Keep Learning A Story of Accomplishment

A note to Rebecca,

I had to share this with you because it all started with you. Do you remember sending me that flyer last August about the Career Advocate program from the Career Development Center? Well... I followed through and completed all four workshops—and Friday was the graduation event!

As you can see from the photo, they really pulled out all the stops... even brought in Elbee the Shark! This is my first photo with the CSULB mascot!

I did receive my certificate of completion and truly enjoyed the program. I learned so much, and the Career Development Center information has already been incredibly helpful.

None of this would have happened if you hadn't thought of me and sent that initial information my way. That one small gesture turned into a really meaningful experience for me—so thank you.

Warmly,
Mary Kay



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.

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.

Find more articles at www.csulb.edu/olli

OLLI Community Sites

Alpert Jewish Community Center

3801 East Willow St. LB 90815
(562.426.7601)

Los Alamitos Museum

11062 Los Alamitos Blvd,
Los Alamitos, CA 90720
562. 431.8836

Long Beach Bridge Center

4782 Pacific Coast Hwy. LB 90815
562.498.8113

4th St Senior Center

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

El Dorado Senior Center

2800 Studebaker Road, LB
562. 570.3225

CSULB LifeFit Center

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

El Dorado Senior Center

2800 Studebaker Road, LB 90815
562. 570.3225

Rancho Los Alamitos

6400 E Bixby Hill Rd, LB 90815
562.431.3541

[Visit the Lifefit website](#)

Expo Arts Senior Center

4321 Atlantic Ave, LB
562.595.0081

Rancho Los Cerritos

4600 Virginia Rd, LB, CA 90807
562.206.2040

Carpenter Center (CPAC)

CSULB Campus Map

[Visit Campus Maps website](#)

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

LifeFit Center
KIN 107 / 110

OLLI office & HSD 101
HSD 101

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

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
Labor Day	September 7

www.csulb.edu/olli 562.985.2398