

FALL 2026 REGISTRATION starts Sept. 15

Name: _____ Phone: _____

Address (if new) _____

Email: _____

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

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

MONDAYS, Oct. 5 - Nov. 16

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

TUESDAYS, Oct. 6 - Nov. 17

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

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

THURSDAYS, Oct. 8 - Nov. 19					
9:00-10:30	Protect Yourself from your Computer (2 days)	M. Arena	NEW-Tech 11/10 & 12	Z	
9:30-11:30	Memoir Writing: A Novel Approach	Kiwerski/ Marshall	Email needed	Z	
10:00-11:30	Purposeful Retirement: Your Next Chapter (2 wks)	R. Bhargava	NEW- 10/ 8 & 10/16	Z	
10:00-11:30	AI Enhanced Video Production - all devices	P. Gutierrez	Tech- CSULB, Lab /Zoom	Hyflex	
10:00-11:00	Tai Chi Chuan 102 - Intermediate	R. Richina	CSULB, Lifefit, KIN 110B	IP	
10:00-11:30	Finger Picking Guitar Style	C. Horvitz	Whaley Park	IP	
10:15-11:45	AI For the Good	L. Soe	NEW-CSULB, HSD, 101	Hyflex	
11:00-12:30	Zentangle Patterns	T. Taylor	JCC - MPR	IP	
11:30-1:00	Beginning Guitar	J. Smith	Whaley Park	IP	
12:00-1:30	National and International Current Events	Team	CSULB, HSD, rm 101	IP	
1:00-2:30	AI Apps & Social Media enhanced	P. Gutierrez	Tech- CSULB, Lab / Zoom	Hyflex	
1:00-3:00	Needlework Cafe	C. Sabol	JCC MPR	IP	
1:00-2:30	Lawn Bowling Basics (5 wks)	T. Cloutier	NEW -LB LawnBowlsClub	IP	
2:00-4:00	Catch the Spirit of Singing: Chorus	K. Price	St. Gregory's Parish	IP	
2:00-4:30	Movie Matinee (start 10/15)	T. Hood	CSULB, HSD, rm 101	IP	
3:00-4:30	AI Websites, Blogs... Maximize Your Online Presence	P. Gutierrez	Tech-CSULB, Lab/Zoom	Hyflex	
5:00-6:30	Chinese Language Unlocked (5 wks)	I. Wang	NEW- meets Tues & Thurs	Z	
6:00-7:30	US Space Program Evening (OCT 22)	S. Lopez	CSULB, HSD, 101	IP	FREE
6:00-7:30	Astronomy Night (OCT 29)	S. Lopez	CSULB, HSD, 101	IP	FREE

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FRIDAYS, Oct. 9 - Nov. 22

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

SATURDAYS, Oct. 10 - Nov. 21

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

OLLI Community Sites

Alpert Jewish Community Center

3801 East Willow St. LB 90815
(562.426.7601)

Los Alamitos CC

10911 Oak St
Los Alamitos, CA 90720
562. 430.1073

Long Beach Bridge Center

4782 Pacific Coast Hwy. LB 90815
562.498.8113

4th St Senior Center

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

St. Gregory's Church

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

Long Beach Lawn Bowling Club

1109 Federation Dr. LB 90804
562.433.9063

El Dorado Senior Center

2800 Studebaker Road, LB 90815
562. 570.3225

Los Altos United Methodist Church

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

CSULB LifeFit Center

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

Whaley Park CC

5620 Atherton, LB 90815
562. 570.1710

