

# SPRING 2026 REGISTRATION starts March 17

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

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

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

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

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

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

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

## TUESDAYS, April 7 - May 19

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

## SATURDAYS, April 11 - May 23

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

## WEDNESDAYS, April 8 - May 20

<i>Time</i>	<i>Class Title</i>	<i>Class Leader</i>	<i>Location / Comment</i>	<i>Mode</i>	
8:30-9:45	Yoga with Jean Marie	J. Van Dine	CSULB LifeFit KIN 110B	IP	*
8:30-10:00	Ageless Fashion for Women (3 wks)	K. Marshall	NEW ideas 4/8 - 22	Z	
8:30-10:00	The ABCs of Medicare (2 wks)	D. Dillman	Questions 4/8 - 15	Z	
10:00-11:30	Talking Story (5 wks)	C. Estrada	Houghton Park	IP	
10:00-11:30	Email and more (iPads available for use) (4 wks)	M. Gettys	Tech Lab - 4/22- 5/13	IP	*
10:15-11:45	Fifth Republic of France: Constitution (5 wks)	A. Silverston	NEW-CSULB,HSD rm 101	IP	
<b>10:15-11:45</b>	<b>American Musical Roots: Afro American Exp</b>	<b>L. Lewis</b>	<b>NEW 4/22</b>	<b>Z</b>	<b>FREE</b>
10:30-12:30	Knitting As You Like It (Advanced)	W. Diamond	Los Alamitos CC 4/15	IP	
11:00-12:45	Yoga on a Chair: In Person	C. Ellano-Ota	Los Alamitos CC 4/15	IP	
11:30-1:00	Acoustic Guitar 2	B. Bradshaw	Whaley Park	IP	
11:45-1:15	Basics of Siri and AI (iPads available) (4 wks)	M. Gettys	Tech Lab iOS - All levels	IP	
12:00-1:30	The Art of Downsizing	T. Sievers	CSULB, HSD rm101	IP	*
<b>12:00-1:30</b>	<b>Happiness &amp; Humor at Houghton Park</b>	<b>S. Mathieu</b>	<b>Houghton Park 4/22</b>	<b>IP</b>	<b>FREE</b>
<b>1:00-3:00</b>	<b>Dance to World Music for Fun and Fitness</b>	<b>D. Baker</b>	<b>Bellflower</b>	<b>IP</b>	<b>FREE</b>
1:00-2:30	Four Stories, Four Weeks (4 wks)	C. Guillen	JCC 4/29 - 5/20	IP	
1:00-3:00	Basic Zentangle® Workshop	A. Mindus	Los Alamitos CC 4/15	IP	
1:30-3:00	Intro to the World of Shamans	M. Montoya	Los Alamitos CC 4/15	IP	
1:30-3:00	Apple Device Basics (iPads available) (4 wks)	M. Gettys	Tech Lab - All levels	IP	*
1:45-3:15	From Slavery to Freedom (6 wks)	N. Wicks	CSULB, HSD rm 101	IP	*

## THURSDAYS, April 9 - May 21

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

## FRIDAYS, April 10 - May 22

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