



# 2022 Spring News and Class Schedule

The Osher Lifelong Learning Institute at CSULB



Class Registration Starts March 7 at 9 am

## OLLII @ CSULB

### By The Numbers

**55.9%**

OLLII Members Live In Long Beach

**150 +**

OLLII Member Volunteers

**76%**

Members Who Registered Online In 2021

**15**

Health/Exercise Classes For 2022 Spring Session

**13**

Technology Classes For 2022 Spring Session

**9**

Music Classes For 2022 Spring Session

**38**

Classes On Zoom For 2022 Spring Session

**36**

In Person Classes For 2022 Spring Session

**7**

In Person Class Locations For 2022 Spring Session

**4**

Sessions Each Year

## Around The World With New Classes

### China And The U.S. by Ed Dignan

Does “capitalism” mean the same thing to US citizens as it does to Chinese President Xi Jinping? Have the Chinese “stolen” American technology secrets, or did we just give them away? Must a marketplace rivalry also be a geopolitical rivalry?

These are among the many questions that Instructor Mark Yourek will help OLLI students consider in his class **Capitalism in China**. Employing lectures and videos, he’ll work thru the various vocabularies of capitalism, the intersections of governments and their economic systems, and how countries compete for market dominance. In a Zoom environment, the class also will allow plenty of time for chat, questions, discussion, and debate along the way.



Mark Yourek

Mark recently taught a similar class for OLLI at the University of Richmond, and some years back, he earned his BA in International Relations at USC and his MBA at UCLA. He had a long career with Price Waterhouse and IBM, but his interest in international relations never waned.

Added to that, Mark’s wife is of Chinese origin and from the Philippines, so they’ve spent a lot of time in Asia, where he observed the cultures, values, politics and economies of the Asian countries. This first-hand exposure, coupled with the added research he’s done since retiring in 2018, are the makings of an eight week course that should be both informative and enjoyable.



China and the US will most certainly be the biggest influencers on world-wide economic development in the 21st century, and likely the biggest rivals. Zoom into **Capitalism and China** to start thinking about how it will all play out.

→ See description page 23

Visit us on the web

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

**Vision:** Osher Lifelong Learning Institute at California State University Long Beach is dedicated to promoting the positive aspects of aging. We offer an environment that fosters personal growth and promotes individual empowerment. Lifelong learning is celebrated and human potential is nurtured.

**Mission:** The mission of OLLI is to provide quality educational opportunities for older adults by offering a broad spectrum of programs.

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**OLL I at CSULB**

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**THE SUN VOLUME 26, ISSUE 3**

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**562-985-8237**

***From the Editor***

**A Kid In The Candy Shop**

It's great to be on campus. I did not attend CSULB, but my sister and my son-in-law did. Now granddaughter is here, so I am connected. I've been to the Carpenter Center many times, and look forward to visiting the Carolyn Campagna Kleefeld Contemporary Art Museum.

I discovered OLLI at CSULB at the beginning of the pandemic, and dived right into four tech Zoom classes! (*Maybe that was too ambitious.*) There are soooo many interesting offerings. Every session I look at the class offerings just like a kid in the candy shop – *I want them all!*

I volunteered to work on *The SUN* because I really like what OLLI represents, the learning opportunities it offers, and that it's run by volunteers. I have a background in publication design, marketing, advertising, and fine art. I worked for the Orange County Register, and with clients like The Cousteau Society, the OC Performing Arts Center, and many small businesses. So I thought I could handle the job.

Becky Low, has become my New Best Friend! She knows who is who, what they do, and when it needs to be done. *The SUN* staff is a terrific group of seasoned professionals, and very tolerant of my newness.

You may notice some changes in the look of the book, but nothing drastic – just some “freshening.” Special thanks to the members of the Governing Council, for their feedback and advice. Speaking of feedback, I invite you to let me know what you like and don't like in this issue of *The SUN*. I also welcome your new ideas for future *SUN* content. Check out the print and the online editions, then drop me a line at [GVA3@verizon.net](mailto:GVA3@verizon.net).

When you do have *The SUN* in hand or on screen, please remember to share it with your friends. Maybe take a class with a friend and carpool, or take a class and meet new friends.

– *Rojean Maciula*



*Rojean Maciula*

***CSULB Art Museum Is Now Open***

**New!**

Carolyn Campagna Kleefeld Contemporary Art Museum Reopened February 12 after construction of the expanded arts complex. The museum was recently featured on KTLA news for its acquisition and display of an historic mural created by artist Millard Sheets. It's an impressive 11' by 14' wall of colorful glass tiles that you shouldn't miss.

The museum is located on lower campus and open limited hours.

Tuesdays, Wednesdays, Thursdays: noon–5:00 p.m.

Check out this URL to preview the four new exhibits and read about the artists.

<https://www.csulb.edu/carolyn-campagna-kleefeld-contemporary-art-museum/look>

## ***The President's Corner***

# **Optimistic But Vigilant**

As I write this letter, we are halfway through our winter session. We are still living in the grip of the Covid19 virus but there are encouraging signs. The prevalent variant, Omicron, appears to be abating. I am optimistic that we can return to a combination of in person as well as remote learning for our Spring session starting in April. I also believe that we will finally be able to celebrate our 25th anniversary in the near future. Stay tuned for an announcement in March.

We are still on track to start our trial of hybrid (combined in person and remote) classes during our Summer/Fall sessions. The hybrid equipment has been ordered and we expect delivery once the supply chain issues are resolved. There will be a learning curve in the implementation of this new system, so please be patient. We are on the lookout for “computer people” who can help us with this new process.

Kudos to all of our members who contributed to our



*Glenn Libby, MD*

hybrid equipment fundraiser. Special thanks to Dave D. who made a major contribution and put us at the top rung for the equipment purchase. We still have to fund the hybrid installation and maintenance, so keep those contributions coming.

The Spring edition of *The SUN* is being created under the leadership of our new editor, Rojean Maciula. She has extensive experience in this area and is a welcome addition to our Governing Council.

Our membership has declined as a result of the pandemic. We are trying to restore our numbers so that we can continue to deliver a quality educational experience for all of our members. As always, the most effective way to build our membership is by word of mouth. Please put in a good word for OLLI with all of your friends, neighbors and acquaintances.

Spring in Southern California is right around the corner. We are all so ready for the post pandemic era to start. Please stay optimistic but vigilant. I look forward to seeing all of you in person in the Spring session.

– *Glenn Libby MD*

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## ***From the Executive Director***

# **Good News**

I've got some good news about the pandemic!

As difficult as these past two years have been for OLLI members, upon reflection there were also some benefits.

- We did not stop providing classes. We hit the ground running for our summer session in 2020 with almost 50 classes on Zoom – a platform most of us had not heard of before that time (don't you wish you had bought that stock!). And our instructors rose to the occasion! Over time we became more comfortable in our little boxes. No need to dress up below what the screen showed, freedom to walk around the house and even eat a meal during class, no parking fees to pay, the chance to experiment with backgrounds that could make us think we were on a tropical island. In fact, in our last biennial survey in late 2020 8% of respondents now prefer Zoom, 34% will select in-person only classes, and 58% would like a combination. If we could just learn to “mute” ourselves!

- And more good news! We established a hybrid task force in 2020 that worked hard to investigate dual learning technologies – simultaneously offering Zoom and in-person classes. Our College of Health and Human Services IT Techs worked with us to evaluate

and select the components we needed to offer such classes and identified the company that could provide it at a “reasonable” cost. With the incredible generosity of our members, we raised \$50K to support this purchase, and we hope for delivery and installation within weeks. And in the deal our members will no longer need to put up with (we hope) the temperamental computer, projector, and DVD player in the HS&D 101 classroom that constantly frustrated Carl Curtis, Jack Friedman, our instructors, and our students.

- As we introduce classes in the hybrid mode (limited, at first), we can offer our members who are ill, grandbaby sitting, traveling, or who prefer Zoom the opportunity to continue to learn.

Of course, there'll be a learning curve for this new technology, and a new meaning of the word patience, but we've overcome a lot in the past two years, and we will do it again. And, by the way, if you are fascinated with this new technology and have some computer skills, we are looking for volunteers to support our instructors in the classroom as we navigate this new equipment.



*Barbara White*

## Report From The Road With OLLI

# The Mission Inn Festival of Lights *by Patti Worsham*

The Roberts family wanted to present a gift to the city of Riverside, so after buying and renovating the property in 1992, they decorated The Mission Inn with 1000s of Christmas lights and decorations. The Mission Inn Hotel & Spa's Festival of Lights has evolved into one of the nation's largest holiday light collections, voted "Best Public Lights Display" by USA Today, now using 5 million lights.

We began our OLLI On the Road experience, Sparkles and Treasures, from the Hampton Inn Long Beach Airport. Our Good Times motor coach sped us east to Riverside arriving early enough to see the size and grandeur of this award-winning hotel while we still had daylight.

Included was a 75-minute docent led tour of the property. Our members were split into three



*Photo by Patti Worsham*

groups to better see and hear about the art, artifacts, architecture, and history of the Mission Inn.

There was plenty of time to see in and around the hotel before departing for Rancho Cucamonga to enjoy a three-course dinner served to us in our own private room at The Old Spaghetti Factory.

Once again boarding the coach we noticed an almost full moon which followed us to our next adventure. A neighborhood in north Rancho Cucamonga was presenting its annual tradition by welcoming visitors to view homes decorated with colorful lights, holiday figurines and Christmas music. The traffic control officers in this drive-thru-only area allowed our coach to squeeze in among the endless line of cars. We were fortunate to have a bird's eye view with our higher perspective from the coach.

Many tour members napped during the smooth ride back to Long Beach, with plenty of tales to tell about a great trip.

***Mark your calendar for Tuesday, April 12 for our latest local travel excursion! It's the new Academy Museum of Motion Pictures. See back page of this issue.***

## Meet Harvestin' Howard *by Tom Hood*

Howard Manning's new class, "The Plants Around Us," stems from his life-long interest in plants. He has developed great knowledge about plant origins, their history, their uses as food, fuel and shelter as well as their unique characteristics and ecological importance for our survival. Howard's love of plants and gardening began when he was six years old. This interest was imbued by his dad, an avid gardener who although degreed in Botany in college worked in the aerospace industry.

Growing family needs moved the family to California where Howard's dad continued to work in the aerospace industry. After undergraduate studies, Howard was inspired by former Highway Patrolman Luke Lucarelli when he took a motorcycle safety class. He went on to earn a Master's degree in Safety at USC. While working first for Northrop/Grumman and then Cal OSHA, he foraged in our wilderness areas during his time off. His

interest in native plant populations led him to experiment with ways to make tortilla chips using native acorns. He



*Howard Manning*

served these chips to students at potlucks when he taught a motorcycle safety class as a volunteer, and later started a company: Harvestin' Howard, selling acorn chips to the general public until 1998.

The class will bring to light how dependent we are on plants and how vital they are. Howard will show how to cook some of our invasive species, and how weeds are plants whose benefits haven't been discovered. He plans to bring samples of food made from native seeds and fruit to class for tasting and comments and recipe sharing.

*→ See description page 28*

# Meet the Member Services Working Group by Barbara Norberg

As most of you know, OLLI is almost exclusively run by volunteers. We have one full-time employee, Becky Low, and two part-timers, Lee Sianez and Barbara White, Executive Director. Other than those three—we are strictly a volunteer-run entity.

OLLI has a Governing Council, made up of Board Members (President, VP, Secretary, Treasurer, etc.)—plus the Leader of each Working Group in OLLI at CSULB. The working groups are: Education, Technology, Member Services, Governance, and Communication.

## MSWG

We'd like to introduce you to the Member Services Working Group (MSWG). It is one of the working groups staffed entirely by volunteers that help run OLLI. These are the folks charged with assisting in recruitment and retention of members and volunteers; organizing



Barbara Norberg

events such as meetings, socials, dedications, holiday celebrations, and excursions. We participate in University and community events on behalf of OLLI.

Member Services also distributes the quarterly newsletter, *The SUN*, to district supervisors,

libraries, senior centers and University representatives, so we continually remind folks we are here!

## The Party People

Pre-Covid (if you remember back that far) Member Services organized and held Annual Membership meetings each Fall. We hosted New Member Orientations four times a year to welcome those who would like to “meet and greet” current OLLI members and perhaps look at volunteer opportunities. The most notable event hosted by Member Services each year was the Volunteer Luncheon in the spring and the Instructor Ice Cream Social—both of which were designed to thank and reward our hard-working volunteer force.

## Scribe

Since the pandemic shut down in person classes in 2020, Member Services have turned their energy toward acknowledging members remotely. The role of “Scribe” was created to send handwritten thank you notes to



members who have donated to OLLI, and to send other special occasion notes as requested. In addition to those notes, each new member receives a welcome email with OLLI information and contact numbers.

## Membership Handbook

A Membership Handbook was developed and is posted on the OLLI website. It answers most questions new (and old) members have regarding classes, parking, locations, and more. The pdf document can be printed for those who want a hard copy.

They are also defining the roles and responsibilities of each volunteer in each Working Group. When the project is completed someone will be able to manage the Volunteer process and it will become a sub-group of Member Services with a key person acting as co-chair.

## Travel Committee

The Travel Committee is another sub-group within MSWG. These are the folks who work with Good Times Travel to schedule trips for our OLLI members. To date, we have only done day trips, but if interest is shown we could do multi-day trips as well. There are two to four trips per year, and the last one they managed to sneak in between Covid shutdowns was a trip to the Mission Inn in Riverside to see the beautiful Christmas decorations and have dinner. **The next planned trip will be Tuesday, April 12, to the newly opened Academy Museum of Motion Pictures.**

## Group Members

The Member Services group meets every other month, and adds additional meetings when planning an event. Currently, they are working on an OLLI 25th Anniversary celebration to be held in-person in March—delayed from January 9, due to Covid restrictions. We are also looking forward to holding more in-person events when safe to do so.

Currently, the members of the group are: Maria Arce, Barry Bosscher (also Travel Lead), Kay Bosscher, Karin Covey, Gloria Curry, Lynne Jungers, Constance Malaambo, Barbara Norberg (Lead), and Karen Pruet.



Kay and Barry Bosscher

# OLLI Volunteers

## The Governing Council

Barbara White	Executive Director*
Glenn Libby	President
Karin Covey	Vice President
Myles Newborn	Treasurer
Mary Kay Toumajian	Secretary
Phyllis Spear	Member-at-Large
Joan Smith	Member-at-Large
Rojean Maciula	Communications SUN
Jan Stein	Communications PR
Donna Hawk	Education
Carolyn Estrada	Education
Kathy Winkenwerder	Technology
Wesley Peck	Technology
Barbara Norberg	Member Services
Naida Tushnet	President Emeritus

Members-at-Large represent the general membership at Governing Council meetings.

Governing Council Meetings are held via Zoom and are open to all OLLI members. Contact the office 562-985-8237 for dates and times each month

\*OLLI is a Center in the College of Health and Human Services and our Executive Director is part of CHHS.

## Opportunities

Volunteering creates a more vibrant learning community and connects you to other OLLI members. It's a great way to make new friends and is personally satisfying and rewarding.

Currently we have more than 150 OLLI member volunteers. They are the creative source for all of our courses, special events, social activities, publications and classroom services.

OLLI committee chairs and Board members are always on the lookout for volunteers. These are a few of positions currently open for volunteers.

- Membership Working Group member
- Communications Group writers photographers,
- Education Working Group planning for classes scheduling classes
- Technology Working Group computer assistant Zoom class co-hosting technical assistance.

Volunteer jobs vary in time commitment, skills needed and frequency.

## Inspired To Teach?

OLLI is looking for people who love to help others learn. Please share your interests or skills and recommend others who can share their expertise and passions in areas such as history, literature, travel, science, math, technology, the arts and crafts, health and fitness. All topics are welcome.

Contact the OLLI office at (562) 985-8237 to apply to become a volunteer Instructor.



Students and coaches in Lab



## Land Acknowledgment Statement

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/Juaneño (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 and are grateful to have the opportunity to work at this sacred site. We thank them for their strength and perseverance. If you would like more information on the Native American history in our southern California region, visit the [CSULB information URL \(click here\)](#)

[https://www.csulb.edu/sites/default/files/u69781/csulb\\_land\\_and\\_territorial\\_acknowledgments\\_faq\\_002.pdf](https://www.csulb.edu/sites/default/files/u69781/csulb_land_and_territorial_acknowledgments_faq_002.pdf)

# Around the World With More New Classes

## Taking a Close Look at Sweden

by Mariann J. Klinger

If you've never traveled to Sweden you may think it's all about the harmonies of ABBA or the St. Olaf



Lisa Peskay Malmsten

stories of the Golden Girls, but Lisa Peskay Malmsten plans to go well beyond any stereotypical notions in her **Culture, Contradictions and Conundrums** class.

Lisa is eager to share her enthusiasm and knowledge of the Nordic nation she lived in as an exchange student in the 1970s. She has been a frequent visitor there during

her 46-year marriage to Kaj, a Swedish native. From the language to the food to the nearly cradle-to-grave caring social structure she plans to paint a picture of a warm, fascinating country — the third largest in the European Union.

In class, Lisa expects to give students a chance to hear from Swedes about their life experiences linking the classroom via zoom to a variety of professionals in country.

Make no mistake, there's bound to be some silly songs, talk of holiday fun and cultural superstitions. And, if at all possible, there may be a tasty or even a not so tasty tidbit to eat. "In Sweden some foods taste as bad as they sound," she said.

From her love of the country, Lisa promises an in-the-classroom trip where students can get a feel for open air museums, a culture "more equal, not chauvinistic," and learn a little of what she says is an easy language.

Not all is idyllic. The nation currently struggles with its efforts to make sure "nobody is left behind," according to the 12-year OLLI veteran. While the Swedish government still provides a lot of help for families, many opportunities for young people and lots of vacation time, there are "now some holes in the social structure," she said.

Students will have a chance to discuss the different approaches that Sweden and the United States take to their similar problems. Can these countries learn from each other when it comes to immigration and cultural diversity issues?



→ See description page 26

## Culture of Oceania By Baxter Smith

Justin Luuga is an ethnic Samoan-American, and a second-year master's student in CSULB's gerontology program. His graduate study focus links Oceania with elements of native art, and the need to diversify the interpretation of it. His new class, **Primitive Art: Oceania and Decolonizing Heart Work**, is an opportunity for OLLI members to broaden their concepts about Pacific Island peoples and cultures beyond the typical Western perspective.

Within the Pacific's sheer vastness stretching from islands off the west coast of South America to East Asia, and including the large land masses of Australia and New Zealand, Oceania encompasses many island nations and several ethnicities.



The region has produced a range of visual art and writings, some of which reflect the region's colonial

period as well as the struggle against it. Collections of art from Oceania have appeared in the Metropolitan Museum of Art, the Denver Art Museum, and elsewhere in the U.S.

"We'll also be looking at literary works and poetry," Justin said. Among other scholars and artists from Oceania, Justin plans to introduce students to the contributions of Haunani-Kay Trask, a revered Hawaiian scholar and former Hawaiian studies professor at the University of Hawaii.

Through the six weeks of the course, class members will be encouraged to keep a journal of questions and topics/discussions to further their understanding of the region's cultures and presence.

"I hope to give the perspective of a Pacific Islander. I want to challenge people to think — think about what they are learning. Let's have this conversation. I want to see your point of view," Justin said.

→ See description page 29



Justin Luuga

# Thank You To Our Donors

## WINTER 2022 DONORS

*With thanks to ALL,  
including our Anonymous  
Donors.*

*Thank you to members  
who generously donated  
their canceled class fee(s)  
to OLLI from the Winter  
2022 session.*

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Nadine Davis

William del Castillo  
David DeWenter  
Paula d'Hulst  
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Phyllis Spear  
Charles Sprott  
Stefan Steinberg  
*To Sylvia Manheim for all her  
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Lowell Street  
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Christina & Steve Sumpter  
*With Special Gratitude*  
Patricia Szeszulski  
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*Thank you, OLLI, for enriching our lives socially and intellectually these past 25 years.*

### LEGACY GIFT PLANNING

We can help you donate cash or non-cash assets such as real estate or life insurance. In other words, we can help you support OLLI now, even if the contribution comes later. We can also provide a free Will Guide and referrals to local estate planning professionals.

Contact CSULB Gift Planning at 562-985-5489, by email at [GiftPlanning@CSULB.edu](mailto:GiftPlanning@CSULB.edu) or "Contact Us" on our web site, [www.csulbgiftplanning.org](http://www.csulbgiftplanning.org)

Osher Lifelong Learning Institute has 501 (c)(3) non-profit status. Donations are tax deductible as allowed by current law.

### ABOUT OLLI DONATIONS

Approximately 25% of our operating budget is funded by donations from OLLI members and friends.

Donations may be made online via credit card by logging in to the OLLI Registration site with your User Name and Password. Look for the Donate menu. Add the donation to your checkout process or as a separate transaction. Donations made on the OLLI site may be made in Memory of or in Honor of a special person or cause or may be directed to a special purpose. [www.csulb.edu/OLLI](http://www.csulb.edu/OLLI)

Another way to donate online: go to [www.csulb.edu](http://www.csulb.edu) and select Give and then select Give Online Now. On the next page, select College of Health and Human Services and then Osher Lifelong Learning Institute. You can also make a recurring donation to OLLI at this site.

Donations may also be made by check, payable to CSULB Foundation, mailed to the OLLI office:

OLLI at CSULB  
HSD 100  
1250 Bellflower Blvd.  
Long Beach, CA  
90840-5609

Donations to OLLI are acknowledged in *The SUN* unless anonymity is requested.

THANK YOU!

## OLLI Farewell

### David Hennage

David was born and grew up in Ohio. He earned his BA from Tufts University, Ph.D in molecular biophysics from Yale and an MBA from the University of Chicago. While at Yale, he worked for a youth program in an urban housing project. After Yale, he chose to teach troubled children in an urban high school in Gary, Indiana. He stayed in Gary for 13 years, the last five as executive director of a mental health institute.

For the following 25 years, he worked as executive director for several professional and not-for-profit organizations. After retirement

as the director of the IEEE Computer Society, he volunteered for the Peace Corps in Vanuatu for 2 years to help establish an agricultural institute. He settled in Long Beach in 2009.

David taught many years of yoga for our OLLI program and also Taiji at the LBCC Lifetime Learning Center while pursuing his lifelong interest of sculpting. He took many art courses from the Open University of CSULB, befriended teachers and students, and became an adopted member of its sculptural family.

Just a few days before he passed, he was working with Build a Robot K12 in Colorado, a program to help young people of all ages and genders to start a STEAM education that is combined with social emotional learning. He had a lot of plans to continue to serve mankind. Unfortunately, to our deepest sadness, he passed away unexpectedly on February 11, 2022.

David was kind, considerate and always ready to help people and give back. We will miss him.



## The Friday Open Technology Lab on campus is back!

The Technology Lab will reopen Fridays for the Spring term to help you with your computer issues during the limited hours of 1:30 to 3:30 p.m. The Friday open lab, a casualty of the Covid lockdown, was a fixture for as long as most of us can remember. It was a place where people could use computers to practice class lessons and ask questions about computer software and operating systems. Computer Lab instructors will be there to help.



If you have a question about your computing device or want to practice something on the lab computers (both Windows

and Mac), please stop by. It will be good to see you in person.

## Apple Watch

Our Apple Watch instructor, Don Kisner, is back teaching his four-week class, **Apple Watch**, which is all about that handy device that can do so much for us. Don will not only show you what's new, but review the safety features, how to use your watch to take a phone call, keep track of how you are exercising, check messages, monitor your heartbeat, use your watch as a walkie-talkie, and much more.



## Learn to like Linux

It wasn't too long ago that only computer insiders knew about Linux, but now you can be in on the secret of this free operating system. And if you have an old computer that still runs well, but doesn't have room to load a new operating system, or you just want to try a safe, new operating system, Linux may be for you. In his four-week **Introduction to Linux** class, Wesley Peck will show you how to make the change from Windows or Apple and install this free software. You'll also learn about all the other applications, including ones that create documents, spreadsheets, and slideshows, which are compatible with the Windows' versions, and also are free to download.



→ See descriptions pages 17-29 for class days and times.

## Pages for Documents

Pages is Apple's word processing software that comes installed on Mac computers. You can also download the Pages app free to your iPhone or iPad. And since you probably want to share your word processing documents, it's a plus that Pages is compatible with Microsoft Word.



Kathy Winkenwerder

In my class, **Exploring Pages**, you'll learn all the ways you can use Pages to make professional-looking documents in no time at all. If you have used Word to create documents will find this software very easy to use.

## What to do with All Those Photos

Our smartphones and tablets take such good photos that a great many of us have deserted our cameras for them. And because it's so easy to take those photos with our devices that are usually with us, we end up taking all we want. We don't have to pay to have them processed, no trips to the drugstore to have them developed, so we merrily take great piles of them. And we don't have to get rid of our photos, so we probably have some on our smartphones or tablets that date back to when we first got our devices.

So if you've ever looked at your mountain of photos and wondered what to do to whittle it down to a more manageable size, Chris Wisniewski can show you how to organize those photos and make them easier to find. Or even how to delete a few. His **Managing, Editing and Sharing Photos** class will cover just that. You'll learn how to find your photos without endlessly scrolling.



Chris Wisniewski

He'll also cover moving photos, because sometimes we can't figure out how to move our photos between different devices, or how to get them from someone else. Then after you have organized your photos, you will get a few tips about making them look a little better.

## Photos with your iPad/iPhone

And speaking of photos, if you have an iPad or iPhone and you want to know how to use it to take great photos on those devices, Marilyn Gettys will be teaching her popular class, **iPad/iPhone Photo Tips**, this term.

# Around the World With More New Classes

## Russia and Germany by Tom Lockhart

Suddenly and without warning, early on the morning of June 22, 1941, over three million German and German-allied soldiers lunged across the Soviet state border and commenced Operation Barbarossa, the war between Germany and the USSR. It would become the largest conflict in World War II.

This session four of Paul Killins' very appropriately named Slaughterhouse class, examines this war, which resulted in approximately 39 million civilian and military dead and the destruction of most of central and eastern Europe and the western region of the Soviet Union. It made the Western Allied theater of operations in Europe appear tiny in comparison and included the largest single battle (Stalingrad), the longest siege of the war (Leningrad), and the largest tank battle ever (Kursk).

After taking massive losses in the first two years, Russia achieved the dramatic victory at Kursk in July 1943, and for the next two years the Russians always advanced and the Germans always retreated, all the way to Berlin. The fighting



Paul Killins

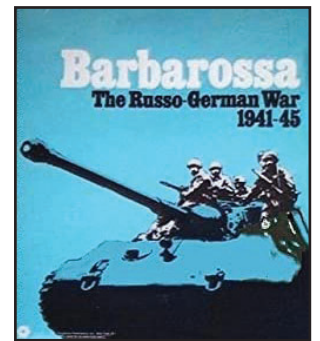
revealed a staggering level of ruthlessness, barbarism, human suffering, and man's inhumanity to man which Attila the Hun would have admired. It is also the least understood conflict of World War II.

The course will explore the true history of this monumental conflict between two ideological enemies and strip away many of the myths surrounding it.

Paul's parents interest in history inspired him to become a voracious reader of books at an early age. He became fascinated by both the political and military aspects of World War II, resulting in his becoming an authority on the subject.

Paul holds a Bachelor of Science degree in Engineering Design from Louisiana State University (LSU) and an MBA in Technology Management from the University of Phoenix.

He served as a US Navy officer for five years, followed by seven years as an engineer in the California aerospace industry. He finished his working career after 27 years as a software development manager for Southern California Edison.



→ See description page 22



"There is a fountain of youth: It is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age."  
- Sophia Loren

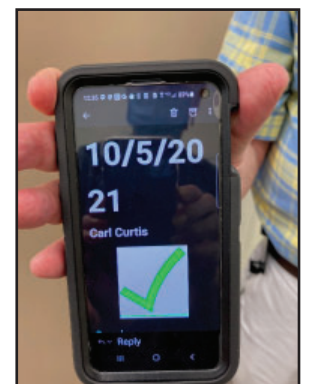
"I look forward to my classes and sharing what I learn. I encourage friends to take classes as well. It is important that people get to know what is going on in the world outside the USA."

Are you ready for Face-to-Face classroom learning!? We'll follow the Covid procedures as things change.

"I would have to say that Zoom works WELL for a discussion for me, as a hearing-challenged person. In the in person classes a muffled comment from the front row is lost, but the full-frame attention on the speaker in Zoom means that every contribution is important." - L. Carr

"Taking classes at OLLI keeps one engaged in senior living. I truly enjoy the classes. Such a diverse offering of classes, both for practical use as well as experiential and just plain pleasurable experiences."

"My class was a wonderful opportunity to pick up the guitar I had not used for a dozen years, stretch my fingers and learn some songs and simple techniques."



## 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.

**Computer Classes** - Some classes have minimum enrollments. If enrollment is not met one week before the first class meeting, the class may be canceled. Students will be notified and refunds can be issued.

**Refunds** - Request for refunds or class transfer must be made before the second class meeting and can be requested through the office. Contact [olli@csulb.edu](mailto:olli@csulb.edu).

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

## Covid Guidelines and Procedures for CSULB

1. Complete **Online Vaccine Status** before class day  
Enter your Vaccine information using the link below.  
Vaccination status is required by all persons attending classes on CSULB campus. You have an option for medical or religious exemption. **This is a one time process.**

a. You will be asked for a .jpg or a QR code of your vaccination record to upload. If you are using a phone or tablet, the file to upload will need to be on that device.

b. If you have only a paper version, we can help when you come to campus and use our computer lab to assist with the questionnaire. [https://csulb.qualtrics.com/jfe/form/SV\\_1WZZ03UZ0tXqKvc](https://csulb.qualtrics.com/jfe/form/SV_1WZZ03UZ0tXqKvc)

2. Complete the Visitor's **COVID Daily Pre Screen** prior to coming to campus. [https://csulb.qualtrics.com/jfe/form/SV\\_1Uf4X13besVoMAJ](https://csulb.qualtrics.com/jfe/form/SV_1Uf4X13besVoMAJ)

### Enter the following:

- You are NOT a student
- Visiting the Human Services & Design (HSD) Bldg
- Enter your contact information
- The Admin. Services Manager (ASM) is Michael Clements

3. If you do NOT have access to a computer, paper copies of the Pre-Screen form will be available at OLLI, and must be completed upon entering the building

4. Be prepared to SHOW YOUR VACCINE CERTIFICATION CARD at the first class in any location. Similar guidelines will apply to the off campus sites.

Registration starts on

**Monday, March 7**  
**9:00 AM - ONLINE open**

**Helpline 562-985-2398**  
**Office line 562-985-8237**

- ✓ Identify the classes that you want to take.
- ✓ Register online for ease and speed!  
ONLINE payments require credit card and a personal email for payments
- ✓ Mail your registration form and check to the OLLI office address or visit the office.  
**No cash payments** are accepted at this time.  
Make checks payable to: CSULB Foundation

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- Membership is open to adults 50 or older.
- Paid Membership is required to take any classes.
- Membership is \$40 for a full year  
(September 1 to August 30).
- **Membership is pro-rated to \$20 for half year**  
(Register in March for Spring / Summer).
- All classes have a \$15 tuition fee

## 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 for each course taken. For further information, please call the OLLI office to receive the Scholarship application prior to registering for classes for the first time.

# ONLINE Registration Spring 2022

## Instructions: Register online using a credit card

Call OLLI if you have questions about your account status before starting. (562-985-2398)

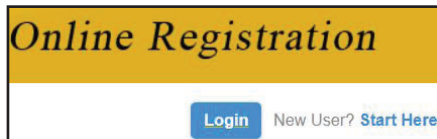
### Returning Members

Buy a Membership if you didn't in the Fall

### DO NOT CREATE A NEW ACCOUNT!!

#### Step 1 Welcome

- Read **The SUN** and select your classes.
- Go to the **OLLI website** [www.csulb.edu/olli](http://www.csulb.edu/olli) OR Google OLLI @ CSULB
- Click the **Register** link on the web page and have your credit card handy!



#### Step 2 Login

- At upper right click **LOGIN** and enter your **Username / Password**.

- **OR** choose **Forgot Password** and enter your email. You will be sent a link to **Reset your Password**. Follow the directions to create a password

### New to OLLI - Never attended

Buy a NEW membership to get started!!

#### Step 1 Welcome

- Read **The SUN** and select your classes.
- Note your selections on the **Registration Form**.
- Have your credit card and email address handy.

- Go to **OLLI website** [www.csulb.edu/olli](http://www.csulb.edu/olli) OR Google OLLI @ CSULB

- Click the **Register** link on the web page

#### Step 2 Login

- At the upper right, click **New User? Start Here**
- Fill in all the required personal and address information including **new Username and Password**.

- Click **Submit**. You now have an OLLI account.

- Click to **buy your Membership at any time**.

### Step 3 Pay the OLLI membership fee (\$20 for half year) only if you haven't yet.

- Click **Membership** at top of the page. **Membership must be bought before any classes**.
- Semi-Annual membership is \$20. Click **Select**. Then **Continue**.

Enter your email address to get a receipt.

- Fill in credit card information. Click **Continue Checkout**. Review information.
- Click **Submit Payment**. Wait for processing!
- **You may complete this transaction at any time to** be ready for class registration.

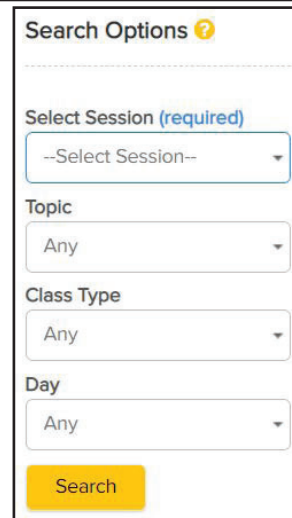


### Step 4 Register for Classes starting on March 7 - 9 am

- Select **Session**. This term is **Spring 2022**. **Search** for a class by day (easiest).
- To enroll, click **Register**.
- To sign up for more classes, click **Search**, and repeat the process.
- When you are finished registering, click **Checkout**. All classes are listed in the checkout window.

### Step 5 Checkout

- Enter your email address for the receipt. Fill in all credit card information. Click **Continue Checkout**.
- Review your payment information. Click **Submit Payment**.
- Wait patiently for the process to finish! Congratulations! You are enrolled at OLLI!
- Record your **Username and Password** so you can return as needed to add classes or to Donate.
- You may view your transactions when Logged in - Click on your name and view **My Account**.





# Registration for Spring 2022

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Cell phone #: \_\_\_\_\_

Email: \_\_\_\_\_

How did you hear about OLLI? Word of Mouth \_\_\_ News \_\_\_ Alumni \_\_\_ Website \_\_\_ Facebook \_\_\_ SUN \_\_\_ Other \_\_\_

**Z = Zoom      IP = In Person**

| TIME                          | CLASSES                          | Comment                 |             |      |
|-------------------------------|----------------------------------|-------------------------|-------------|------|
| <b>MONDAYS, April 4 start</b> |                                  |                         |             |      |
| 8:30-9:50                     | Stand Tall, Stand Strong (Day 1) | Exercise bands          | <b>Z</b>    |      |
| 8:30-10:00                    | iPhone: Beyond the Basics (iOS)  | Tech - Int. iPhone      | <b>Z</b>    |      |
| 10:00-11:30                   | Play the Recorder                | Whaley Park             | <b>IP</b>   |      |
| 10:00-11:30                   | Meditations From Sinai (6 wks)   | CSULB rm 101            | <b>IP</b>   |      |
| 10:00-12:00                   | Guided Autobiography             | 5 weeks                 | <b>Z</b>    |      |
| 10:30-12:00                   | We're Talking Food               | New topics              | <b>Z</b>    |      |
| 10:30-12:00                   | The Apple Watch (4 wks)          | Tech - Device           | <b>Z</b>    |      |
| 11:00-12:00                   | Guitar 1: Frets, Fingers...      | New Beginners           | <b>Z</b>    |      |
| 1:00-3:00                     | Journal Making II                | St. Isidore Hist. Plaza | <b>Z/IP</b> |      |
| 1:30-3:00                     | Samsung Smartphone Basics        | Tech - Android          | <b>Z</b>    |      |
| 1:30-3:30                     | Stained Glass Workshop           | CSULB - rm DSN 111      | <b>IP</b>   |      |
| 1:00-2:00                     | Bluegrass Guitar Workshop        | All levels              | <b>Z</b>    | free |
| 2:30-3:30                     | Bluegrass Beginning Mandolin     | All levels              | <b>Z</b>    | free |
| 6:00-8:00 pm                  | Play Modern Board Games          | JCC                     | <b>IP</b>   |      |

|                                                                                                                                                                                                                                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| OLLI Membership<br>Only if not paid (Half year)<br>\$20.00 _____<br><br>Class Tuition _____ x \$15.00<br>_____<br><br><b>Donation</b> \$ _____<br><br>Contributors will be acknowledged in<br>publications. To remain anonymous<br>check here. <input type="checkbox"/><br><br><b>Total</b> \$ _____<br><b>NO Cash</b><br>Check # _____<br><br>Checks payable to<br>CSULB Foundation |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

| <b>TUESDAYS, April 5 start</b> |                                        |                 |                         |           |  |
|--------------------------------|----------------------------------------|-----------------|-------------------------|-----------|--|
| 9:00-10:00                     | Longevity Stick Art Movements          | C. Taylor       | St. Isidore Hist. Plaza | <b>IP</b> |  |
| 9:00-10:30                     | Mindful Movement: Qigong/Stretching    | N. Raynolds     | 4 weeks                 | <b>Z</b>  |  |
| 9:30-11:00                     | Exploring Pages (4/5-26)               | K. Winkenwerder | Tech - Mac/iOS 4 weeks  | <b>Z</b>  |  |
| 9:30-11:00                     | What's New in iOS 15 (5/10-24)         | K. Winkenwerder | Tech - iPhone 3 weeks   | <b>Z</b>  |  |
| 9:30-11:30                     | Prevent Heart Disease... (5/10 -17)    | W. Covalt       | CSULB rm 101            | <b>IP</b> |  |
| 10:00-11:30                    | Pathways to a Better Life (4/12-26)    | D. Hucker       | CSULB rm 101            | <b>IP</b> |  |
| 10:00-12:00                    | Play it Again Jam                      | C. Baker        | REC PARK center         | <b>IP</b> |  |
| 10:00-11:30                    | Let it Grow                            | T. Hood         | CSULB rm 101            | <b>IP</b> |  |
| 10:30-12:00                    | Geopolitics                            | D. Lunde        | New topics              | <b>Z</b>  |  |
| 12:00-1:30                     | Empowering Health Through Cannabis     | K. Jones        | CSULB rm 101            | <b>IP</b> |  |
| 12:00-2:00                     | Watercolor Mastery                     | A. Kupillas     | New time                | <b>Z</b>  |  |
| 12:00-1:30                     | Spanish Story Time                     | P. Kiwerski     | New stories             | <b>Z</b>  |  |
| 1:30-3:00                      | Managing, Editing, Sharing Your Photos | C. Wisniewski   | Tech - All OS           | <b>Z</b>  |  |
| 2:00-3:30                      | Get Organized A to Z                   | S. Farley       | Steps to take           | <b>Z</b>  |  |
| 2:30-4:00                      | Memoir Writing in Korean               | N. Lee          | St. Isidore Hist Plaza  | <b>IP</b> |  |
| 3:00-5:00                      | Slaughterhouse: Russo-German War       | P. Killins      | CSULB rm 101            | <b>IP</b> |  |
| 3:00-5:00                      | Write, Edit, Publish Non-Fiction       | S. Rodman       | Email needed            | <b>Z</b>  |  |
| 3:30-5:00                      | The Cloud-What, Where, Why             | C. Wisniewski   | Tech - 3 weeks          | <b>Z</b>  |  |
| 3:30-5:00                      | Digital Privacy/Computer Security      | C. Wisniewski   | Tech - 5 weeks          | <b>Z</b>  |  |
| 6:30-8:00 pm                   | Advance Directives Workshop (5/3-17)   | C. Malaambo     | JCC - 3 weeks           | <b>IP</b> |  |

## Registration for Spring 2022

### WEDNESDAYS, April 6 start

|             |                                  |              |                       |           |           |
|-------------|----------------------------------|--------------|-----------------------|-----------|-----------|
| 8:30-9:50   | Stand Tall, Stand Strong (Day 2) | L. Goldman   | See Monday            | <b>Z</b>  | <b>NC</b> |
| 8:30-10:00  | iPad/iPhone Traveling Tips       | M. Gettys    | Tech - at CSULB Lab   | <b>Z</b>  |           |
| 10:15-11:45 | iPad/iPhone Photo Tips           | M. Gettys    | Tech - at CSULB Lab   | <b>IP</b> |           |
| 9:30-11:00  | Understanding Alzheimer's        | M. Habel     | 6 weeks               | <b>Z</b>  |           |
| 9:30-11:00  | Cultural History of China        | Dr. T Sun    | CSULB rm 101          | <b>IP</b> |           |
| 10:00-11:00 | Electric Guitar Blues Group      | F. Swatek    | Frank sends Zoom Link | <b>Z</b>  |           |
| 10:00-11:30 | Capitalism in China (4/13 - 5/4) | M. Yourek    | NEW - 4 weeks         | <b>Z</b>  |           |
| 10:00-11:30 | Foundations of Investing         | A. Dilsaver  | Current topics        | <b>Z</b>  |           |
| 10:30-12:00 | A Play Reading Circle            | M. Pendleton | Whaley Park           | <b>IP</b> |           |
| 10:00-12:00 | Conversacion en Espanol          | H. Breton    | St Isidore Hist Plaza | <b>IP</b> |           |
| 11:30-1:00  | Fear Not, I Speak Shakespeare    | M. Roberge   | CSULB rm 101          | <b>IP</b> |           |
| 12:00-1:30  | iPad for Advanced Users          | M. Gettys    | Tech - at CSULB Lab   | <b>IP</b> |           |
| 12:30-2:00  | Acoustic Guitar 2: Beyond Basics | B. Bradshaw  | Rec Park              | <b>IP</b> |           |
| 1:00-2:45   | 5 Stories - 5 Weeks (4/20-5/18)  | M. Panitz    | JCC - 5 weeks         | <b>IP</b> |           |
| 1:30-3:00   | Education/Battle for Am. Minds   | N. Tushnet   | NEW -CSULB rm 101     | <b>IP</b> |           |
| 3:30-5:00   | Get your Ducks in a Row          | T. Clark     | CSULB rm 101          | <b>IP</b> |           |

### THURSDAYS, April 7 start

|             |                                     |                |                      |           |  |
|-------------|-------------------------------------|----------------|----------------------|-----------|--|
| 8:30-9:45   | Yoga with Jean Marie                | J. VanDine     | CSULB LifeFit Center | <b>IP</b> |  |
| 9:30-11:00  | Memoir Writing: A Novel Approach    | F. Fitzpatrick | Email needed         | <b>Z</b>  |  |
| 10:00-11:30 | Shoot and Edit Videos - all devices | P. Gutierrez   | Tech- CSULB Lab      | <b>IP</b> |  |
| 10:00-11:30 | Sweden: Culture, Contradictions...  | L. Malmsten    | NEW CSULB rm 101     | <b>IP</b> |  |
| 10:30-11:45 | Mindful Flexibility Practice        | L. Goldman     | NEW - All levels     | <b>Z</b>  |  |
| 10:30-12:00 | Gates to Destiny (4/7-21)           | Dr. E. Moran   | NEW - 3 weeks        | <b>Z</b>  |  |
| 11:00-12:30 | Writing for Wellness                | J. Smith       | All writing levels   | <b>Z</b>  |  |
| 12:00-1:30  | Current /Intl Events and Issues     | Meyer/Mikelson | CSULB rm 101         | <b>IP</b> |  |
| 2:00-3:00   | Yeats & cummings #4                 | B. Nadelson    | New poems            | <b>Z</b>  |  |
| 1:30-3:00   | Apps & Social Media - all devices   | P. Gutierrez   | Tech - CSULB Lab     | <b>IP</b> |  |
| 2:00-5:00   | Movie Matinee: International films  | A. Goldstein   | CSULB rm 101         | <b>IP</b> |  |

### FRIDAYS, April 8 start

|             |                               |               |                      |           |  |
|-------------|-------------------------------|---------------|----------------------|-----------|--|
| 9:30-11:00  | Writers Read Aloud Group      | A. Berger     | CSULB rm 101         | <b>IP</b> |  |
| 10:30-12:30 | Jewelry Making from A-Z       | B. Belisle    | Supply list emailed  | <b>Z</b>  |  |
| 10:30-12:00 | Introduction to Linux         | W. Peck       | Tech- NEW CSULB Lab  | <b>IP</b> |  |
| 11:15-1:15  | Plants Around Us (5/6-20)     | H. Manning    | CSULB rm 101         | <b>IP</b> |  |
| 12:00-1:30  | World of Bonsai (4/8-29)      | F Vasquez     | NEW CSULB rm 101     | <b>IP</b> |  |
| 12:30-1:45  | Yoga on a Chair               | C. Ellano-Ota | All levels           | <b>Z</b>  |  |
| 12:30-1:20  | Bluegrass Guitar 2            | F. Swatek     | Choose your class    | <b>Z</b>  |  |
| 1:30-2:20   | Bluegrass Guitar 1            | F. Swatek     | Stay for one or more | <b>Z</b>  |  |
| 1:00-3:00   | Short Story Discussion Group  | F. Ramirez    | Book purchase        | <b>Z</b>  |  |
| 2:00-5:00   | Movies That Are Just Too Good | J. Hathcock   | CSULB rm 101         | <b>IP</b> |  |

### SATURDAYS, April 9 start

|             |                                |             |                    |           |  |
|-------------|--------------------------------|-------------|--------------------|-----------|--|
| 9:00-12:00  | Watercolor Workshop - Adv.     | M. Daniel   | CSULB rm DSN 111   | <b>IP</b> |  |
| 10:00-11:30 | Timeless Fashion (4/9-23)      | K. Marshall | 3 wks              | <b>Z</b>  |  |
| 10:00-11:30 | Primitive Art: Oceania ....    | J. Luuga    | 6 wks CSULB rm 101 | <b>IP</b> |  |
| 12:00-1:30  | Tudors & the Stuarts Dynasties | S. Obey     | 6 wks CSULB rm 101 | <b>IP</b> |  |

**OPEN Computer Lab - Fridays 1:30 - 3:30 p.m.**



## Monday Classes

### STAND TALL - STAND STRONG

***Mondays, April 4 - May 23 & Wednesdays, April 6 - May 25***  
**8:30 - 9:50 a.m. Zoom**

This active Zoom class meets Mondays and Wednesdays; your payment allows a choice to attend once or twice weekly.

You will need a space of about 6 ft. in diameter, a stable chair, and a resistance band. Water is essential. It is recommended that you use an elastic tube, covered in cloth, with soft handles. These are available online at Amazon or FitCord. BigFive, Target, TJ Maxx are also resources. You will need to choose a resistance level: if you are accustomed to exercise, Moderate resistance should be sufficient. If you have any conditions of the shoulders you may want to consider Light resistance. If you are Buff, try Heavy. If you are tall, get a longer length cord. Cloth covered tubes are not inexpensive, but they protect the skin and should the tube break, it will not snap back at you. If you are unsure, please email me at: [manosfrios@gmail.com](mailto:manosfrios@gmail.com). Class limit: 50

*Instructor: Lorraine Goldman, MPT Retired., CEEAA*

### IPHONE: BEYOND BASICS (IOS)

***Mondays, April 4 - May 23***  
**8:30 - 10:00 a.m. Zoom**

If you feel comfortable using the phone, text and email apps on your iPhone, why not explore some other iPhone features? We'll cover news apps and aggregators, Calendar, Notes, and how to listen to music and podcasts on your iPhone. Also included will be the Health app, a review of some of the iPhone's accessibility features, such as making icons and text bigger and reading aloud options, and how to use the

new iPhone library and make stacks. See how to add new browsers and search engines, and explore app settings. Prerequisite: know how to use your iPhone's Phone, Message and Email apps. Class limit: 15

*Instructor: Kathy Winkenwerder*

### PLAY THE RECORDER

***Mondays, April 4 - May 23***  
**10:00 - 11:30 a.m. Whaley Park**

Learn to play the recorder and discover the pleasures of creating music. The recorder is an early instrument popular during Medieval and Renaissance time and currently is gaining new popularity. This class is open to those who know nothing of the recorder and to those who know a little. Please bring your own recorder. Recorders are available for those without one. Class limit: 25

*Instructor: Muriel Pendleton*

### New Class!

#### MEDITATIONS FROM SINAI

***Mondays, April 4,11, (not 18) 25***  
***May 2, 9, 16 (6 weeks)***  
**10:00 - 11:30 a.m.**  
**CSULB, HS&D, room 101**

Meditation is not about closing your eyes. It's about opening them. Meditation is not about a deep inhale. It's about a deep life. This course teaches the what, how, why, where, and when of divine meditation, mindful awareness and soulful transcendence.

Class limit: 90

*Instructor: Rabbi Abba Perelmuter*

#### GUIDED AUTOBIOGRAPHY

***Mondays, April 4 - May 2***  
***(5 weeks)***  
**10:00 a.m. - 12:00 p.m. Zoom**

The course is based upon the work of Dr. James Birren, a professor and

pioneer in the field of Aging Studies. It is a semi-structured process of recalling, writing, and sharing one's life story based on universal themes provided each week. You will be provided with writing tips, creative exercises and tools for writing your own life story. The first session is a 60-minute orientation about the structure, expectations, and student commitments to the class. The next 4 sessions are approximately 2 hours long, depending on the class size. Class participants will return each week with a two-page story based on the theme provided. Each group member will share his/her story and receive positive feedback with assured confidentiality. No need to be a talented writer, just tell your own story. Class limit: 10

*Instructors: Barbara Llamas and Maira Martin*

#### WE'RE TALKING FOOD

***Mondays, April 4 - May 23***  
**10:30 a.m. - 12:00 p.m. Zoom**

Do you enjoy baking, cooking, food? Are you curious and interested in expanding your culinary repertoire and exploring new ideas? Do you like to learn from others and share what you know? Do you like having a group to bounce ideas around and get help with challenges? Then you have found the right place. Each week we'll discuss food-related topics. We learn from each other, sharing recipes, techniques, equipment, resources. Topics vary based on the group's interests. It also includes guest speakers, demos, and live meet ups. This workshop is for anyone interested in expanding their food horizon. So, join in the conversation. Class limit: 30

*Facilitators: Yesmean Rihbany & Norma Stein*

## Monday Classes

### THE APPLE WATCH!

**Mondays, April 4 - 25 (4 weeks)**  
**10:30 a.m. - 12:00 p.m. Zoom**

Did you just get an Apple Watch for the holidays? Are you thinking about getting an Apple Watch and want to know if you should? Have you had an Apple Watch for a while and want to know what new things it can do? This class will talk about the Apple Watch, how it has evolved over the years, what it can do now and what is predicted for the future in Apple Watches. Class limit: 15

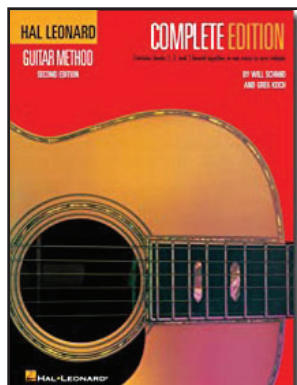
*Instructor: Don Kisner*

### GUITAR I: FRETS, FINGERS, AND STRINGS

**Mondays, April 4 - May 23**  
**11:00 a.m. - 12:00 p.m. Zoom**

Have you had a burning desire to learn to play the guitar? Come join a NEW peer learning/peer instruction workshop for beginning guitarists. You will need a 6-string acoustic guitar with steel or nylon strings. Come and learn even if you have not read music and may not know a chord from a note. We will focus on the 1st 4 frets with exercises, scales, riffs, notes, chords, and songs. Prerequisite: Purchase a Hal Leonard Acoustic Guitar Tab Method PlayBook + plus Bonus Material! (Amazon) Class limit: 6

*Instructors: Frank Swatek & Gary Morrison*



### SAMSUNG SMARTPHONE BASICS (ANDROID)

**Mondays, April 4 - May 23**  
**1:30 - 3:00 p.m. Zoom**

See what you can do with your Samsung smartphone besides making and answering phone calls or texts. Explore how a Samsung smartphone works and all that you can do with it. Get comfortable with the touch screen. Learn what comes with your phone, and how to download the apps that don't. You'll learn how to check mail, use the camera, browse the Web, play games, listen to music, and get directions from a map. Prerequisite: have a Samsung Galaxy series smartphone. Class limit: 12

*Instructor: Richard Sherwood*

### New Class!

### JOURNAL MAKING II

**Mondays, April 4 - May 23**  
**1:00 - 3:00 p.m.**  
**April 4 & 11 & May 23 in person**  
**@ St. Isidore Historical Plaza**  
**April 18 - May 16 Zoom**

Create your personal journal—Use these 2 hours each week for 8 weeks as the the perfect answer to “I never find the time to work on something for me!” You decide the type of book, theme, materials, techniques and mediums you want to use. You will share your own skills and ideas with fellow students – use your current and past experiences in journal making. Students in this class should have taken Journal Making I or have had experience with creative card making and scrapbooking.

Supplies for class will be from your own craft making collection. The details will be discussed at the first class. We will meet in person

the first and second class, one other in-person to be determined as a group, and the last class to share with each other what we have created in class. Questions?? Contact me at sherylhaglund@verizon.net. Class limit: 15

*Instructor: Sheryl Haglund*

### STAINED GLASS WORKSHOP

**Mondays, April 4 - May 23**  
**1:30 - 3:30 p.m. CSULB DSN 111**

Learn secrets to design, build, and/or restore stained glass windows. This course will cover leaded and copper foil techniques that haven't changed for hundreds of years. You will complete projects to beautify your own home and/or give to friends as keepsakes. Some free materials will be available. A list of materials to be purchased will be provided at the first class meeting. For more information contact the instructor at: stephennewcomb@aol.com Class limit: 25

*Instructor: Stephen Newcomb*



## Monday Classes

**FREE!**

### BEGINNING BLUEGRASS GUITAR

**Mondays, April 4 – May 23**

**1:00 – 2:00 p.m. Zoom**

Time for questions and personalized ZOOM lessons with Frank. No charge for workshop. Class limit: 10 **FREE**  
*Instructor: Frank Swatek*

### BEGINNING BLUEGRASS MANDOLIN

**Mon. April 4 – May 23**

**2:30 – 3:30 p.m. Zoom**

Time for questions and personalized ZOOM lessons with Frank. No charge for workshop. Class limit: 6 **FREE**  
*Instructor: Frank Swatek*



### PLAY MODERN BOARD GAMES

**Mondays, April 4 – May 23**

**6:00 – 8:00 p.m. JCC**

Want to keep your mind active and sharp while having fun? Then you are the perfect candidate to be a board gamer. We will teach and play modern board games with other members in the class. We will learn “gateway” games (games which are easy to learn and play in a short amount of time) and put our skills to the test as we play against each other. We are in the Golden Age of Board Games. Take your seat at the table and enjoy a relaxing or stimulating, friendly time of gaming. Class limit: 8

*Instructor: Gary Page*

## Tuesday Classes

### LONGEVITY STICK ART MOVEMENTS

**Tuesdays, April 5 - May 24**

**9:00 - 10:00 a.m.**

**St. Isidore Historical Plaza**

Purpose: Movement with a 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. THERE WILL BE NO LOANER STICKS. Purchase a collapsible painter’s extension pole that opens to three or four inches longer than your height, with rubber (not plastic) end caps (available at Ace Hardware or Lowe’s). Wear tennis shoes and loose, layered clothing. **FREE PARKING.** Class limit: 20

*Instructor: Charles Wm. Taylor*

### MINDFUL MOVEMENT: QIGONG AND STRETCHING

**Tuesdays, April 5 - 26**

**(4 weeks)**

**9:00 - 10:30 a.m. Zoom**

Join OLLI members from across the nation in this online class, designed to help students develop or improve a daily movement program. This is an introduction to Qigong, T’ai Chi and Somatic Meditation. Movements will be taught both as physical and energetic exercises and as methods for improving present moment awareness and mindfulness of subtle perceptions. Students will be asked to practice outside of class. There will be printable handouts to support you

as well as links to video on YouTube and an optional DVD available from the instructor (not included in cost of course). The Zoom class will be taught live and will include time for questions and social time with other students. Participants will need to be able to lie down and get up from the floor and be able to move about comfortably in a home space while watching Zoom. Exercises will challenge and enhance flexibility, balance and coordination. Class limit: 50.

*Instructor: Nando Reynolds, MA studied and taught T’ai Chi, Karate, Kenpo, Qigong, Contact Improvisation Dance and massage over the last 30 years; a bestselling author in the martial arts field; works in private practice as a psychotherapist.*

### New Class!

### EXPLORING PAGES (MAC, iOS)

**Tuesdays, April 5 - May 3**

**(5 weeks)**

**9:30 – 11:00 a.m. Zoom**

We will take a look at Pages, Apple’s free word processing software. It comes installed on Macs when you buy them, and is a free download for iPads and iPhones. Learn how to create documents, choose from templates or blank pages, format text, make tables, insert and edit photos, graphic shapes, and store the documents you create on the iCloud or other cloud storage locations. Pages is compatible with Microsoft Word, so you can share your documents with anyone. Most of the instruction will be on Mac computers, but some will cover using Pages on the iPad. Prerequisite: Familiar with the Mac operating system. Class limit: 15

*Instructor: Kathy Winkenwerder*

## Tuesday Classes

### New Class!

#### WHAT'S NEW IN iOS 15 (iOS)

**Tuesdays, May 10 - May 24  
(3 weeks)**

**9:30 – 11:00 a.m. Zoom**

Apple keeps updating the iPhone operating system, with yearly updates happening in September. Features in this operating system include: FaceTime starting to look and act more like Zoom, being able to see who your apps are sharing data with, The Weather app showing a lot more information, Maps getting much fancier, an expansion of Do Not Disturb called Focus, Live Text in the Camera app that lets you copy and paste text and handwriting into other apps, and more. Prerequisite: Have an iPhone 6s or newer. Class limit: 15  
*Instructor: Kathy Winkenwerder*

#### PREVENTING HEART DISEASE, CANCER, & ALZHEIMER'S DISEASE

**Tuesdays, May 10 & 17 (2 weeks)  
9:30 – 11:30 a.m.**

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

Would you like to enjoy a healthy, long life, which sometimes seems elusive for people after age fifty? These classes will explain why heart disease, stroke, and cancer are the major causes of death in the U.S. with poor diet and lifestyle as primary factors. See how marketing and lack of health education contribute to poor eating habits. Understand which foods promote excellent health. Develop a health-oriented diet so the risk of heart disease and cancer will drop dramatically. Wendell is a Certified Food Over Medicine Instructor, who has never taken a prescription drug and has no known medical issues. He has given health presentations in many venues: Princess Cruises, Beach Cities Health & Fitness Center, and CSULB. His lectures, graphs, and

data are based on 40 years of health experience, training, and books.

Class limit: 98

*Instructor: Wendell Covalt, B.S. Civil Engineering, Purdue U; MBA from Indiana U; past President of South Coast Botanic Gardens*

### New Class!

#### PATHWAYS TO A BETTER LIFE

**Tuesdays, April 12 - 26 (3 weeks)  
10:00 - 11:30 a.m.**

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

Learn how stress affects mind and body, how preconceived ideas can block understanding, and how false assumptions about other people's beliefs and values can affect how you treat them. Class limit: 30

*Instructor: Donald Hucker, B.S. Management, CSULB; M.B.A. Comparative Mgmt, USC; participant in The Science of Stress, and in The Central Nervous System*

#### PLAY IT AGAIN JAM

**Tuesdays, April 5 - May 24  
10:00 a.m. - 12:00 p.m.**

**Rec Park Community Center**

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 a Song-book, and provided digitally. The Jammin' class is built around guitar and ukulele; but diverse instruments, such as acoustical bass, banjo, harmonica, and keyboards are welcome. We will meet outdoors at the Rec. Park building. Class limit: 35

*Instructors: Carol Baker & Marc Davidson*

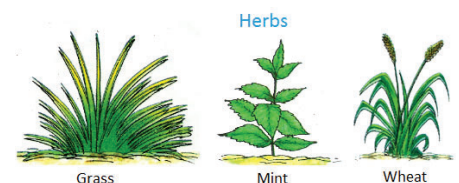
#### LET IT GROW, LET IT GROW, LET IT GROW

**Tuesdays, April 5 - May 24  
10:00 a.m. – 11:30 a.m.**

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

Come join me for a journey into the plant world. We will explore how plants have an inseparable relationship with humans since the beginning of our time together on Earth. This class offers much to beginning gardeners and experts who love being immersed in the world's amazing array of flora. Possible field trips include: South Coast Botanic Garden, A School Native Plant Garden, The Japanese Garden at CSULB, Sherman Gardens, The Long Beach Community Garden, and a joint reporting venture after attending the Mary Lou Heard Garden Tour. We may even have a veggie potluck at some point in the schedule. Class limit: 25

*Instructor: Tom Hood, retired high school science teacher, currently active gardener at LB Community Garden, taught gardening classes at OLLI.*



#### GEOPOLITICS: PAST, PRESENT AND FUTURE

**Tuesdays, April 5 – May 24  
10:30 a.m. – 12:00 p.m. Zoom**

The class will focus on geopolitical hot spots, including updates on China's internal challenges, China vs. US and our global allies, the Indo-Pacific World, the global impact of technology, the global sea powers, Health Care including preparing for future epidemics, the Middle East, the growing gap of our nation's wealth, and other new geopolitical challenges. Class limit: 100

*Instructor: Dick Lunde*

## New Class!

### EMPOWERING INDEPENDENT HEALTHCARE THROUGH CANNABIS

**Tuesdays, April 5 – May 24**  
**12:00 - 1:30 p.m.**

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

Cannabis, or medical marijuana, is becoming increasingly more prominent as a relevant medicinal option for a plethora of medical conditions. With more ways available to access cannabis and CBD products, it can be challenging to decipher information from on-line resources or dispensary budtenders with no medical experience, as well as primary care providers who either are unable or unwilling to properly educate. Come join me in exploring the Endocannabinoid system and how cannabis/CBD works in the body.

As an RN who is also cannabis competent, I will provide the opportunity to access reliable information. I will answer questions so you can safely navigate the cannabis space while promoting intelligent and informed decision making for your personal healthcare journey and a better quality of life.

Class limit: 90

*Instructor: Wendy Jones*



## Tuesday Classes

### WATERCOLOR MASTERY

**Tuesdays, April 5 - May 24**  
**12:00 - 2:00 p.m. Zoom**

Gain a mastery of different key skills through painting in the medium of watercolor. Students will learn and practice skills and techniques used in watercolor painting. Additionally, students will gain a greater understanding of how to use color, value, composition, etc. while practicing their skills. Lessons will incorporate theory, demos and practice. Each week, students will come away with smaller works and lots of practice sheets. Bring your own materials. A list of suggested materials, for newcomers to the medium, will be made available prior to the first class. Suitable for all levels - Beginner through Advanced. Class limit: 32

*Instructor: Anne Kupillas*



### SPANISH STORY TIME

**Tuesdays, April 5 - May 24**  
**12:00 - 1:30 p.m. Zoom**

This course will introduce participants to a different piece of Spanish literature each week. Each selection will be used to improve Spanish skills by focusing on vocabulary development and comprehension. The instructor believes in a natural approach to language acquisition, encouraging all participants to be fully engaged in the activities in a positive learning environment where they can also practice their speaking skills regardless of their current fluency levels. Class limit: 12

*Instructor: Pam Kiwerski*

## New Class!

### MANAGING, EDITING, AND SHARING YOUR PHOTOS

**Tuesdays, April 5 - May 24**  
**1:30 - 3:00 p.m. Zoom**

With an ever-growing number of photos and videos in your photo library, you're probably spending lots of time hunting for images you know are there—somewhere. This class will share organization and indexing tips to help you find photos quickly, easily, and with precision no matter what kind of smartphone or tablet or computer you use. Learn simple ways (just a single tap or three) to share the images and videos that you've taken. Learn to just as easily import images and videos that others have sent you—whether by email, text message, or other means. Plus, we'll cover some simple techniques to make an average image look good—even great! Prerequisite: Any of the following...a computer running Windows 10 or MacOS, an iPad, a smartphone running iOS or Android. Class limit: 30

*Instructor: Chris Wisniewski*

### GET ORGANIZED A-Z

**Tuesdays, April 5 - May 24**  
**2:00 - 3:30 p.m. Zoom**

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

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

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

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

Class limit: 20

*Instructor: Sharon Farley*

## Tuesday Classes

### MEMOIR WRITING IN KOREAN

#### (한국말 자서전 쓰기)

**Tuesdays, April 5- May 24**  
**2:30 - 4:00 p.m.**

**St. Isidore Historical Plaza**

Everyone has their own story to tell to their children as well as to others. Participants will write their stories at home, then share with classmates and receive confidential feedback. Each week, suggestions for topics will be offered. Students will need a Korean dictionary-equipped computer. Covid guidelines will be followed indoors. Class limit: 20

*Instructor: Nicholas Lee*

#### New Class!

### SLAUGHTERHOUSE: THE RUSSO-GERMAN WAR OF 1941-1945

**Tuesdays, April 5 – May 24**  
**3:00 - 5:00 p.m.**

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

Suddenly and without warning, early on the morning of June 22, 1941, over three million German and German-allied soldiers lunged across the Soviet state border and commenced Operation Barbarossa. The war between Germany and the USSR was the largest conflict in World War II and resulted in approximately 39 million civilian and military dead and the destruction of most of central and eastern Europe and western Soviet Union. It is also the least understood conflict of World War II. This class will explore the true history of this monumental conflict between two ideological enemies and strip away many of the myths surrounding it. Class limit: 50

*Instructor: Paul Killins,*

*B.S. Engineering Design; M.B.A. Technology Management, former Naval Officer*

### WRITE, EDIT, REWRITE AND PUBLISH YOUR NON-FICTION!

**Tuesdays, April 5 - May 24**  
**3:00 – 5:00 p.m. Zoom**

This class works on first-person stories, magazine articles and Chicken Soup call-outs. Don't want to be published? Join us to improve your personal writing. We investigate markets, query letters and crafting that special story for publication. Share your experiences with others. Emphasis is focused on "gorilla editing" for maximum publication opportunities. Attendance at the first class is mandatory unless prior notice. Use of Word and access to email is required. Class limit: 10

*Instructor: Sallie Rodman, Cert. in Professional Writing, CSULB, published in fifty Chicken Soup for the Soul books, magazines: Good Dog, Woman's Day, Reader's Digest, Angels on Earth, and others.*

### THE CLOUD: WHAT IS IT, WHERE IS IT, AND WHY SHOULD I CARE? (iOS, ANDROID)

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

"The Cloud" has become a commonplace but often confusing term that's mentioned with personal computing. All on-line services use "cloud-based" technologies, so it's important to discover not just the features that cloud computing brings but also the problems that come with it. Get a better understanding of cloud computing including how it affects what you do on your computer, mobile phone, tablet, television, and smart home devices. Most importantly, learn how to control information placed in the cloud and how to protect the information you put there. Class limit: 20

*Instructor: Chris Wisniewski*

### DIGITAL PRIVACY AND COMPUTER SECURITY

*Easily protect your identity, data, and devices from hackers, thieves, scoundrels, and snoops (any OS)*

**Tuesdays, April 26 - May 24**  
**(5 weeks)**

**3:30 – 5:00 p.m. Zoom**

Don't just sigh and worry—take charge of your on-line life! There are easy ways to protect your identity and data in this digital wild west world we live in. Learn about, and follow a handful of simple, practical, and safe ways—including password management—when using your smartphone, tablet, computer, and home automation device. Your privacy can be protected and your worries eliminated. Learn how to more privately surf the web, safely purchase items on websites, share photos, and exchange private and personal data with the persons and companies you choose. There will be plenty of examples and handouts. Class limit: 20

*Instructor: Chris Wisniewski*

### ADVANCE DIRECTIVE WORKSHOP

**Tuesdays, May 3 - 17 (3 weeks)**  
**6:30 – 8:00 p.m. JCC**

Constance Malaambo, R.N., 34 years of Emergency Medicine experience, will lead this class on medical decision making. She will encourage you to think about the types of care you would or would not want in the event you are unable to speak for yourself. Learn about medical devices and treatment to assist you in making informed healthcare decisions. Learn how to complete an Advance Directive form. That will help you communicate your wishes to care providers and family members. Class limit: 20

*Instructor: Constance Malaambo, RN, Masters in Homeopathy*

## Wednesday Classes

### IPAD/IPHONE TRAVELING TIPS (IOS)

**Wednesdays, April 6 - May 25**  
**8:30 – 10:00 a.m. Computer Lab**

Explore a variety of travel apps you can download to your iPhone or iPad. We'll cover: how to use apps to find places to go, search for hotels and other accommodations; how to book and manage airline travel, car rentals and cruises; how to find free Wi-Fi; how to use maps, both online and offline when no Wi-Fi is available; how to use a translation app when you're in a foreign country; and when you're traveling by car, how to use apps like Uber, Gas Buddy and iExit. Bring your charged iPad or iPhone to each class. Class limit: 10

*Instructor: Marilyn Gettys*



### IPAD/ IPHONE PHOTO TIPS (IOS)

**Wednesdays, April 6 - May 25**  
**10:15 – 11:45 a.m. Computer Lab**

Learn everything the iOS Photo app can do, from the process of taking a picture with your iPhone or iPad, to editing it. Learn about the additional apps you can get to further enhance your pictures, the many ways you can share it. The class will include editing your photos with the Photo and other apps, creating albums, slideshows, prints, photo books, and anything else you want to do with them, and then how your pictures can be stored and backed up on several different clouds and on physical devices.

Bring your charged iPad or iPhone to each class. Class limit: 10

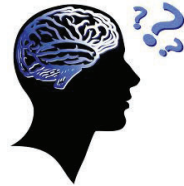
*Instructor: Marilyn Gettys*

### STAND TALL - STAND STRONG

**Mon. April 4 - May 23 &**  
**Wed. April 6 - May 25**  
**8:30 - 9:50 a.m. Zoom**

This active Zoom class meets Mondays and Wednesdays; your payment allows a choice to attend once or twice weekly. See Monday class description.

*Instructor: Lorraine Goldman*



### UNDERSTANDING ALZHEIMER'S DISEASE

**Wednesdays, April 6 - May 11**  
**(6 weeks)**

**9:30 – 11:00 a.m. Zoom**

Alzheimer's Disease (AD) affects more than 6 million Americans with increasing age being an important risk factor. This class provides an overview of this devastating disease, including its emotional and financial impact, risk factors, differences between AD and other causes of dementia, how AD is diagnosed, and how it progresses. The class will review current treatment methods, including a description of FDA approved medications and other treatment strategies. Promising research will be explored, with a focus on determining the cause of the disease, ways to prevent AD, and how to improve treatment outcomes. Information will be presented on how to access resources to lessen the burden experienced by those with AD, and their families and caregivers. Although not designed as a support group, time will be allotted in each class sessions for question and shared concerns. Class limit: 30

*Instructor: Maureen Habel, RN*

### CULTURAL AND HISTORIC HERITAGE OF CHINESE CIVILIZATION

**Wednesdays, April 6 - May 25**  
**9:30 – 11:00 a.m.**

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

This course will cover Chinese cultural topics in sequence with the progression of Chinese history. It encompasses China's philosophical, linguistic, literary, and artistic traditions. If you follow world affairs and want to have a general understanding of the advancement of China, this course offers insights on how cultural traditions shaped the Chinese society today. We'll look at cause and effect of the development of the old civilization in relation with the modernization of China. Eight topics, each will deal with one distinct cultural character. Class limit: 55

*Class Leader: Teresa Sun, BA Chinese Lit, Taiwan Normal University; MA Education UCLA; PhD Education Seton Hall UN*

### New Class!

### CAPITALISM IN CHINA: THE RISE OF A GLOBAL GIANT

**Wednesdays, April 13 – May 4**  
**(4 weeks)**

**10:00 – 11:30 a.m. Zoom**

China is now an overwhelmingly capitalist country, and emerging as a formidable rival to the US. How is China doing it? Which country will be stronger over the long run? Which will be more stable? Which will be more influential in the world? In this class we compare the US and Chinese models of capitalism and government, the strengths and weaknesses of each, and we explore critical factors that will determine the long-term future of each country. Class limit: 100

*Instructor: Mark Yourek, BA International Relations, USC; MBA, UCLA*

## Wednesday Classes

### FOUNDATIONS OF INVESTING

**Wednesdays, April 6 – May 25**  
**10:00 – 11:30 a.m. Zoom**

Covered in this class will be essential investing and opportunity exploration in today's post COVID market recovery. Increasingly volatile markets create opportunities and potential pitfalls. This course will address the principals of selecting stocks, bonds, and other investments, with a focus on using investment income to fund retirement. Learn how to read financial statements and to translate confusing financial jargon. Social Security/long term care will also be covered with ways to maximize benefits.

Information will include the role of a financial advisor and identifying fees and costs. Time will be allotted each session for individual questions and answers. No products or services are sold, endorsed, or marketed.

Class limit: 25

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

### A PLAY READING CIRCLE XI

**Wednesdays, April 6 – May 25**  
**10:30 a.m. – 12:00 p.m.**

**Whaley Park Community Center**

Experience drama first-hand! Join this class to read plays from various historical periods; learn about the playwrights and the times in which they lived; and discuss the significance and value of each play. A list of the plays to be covered and the recommended translation to purchase or borrow from the library will be available at registration.

Class limit: 15

*Instructor: Muriel Pendleton*

### CONVERSACION EN ESPANOL/ SPANISH CONVERSATION

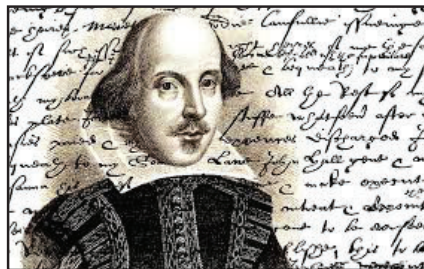
**Wednesdays, April 6 – May 25**  
**10:00 AM - 12:00 p.m.**

**St. Isidore Historical Plaza**

Many of us took Spanish Classes learning vocabulary and grammar during our school years. Yet today we hesitate when it comes to speaking Spanish. This could be when traveling abroad, ordering in a restaurant or meeting the new neighbors. We find ourselves frustrated. We have the learned knowledge but lack the confidence. Each week a different topic and activity to initiate conversation will be introduced. As you find yourself conversing in Spanish you will see your confidence increase.

Class limit: 10 (allows distancing)

*Instructors: Hortensia Breton &  
Maria Teresa Diaz*



### FEAR NOT, I SPEAK SHAKESPEARE

**Wednesdays, April 6 – May 25**  
**11:30 a.m. – 1:00 p.m.**

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

Let's explore a play Shakespeare wrote about power and sex and gender discrimination...yes, in the 16th century! We'll look at *Measure for Measure*, hopefully with an eye on the Elizabethan perspective on these issues, which might just resonate with our own time's struggles along these lines.

Class limit: 90

*Instructor: Michele Roberge*

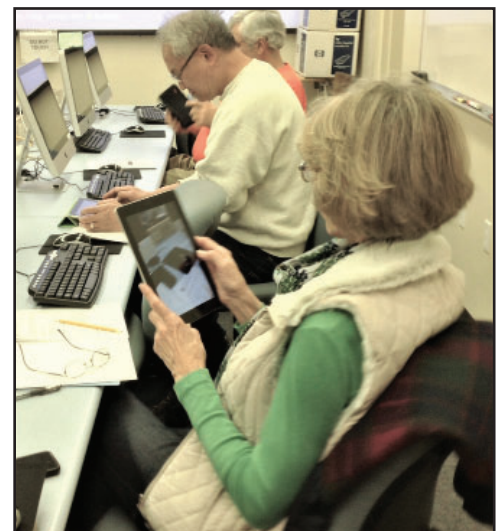
### IPAD FOR ADVANCED USERS (IOS)

**Wednesdays, April 6 - May 25**  
**12:00 - 1:30 p.m.**

**CSULB Computer Lab**

Now that you know how to use your iPad, you're ready to learn about more of the apps that come with your device. Learn how to use Maps to help you get where you're going, how to talk on FaceTime, how to buy eBooks on line or from the library, and how to buy music or put your own music on your device. You'll see how to use iTunes to back up your media, how to watch Video, listen or watch Podcasts, and take, store and edit Photos. Prerequisite: Intro to the iPad or knowledge of topics covered in that class. Bring your iPad and cable with you to each class. You also could bring an iPhone if you know how to use it. Class limit: 10

*Instructor: Marilyn Gettys*





## New Class!

### ELECTRIC GUITAR BLUES GROUP

**Wednesdays, April 6 - May 25**  
**10:00 - 11:00 a.m. Zoom**

Let's get dem electric guitars out of the closet and fire up the amps! If you don't have an electric guitar, bring your acoustic. This will be a self-directed group structured as an artist study. We will be learning about the artist's history, their music, technique, equipment, songs, licks, etc... We'll start with Jimmy Reed and work towards today's artists and have occasional workshops with performing artists. It's Going to Be Fun and it will make you a better, more well-rounded guitar player. Questions?? Contact [frankswatek@hotmail.com](mailto:frankswatek@hotmail.com)  
Class limit: 12

*Instructor: Frank Swatek;*  
*Assistant Instructors: Mark Shutts*  
*and Dennis Murphy*

### ACOUSTIC GUITAR 2: BEYOND THE BASICS

**Wednesdays, April 6 - May 25**  
**12:30 - 2:00 p.m.**

**Recreation Park, Clubhouse**

Ready to move on to the next level, add some sophistication to your guitar accompaniment; perhaps learn something new for your repertoire? Join us if you want to play rich, guitar-based music of our roots--folk, country, 60's-70's rock & roll, & blues. Instruction will be chord-based and song-based, and is designed for advanced beginners to intermediates. Instruction will help you advance by introducing you to: Flat Picking (Right Hand) Techniques, Tablature, "Licks," "Intros," "Outros," Double Stops, Bass Runs, and Barre Chords. Performance opportunities within OLLI community and beyond.  
Class limit: 15

*Instructor: Brian Bradshaw*

## Wednesday Classes

### FIVE STORIES-FIVE WEEKS

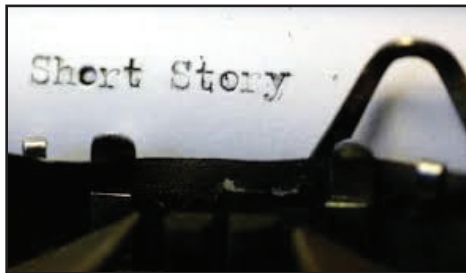
**Wednesdays, April 20 - May 18**  
**(5 weeks)**

**1:00 - 2:45 p.m. JCC**

The birds are singing and spring is springing, so why not sign up for this class? You'll be treated to tales that will delight you and will ignite you, with authors you've read before and some you've never met. The pleasure will be all yours...

Class limit: 25

*Instructor: Mona Panitz*



## New Class!

### EDUCATION AND THE BATTLE FOR AMERICAN MINDS

**Wednesdays, April 6 - May 25**  
**1:30 - 3:00 p.m.**

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

From Scopes to Critical Race Theory; from The Old Deluder Satan Act to the end of required school prayer; from segregation to affirmative action—schools have been the center of struggles over our history and political future. The class will examine these, and other, key issues related to both elementary and secondary schools and higher education in order to understand how educational battles reflect and change our understanding of American society and politics.

Class limit: 90

*Instructor: Naida C. Tushnet, PhD*

## New Class!

### GOT YOUR DUCKS IN A ROW?

**Wednesdays, April 6 - May 25**  
**3:30 - 5:00 p.m.**

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

The Importance of Preparing for the Unexpected. Do you have a plan for final arrangements? We anticipate and plan for many of life's most important events. Why do so many of us leave life's most significant event, pre-planning for final arrangements, to our loved ones to plan during a time of grief? This course provides an overview of the intricate topic of funeral pre-planning while incorporating the perspective of the consumer. OLLI members will learn basic, introductory knowledge on pre-planning for final arrangements. Come to share informative and interactive exercises to help make informed decisions, understand the value of pre-planning, create a framework that can be discussed with family to assist with finalizing their arrangements.

Class limit: 50

*Instructor: Tatia Clark,*  
*Master of Science Gerontology*

### A NEW DAY

This is the beginning of a new day.  
I have been given this day to use as I will.  
I can waste it, or use it.  
I can make it a day long to be remembered for its joy,  
its beauty and its achievements,  
or it can be filled with pettiness.  
What I do today is important because I am  
exchanging a day of my life for it.  
When tomorrow comes this day will be gone forever,  
but I shall hold something which I have traded for it.  
It may be no more than a memory,  
but if it is a worthy one I shall not regret the price.  
I want it to be gain not loss,  
good not evil,  
success not failure.

Author Unknown

© 1994, 1995, 2001

## Thursday Classes

### YOGA WITH JEANMARIE

**Thursdays, April 7 - May 26**  
**8:30 - 9:45 a.m.**

**CSULB, LifeFit, KIN room 110B**

This class will allow students to enjoy an hour of stretching and relaxing muscles while building stability and balance. We will work on posture, circulation, and preventing injury. Class limit: 30

*Instructor: JeanMarie VanDine,  
Certified Yoga Instructor*



### MEMOIR WRITING: A NOVEL APPROACH

**Thursdays, April 7 - May 26**  
**9:30 - 11:00 a.m. Zoom**

If you have memories you would like to share with family, friends, and/or colleagues, then this is the class for you! Class members write their own unique memoirs at home. Each author then has an opportunity to read his/her piece in class and receive gentle, constructive suggestions and feedback in a supportive environment that inspires everyone to discover his/her own voice and effective writing style. Class limit: 20

*Class Leaders: Jo Fitzpatrick &  
Pam Kiwerski*

### SHOOT & EDIT VIDEOS (ANDROID, IOS, ACTION CAMERAS)

**Thursdays, April 7 - May 26**  
**10:00 - 11:30 a.m. Computer Lab**

Want to film your life and the lives of your family and friends? Learn how to shoot and edit videos using the camera on your smartphone, tablet or laptop, or an action camera like a GoPro, and when it is best to use which one. Learn filming techniques, smartphone video apps, and useful accessories. Create scripts, background music and voice narration. Use editing tools, learn how to connect what you do to other devices, and how to get the best video quality and frame rates.

The action camera section of the class will cover how to use one, what they are used for, and the difference between a GoPro and other action cameras. After you create your video, you'll learn how to post finished product on Facebook or YouTube. Please make sure your device is charged for each class. Prerequisite: Be comfortable using your devices. Class limit: 10

*Instructor: Perla Gutierrez*

### New Class!

### MINDFUL FLEXIBILITY PRACTICE

**Thursdays, April 7 - May 26**  
**10:30 - 11:50 a.m. Zoom**

An active flexibility practice using a floor mat, Yoga band, blanket (optional), block (optional). Yoga philosophy will be incorporated with breath and body control during the practice of yoga postures. Please wear appropriate clothing, and have water available. Class limit: 50

*Instructor: Lorraine Goldman,  
retired Physical Therapist*

### New Class!

### SWEDEN: CULTURE, CONTRADICTIONS AND CONUNDRUMS

**Thursdays, April 7 - May 26**  
**10:00 AM - 11:30 PM**  
**CSULB, HS&D, room 101**

Much of what most of us know about Sweden is based on stereotypes: hearty blond Vikings, free love and cold, dark winters. Some of us think of Sweden as a cradle-to-grave social utopia. Is Sweden a model for U.S. or are we a warning for Sweden's future? You may have some Swedish in your background and wondered about customs your grandparents observed, like pretending to be little dancing frogs on Midsummer's Eve. You may have traveled to, or be planning a trip to, Sweden. Maybe you'd like to learn a few words of Swedish.

Whatever your reason, join us on this quick, humorous and somewhat editorialized jaunt to Sweden. We hope to have live "Ask a Swede" sessions; students will help decide topics to explore in class. Class limit: 25

*Instructor: Lisa Peskay Malmsten,  
former exchange student in Sweden;  
resided there 1 ½+ years; Swedish by  
marriage.*

### WRITING FOR WELLNESS

**Thursdays, April 7 - May 26**  
**11:00 a.m. - 12:30 p.m. Zoom**

You do not need to be a writer for this class. Each one of us has faced conflicts or stress in our lives. Your own words can help you heal. The simple acts of writing and sharing are the basic tools. Based on the techniques in the book *Writing for Wellness*, writing subjects include Choosing Happiness, Expelling Anger, Changing Priorities and Recapturing Joy. Books are available for purchase or loan. Class limit: 15

*Facilitator: Joan Smith*

## New Class!

### GATES TO DESTINY AND HUMAN CIVILIZATIONS

**Thursdays, April 7,14,21**  
**(3 weeks)**

**10:30 a.m. - 12:00 p.m. Zoom**

An eternal question, subject to major research, is: "Where did men come from?" Biomedical findings would indicate that the human species originated in Africa. Other scientific data do not concur with this opinion. The spread of humanity, its civilizations, and cultures occurred through the waterways, mostly rivers and maritime straits. We'll learn about the geography and history of waterways that contributed to our societal development, economics, cultures, and... unavoidable politics. Class limit: 75

*Instructor: Edgar M. Moran, M.D. Emeritus Professor of Medicine, University of California, Irvine*



### NATIONAL & INTERNATIONAL CURRENT EVENTS & ISSUES

**Thursdays, April 7 - May 26**  
**12:00 - 1:30 p.m.**

**CSULB, HS&D, room 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. These group 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 to the class for discussion. Class limit: 98

*Instructors: Barbara Mikalson & Mary Meyer*

## Thursday Classes

### APPS AND SOCIAL MEDIA (ANDROID, IOS)

**Thursdays, April 7 - May 26**  
**1:30 - 3:00 p.m. Computer Lab**

Ever been curious about an app, but don't know how to get started using it? Join this class! Choose from popular free apps like Skype, Whatsapp, LinkedIn, YouTube, Uber, Google Maps, or Eventbrite. Many are part of the social media environment. Or you could learn about gifs / memes, how to navigate the huge amount of choices at Amazon, the App Store or Google Play Store. It will be your choice for others. This will be a hands-on class where you get help with and practice using the apps you choose. You can learn on all devices and platforms including computers or mobile devices. If you bring a mobile device to class, make sure it is charged. Class limit: 10

*Instructor: Perla Gutierrez*

### THE POEMS OF e.e. cummings & WILLIAM BUTLER YEATS #4

**Thursdays, April 7 - May 26**  
**2:00-3:00 p.m. Zoom**

When I told an OLLI classmate I intended on teaching a poetry class on e.e. cummings, he said: "The one who had a broken typewriter."

Of course, he was referring to the unique syntax that cummings created in constructing his poetry. cummings wrote in a visual way that integrated form and content in his words. William Butler Yeats was an Irish poet, a pillar of the Irish literary establishment, and one of the foremost figures of 20th-century literature. When I read Yeats, I marvel at his ability to put profound meaning in so few words. In each class we will study in depth, 2 or 3 poems of each poet at different

stages of their lives. We may be proceeding from where we left off in the last session.

Class limit: 15 (minimum of 10)

*Instructor: Bernard F. Natelson, M.B.A., Psy.D., A.B.M.P.*

## New Class!

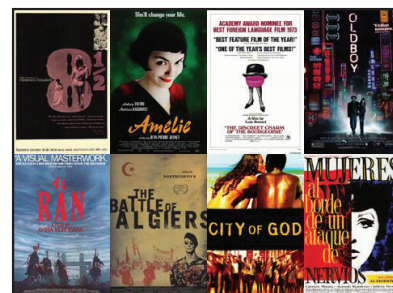
### MOVIE MATINEE

**Thursdays, April 7 - May 26**  
**2:00 - 5:00 p.m.**

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

Pack your bags and be transported, via the magic of movies, to Europe, Asia, Mexico and South America as we screen a selection of ground-breaking motion pictures that have all been awarded The Academy Award for Best Foreign Language Feature Film. We'll be celebrating INTERNATIONAL CINEMA at our screenings! See films from South Korea, Poland, France, Spain, Germany, Mexico and Argentina. We'll be introduced to cutting edge directors such as Bong Joon-ho, Michael Haneke, Pedro Almodivar, and Alfonso Cuaron while we enjoy and marvel at the work and artistry of international movie stars like Javier Bardem, Isabelle Huppert, and Penelope Cruz. All films will be screened in their original language with English sub-titles. Come and join us as we travel to countries around the world, enjoying their unique stories about life and love, while gaining a deeper appreciation of the common threads that bind us all together as one. Class limit: 35

*Host: Allan Goldstein*



## Friday Classes

### WRITERS' READ ALOUD GROUP

**Fridays, April 8 - May 27**  
**9:30 - 11:00 a.m.**  
**CSULB, HS&D, room 101**

Do you love to write? Are you ready to share your work with a group of compassionate, intelligent and supportive writers? If so, come join us! We are folks who are new writers, or veterans. We love to express ourselves on paper and also verbally. You will present your recent written work to the group in your own voice. We will provide a safe, caring and supportive environment in which to share. Class limit: 18

*Instructor: Amy Berger*

### JEWELRY FROM A-Z

**Fridays, April 8 - May 27**  
**10:30 a.m. - 12:30 p.m. Zoom**

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

*Instructor: Belinda K. Belisle*



### THE PLANTS AROUND US

**Fridays, May 6, 13, 20 (3 weeks)**  
**11:15 a.m. - 1:15 p.m. (2 hours)**  
**CSULB, HS&D, room 101**

If you have ever been curious about the history and importance of the plants that surround us, then join Howard as he explores our relationships to plants in our gardens, parks, homes, and in our wilderness areas. This class will deepen your understanding about edible, toxic and invasive plants as well as help you discover how climate change and human activity has influenced plants over the past hundred years. Class limit: 26

*Instructor: Howard Manning, retired safety engineer and lifelong forager; MS in Safety from USC, former owner of Harvestin Howard LLC.*

### New Class!

### WORLD OF BONSAI

**Fridays, April 8 - 29 (4 weeks)**  
**12:00 - 1:30 p.m.**  
**CSULB, HS&D, room 101**

Instructor Fernando Vazquez began his love affair with the world of Bonsai after his retirement from the Long Beach Fire Dpt. He found one does not need a great deal of time and money to become a creator of beautiful trees that bring endless hours of pleasure. Students will create a tree that they can enjoy. A trip to the Earl Burns Miller CSULB Japanese Gardens is included and, possibly, a field trip to the Huntington Library to see an expansive collection of both Chinese and Japanese trees. Before classes begin, you will learn what he will provide and what you will need to bring. Learn information of Bonsai clubs in the area that will provide materials, ideas, and motivation to continue on. Class limit: 10

*Instructor: Fernando Vasquez*

### BLUEGRASS MUSIC WITH FRANK

**Fridays, April 8 - May 27**

Increase your playing skills. Peer learning with a Focus on The Fundamentals.  
**12:30-1:20** Beginning Bluegrass Guitar Level 2 Class limit: 10  
**1:30-2:20** Beginning Bluegrass Guitar Level 1 Class limit: 10  
**Same Zoom link. Questions??**  
Contact [frankswatek@hotmail.com](mailto:frankswatek@hotmail.com)  
*Instructors: Frank Swatek, with Mark Shutts and Dennis Murphy*

### MOVIES THAT ARE JUST TOO GOOD

**Fridays, April 8 - May 27**  
**2:00 - 5:00 p.m.**

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

Here we go again with another set of really great films to enjoy on a Friday afternoon! We'll watch and talk about *Hellzapoppin*, *The Informer*, *Romeo & Juliet*, 1968 Zeferelli version. *Hard Times*, *Dirty Harry*, *The Prisoner of Zenda*, *Oklahoma*, *Vertigo*. Class limit: 60 *Instructor: Jeff Hathcock*

### New Class!

### INTRODUCTION TO LINUX (ANY COMPUTER)

**Fridays, Apr. 8 - Apr. 29 (4 weeks)**  
**10:30 a.m. - 12:00 p.m. - Lab**

Is the latest version of Windows or Mac OS requiring you to buy a new computer even though yours works perfectly? Are the constant changes (and subsequent problems) to the operating system upsetting you? Discover Linux, the free, open source (FOS) operating system that can run on many older computers and comes complete with many applications you will need. The course will cover the history, installing and running of Linux and FOS applications. Prerequisite: Basic computer skills. Class limit: 10 in person, 10 on Zoom  
*Instructor: Wesley Peck*

## Friday Classes

### YOGA ON A CHAIR

*Fridays, April 8 - May 27*  
**12:30 - 1:45 p.m. Zoom**

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

*Instructor: Claudia Ellano-Ota*

### THE SHORT STORY DISCUSSION GROUP

*Fridays, April 8 - May 27*  
**1:00 - 3:00 p.m. Zoom**

We will continue reading selections from the Penguin anthology of stories written between 1972 and 2019. Each week we will read a short story and discuss our responses to what makes the story unique: themes, techniques, characters, atmosphere, etc. The results are stimulating and entertaining and sometimes surprising. Among the authors we will read this session are Stuart Dybek, Isaac Bashevis Singer, Percival Everett, and Lucia Berlin. The anthology we will use this session and for Summer 2022 session: *The Penguin Book of the Modern American Short Story*, John Freeman, Ed. (New York: Penguin Press, 2021). Please, purchase this book to use for the class discussions. Class limit: 24

*Class Leader: Fern Ramirez*

## Saturday Classes

**New Class!**

### WATERCOLOR WORKSHOP ADVANCED

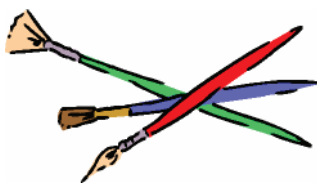
*Saturdays, April 9-May 28*  
**9:00 a.m. - 12:00 p.m.**

**CSULB, Design Bldg, room 111**

Bring your own materials and reference photos. Paint your favorite subjects and explore your imagination and creativity. This workshop gives you an opportunity to improve your watercolor painting focusing on fundamental elements such as colors, value patterns, perspectives, and composition. Mike will lead lessons from 10 - 12:00, but all students contribute to the class by sharing experience, feedback and critiquing each other's work. This workshop is intended for the students who have some experience with painting.

Class limit: 40

*Class Leader: Mike Daniel*



### TIMELESS FASHION FOR WOMEN

*Saturdays, April 9 - 23*  
**(3 weeks)**

**10:00-11:30 a.m. Zoom**

This course will teach you how to create a look that is uniquely you. Learn about color and styles that work for you. We'll discuss how to avoid impulse buying and how to make better purchases. We will reveal women's body types and the styles that best compliment each type. Additionally, integrated into the course will be cosmetic selection and tips on how to apply make-up, as well as the use of accessories to expand a wardrobe and compliment your style.

Class limit: 15

*Instructor: Kathy Marshall,*  
*Certified Image/Fashion Consultant*

### THE TUDORS AND THE STUARTS

*Saturdays, April 9 - May 14*  
**(6 weeks)**

**12:00 - 1:30 p.m.**

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

The Tudor and Stuart Dynasties shifted European power to England at the end of the Middle Ages. It was an era that began with the bloodiest period in English history (The Wars of the Roses) and ended with a bloodless rebellion (The Glorious Revolution). England became wealthy, created its own church, became the foremost naval power in the world, and began the creation of a worldwide empire. The Tudor and Stuart monarchs did not lack the character of their Plantagenet predecessors. The son of England's only executed king would bring back the splendor of monarchy. From Henry VII to James II, The Tudor and Stuart Dynasties would transform England from a European power to a World power. Join us to hear it all.

Class limit: 98

*Instructor: Scott Obey,*  
*BA History, UCLA*

**New Class!**

### PRIMITIVE ART: OCEANIA AND DECOLONIZING HEART WORK

*Saturdays, April 9-May 14*  
**(6 weeks)**

**10:00 - 11:30 a.m.**

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

A class that seeks to interpret artwork and literary work from Pacific Islander artists outside the western perspective. This class will use works from Art History Canon, Speeches, and literature from Pacific Islanders to facilitate a culturally sensitive atmosphere. Artists include Michel Tuffery, Haunani Kay-Trask, & Fatu Feu'u. Class limit: 98

*Instructor: Justin Luuga, Samoan-*  
*American MA Gerontology candidate*  
*specializing in Global Aging and Pacific*  
*Island Art.*

**STRAUSS AND WILDE AND THEIR "SALOME"**

**Monday, April 18**  
**1:30 - 3:00 p.m. Zoom**

Who was Salome and why has she captivated writers and composers? Join us to learn more about the relationship of these two writers with Salome. Larry Verdugo will offer a presentation that includes a duel biography of the composer, the playwright and the history of their work that gave us the world's most famous and notorious strip tease.

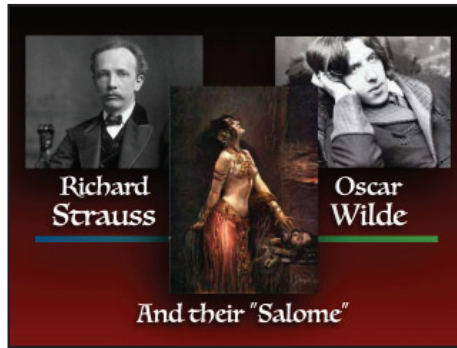
*By Larry Verdugo,  
from the LA Opera League*

**THE OPERA CHORUS**

**Monday, May 16**  
**1:30 - 3:00 p.m. Zoom**

Attending the opera brings the pleasure of hearing magnificent singers. But filling the stage with excitement is the chorus...the voice of the people who rebel, welcome, celebrate, party, suffer, debate, pray or simply observe the action, providing tension and a dramatic sweep a soloist can't always do alone. But in the wake of the soloists high notes and tearful finales, we should also leave the opera house feeling the vital presence of the chorus and its contribution to a thrilling evening.

*By Larry Verdugo,  
from the LA Opera League*



**FLIP THE LENS**

**Monday, April 11**  
**2:00 - 3:30 p.m. Zoom**

Offers an opportunity for the curious and creative of all ages to get out of themselves, expand their horizons, and dare to ask questions about someone else's livelihood, life and culture. FTL celebrates our unique differences and shared human condition by inviting people from all walks of life to conduct a video interview with the person of their choice about one of three themes: belonging, creativity and culture. Learn new skills and create videos to share with others.

*Presenter: Meg Pier,  
Founder of FTL*

**DEFINING END OF LIFE**

**Monday, May 9**  
**12:30 - 2:00 p.m.**  
**CSULB, HS&D, room 101**

There is much confusion and unknown about the differences between palliative care, hospice and death doulas. This is a one-time class

on those differences, when to use each one, the advantages depending upon family and individuals' desires, insurance coverage and more.

*Presenter:  
Constance Malaambo,  
RN*

**RISK**

**Friday, May 27**  
**11:15 a.m. - 12:15 p.m.**  
**CSULB, HS&D, room 101**

Are you ok? Feel lucky? Or worried about getting in an accident? What causes accidents anyway? Come listen to a retired Northrop Grumman and Cal/OSHA safety engineer's take on what causes accidents and how to avoid them.

*Presenter: Howard Manning*

**FREE WORKSHOPS  
SOCIAL SECURITY / MEDICARE**

**Wednesdays in APRIL & MAY**  
**12:00 - 1:00 p.m. Zoom**

Topics include:

**APRIL 6** What are (3) worst Senior Scams and Frauds

**13** - What is the Medicare Supplemental (Medi-Gap) Birthday Rule?

**20** - How to set-up your own Living Trust and save money.

**27** - Using Reverse Mortgages to age comfortably in your own Home

**MAY 4** - Reduce the cost of most Prescription Drugs with these techniques

**11** - The Cost of Social Engineering on vulnerable Seniors and how to stop it

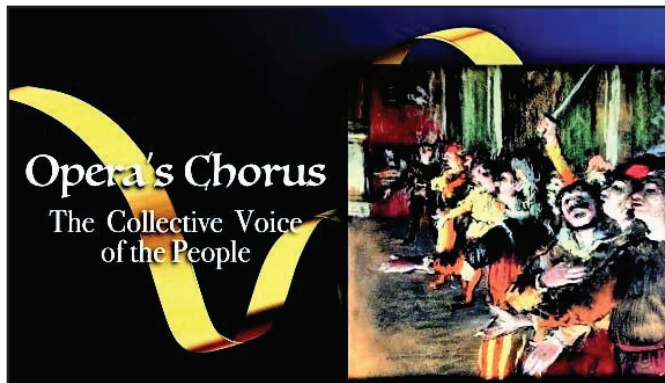
**18** - Life Therapy For Seniors

**27** - The positive nature of the Senior Spirit

Everyone Invited!

Contact Steven Carr

(562) 233-1400 [Zenisys@charter.net](mailto:Zenisys@charter.net)



# Class Locations

## CSULB CAMPUS (C)

HS&D Building, Room 101  
 Computer Lab 100  
 562.985.8237

## CSULB LIFEFIT CENTER (LFC)

KIN Building, Rooms 107 and 110

## OLLI PINE AVENUE (PA)

737 Pine Ave Suite 202  
 Long Beach, CA 90813

## LB BRIDGE CENTER (LBBC)

4782 Pacific Coast Hwy,  
 Long Beach, CA 90804  
 562.498.8113

## THE ALPERT JEWISH COMMUNITY CENTER (JCC)

3801 East Willow Street  
 Long Beach, CA 90815  
**562.426.7601**

## ST. ISIDORE HISTORICAL PLAZA (SIHP)

10961 Reagan St.  
 Los Alamitos, CA 90720  
 562.596.9918

## RECREATION PARK COMMUNITY CENTER (REC)

4900 E 7th St.  
 Long Beach, CA 90804

## WHALEY PARK COMMUNITY CENTER (WP)

5620 E Atherton St,  
 Long Beach, CA 90815  
 562.305.2627



Atherton Street  
 Carpenter Center  
 (CPAC)

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



KIN 107 / 110

LifeFit Center

Brotman Hall

Employee Lot E 6  
 with 9 ADA spaces  
 Permit required

Foundation Parking Lot

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



## ***On The Road With OLLI*** **The Academy Museum of Motion Pictures**

Thanks to our travel committee, led by Kay and Barry Bosscher, another adventure is in the works. Curious about the new Academy Museum of Motion Pictures? Join in to visit it!

Mark your calendar for **Tuesday, April 12** for our latest local travel excursion! Explore this museum that celebrates the past, present, and future of movie making. The trip includes free time at Farmers' Market and an ice cream treat from our friends at Good Times Travel. More details can be found on the flyer on the OLLI website or by visiting the Good Times Travel website.

Contact the Good Times office to reserve your space. This trip should be a popular one!

### ***OLLI at CSULB Calendar***

#### ***2022 OLLI CLASS SESSIONS***

- Spring April 4 - May 28, 2022
- Summer July 5 - August 29, 2022
- Fall October 3 - November 19, 2022
- Winter January 3 - February 26, 2023

#### ***2022 HOLIDAYS***

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

Cesar Chavez Day Thursday, March 31  
Memorial Day Monday, May 30  
Independence Day Monday, July 4  
Labor Day Monday, Sept 5  
Veterans Day Friday, Nov.11

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

