



2022 Summer News and Class Schedule



Class Registration Starts Monday, June 6 at 9 a.m.

Try Something New This Summer

MONDAY

*Re-imagined:
You've Been Pop-Cultured*

Yoga with Barbara

Art of the Print

Sport Of Music

Latin Roots of English Words

TUESDAY

Facts for Healthy Living

It Came From Rock & Roll

WEDNESDAY

Dante's Journey

Ripples In Time

*Wetlands:
Hidden Secrets In Long Beach*

Introduction to Islam

THURSDAY

The Dawn of Humans

Needlework Café

Check Out This New Class!

Sharing Our Cultures *by Tom Lockhart*

Are you interested in learning about other cultures? In sharing your own story? Then join Carolyn Estrada in her participatory class, "Sharing Our Cultures." Listen to one another's stories and share your own, experiencing the enrichment diversity brings to each of our lives.

Carolyn's passion for exploring the world's cultures arose from growing up in various parts of the U.S. and the world, including Mexico, post-war Germany, and Panama. Since that time she has traveled extensively, seeing first hand – and always fascinated and enriched by – other cultures.

***Many threads of diversity weave us together
as a community, as a nation, as a world.***



Carolyn Estrada

Early in Carolyn's professional career she worked in Los Angeles with at-risk youth – many immigrants from Central America, Laos and Cambodia. In later years she worked with the immigrant communities, mostly from Central America, in Santa Ana. She can also call on a wide range of experience in marriage, family, and child therapy, and is an ordained Episcopalian priest.

The idea for this class came out of her last course ("Talking Story") when the class realized that they came from such diverse backgrounds.

As they shared their various experiences, Carolyn thought it would be fun and meaningful to have a class in which people came together to talk about their cultural and socioeconomic backgrounds. It would be an opportunity to deepen the class members understanding of one another, enriching their own lives in the process with their diversity.

Carolyn holds a BA and MA from Whittier College, and a Masters of Divinity (MDiv) from Claremont School of Theology. She has taught French and Latin, and received a Marriage and Family Therapy degree.

→ See description page 19

From the Editor: The Write Stuff

Take a look inside our SUN staff to meet writer Tom Hood.

Why I Write For The SUN By Tom Hood

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.

OLLI at CSULB

Building H S & D, Room 100
1250 Bellflower Blvd.
Long Beach, CA 90840-5609
OLLI Office: 562-985-8237
Web site: www.csulb.edu/olli

THE SUN VOLUME 27, ISSUE 3

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Writers and photographers are welcome to volunteer for staff positions. Contact OLLI@csulb.edu 562-985-8237

Every one of us has a story. Some freely tell it to family and friends, while others may keep it closer. I love telling stories about my background and experiences, as well as enjoy hearing stories that others share about their lives. I have been writing for *The SUN* for several years. It has been a very rewarding experience. Being a writer allows me to interview OLLI instructors who hail from many different walks of life. Learning about their specific interests and courses has opened new doors for me. Sometimes, enthused by their enthusiasm, I have taken their class.

Asking questions about an interviewee's youthful years, education and their passion helps me create a picture of what this particular class has to offer and explain why a student would like to take it. It is a very interesting journey into another person's life. I have learned many new things about a variety of topics that I haven't explored, broadening my knowledge through interviewing.



Tom Hood

Rough Writing

Looking back at high school, other than writing book reports, I wrote a thesis in my senior Honors English class. Curious about my dreams, I naively chose "The Interpretation of Dreams" by Sigmund Freud for most of my research. I was confused when I tried to make sense of his work, and sorry my curiosity led me astray. My empathetic English teacher gave me an A for effort.

When I took English Composition my freshman year at the University of Maryland, I developed a distaste for writing. We hand wrote essays in blue books that were graded by sadistic graduate students. My papers were dripping in red ink: "*Sp (misspelled), poor organization, gm (grammatical error), no subject, subject and predicate do not agree, poor punctuation, run on sentences, commas in the wrong places.*"

Finding My Voice

Later as a product manager for a textile mill, I turned to humorous writing to inspire the sales force. I started a newsletter, "The Blended News" as a gimmick. Randomly published, it extolled salespeople's recent sales in exaggerated, laudatory language. The "Atta Boy Award" or "Atta Girl Award" were kudos. Salespeople loved seeing their names in print. My publication fostered friendly competition as well.

I love to tell jokes, make puns, relate funny stories of life experiences, and now write a considerable number of pieces with humor part of a memoirs class at OLLI. This satisfies two goals: to make people laugh and also give voice on how I view the world. Isn't interesting how life is when we open our minds to the endless worlds of knowledge?

If you are interested in writing for The SUN contact us at OLLI@csulb.edu

The President's Corner

OLLI Social Events & More

Spring is here and Summer will be right around the corner. OLLI is back in person as well as remote via Zoom. It has been a pleasure to meet and greet new and old members. In addition to the educational aspect of our mission, OLLI also has a vital social element.

We had two major social events during the Spring session. The first and most important was our 25th Anniversary Celebration at the Pointe in the Pyramid on campus on March 27th 2022. It was our third attempt to hold the celebration. The party was well worth the waiting. The OLLI volunteers were organized and eager to follow through on the promised celebration. The event was well attended and enjoyed by all. The drinks and finger food were free and of the highest quality. Poster boards were arranged around the venue revealing the people that started and sustained the Senior University and later transitioned to OLLI at CSULB. Special recognition was given to the one remaining founding member, Sylvia Mannheim. In addition, we recognized our long serving executive director, Barbara White. Barbara has been largely responsible for holding OLLI together during this stressful pandemic. More on Barbara at a later date, as we transition to a new executive director later this year. OLLI also honored several ex-presidents of the



Glenn Libby, MD

organization. A special edition of the SUN was published and made available to all OLLI members. At the end of the event an outstanding video describing the history and mission of OLLI at CSULB was shown. This video is available online by clicking on the OLLI at CSULB website. I highly recommend it. Press coverage was provided by one of our own OLLI members, Shirley Wild. Shirley is the longstanding social columnist for the Long Beach Press Telegram.

The second social event of the Spring session was a bus ride and tour of the new Motion Pictures Museum in Los Angeles. We are back traveling again. This was followed by a leisurely lunch at the famous Farmer's Market. Everyone enjoyed themselves. We have another trip planned in the summer session with a tour of SoFi stadium. Look for the announcement in the near future.

The hybrid equipment is arriving and will be installed and operational in room 101 for our summer session. We are looking forward to this challenge , so that we can grow our member population.

The Covid pandemic is not over yet but the rates of hospitalization and death are dramatically reduced. We are all looking forward to that day when the masks can be removed and we can smile and talk freely in person with each other. In the meantime, make sure you are vaccinated, boosted and taking common sense precautions regarding your health. We need all of you to stay involved with OLLI to be successful.

Glenn Libby M.D.

From the New Executive Director: Hello!

I would like to introduce myself. My name is Patti LaPlace and I am the new incoming Executive Director for OLLI. My official start date is August 17th. I am beyond excited to assume my new role with OLLI and the CSULB College of Health and Human Services.

I recently attended the Osher National Conference in Denver with my new friends, Becky Low and Karin Covey. I participated in the new director's orientation and met some exciting and dynamic individuals.

I am grateful for this wonderful opportunity and sharing the many new ideas learned. I look forward to meeting everyone and working together to build a strong OLLI post pandemic!

Warm regards, Patti LaPlace



Above: Karin Covey, Patti LaPlace and Becky Low



Retiring Executive Director, Barbara White

Helpline 562-985-2398

Office message line 562-985-8237

New Class

Understanding Our Place in the Universe by Tom Hood

Have you ever wondered why you can see the moon during daytime and what causes the different phases of the moon? Or why we have seasons, tides, and can see that stars move around in the night sky? All these questions will be answered in Montserrat Geier's class, "Understanding Our Place in the Universe." Starting with our own solar system and moving outward, students will learn about how we are all part of this massive cosmos and how it all started.

Born in Spain, Montserrat moved to Brazil when she was a teenager. It was there at the age of fourteen that she became fascinated with the moon and developed a life-long passion for astronomy. After she moved to the United States, Montserrat landed employment as a Physics and Astronomy lecturer at Cal State Long Beach in 2005. Retired now, Montserrat, a Lecturer Emeriti, is an active member of KEASA (Kauai Educational Association for Science and Astronomy) while she lives in Kauai, Hawaii.

This course looks to be an awesome overview of the celestial bodies within the universe via vivid photography, videos and engaging conversation. If you wish to better understand and experience the universe that we are part of, and want to educate your children and grandchildren about its wonders, please join Montserrat on this star trek. When you think about it, on any given night, all we have to do is look up and see the show the stars put on for free. Wouldn't it be nice to know more about all of these wonders?



Montserrat Geier

→ See description page 18

What you need to know about Cannabis

Cannabis, or medical marijuana, is becoming more prevalent as a relevant medicinal option for a plethora of medical conditions. With more ways available to access cannabis legally, it can be challenging to locate credible information.

In her class, "Empowering Independent Healthcare Through Cannabis," Wendy Jones will provide reliable information about this amazing plant while educating you on the body's Endocannabinoid system.



Wendy Jones

Wendy became interested in the medicinal effects of cannabis years ago after watching her husband suffer from chronic back pain for many years. Neither of them knew much about the plant but had heard some anecdotal evidence of the

variety of disease processes it could benefit.

Watching her husband explore the unregulated, "Wild West," environment of the cannabis market, she felt helpless to offer any type of assistance. The only reference to cannabis she encountered in her nursing school education fell under the addiction category in her textbooks. Her mission became to learn as much as she could about cannabis and how it interacts with the body. And she wanted to educate and assist others — to keep

them from feeling as helpless as she had.

Wendy is a registered nurse affiliated with The American Cannabis Nurses Association, the Cannabis Nurse Network, and the Holistic Caring Network/Green Nurse. These organizations have enabled her to network and experience unique educational opportunities such as conferences and webinars with exposure to prominent cannabis educators, clinicians, and researchers all over the world.

Wendy's goal, through volunteering and her one-on-one consultation business, *Cannaquest LLC*, is to de-stigmatize this amazing plant while educating on the Endocannabinoid system. She provides a safe environment to obtain reliable information so you can safely navigate the cannabis space while making well-informed decisions regarding your personal healthcare journey.



Our new upgraded podium in use

→ See description page 20

New Class: Ethics In America: **A Course In Critical Thinking and Community** *by Tom Hood*

One definition of critical thinking that most accurately describes Dr. Daniel Bryan Else's new class "*Ethics in*



Dr. Daniel Bryan Else

America: A Course in Critical Thinking and Community" is: the analysis of available facts, evidence, observations and arguments to form a judgment.

If you are keenly interested and want to delve more deeply into issues that include homelessness, immigration, racial disparity and ethics, to name a few, this class is for you. Guided discussions on a variety of topics

will help you hone your critical thinking skills to the point that you may very well question your own opinions.

Daniel is a Southern California native and the first in his family to graduate from college. He earned his undergraduate degree at California State University, Long Beach, and his doctorate degree at Argosy University. He is currently a Professor of Sociology and Psychology and Professor of Critical Thinking Studies and Ethics at Glendale Career College.

This class promises to be very engaging as it explores thought-provoking analyses of some of the dilemmas that face us today. You are invited to bring your opinions to each class, and be prepared for some great conversations.

→ See description page 26

Report From The Road:

Academy Museum of Motion Pictures *by Shirley Wild*

On April. 12th members and guests of OLLI were delighted to attend a field trip to the Academy Museum of Motion Pictures in Hollywood.

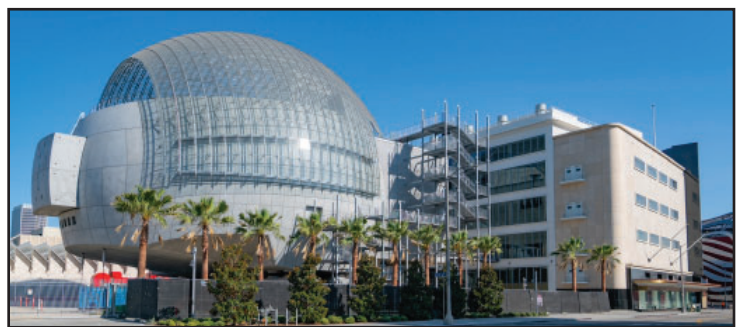
Barry and Kay Bosscher chair this committee that plans excursions for OLLI members several times a year following the basic premise of Lifelong Learning, education for seniors. The adventures are planned with the Good Times Travel agency, taking into account cost, weather and an eye for fun and education. Barry commented, "It was a great trip and lots of fun, everything that was advertised."

The Academy Museum of Motion Pictures had it all, providing an inside view of the past, present and future of movie-making. It showcases a variety of experiences and perspectives on the arts and sciences of movies, as well as the process behind making films. There were lots of iconic movie memorabilia, and insider information. (Did you know the recipients do not own the Oscars presented to them?)

Photos by Barry Bosscher

There was time to explore the Original Farmers Market and The Grove for lunch, with an ice cream treat to complete the day. "It was great leaving the unbelievably heavy traffic to the experienced bus driver," sighed one guest.

Among the excursionists were Joan Van Hooten, Diane Moose, Karin Covey, Naida Tushnet, Mary Holzgang, Mary Meyer, Jeannette and Michael Gavin, Karen and Patrick McDonough, Rosemary Lewallen, Judy Willis and Anne Supple.



Beginning Mac Basics

If you know how to use it, your Mac computer can be a useful and interesting tool. But if you don't, it's just a frustratingly mysterious hunk of metal. So if you have a new Mac computer, have just moved from a Windows computer, or you have put off learning how to use the one you've had for a while, Chris Wisniewski's Getting Started With Your Mac class can show you how your Mac works and how to use some of the applications that comes with it. You'll start at the beginning: how to turn it on, connect to your wi-fi and printer, how to manage the dock, change your desktop, find out what the Finder can find for you, how to search, and use the built-in help function. He'll also show you some keyboard shortcuts that will save you time, where to save your documents, and the basics of a few of the applications that come with your Mac. Each class will include time to have your questions answered.



Kathy Winkenwerder

A Tech Tip: Put Proof Of All Your Covid Vaccination Records On Your Smartphone

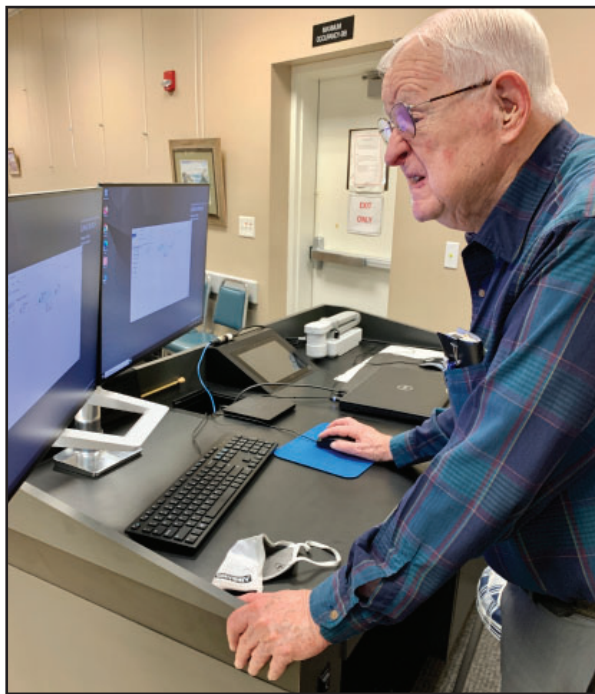
If all in the covid world goes well, mask wearing won't be mandatory on campus for the Summer term. However, you still should be able to show your vaccination status. And some of you may be traveling and want to have a proof of vaccination handy. Many of us have digital proof of our first two vaccinations on our smartphones. But if you want to include your boosters, here's how. Go to <https://myvaccinerecord.cdph.ca.gov>. This is the state of California website many of you visited to get proof of your first two vaccinations. To add your boosters to your record, go to the website and enter your name, date of birth, if you want to be contacted by text or email, and create a four-digit code.

When your record is found, you will be notified with a web link to a QR code that includes proof of your vaccination that can be saved to your phone by taking a screen shot. That photo will be stored with your other photos on your smartphone. if you have an iPhone, you'll see text that says, "works with Apple Health." Tap the text and you can add your record to both the iPhone's Health and Wallet apps. If you have an Android smartphone you can add your vaccine card to the Google Pay app.

It's Not Too Late To Start Streaming

Although streaming is not the bargain it was six years ago, when this class was first offered, getting rid of cable or satellite and subscribing to streaming services is still less expensive than subscribing to cable. Every year more and more people are doing it. At the start of this year, 30 percent of US households were reported to have quit cable and started streaming. Learn how to join this growing number of people who stream TV content in the two-week Cut Cable and Start to Stream class.

The first week topics will catalogue current streaming content, including many new services and the consolidation of existing ones, along with streaming benefits. Try out watching what you want when you want to, watching from a variety of devices, only month-to-month contracts, paying only for the content you watch, and the joys of binge watching. The second week covers the equipment you'll need to stream and where to get it. I'll be teaching this class.



Carl Curtis has helped with OLLI's projection and sound systems in the classroom and the computer lab for more than a decade. These days he's busy figuring out how the new classroom podium and sound systems work so he can troubleshoot for instructors. Talk about lifelong learning!

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

The Governing Council

| | |
|--------------------|-----------------------|
| Patti LaPlace | 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 |
| Pat Wrenn | Education - Scheduler |
| 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 open to all OLLI members. Contact the office 562-985-8237 for dates and times each month

*Starting as of August 2022

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
 - archivist
- 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

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

Special Members:

Sylvia Manheim Honored *by Shirley Wild*

The LBCC Foundation Lifetime Learning Center's signature fundraiser, under the leadership of Theresa Brunella and the LLC Advisory Board, has been known as *The Outstanding LBCC Senior of the Year*. This year's event with 125 attendees, held on May 17 at The Grand, honored Sylvia Manheim and Skip Keesal for a "Lifetime of Service." Over \$10,000 was raised at the event that was created to recognize seniors for their amazing accomplishments.

Camryn Manheim introduced her mother, 96 year-old Sylvia Manheim, a founding member of OLLI (Senior University). Camryn delighted the audience with stories of her mother's rebellious nature and protest actions. She

related when she was a young girl, she called her mother and said, "Mom, I'm in jail!" Her mom replied, "Wonderful! Stay the course!" Just last week, Sylvia was a part of a protest for women's rights. She is still taking four classes at OLLI and participates on-campus and on Zoom weekly.



Steve Keesal, Theresa Brunella, Sylvia and Camryn Manheim.

Jim Gray introduced Skip Keesal who accepted by video because he was in Washington DC on an urgent matter. Skip spoke of his lifelong passion for roping and of his favorite horse. He told of their last competition, which they won when the horse was 30 (old in horse years) and Skip was 60. He spoke of all that is possible, despite age. Skip's son, Steve Keesal, accepted the Lifetime of Service award in his absence.

OLLI 25th Anniversary

Written by Shirley Wild

Photos by Howard K. Watkins



Organizers and celebrants: Barbara Norberg, Dr. Barbara White, Executive Director. Founding member Sylvia Manheim and member Shelly Middleton.

25th wedding anniversaries are celebrated with silver gifts. OLLI celebrated its 25th anniversary on Mar. 27, with an introduction of its history by Sylvia Manheim, the lovely 97 year old silver-haired Founder. Manheim is still an active participant, taking 3 or 4 classes per session. She advised the group to “Learn more, Age less.”

The Program

There were about 110 people in the audience. They were greeted by current OLLI President Glenn Libby, M.D., who introduced Past Presidents Diana Rodriguez, Nadia Tushnet, Harold Drab, Malcolm Green, and Bill Fitzpatrick. Office Administrator Rebecca Low spoke following a video complimenting Executive Director Dr. Barbara White for her guidance through the Covid pandemic. Dr. Libby presented Dr. White with a Lifetime OLLI Membership certificate on her retirement.

A Good Time Was Had By All

With a guitar softly playing in the background of the CSULB Pointe at the Pyramid, refreshments were served and greetings were exchanged. Conversation was animated with enthusiasm as the audience met classmates “in person, rather than Zoom.”

It wasn’t a typical class reunion because OLLI is run almost entirely by its members. The instructors are all volunteers. It’s pretty remarkable that once an individual is introduced to lifelong learning, they become attached to the concept and the results.

History

The history of a Senior University on the CSULB campus, began in 1994 with support from Dr. Don Lauda, Dean of CHHS. Senior University officially opened its doors in October 1996. Computer classes began in 2000. In 2003, a proposal was submitted to the Osher Lifelong Learning Institute that expanded the program. After 10 years, the name was officially changed from Senior University to Osher Lifelong Learning Institute at California State University (OLLI at CSULB).

Despite the outbreak of the Covid pandemic in 2020, OLLI classes were held using Zoom virtual meetings. Hybrid classes will probably be the way of the future.

Leaders, members, and instructors together are responsible for the growth and success over the 25 year history. “We have many reasons to be proud of our first 25 years of OLLI at CSULB,” noted Dr. Libby



From left: Current OLLI President Glenn Libby, M.D., Executive Director Dr. Barbara White and Past Presidents, Diana Rodriguez, Nadia Tushnet, Harold Drab, Malcolm Green, Bill Fitzpatrick.



Office Administrator Rebecca Low, OLLI Executive Director Barbara White, PhD and OLLI President Glenn Libby, MD. celebrating Dr. White’s contributions to OLLI and her upcoming retirement.



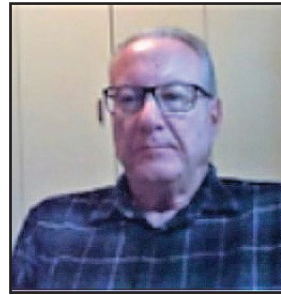
Meet OLLI's Marketing/PR Committee *by Jan Stein, Chair*

Building Brand Awareness

Promoting the OLLI brand with the goal of increasing membership is the primary mission of the Marketing/PR Committee. When this working group was established, the strategies employed included a speakers bureau making presentations to community and civic groups and the development of new collateral materials, including brochures. While these functions are still in place, the Committee has ramped up its marketing activities with an emphasis on paid advertising in local newspapers including the Grunion Gazette, Seal Beach Sun, Event News-Enterprise and most recently the Long Beach Post (digital newspaper) focusing on the promotion of registration for each OLLI session. The Committee also writes and disseminates press releases to seven local media outlets and sends emails with a copy of The Sun to over forty community groups including senior centers, service clubs, senior communities, government agencies and libraries.

During the pandemic, the messaging used in OLLI ads promoted our Zoom courses and the opportunity to continue lifelong learning in the comfort and safety of one's home. Advertising has emphasized the benefits that OLLI affords to seniors from developing a new skill to rekindling an old passion and becoming a member of a learning community.

Periodic member surveys and new member feedback consistently rank "word of mouth" as the number one way they learned about OLLI. At the same time, marketing has proven to be a worthy vehicle to build brand awareness, drive people to our website and encourage them to join the OLLI family.



Jan Stein,
PR Marketing Working
Group Chair

Learning for the Fun of it
In the Comfort of your Home

OLLI
Older Learners Lifelong Institute

This Spring, OLLI at Cal State Long Beach offers 60 online Zoom classes designed for adults 50 and over – Current Events, History, Music, Art, Finance, Computer Skills, Wellness, Exercise and more.

Stimulate Your Mind • Rekindle an Old Interest • Develop a New Passion
• Make Friends • Learn More & Age Less

Registration Begins March 12th – Call 562-985-8237 or Visit Our Website for Registration and Course Information: www.csulb.edu/olli

Stepping Into The Digital World

OLLI's across the nation have recently ventured into the space of social media and digital marketing to reach new audiences that fit membership demographics. These efforts have pointed to measurable results in using paid Facebook advertising to expand the reach of OLLI and obtain new members. Recognizing that new and dynamic marketing approaches are necessary to reach "the young old" demographic who are more digitally inclined, our Marketing/PR Committee has taken the leap into the digital world. Finding the resources and expertise to make this happen was the first step. Thanks to Barbara White's successful efforts to connect with the CSULB College of Business Administration, OLLI was selected as a student team project by a digital marketing class. Five students developed and implemented a digital marketing campaign including paid ads on Facebook and Instagram along with several generic posts on our OLLI Facebook page highlighting specific classes and member testimonials. This project gave these students "real world" experience and the opportunity to develop their digital marketing skills. Our committee is committed to sustain their efforts, ensuring that OLLI has a more consistent presence on social media.

Joining Our Committee

The Marketing/PR Committee is comprised of OLLI volunteers Jan Stein (chair), Mary Kay Toumajian and Shari Faris working in partnership with Barbara White and Becky Low. New volunteers with expertise or interest in marketing, advertising, public relations, social media, graphics, public speaking, or writing are encouraged to join us in developing strategies, campaigns, and outreach activities to promote the OLLI brand.

Just Like Summer Camp
— But in The Comfort of Your Home!

Not sure about your summer plans?
Then the Osher Lifelong Learning Institute at Cal State Long Beach offers you a virtual summer of fun and interest.

- Learn to Play
- Become More Active
- Stay Physically Fit
- Get Personal
- Discuss Current Events
- Critique Movies
- Discover Organic Gardening
- Talk About Cooking

Registration for our eight-week session begins June 14th.

To find out how you can enjoy call 562-985-8237 or visit our website for registration and course information www.csulb.edu/olli.

"OLLI has been a rainbow in the pandemic storm! Interesting classes, engaged students and fascinating discussions. Thank you so much!" (From OLLI member)

The GRUNION
A Weekly News E-mail from the Grunion Gazette Newspaper

LONG BEACH POST

Thank You To Our Donors

SPRING 2022 DONORS

With thanks to ALL, including our Anonymous Donors, and members who generously donated their canceled class fees from the Spring 2022 session.

| | |
|-------------------|-----------------------------------|
| Jane Adair | Karen & Patrick McDonough |
| Joe Avalos | Mary Meyer |
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| Grace Blankenship | Karen Pruett |
| Cari Blitzer | Arlene Rees |
| Eileen Braeman | Carolyn Sabol |
| Enid Busser | Marion Shanker |
| Steven Carr | Donna Sims |
| Mary Cliby | Joan Smith |
| Robert Crabb | Sherri Sobel |
| Susan Csikesz | Louise Soe |
| Randolph Currin | <i>In Memory of Christian Soe</i> |
| Carl Curtis | Phyllis Spear |
| Ginny Cusenza | Stefan Steinberg |
| Paula d'Hulst | <i>I Love OLLI Classes</i> |

OLLI Member Scholarship Fund

| | |
|-----------------------------------|-----------------------------------|
| David DeWenter | Steve Suh |
| Carolyn Estrada | Judy Swaaley |
| Joane Ferguson | Patricia Szeszulski |
| Brian Griffith | Janice Teraoka |
| Roberta Hamfeldt | Richard (Deke) Thomas |
| <i>In Memory of Erik</i> | Naida Tushnet |
| Robert Hannan | Jack Upshaw |
| Deborah Hastings | Claudia Van Holt |
| Donna Hawk | Joan & Joseph Van Hooten |
| Linda Henry | Frances Wang |
| Mark Higa | Harriet Warner |
| Donald Horning | John Webster |
| Lynda Hoyt | Ann Weiss |
| Diane Ito | Katherine Wightman |
| <i>In Memory of David Hennage</i> | Virginia Wilky |
| Elisabeth Ito | James Wilson |
| Paul Jeffers | Robert Winer |
| Livia (Jakyung) Kim | <i>In Memory of Gilbert Winer</i> |
| Daryl Leabo | Pat Wrenn |
| Gael & Glenn Libby | Carol & Richard Zuck |

THANK YOU!

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

Another way to donate online: go to 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.



LEGACY GIFT PLANNING

If you wish to support OLLI and donate cash or non-cash assets such as real estate or life insurance, we can help you, even if the contribution comes later. We can provide legacy giving advice, 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 or "Contact Us" on our web site, www.csulbgiftplanning.org

ANNUAL FUNDRAISERS

Thanks to the generous donors to our annual fundraisers, we have created scholarship funds and made improvements to the classroom, patio and hall. The 2021 fundraiser successfully provided the funds for updating and creating new Hybrid learning facilities. Thank you to all donors - there may be more planned requests in the future!

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.

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

Refunds - Request for refunds or class transfer must be made **before the second class meeting** and can ONLY be requested through the office. Call 562 985-2398 or contact olli@csulb.edu.

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

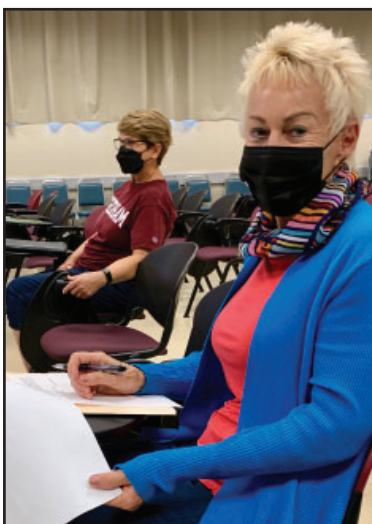
OLLI COVID Policies and Procedures

Beginning on June 1, assuming positive COVID news, CSULB plans to discontinue remaining face-covering requirements as well as the online daily health pre-screen. Our vaccination requirements will, however, remain in place.

As we shift to a disease-management model reliant on personal responsibility, the precaution of electing to continue wearing a face covering — or needing to due to a health condition — should be respected. And particularly if there is a variant surge in the future, the wearing of a face covering indoors will remain highly recommended.

Jane Close Conoley, Ph.D.
CSULB President

Visit the COVID website for more campus information.
<https://www.csulb.edu/covid-19>



Registration starts on

Monday, June 6
9:00 AM - ONLINE open

Helpline 562-985-2398

Online registration, ZOOM links, class transfers or drops, confirm membership status, notify change of contact information.

Office line 562-985-8237

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

- 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 /June 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.

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

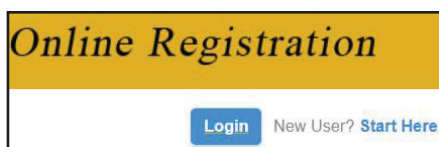
DO NOT CREATE A NEW ACCOUNT!!

Step 1 Welcome

- Read **The SUN** and select your classes.
- Go to the **OLLI website** www.csulb.edu/olli 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 OR Google OLLI @ CSULB

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.

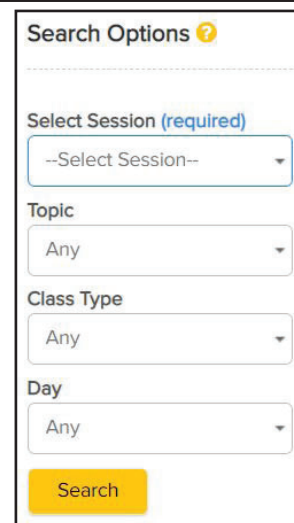


Step 4 Register for Classes starting on June 6 - 9 am

- Select **Session.** This term is **Summer 2022.** **Search for a class by day only is the 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.**



ONLINE Registration Summer 2022

Use ONLINE Registration.

Want to register online but need some help?
Call the Helpline - 562-985-2398 from 12-4:00.

Leave message or email... olli@csulb.edu

Or pay by check made out to CSULB Foundation

Mail check and Registration form to

OLLI at CSULB Building HS&D, 100

1250 Bellflower Blvd Long Beach, CA 90840-5609

Tips for Successful Registration:

- * Fields with red asterisks must be completed.
- * Enter personal info in upper/lower case style.
- * Enter email correctly - you will be emailed a receipt.
- * Check your SPAM mail for OLLI emails.

Be patient with credit card transactions and let the process complete.

Note your OLLI User Name /Password for future

ONLINE Registration.

Email _____

User Name _____

Password _____

Emergency Contact - let us know who can help!

Phone: _____ Relationship: _____

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

Tips for Successful Zooming:

Register for OLLI Zoom classes

Sign up for classes by registering **online**, or by mailing a registration form and check made out to the CSULB Foundation to the OLLI office.

After you register online, you will receive a **confirmation email**. The letter with the Zoom link for each class you have enrolled in will be **emailed to you 5 - 7 days before classes start**. The link will look something like this: <https://csulb.zoom.us/j/1111111111111111111111>. If you have not received your confirmation with the Zoom link, call 562-985-2398; or email: lee.sianez@csulb.edu



Learn how to Zoom

There will be time before the session starts to become familiar with how Zoom works. Look for an OLLI email or a note on the website announcing Zoom training times or links. Visit the **Zoom.US website** for more training tips.

Get ready to Zoom

- A few minutes before a class is due to start,
- make sure your device has a power cord handy
- locate the Zoom link in the OLLI letter
- be camera ready from the waist up!

Then follow the directions below to Join a Meeting. Your instructor will tell you how the class will work. The format may seem a little strange at first, but after a while you will forget that you look like a member of the old Hollywood Squares game show.

Join a class meeting

Locate the Confirmation Letter that was sent from OLLI and use the blue link to start Zoom. The Passcode and Meeting ID are included in the long link. You can also use Join a Meeting option and type in the ID and Passcode.

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

The same link will be used for all weeks.

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

Summer 2022 Class Registration Starts June 6 at 9 am

Registration for Summer 2022

Name: _____ Date: _____

Address: _____ City: _____ Zip: _____

Home Phone #: _____ Cell phone #: _____

Email: _____ How did you hear about OLLI? _____

Word of Mouth ___ Newspaper ___ Alumni ___ Website ___ Facebook ___ The SUN ___ Other _____

OLLI Membership
 Only if not paid (Half year) \$20.00 _____ Class Tuition _____ x \$15.00 _____
Donation \$ _____ Contributors will be acknowledged in publications. To remain anonymous check here.
 Check # _____ Checks payable to CSULB Foundation **NO Cash** Total \$ _____

Z = Zoom IP = In Person Hybrid = Zoom and in class

| TIME | CLASSES | | Comment | | |
|----------------------------------|--|-------------------|------------------------------|-----------|-------------|
| MONDAYS, July 11 - Aug 29 | | | | | |
| 8:30-9:50 | Stand Tall, Stand Strong (Day 1) | L. Goldman | Exercise bands | Z | |
| 8:30-10:00 | iPhone: Beyond the Basics (iOS) | K. Winkenwerder | Tech - Int. iPhone | Z | |
| 10:00-11:30 | The Recorder Consort | M. Pendleton | Location TBD | IP | |
| 10:00-11:30 | Re-imagined: You've Been Pop Culture'd! | K. Uyeda | 6 wks New -CSULB rm 101 | IP | |
| 10:00-12:00 | Guided Autobiography | B. Llamas | 5 weeks (7/25 - 8/22) | Z | |
| 11:30-12:30 | Yoga with Barbara | B. Bannerman | New - CSULB KIN 110 | IP | |
| 12:00-1:30 | Art of the Print | F. Trof | New - CSULB rm 101 | IP | |
| 1:00-3:00 | Journal Making III | S. Haglund | St. Isidore Hist. Plaza | IP | |
| 1:30-3:00 | Samsung Smartphone Basics | R. Sherwood | Tech - Android | Z | |
| 2:00-3:30 | The Sport of Music: Learning the Rules.... | K. Price | CSULB rm 101 | IP | |
| 1:00-2:00 | Bluegrass Guitar Workshop | F. Swatek | All levels | Z | <i>free</i> |
| 3:00-4:15 | Understand Our Place in the Universe | M. Geier | New | Z | |
| 6:00-8:00 pm | Play Modern Board Games (Advanced) | G. Page | JCC - email Gary for details | IP | |
| 1:30-3:00 | Realism in Opera: Verismo | L. Verdugo | Special - July 11 | Z | <i>free</i> |

| TUESDAYS, July 5 - Aug 23 | | | | | |
|----------------------------------|---|----------------------|-------------------------------|---------------|-------------|
| 9:00-10:00 | Longevity Stick Art Movements | C. Taylor | CSULB - KIN 110 | IP | |
| 8:30-10:00 | Cut Cable -Start Streaming 2 wks (7/5-12) | K. Winkenwerder | Tech - all 2 weeks | Z | |
| 8:30-10:00 | What's New in iOS 15 3 wks (7/19-24) | K. Winkenwerder | Tech - iPhone 3 weeks | Z | |
| 9:00-10:30 | Sharing Our Cultures | C. Estrada | New | Z | |
| 9:30-11:30 | Bridge 1 - Beginners or Review | H. Dunbar | New -\$20 supplies - at LBBC | IP | |
| 10:00-11:00 | Facts for Healthy Living | B. Llamas, M. Martin | New-Health Tips from SCAN | Z | |
| 10:00-12:00 | Play it Again Jam | C. Baker | Location TBD | IP | |
| 12:00-1:30 | Empowering Health Through Cannabis | K. Jones | CSULB rm 101 | IP | |
| 12:00-1:30 | Spanish Story Time | P. Kiwerski | New tales and talk | Z | |
| 1:00-2:30 | Reiki: Self Healing | P. Rassouli | Beginning | Z | |
| 1:30-3:00 | Get Started with Your Mac | C. Wisniewski | Tech - Mac OS | Z | |
| 1:45 - 3:45 | Prevent Heart Disease, Alzheimers | W. Covalt | CSULB rm 101 2 wks(7/5-12) | IP | |
| 2:00-4:00 | Animation Classics 6 wks (7/19- 8/23) | R. Low | See films in class or at home | Hybrid | |
| 6:00-8:00 pm | Play Modern Board Games (Beginning) | G. Page | JCC | IP | |
| 1:00-2:00 | My Life and Unique Experiences | R Bleiweiss | Special - July 26 | Z | <i>free</i> |

Registration for Summer 2022

WEDNESDAYS, July 6 - Aug 24

| | | | | | |
|-------------------|---|----------------|-------------------------------|-----------|-------------|
| 8:30-9:50 | Stand Tall, Stand Strong (Day 2) | L. Goldman | See Monday | Z | NC |
| 10:00-11:30 | It Came from Rock & Roll | S. Propes | New - CSULB rm 101 | IP | |
| 10:00-11:30 | Intro to the iPad | M. Gettys | Tech - at CSULB Lab | IP | |
| 10:00-11:30 | Foundations of Investing | A. Dilsaver | Current topics | Z | |
| 11:45-1:15 | Travel with Smart Devices / iPad / iPhone | M. Gettys | Tech - CSULB Lab | IP | |
| 11:00-12:30 | Educating the Eye: Dante and a Journey | D. Christian | New - 4 wks (7/13-8/3) | Z | |
| 12:00-1:00 | Medicare/Social Security Workshop | S. Carr | Issues & questions | Z | free |
| 1:00-2:00 | Ripples in Time: the Early Chinese Experience | R. Lee | New - 2 wks (7/20-27) | Z | |
| 1:00-2:45 | 5 Stories - 5 Weeks | M. Panitz | JCC - 5 weeks Aug 3-31 | IP | |
| 1:30-3:00 | Latin Roots of English Words | C. Barrett | Book purchase reqd. | Z | |
| 1:30-3:00 | Social Realism and Hispanic Art | H. Cannon | 4 weeks - (Aug. 3 - 24) | Z | |
| 1:30 -3:00 | Photos on Your iPad / iPhone | M. Gettys | Tech - at CSULB Lab | IP | |
| 1:30-3:00 | Wetlands: Hidden Secrets in Long Beach | C. Davis | New - at CSULB 6 wks | IP | |
| 2:00 -3:30 | Introduction to Islam | K. Khan | New - 4 weeks July | Z | |

THURSDAYS, July 7 - Aug 25

| | | | | | |
|-------------|--|-----------------------|----------------------|-----------|--|
| 8:30-9:45 | Yoga with Jean Marie | J. VanDine | CSULB LifeFit Center | IP | |
| 9:30-11:00 | Memoir Writing: A Novel Approach | F. Fitzpatrick/Pam K. | Email needed | Z | |
| 10:00-11:30 | Shoot and Edit Videos - all devices | P. Gutierrez | Tech- CSULB Lab | IP | |
| 10:00-11:30 | Learn About Special Ed | L. Malmsten | New - CSULB rm 101 | IP | |
| 10:30-11:50 | Practicing Flexibility | L. Goldman | New - All levels | Z | |
| 12:00-1:30 | Current /Intl Events and Issues | Team | CSULB rm 101 | IP | |
| 1:00-2:30 | Apps & Social Media - all devices | P. Gutierrez | Tech - CSULB Lab | IP | |
| 1:30-3:30 | The Dawn of Humans | G. Holt | New - 5 weeks July | Z | |
| 2:00-3:30 | Ethics in America: Critical Thinking.... | D. Else | New - CSULB rm 101 | IP | |
| 2:00-4:00 | Needlework Cafe | C. Sabol | Back again - JCC | IP | |
| 3:00-4:30 | Catch the Spirit of Singing...Chorus | K. Price | Back again - SIHP | IP | |

FRIDAYS, July 8 - Aug 26

| | | | | | |
|--------------------|---|--------------------|---------------------------------|-----------|-------------|
| 9:30-11:00 | Writers Read Along Group | A. Berger | CSULB rm 101 | IP | |
| 10:00-11:30 | Japanese Culture | W. Teweles | New - JCC | IP | |
| 11:15-1:15 | Plants Around Us 3 wks (7/8-22) | H. Manning | CSULB rm 101 | IP | |
| 11:30-1:30 | Camino or Bust! 2 wks (8/5 -12) | J. Campos | CSULB rm 101 | IP | |
| 11:30-1:00 | Bluegrass Music JAM | F. Swatek | All levels welcome | IP | |
| 12:30-1:45 | Yoga on a Chair | C. Ellano-Ota | All levels | Z | |
| 1:00-3:00 | Short Story Discussion Group | F. Ramirez | Book purchase | Z | |
| 2:00-4:00 | World of Bonsai 4 wks (7/8-29) | F. Vazquez | \$55 FEE - CSULB rm 101 | IP | |
| 10:00-11:30 | Athena Militant: Female Military Companies | G. Mitchell | Special Event on July 22 | Z | free |
| 11:15-1:15 | RISKS and how to avoid them | H. Manning | Special Event on July 29 | IP | free |

SATURDAYS, July 9 - Aug 27

| | | | | | |
|-------------|---------------------------------------|-----------|--------------------|-----------|--|
| 9:00-12:00 | Watercolor Workshop - Adv. | M. Daniel | CSULB rm DSN 111 | IP | |
| 10:00-11:30 | Got your Ducks in a Row? New Day/time | T. Clark | Now on Zoom | Z | |

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

Monday Classes

STAND TALL - STAND STRONG

Mondays, July 11 - Aug. 29 & Wednesdays, July 6 - Aug. 24
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. Class limit: 50

Instructor: Lorraine Goldman, MPT Retired., CEEAA

IPHONE: BEYOND BASICS (IOS)

Mondays, July 11 - Aug. 29
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

THE RECORDER CONSORT

Mondays, July 11 - Aug. 29
10:00 - 11:30 a.m. Location TBD

This class provides an opportunity for the more **advanced** recorder players to participate in a group. Students will analyze and interpret the music and improve their playing! Join us as we progress along the "path to perfection". This class is for "beyond beginners". Class limit: 25

Instructor: Muriel Pendleton

New Class!

REIMAGINED: YOU'VE BEEN POP CULTURE'D

Mondays, July 11 - Aug. 15
10:00 - 11:30 a.m. (6 weeks)
CSULB, HS&D, room 101

This class examines pop culture through a fresh new lens compared to its first iteration. Each week will focus on a specific component of the pop culture topic, such as how film and television are more connected than before due to franchises such as Star Wars and the Marvel Cinematic Universe, or how dance from classic 1930s - 1960s movie musicals is beginning to have a renaissance. On a deeper level, learning about modern pop culture will enhance how you age because it will keep you fresh and be the foundational toolkit to developing and strengthening multi-generational relationships, especially with children and grandchildren.



So, join me on this magic carpet ride as we embark on a pop culture journey featuring music, dance, film/television, Disney, video games, the influence of The Big Bang Theory, the fascination of Japanese pop culture and BTS! Class limit: 30

Instructor: Kelsey Uyeda, MS Gerontology CSULB & BA Music UCLA

New Class!

GUIDED AUTOBIOGRAPHY

Mondays, July 25 - Aug. 22
(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

Instructor: Barbara Llamas

Monday Classes

New Class!

ART OF THE PRINT

Mondays, July 11 – Aug. 29
12:00 – 1:30 p.m.

CSULB, HS&D, room 101

Using a multimedia interactive format and actual classroom samples we will visually examine original print techniques (lithograph, screen-print, woodcut, etching, engraving, etc.), their history, and how to identify, appreciate & evaluate them. The last two classes will be *Antique Roadshow* format with a guided online research tour. Students will evaluate each other's treasures (with a little help from Google). Class limit: 15

Instructor: Frederick Trof, Fine-Art Consultation, Space Planning, Interior Design & Fine Furniture

New Class!

YOGA WITH BARBARA

Mondays 11:30 - 12:30
at CSULB - LifeFit KIN 110

See details ONLINE

New Class!

JOURNAL MAKING III

Mondays, July 11 - Aug. 29
1:00 – 3:00 p.m. In person

@ St. Isidore Historical Plaza

We will continue to learn various book making techniques and skills to complete journals started in Journal Making II. We will investigate new tools and materials on the market. We will have several special Artist Trading Cards (ATC) projects during this session. These will be exchanged among class members. This class is open to students with previous Journal making experience: Journal Making I and II. If you have other journal making experience, please, contact the instructor for information. Class limit: 15

sherylhaglund@verizon.net

Instructor: Sheryl Haglund

SAMSUNG SMARTPHONE BASICS (ANDROID)

Mondays, July 11 - Aug. 29
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!

THE SPORT OF MUSIC- LEARNING THE RULES OF THE GAME

Mondays, July 11 – Aug. 29
2:00 – 3:30 p.m.

CSULB, HS&D, room 101

This class is an introductory course to understanding the music language and translating it into action, sound and creativity. This is not a "singing" class. The goal is for each student to gain a basic understanding of the symbols and language of music, thus enhancing the enjoyment of listening, watching, or playing/performing. Pay a \$5.00 fee for printed pages. Class limit: 25

Instructor: Kathy Price, a Kodaly Method certified Music Specialist and professional vocalist, taught in private music schools for 32 years, sang with multiple vocal ensembles and choirs in So CA, and currently teaches beginning and intermediate piano.

FREE!

BLUEGRASS GUITAR WORKSHOP

Mondays, July 11 - Aug. 29
1:00 – 2:00 p.m. Zoom

Time for questions and personal ZOOM lessons with Frank. Free Class limit: 10

Instructor: Frank Swatek

New Class!

UNDERSTANDING OUR PLACE IN THE UNIVERSE

Mondays, July 11 – Aug. 29
3:00 – 4:15 p.m. Zoom

Let's examine the sky, the moon, the sun, and our solar system, plus the evolution and death of stars. We will learn about the Milky Way and the origin of the cosmos. View stunning images of astronomical objects: planets, open and globular clusters, and galaxies. Through these studies, we will come to understand our place in the universe. Every class session will include striking visual presentations. Class limit: 50

Instructor: Dr. Montserrat Geier, taught Physics and Astronomy at CSULB. Retiring in May as Lecturer Emerita, she has spent many evenings observing the night sky with her telescope on the island of Kauai. She is passionate about explaining the magnificence of our universe.

PLAY MODERN BOARD GAMES (ADVANCED)

Mondays, July 11 – Aug. 29
6:00 – 8:00 p.m. JCC

Continue learning to be a board gamer. This Advanced class will offer different modern board games to play with others in the class. We will put our skills to the test as we play against each other. Take your seat at the table if you are an experienced player of games. Email Gary to be included in this class. garypage56@gmail.com Class limit: 5

Instructor: Gary Page

Tuesday Classes

New Class!

CUT CABLE AND START TO STREAM (2 WEEKS)

Tuesdays, July 5 - 12
8:30 - 10:00 a.m. Zoom

If you're not happy with the cost of your cable service and want to know how to stream content instead... learn how in this short class. The streaming industry continues to grow, with new services launching, and others merging. Learn the benefits and drawbacks of saying goodbye to your cable service, how streaming equipment works and where to get it. See how to get free local TV signals over the air with an inexpensive indoor antenna, and learn how streaming sticks, like Chromecast, and streaming boxes, like Roku, work. Then see how to pick what to watch in the many channels you can subscribe to from month to month. Class limit: 15

Instructor: Kathy Winkenwerder

LONGEVITY STICK ART MOVEMENTS

Tuesdays, July 5 - Aug. 23
9:00 - 10:00 a.m.

CSULB LifeFit KIN 110

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. 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. Class limit: 20

Instructor: Charles Wm. Taylor

FACTS FOR HEALTHY LIVING

Tuesdays, July 5 - Aug. 23
10:00 - 11:00 a.m. Zoom

Join this class to learn Health Tips:

Control Your Cholesterol: Learn how to manage high cholesterol and keep it under control. **Bone Health Basics / Understanding Osteoporosis:** Prevent bone loss and possible broken bones. **Active Every Day:** Learn what you can do to stay active. **Benefits of Drinking Water:** Learn why it's important to keep hydrated and what to do to get enough water each day. **Goals for a Healthier You:** Learn how to set goals to reach a healthier you. **Living Better with Arthritis:** Learn how to better manage / prevent arthritis. **Depression:** How do you know when it's depression and not the "blues"? **Aging and Vision Loss:** Learn what to look out for and what you can do to prevent vision loss. Class limit: 95

Presenters: Barbara Llamas & Maira Mesa; Independence at Home, a SCAN Community Service

WHAT'S NEW IN iOS 15 (3 WEEKS)

Tuesdays, July 19 - Aug. 2
8:30 - 10:00 a.m. Zoom

Apple keeps updating the iPhone operating system, with yearly updates happening in September. Features in this new 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

New Class!

SHARING OUR CULTURES

Tuesdays, July 5 - Aug. 23
9:00 - 10:30 a.m. Zoom

Are you interested in learning about other cultures? In sharing your own story? In understanding the many threads of diversity that weave us together as a community, as a nation? Join us in "Sharing our Cultures" as we listen to one another's stories, and share our own, and experience the enrichment such diversity brings to each of our lives. Class limit: 20

Instructor: Carolyn Estrada, Marriage, Family, Child Therapist

BRIDGE 1

Tuesdays, July 5 - August 31
9:30 - 11:30 a.m. at the LBBC

For new and returning players. Join this 9 week course held in person at the Long Beach Bridge Center. There is a \$20 additional fee paid to the Center at the first lesson for card fees. Topics covered include an introduction to duplicate bridge scoring, opening major and minor suits, no trump openers with Stayman and transfer responses, strategies in playing and defending a hand, and how to use the modern two over one bidding system. Class limit: 50

Instructor: Hank Dunbar

Tuesday Classes

PLAY IT AGAIN JAM

Tuesdays, July 5 – Aug. 23
10:00 a.m. - 12:00 p.m.
Park location TBD

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 to develop 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 (bass, banjo, harmonica, keyboards) are welcome. Class limit: 35
Instructors: Carol Baker & Marc Davidson

EMPOWERING INDEPENDENT HEALTHCARE THROUGH CANNABIS

Tuesdays, July 5 – Aug. 23
12:00 - 1:30 p.m.
CSULB, HS&D, room 101

Cannabis, or medical marijuana, is becoming more prominent as a 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 info or dispensary budtenders with no medical experience, as well as primary care providers who are unable or unwilling to properly educate. Explore the Endocannabinoid system and how cannabis/CBD works in the body.

As an RN who is also cannabis competent, I will teach how to access reliable information. I will answer questions so you can safely navigate the cannabis space while making intelligent and informed decisions for your personal healthcare journey and a better quality of life. Class limit: 90
Instructor: Wendy Jones

SPANISH STORY TIME

Tuesdays, July 5 – Aug. 23
12:00 – 1:30 p.m. Zoom

This course will introduce participants to different pieces of children's literature. Each selection will be used to 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 a positive learning environment where they can practice their speaking skills regardless of their current fluency levels. Class limit: 12

Instructor: Pam Kiwerski

New Class!

GETTING STARTED WITH YOUR MAC

Tuesdays, July 5 - Aug. 23
1:30-3:30 p.m. Zoom

Whether you've got an iMac or Apple laptop, this class will explain how to use your computer. We'll start with basics: setting up the machine, charging/powering it, and connecting it to a wi-fi network, printers, and other external devices. We'll cover use of the desktop, Finder windows, menus, keyboard shortcuts, and Siri, Apple's automated helper, as well as how to personalize the macOS to reflect your specific interests and needs.

Key features of Mail, Contacts, Calendar, Messages, Maps, Notes, and Photos will be explained and demonstrated, including how to synchronize that data related to your mobile device(s). You'll also learn how to browse web sites. There will be lots of handouts. Prerequisite: You use a Mac purchased in 2016 or later. Class limit: 30

Instructor: Chris Wisniewski

REIKI I: SELF-HEALING

Tuesdays, July 5 - Aug. 9 (6 wks)
1:00-2:30 p.m. Zoom

Now more than ever is the time to learn Reiki, healing energy! Reiki will calm your fears, long-standing issues and help you to maneuver in our ever-changing world. You will learn the five Reiki principles, the chakra system, build a meditation practice, and get info on how to build a healthy daily routine. Curriculum book *The Beauty of Reiki*, \$14.99, is available on Amazon. Class limit: 20

Instructor: Patty Tahara Rassouli, Reiki Master

PREVENTING HEART DISEASE, CANCER, & ALZHEIMER'S DISEASE

Tuesdays, July 5 & 12 (2 wks)
1:45 – 3:45 p.m.
CSULB, HS&D, room 101

Would you like to enjoy a healthy, long life, which sometimes seems elusive for people after they reach age fifty? This class will explain why heart disease, stroke, and cancer are the major causes of death in the U.S. with poor diet and lifestyle as primary factors. Understand which foods promote excellent health and how to develop a health-oriented diet so your risk of heart disease and cancer will drop dramatically. Wendell is a Certified Food Over Medicine Instructor, who has never taken a prescription drug. He has given health presentations in many venues, including Princess Cruises, Beach Cities Health & Fitness Center. His lectures, graphs, and data are based on his 40 years of health experience, training, and a variety of books. Class limit 98

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

Tuesday Classes

ANIMATION FILM CLASSICS

Tuesdays, July 19 -Aug. 23 (6 wks)
2:00 – 4:00 p.m.

CSULB, HS&D, room 101

The origins of the animated wonders we see today date back more than a hundred years. Flip books and zoetropes revealed the mesmerizing power of Animation to humans before movies were invented in the late 19th century. Would prehistoric cave art showing excessive pairs of legs on animals create the illusion of motion when illuminated by fire!?

We'll take a look at classics and award winners and talk about all forms of the medium. If you think animated films are just for kids, you couldn't be more wrong. These films are filled with beautiful life lessons for everyone. Love is the dominant theme in most of them—it could either be love for your partner, parent-child relationship, love for a hobby, or a friend. The movies to view MAY include: Lotte Reiniger Papercut tales, Madagascar, Persepolis, Despicable Me, Zootopia OR others as determined by the class. Join in the fun for this HYBRID class – In Person or on Zoom! Class limit: 50

Instructor: Rebecca Low

PLAY MODERN BOARD GAMES (BEGINNING)

Tuesdays, July 5 - Aug. 23

6:00 – 8:00 p.m. JCC

Want to keep your mind active and sharp while having fun? 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. Contact Gary for details about this class. garypage56@gmail.com

Class limit: 5

Instructor: Gary Page



Wednesday Classes

STAND TALL - STAND STRONG

Mondays, July 11 - Aug 29

Wed. July 6 - Aug. 24

8:30 - 9:50 a.m. Zoom

This active Zoom class meets Mon. & Wed; choose to attend once or twice weekly. See Monday class description.

Instructor: Lorraine Goldman

New Class!

IT CAME FROM ROCK AND ROLL

Wednesdays, July 6 -Aug. 17 (7 wks)

10:00 – 11:30 a.m.

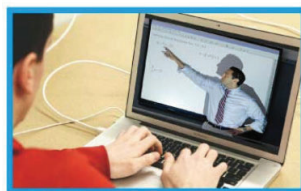
CSULB, HS&D, room 101

Enjoy the shouts from Big Joe Turner, screams by Little Richard and by James Brown, hip swivels by Elvis, duck walks by Chuck Berry, satire by Lalo Guerrero, pumpin' piano by Jerry Lee, groans by Screamin' Jay Hawkins, guitar grit by Buddy Holly, hand jiving by Johnny Otis, drama by the Drifters, comedic lyrics from the Coasters. Go surfing with Dick Dale and with the Beach Boys. Witness British bad boys like the Stones and the Who, sultry gospel-like soul from Aretha Franklin, funk by Curtis Mayfield and by Long Beach's own band, War. It's all part of "It Came From Rock N Roll", taught by Steve Propes, tracing the first 25 - or so - years of rock n roll from the March 1949 birth of the 45-rpm record to 1975 when album-oriented rock (AOR) became the leading market force. The music will be derived mainly from Youtube videos and will generally be played in truncated form to maximize the number of records demonstrated. Love rock and roll roots? Be there or be square.

Instructor: Steve Propes, BA, R&B DJ on KLON 1981-1990; Charter TV DJ 1990 - 2000; taught rock history CSULB Extension Division; published 7 books on rock and roll history and record collecting



Classroom
Face to Face



Online
E-Learning



Hybrid Classroom

Wednesday Classes

New Class!

FOUNDATIONS OF INVESTING

Wednesdays, July 6 - Aug 24
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. We 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. Learn about Social Security/ long term care and 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*

TRAVEL WITH SMART DEVICES

Wednesdays, July 6 - Aug 24
11:45 am- 1:15 pm

CSULB, HS&D, 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



INTRODUCTION TO THE IPAD (IOS) (6 WEEKS)

Wednesdays, July 6 - Aug. 10
10:00 - 11:30 am

CSULB, HS&D, Computer Lab

Have an iPad and not sure how to use it? This beginners' class will discuss and demonstrate all the basic features of the iPad. Learn how to use the touch screen and gestures, how to download apps and organize them, how to get and send email, how to personalize apps in Settings, how to talk to and get answers from Siri, take Notes, keep a Calendar and address book, search the web with Safari, and take, edit and store Photos. Bring your iPad with you to each class. Prerequisite: You have an iPad. Class limit: 10

Instructor: Marilyn Gettys

PHOTOS ON IPAD OR IPHONE

Wednesdays, July 6 - Aug 24
1:30 - 3:00 p.m.

CSULB, HS&D, 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

EDUCATING THE EYE (I)

*Dante's Divine Comedy and
Our Journey towards Wholeness*
Wednesdays, July 13 – Aug. 3 (4 wks)

11:00 a.m. – 12:30 p.m. Zoom

This course will introduce students to the power of Dante's story for life right here/right now. The Comedy is not an ancient, dead text but rather is alive and well, inviting readers to pursue the "examined life" within a spirit of "serious joy."

Initially, we will explore C. S. Lewis's *A Grief Observed* as an epic journey stretching exercise, a mini-journey so to speak, in preparation for joining Dante's pilgrimage. The following three classes will introduce Inferno, Purgatorio, and Paradiso respectively. Class limit: 50

*Instructor: Daniel Christian, B.A.
Theology/History St. Ambrose College;
M. A. Theology St. Mary's Seminary
and University; taught Dante' for
approximately 40 years*



Wednesday Classes

New Class!

ripples in time:

How the Early Chinese American Experience Shaped the Greatest Generation

Wednesdays, July 20 & 27 (2 wks)

1:00 – 2:00 p.m. Zoom

Two Novels by author Russell N. Low explore the early roots of Chinese in America and show how the WWII generation was connected to this past in ways they may not have fully understood. This two-week course will explore and illustrate Chinese American history and struggles in the 1800s through the lives of real persons who created that history. *“Three Coins,”* recreates the world of Tong Yan Gai or San Francisco’s Chinatown before the turn of the century. Old traditions and family values are set against the unwelcoming attitudes of the American West. Ah Ying’s determination to survive her life as a child slave is only surpassed by her desire for love and her hope for the future. This story explores the themes of immigration, human trafficking, discrimination, and resilience.

“The All-American Crew” presents Ah Ying’s grandsons, who enlist in the Army Air Force and go off to the Pacific to fight for their country’s freedom. Their heroic struggles in New Guinea and Saipan offer a personal look at the assimilation of Chinese Americans into fighting crews and units that included young men from every cultural and ethnic background. Drawing on the strength of their diversity, these men fought, not as Irish, English, German, or Chinese Americans. Rather they all fought side-by-side as Americans. The heroism and sacrifice of these mens personal stories will inspire all of us to look at our roots in America.

Class limit: none

Instructor: Russell Lee

FIVE STORIES - FIVE WEEKS

Wednesdays, Aug 3-31 (5 wks)

1:00 – 2:45 p.m. JCC

Looking for some cool stuff this summer? Sign up for “Four Stories-Four Weeks”. You’ll be treated to enticing stories by excellent writers, and all this in the company of others who love reading adventures!

Class limit: 16

Instructor: Mona Panitz

LATIN ROOTS OF ENGLISH WORDS

Wednesdays, July 6 – Aug. 24

1:30 – 3:00 p.m. Zoom

Very many general and specialized English words are made from the bases, prefixes, and suffixes of Latin. A study of these, not the language as such, clarifies a number of words you now use and makes hundreds more understandable. The required book is *English Words from Latin and Greek Elements*, Donald M. Ayers, 2nd edition, revised by T.D. Worthen, University of Arizona Press. It is easy to order from Amazon, ebay, exlibris or thriftbooks. Class limit: 30

*Instructor: Conrad Barrett,
Ph.D. Classics*

SOCIAL REALISM IN HISPANIC ART

Wednesdays, Aug. 3 - 24 (4 wks)

1:30 – 3:00 p.m. Zoom

Selected Hispanic artists will be presented via power point with a discussion of their common aesthetic and objectives, as well as, the impact of Social Realism in the artists’ work. The class will delve into the works of the revolutionary artists Siqueiros, Kingman and Guayasamin, whose art expression cried out for both political and social freedom. We’ll follow this with a discussion of Cuban colonial architecture revealing the power of



New Class!

WETLANDS: HIDDEN SECRETS IN LONG BEACH

Wednesdays, July 13 – Aug. 17 (6 wks)

1:30 – 3:00 p.m.

CSULB, HS&D, room 101

Explore our secret islands of biodiversity. From local seagrass beds to hidden freshwater springs, wetlands provide nurseries for fish and amphibians, habitats for birds, filter our water, and trap excess carbon dioxide. Discover local Long Beach treasures and the restoration projects working to save them with this five-week course. Class limit: 98

*Instructor: Cassandra Davis,
MSc., Volunteer Services Manager,
Aquarium of the Pacific*



the Creole ruling class. The series will end with a discussion of Judy Hernandez, her artistic contributions to Chicano Art and the creation of the feminist struggle in a surreal world. Class limit: 30

*Instructor: Harold Cannon-Lopez,
Ph.D. Spanish*

New Class!

Wednesday Classes

Thursday Classes

INTRODUCTION TO ISLAM:

Discover what True Islam is directly from a Muslim Imam.

Wednesdays, July 6-27 (4 wks)
2:00 – 3:30 p.m. Zoom

Extremists thrive on the ignorance of Islam to grow. That is why the more people know about Islam's true teachings – and what Muslims truly believe – the less they will accept extremist propaganda. Islam is the religion that represents the pinnacle of religious evolution. Islam, a name given by Allah to this religion, is an Arabic word that literally means obedience and peace. ISLAM is derived from the Arabic root "SALEMA": peace, purity, submission, and obedience. So 'Islam' would mean the path of those who are obedient to Allah and who establish peace with Him and His creatures. Its followers are called Muslims.

Class limit: none

Instructor: Imam Khalid Khan, born in Fiji Islands and raised in New Zealand, attended Jamia Ahmadiyya Canada completing a 7-year course and graduating with a Master's Degree in Theology (Comparative Religion) in 2016. Before his posting as an Imam of the Ahmadiyya Muslim Community in the Northern CA Region, Imam Khalid served in the United Kingdom, Pakistan, Canada, Mexico, and Ghana. He has given lectures at different interfaith communities and universities.



GOT YOUR DUCKS IN A ROW?

The Importance of Preparing for the Unexpected

Saturdays, July 9– Aug 27
10:00 - 11:30 Zoom

Do you have a pre-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 introductory knowledge on pre-planning for final arrangements AND, through informative and interactive exercises, make informed decisions, understand the value of pre-planning. Students will be able to create a framework that can be discussed with family or responsible party to assist with finalizing their arrangements. Class limit: 50

Instructor: Tatia Clark, Master of Science in Gerontology

NEW DAY AND TIME: CHANGED TO SATURDAYS ON ZOOM

YOGA WITH JEAN MARIE

Thursdays, July 7 - Aug. 25
8:45- 9:50 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

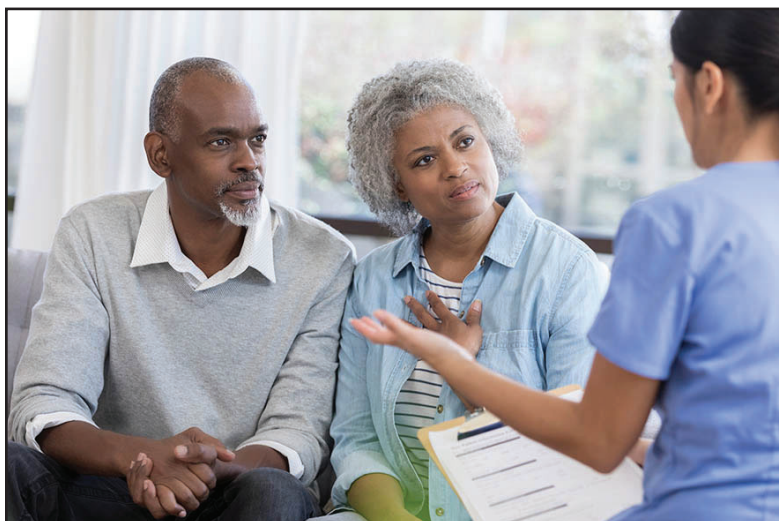
Instructor: JeanMarie VanDine, Certified Yoga Instructor

MEMOIR WRITING: A NOVEL APPROACH

Thursdays, July 7 - Aug. 25
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



Thursday Classes

New Class!

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

Thursdays, July 7 - Aug. 25
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. Create a video, then learn how to post finished product on Facebook or YouTube. Make sure your device is charged for each class.

Class limit: 10

Instructor: Perla Gutierrez

New Class!

PRACTICING FLEXIBILITY (PREVIOUSLY MINDFUL FLEXIBILITY)

Thursdays, July 7 - Aug. 25
10:30 - 11:50 a.m. Zoom

David Hennage and "Not Your Daughter's Yoga" inspired this class. We will practice the concepts of bringing the mind, breath, and body together to ease into a new awareness of our inner and outer environments. You will need a Yoga mat and water. Wear loose or flexible clothing and have available a blanket and Yoga strap. We will be practicing barefoot. A yoga block is a personal choice.

Class limit: 30

Instructor: Lorraine Goldman, retired Physical Therapist

LEARN ABOUT SPECIAL EDUCATION

Thursdays, July 7 - Aug. 25
10:00 - 11:30 a.m. .

CSULB, HS&D, room 101

Ten percent or more of the public school population faces some challenge that interferes with their success at school. The law mandates that a student with a disability is entitled to a "free, appropriate public education" but families are surprised to learn that the school district may not share their view of what is "appropriate." Cases that reach hearings in California are decided against students about 9 times out of 10. Why? Parents may lack the time and knowledge to prepare for meetings. School personnel or procedures may intimidate them. Most parents feel emotionally drained by the process. They may believe their only options are to hire an attorney, pay for private school or give up.

Maybe not, with your help. As a parent, grandparent, or family friend of a student with special needs, you can apply skills you already have-- and what you learn in this class-- to help with the "work" expected of parents: understanding test results, reviewing annual progress on goals and organizing (mountains of) paper. You do not need to be an attorney or a certified advocate to help "behind the scenes" or to be a note taker/moral support at a meeting! The instructor will use actual law and published-case excerpts to prompt discussion. Due to confidentiality concerns, active cases will not be discussed. Class limit: 25

Instructor: Lisa Peskay Malmsten, a semi-retired special education attorney who helps families learn self-advocacy for their students with special needs.

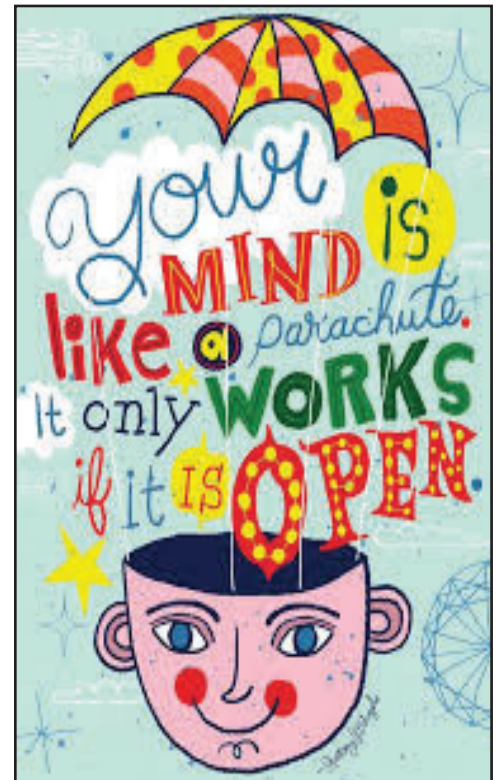
NATIONAL & INTERNATIONAL CURRENT EVENTS & ISSUES

Thursdays, July 7 - Aug. 25
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 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: The leadership of the class will alternate between five volunteer instructors: Barbara Mikalson, Doug Haigh, Mary Meyer, Bill Shaddle and Gary Murph.



Thursday Classes

APPS AND SOCIAL MEDIA (ANDROID, IOS)

Thursdays, July 7 - Aug. 25

1:00 – 2:30 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

New Class!

THE DAWN OF HUMANS

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

1:30-3:30 p.m. (2 hours) Zoom

About 50,000 years ago, in a small corner of Africa, a beleaguered group of "people" prepared to leave. Due to climate changes, much of Africa had been depopulated and this population had dwindled to about 5,000 people. Perhaps only 150 of these planned to leave their familiar habitat. But the lands beyond Africa were not unoccupied. This was a serious risk for this small band of hunters and gatherers. This is a story still being told. This class will explore where this band came from, address questions concerning them and why were they able to succeed when earlier emigrants did not. These people are our ancestors and live in all of us. So, what makes us "Human"

and why did we leave a familiar homeland? Why are we still here when others before us are gone? And who were the others we replaced and are they truly gone? Be warned, there will be more questions at the end than answers. Class limit: no limit

Instructor: Garland Holt, MPA, Mature Learning Instructor at Clark College, Vancouver, WA

New Class!

ETHICS IN AMERICA:

A course in critical thinking and community

Thursdays, July 7 – Aug. 25

2:00 – 3:30 p.m.

CSULB, HS&D, room 101

This class has two main goals: to teach important approaches and sources in the academic discipline of social ethics and to enable students to reflect on and analyze ethical issues facing contemporary American society. We will focus on some of the dilemmas and opportunities created by the diversity in different areas of American cultural and social life. As a foundation for thinking about ethical dimensions of contemporary issues, the course will provide an overview of ethics as an academic discipline, including introductions to major ethical theories and thinkers. We will also examine particular case studies, focusing on religious, racial, social and cultural diversity in the U.S. We will explore the ways that issues such as justice, integration, cultural autonomy, and the common good shape visions of an ethical society. We will also address various obstacles – cultural, economic, and political – that make those visions difficult to achieve. Class limit: 98

Instructor: Dr. Daniel Else, Professor of Sociology and Psychology; Professor of Critical Thinking Studies and Ethics

NEEDLEWORK CAFÉ

Instruction in crochet and knitting for beginning and intermediate students.

Thursdays, July 7 - Aug. 25

2:00 – 4:00 p.m. JCC

Introduction to basic knitting and crochet stitches consisting of class demonstration and individual instruction. Information covered in class will include: basic stitches for crochet and knitting, pattern interpretation and basic materials. Intermediate students will work independently on their projects, to be assisted by the instructor as needed. Beginners: on the first day of class, bring a skein of worsted yarn and either size 7 or 8 knitting needles or a size H or I crochet hook (depending on choice to learn knitting or crochet). Intermediate students will bring an ongoing project. Class limit: beginners 8, intermediates 8

Instructor: Carolyn Sabol

"CATCH THE SPIRIT OF SINGING" CHORUS

Thursdays, July 7 - Aug. 25

3:00 – 4:30 p.m. SIHP

Whether you are an experienced singer or have always desired to sing, this creative chorus is for you. Together we will gain confidence in our individual natural singing abilities and music-ship. Performances will be scheduled when we are fully prepared. \$5.00 for music and a 1" BLACK 3 ring binder are required. Class limit: 50

Instructor: Kathy Price, a Kodaly Method certified Music Specialist and professional vocalist, taught in private music schools for 32 years, sang with multiple vocal ensembles and choirs in So CA, and currently teaches beginning and intermediate piano.

Friday Classes

New Class!

WRITERS READ ALONG GROUP

Fridays, July 8 - Aug. 26
9:30 - 11:00 a.m.

CSULB, HS&D, room 101

Do you like to write about your special life moments? Are you interested in listening to other supportive compassionate and excited non-fiction writers? Have you written poems, chapters, prose or letters that you would like to share with fellow creative non-fiction writers? If so, come join us! We are a group of writers who are interested in sharing our written stories in a safe, caring and supportive environment. Class limit: 18

Facilitator: Amy Berger



日本の文化

JAPANESE CULTURE

Fridays, July 8 – Aug. 26
10:00 – 11:30 a.m. JCC

A general but personalized foray into Japanese culture (small 'c' -- daily life aspects as well as large 'C' or art, lit & music-centered). Weekly topics will include names, festivals/holidays, basic cuisine as well as modes of communication and transportation. Students familiar with Japan(ese) are encouraged to bring their own recollections & props. Computer access (esp. via g-mail) is encouraged but not required.

Class size: 20 (5 person min.)

Instructor: William Teweles, Ph.D

THE PLANTS AROUND US

Fridays, July 8 - 22 (3 weeks)
11:15 a.m. to 1:15 p.m. (2 hours)
CSULB, HS&D, room 101

If you ever have 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, around our 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. Some of the edibles will be presented! Class limit: 25

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



New Class!

CAMINO OR BUST

Fridays, Aug. 5 & 12 (2 weeks)
11:30 a.m. – 1:30 p.m. (2 hrs)
CSULB, HS&D, room 101

You traveled the world and your bucket list is complete. NOT SO!!! Not until you do a CAMINO! You will learn all aspects of camino: when to go, what to bring OR NOT to bring, where to stay and eat, what to see, the cost, how to prepare for camino and, most of all, how to collect the most wonderful memories of your lifetime! Class limit: 75

Instructor: Jelica Campos, BS Chemistry, MS Physiology; traveled in many foreign countries; completed 4 caminos in Spain & Portugal.

BLUEGRASS MUSIC JAM

Fridays, July 8 – Aug. 26
11:30 a.m. – 1:00 p.m.
Location TBD

Increase your Guitar playing skills. Peer learning with a Focus on The Fundamentals. Join in the fun at this in-person class held at the Park. Questions?? Contact frankswatek@hotmail.com Class limit: 20

Instructors: Frank Swatek, with Mark Shutts and Dennis Murphy

YOGA ON A CHAIR

Fridays, July 8 – Aug. 26
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



Friday Classes

New Class!

Saturday Class

THE SHORT STORY: DISCUSSION GROUP

Friday, July 8 – Aug. 26
1:00 - 3:00 p.m. Zoom

This session we will conclude 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 Sandra Cisneros, Raymond Carver, Dorothy Allison, and Aleksandar Hemon. We will use this anthology for the final time: *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

WORLD OF BONSAI

Fridays, July 8 - 29 (4 weeks)
2:00 – 4:00 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 Department. To his delight, he found one does not need to expend a great deal of time and money to become a creator of beautiful trees that bring people endless hours of pleasure.

This class is intended to ignite a lifelong love and appreciation for Bonsai. Students will create a tree that they can enjoy for many years to come. A trip to the Earl Burns Miller CSULB Japanese Gardens is included and, possibly, a field trip to the Huntington Library where an expansive collection of both Chinese and Japanese trees is displayed.

Fernando will tell you what the **\$55 FEE includes**, what he will provide and what you will need to bring. Be prepared to pay by cash at the first class meeting. You will decide how far you wish to immerse yourself in the world of Bonsai. The instructor will provide information of Bonsai clubs in the area that will provide materials, ideas, and motivation to continue on.
Class limit: 10

Instructor: Fernando Vazquez



WATERCOLOR WORKSHOP- ADVANCED

Saturdays, July 9 - 27
9:00 a.m. – 12:00 p.m.
CSULB, DSN, room 111

This workshop gives you an opportunity to improve your watercolor painting focusing on fundamental elements such as colors, value patterns, perspectives, and composition. Bring your own materials and reference photos. Paint your favorite subjects and explore your imagination and creativity.

Mike will give lessons from 10:00 - 12:00, but all students contribute to the class by sharing experience, feedback and critiquing each other's work. Students can decide on their own hours to work independently or with lessons. This workshop is intended for students who have some experience with painting.
Class limit: 40

Instructor: Mike Daniel



GOT YOUR DUCKS IN A ROW?

The Importance of Preparing
for the Unexpected

Saturdays, July 9– Aug 27
10:00 - 11:30 Zoom

See Description on page 24.
Day and time changed.

FREE Special Events - Everyone Invited

ATHENA MILITANT:

The Importance of 19th Century Female Military Companies.

Friday, July 22

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

When women were allowed to enlist in the US military in 1917, the decision was universally lauded. Such an undertaking would have met a very different response in 1870 when women were thought to be unsuited for that most sacrosanct of male endeavors, war. Somehow, in the intervening years, public attitudes shifted.

The story of how America came to view women's military capabilities differently is the subject of this presentation. Long forgotten by history, these informal military organizations were critical to overcoming the last barrier to universal suffrage. As stated in a landmark 1871 Pennsylvania Supreme Court Decision, "the constitution of Pennsylvania contemplates that the class of people who do the voting shall also be the people who do the fighting." How this legal barrier was overturned is due in large part to the efforts of the women who dared demonstrate that they possessed the discipline, sense of obedience, and patriotism necessary to shoulder the burden of military service.

Instructor: Gary Mitchell

RISK

Friday, July 29

11:15 a.m. - 1:15 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 July & August 12:00 - 1:00 p.m. Zoom
Topics include:

July 6 - The latest Scams and Frauds Update
13 - Details of the Aging Process
20 - Life Therapy for Seniors.
27 - How to reduce your Prescription Drug costs

August 3 - The Positive Nature of the Senior Spirit
10 - Create your own Living Trust and save money
17 - Life Therapy for Seniors
24 - Social Security / Medicare Q & A session



Everyone Invited!

Are you new to Social Security or Medicare?



Contact Steven Carranytime

(562) 233-1400 Zenisys@charter.net

New Class!

MY LIFE AND UNIQUE EXPERIENCES IN THE MUSIC & PUBLISHING INDUSTRIES FROM 1956 TO 2022

Never stop chasing your dreams

Tuesday, July 26

1:00 - 2:00 p.m. Zoom

Follow me on my 77-year life's journey... you'll hear about a career that includes being an award-winning author, a publishing senior executive, a music industry senior executive, a rock performer & songwriter, a university educator, a Grammy nominated record producer ... and more....a mail order video company owner, a Times Square tourist business owner, a consultant to many companies, an actor, and more. Be motivated to follow your dreams no matter your age, as I did, changing careers in my sixties and then again in my late seventies. What does the future look like for you? Questions allowed!

Leader: Rick Bleiweiss

REALISM IN OPERA: VERISMO

Monday, July 11

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

Love, hate, anguish and despair have always been emotions at the heart and soul of Italian opera. More often than not, these volatile feelings were the provenance of royalty, the elite or, at least, the well-off. But in the late 19th century these fervid emotions fueled a new school of composers who wrote of the humble lives of peasants and laborers; victims of society's inequities. Their sorrows defined a new realism or now called, **Verismo**, a school, though short lived, gave us music that defined not only the spirit of *verismo* but for many opera itself.

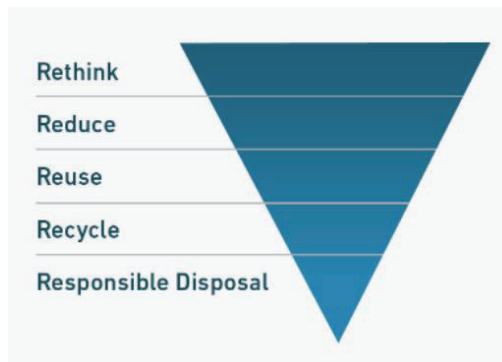
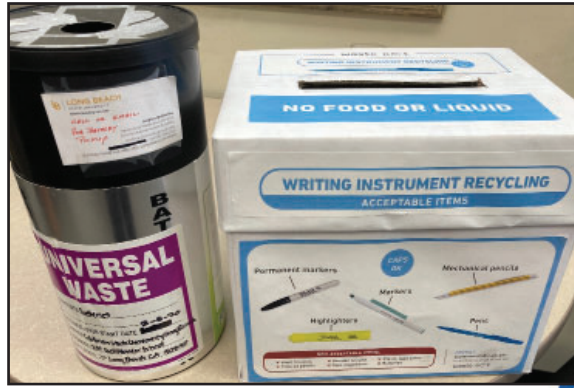


Community News

Did you know that recycling and waste reduction programs at CSULB focus on more than just bottles, cans, and paper?

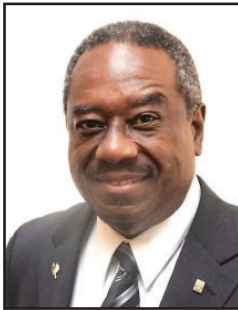
CSULB has successful programs in place to recycle everything from batteries to food waste. Check out the college website to see how you can help the university conserve valuable natural resources, reduce landfill related greenhouse gas emissions, and move CSULB closer to our ultimate goal of becoming a Zero Waste campus.

In the OLLI office you can leave old batteries, pens and markers and there is a box for “retired” eye glasses that can be donated to the Lions Club project. Thank you for “thinking green”.



OLLI Farewells

Dr. Darryl Sexton, husband of Alice Sexton, was an active OLLI member and a very supportive member of Long Beach Branch NAACP, especially in the area of health. He served on the



Retirement Housing Foundation National Board of Directors from 1998 to 2022. Dr. Sexton served as Vice Chair of the Board from 2007 – 2020; he served as Chair of the Corporate Compliance Committee until his retirement. Dr. Sexton was Chief Health Officer for the Long Beach Health Department.

Darryl and Alice attended many OLLI classes. Alice is known for her coaching skills in the Computer Lab and Darryl often accompanied her.

Louise Wilde, a longtime member and supporter of Senior University/ OLLI at CSULB, passed away April 12, 2022, just short of her 100th birthday.

A lifelong learner and teacher, Louise became involved in Senior University very shortly after it opened in 1996. In addition to taking classes and participating in the Recorder music group, she started the OLLI Chorus and also taught “The Economics Class You Wish You’d Had” and a class called “Fun with Words”.

Louise was a renaissance woman. She had a BE in secondary education, an MA in Economics, and an MA in Linguistics. She taught high school during WWII, economics at the community college level, tutored math and English at a Learning Assistance Center and was a volunteer instructor in English grammar and ESL at CSULB.

Her interests ranged from raising canaries to amateur astronomy and equestrian dressage. She published a book, *Guide to Dressage*, that remains a how-to book in the discipline to this day. She wrote an article, “Techniques for Pronunciation Improvement”, based on her work with foreign students, that appeared in the journal for English Teaching Professionals. She was an active member of the Long Beach Recorder Consort until her death.



OLLI 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 90803

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

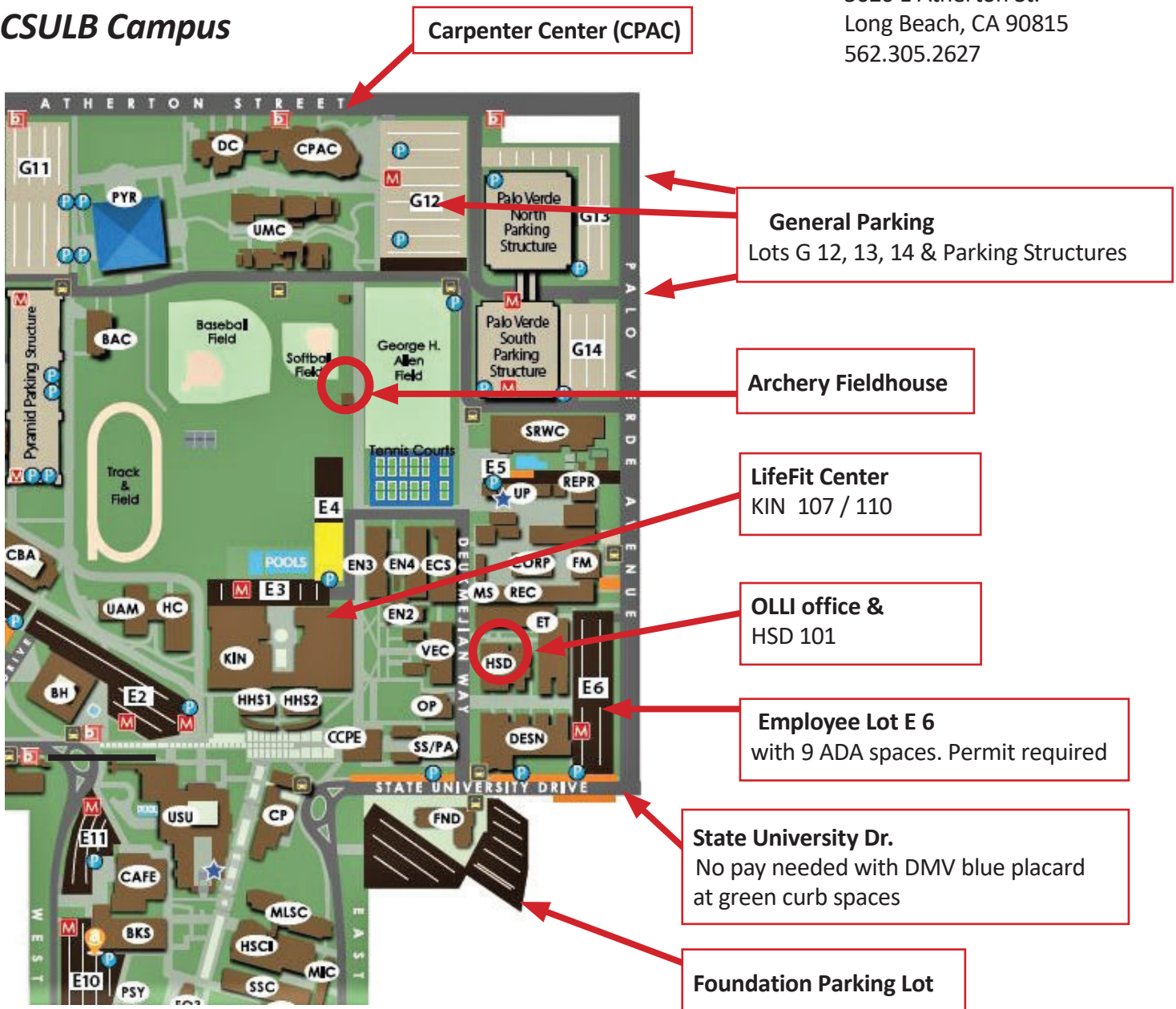
RECREATION PARK COMMUNITY CENTER (REC)

4900 E 7th St.
Long Beach, CA 90804

WHALEY PARK COMMUNITY CENTER (WP)

5620 E Atherton St.
Long Beach, CA 90815
562.305.2627

CSULB Campus



OLLI at CSULB Calendar

2022 OLLI CLASS SESSIONS

- 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

Independence Day Monday, July 4
Labor Day Monday, September 5
Veterans Day Friday, November 11

Land Acknowledgement

Statement

OLLI @ CSULB is located on the sacred site of Puwungna (Pronounced: POO-VUN-GAH) village. We acknowledge that we are on the land of the Tongva/ Gabriele o (Pronounced: TON-VAH/GABRIEL-EN-YO) and the Acjachemen/Juane o (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. W thank them for their strength and perseverance. If you would like more information on the Native American history in our southern California region, visit CSULB information URL (click here) https://www.csulb.edu/sites/default/files/u69781/csulb_land_and_territorial_acknowledgments_faq_002.pdf

OLLI at CSULB

Building HS&D 100

1250 Bellflower Blvd

Long Beach, CA 90840-5609

Return Service Requested

