



Serving persons 50 or older

Osher Lifelong Learning Institute @ CSULB



# Summer 2022 July 5 - August 29

## All Classes

MONDAYS, July 11 - Aug 29			
8:30	Z	Stand Tall, Stand Strong	Day 1
8:30	Z	iPhone: Beyond the Basics	
10:00	IP	The Recorder Consort	Park
10:00	IP	You've Been Pop Cultur'd	
10:00	Z	Guided Autobiography	
11:30	Z	Yoga with Barbara	LFC
12:00	IP	Art of the Print	
1:00	IP	Journal Making III	SIHP
1:30	Z	Samsung Smartphone Basics	
1:00	Z	Bluegrass Guitar Workshop	
2:00	IP	The Sport of Music: Rules...	
3:00	Z	Our Place in the Universe	
6:00 pm	IP	Play Board Games	ADV JCC

TUESDAYS, July 5 - Aug 23			
9:00	IP	Longevity Stick	LFC
8:30	Z	Cut the Cable - Stream	(2 wks)
8:30	Z	What's New in iOS 15	(3 wks)
9:00	Z	Sharing Our Cultures	
9:30	IP	Bridge 1	LBBC
10:00	Z	Facts for Healthy Living	
10:00	IP	Play it Again Jam	Park
12:00	IP	Health Through Cannabis	
12:00	Z	Spanish Story Time	
1:00	Z	Reiki: Self Healing	
1:30	Z	Get Started with Your Mac	
1:45	IP	Prevent Heart Disease	(2 wks)
2:00	H	Animation Classics	(6 wks)
6:00-8:00	IP	Play Board Games	BEG JCC

WEDNESDAYS, July 6 - Aug 24			
8:30	Z	Stand Tall, Stand Strong	Day 2
10:00	IP	It Came from Rock n Roll	
10:00	IP	iPad/ Introduction	
10:00	Z	Foundations of Investing	
11:45	IP	iPad / Travel Tips	
11:00	Z	Educating the Eye: Dante	
1:00	Z	Ripples in Time: Early Chinese	
1:00	IP	5 Stories, 5 Weeks	JCC
1:30	Z	Latin Roots of English Words	
1:30	Z	Social Realism in Hispanic Art	
1:30	IP	iPad / Photos and Cameras	
1:30	IP	Wetlands: Hidden LB Secrets	
2:00	Z	Introduction to Islam	



**Registration Starts  
Monday, June 6**

**ONLINE starts at 9:00 am**

**See mail-in info on reverse**

**OR**

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

**Learn More ~ Age Less**



THURSDAYS, July 11 - Aug 29			
8:30	IP	Yoga with JeanMarie	LFC
9:30	Z	Memoir Writing: Novel Approach	
10:00	IP	Shoot/Edit Videos Using...	
10:00	IP	Learn About Special Ed	
10:30	Z	Practicing Flexibility	
12:00	IP	Current Events and Issues	
1:30	IP	Apps and Social Media -tech	
1:30	Z	The Dawn of Humans	
2:00	IP	Ethics in America	
2:00	IP	Needlework Cafe	JCC
3:00	IP	Catch the Spirit Chorus	SIHP

## Technology Classes

MONDAYS, July 11 - Aug 29			
8:30	Z	iPhone: Beyond Basics	iOS
1:30	Z	Samsung Smartphones	And

TUESDAYS, July 5 - Aug 23			
8:30	Z	Cut Cable..... (2 wks)	All
8:30	Z	What's New-iOS 15 (3 wks)	iOS
1:30	Z	Get Started with your MAC	Mac

WEDNESDAYS, July 6 - Aug 24			
10:00	IP	Intro to the iPad	iOS
11:45	IP	iPad - Traveling Tips	iOS
1:30	IP	iPad - Photos and Apps	iOS

THURSDAYS, July 7 - Aug 25			
10:00	IP	Shoot & Edit Videos	All
1:30	IP	Apps and Social Media	All

FRIDAYS, July 8 - Aug 26			
1:30	IP	OPEN LAB - FREE	All

FRIDAYS, July 8 - Aug 26			
9:30	IP	Writers Read Aloud Group	
10:00	IP	Japanese Culture	JCC
11:15	IP	Plants Around Us	(3 wks)
11:30	IP	Camino or Bust!	(2 wks)
12:30	Z	Yoga on a Chair	
11:30	IP	Bluegrass Music JAM	
1:00	Z	Short Story Discussion Group	
2:00	IP	World of Bonsai	(4 wks)

SATURDAYS, July 9 - Aug 27			
9:00	IP	Watercolor Workshop-Adv	
10:00	Z	Got Your Ducks in a Row?	

**Classes are:**  
**In Person (IP) - various locations**  
**On Zoom (Z) - links will be sent**  
**Hybrid (H) - at home and at CSULB**

# The Osher Lifelong Learning Institute

OLLI @ the Beach is located in the HS&D building on the California State University, Long Beach campus.



**Summer Registration starts Monday, June 6 ONLINE AT 9 AM**

**OLLI support line: 562 985 2398**

### Online Registration can be easy!!

Use a credit card and email address to pay and register for classes from home. Find the directions in *The SUN* to update or start your ONLINE account. Go to the OLLI website [www.CSULB.EDU/OLLI](http://www.CSULB.EDU/OLLI) for the link to register.

Not ONLINE? Mail a Registration form with check payable to *CSULB Foundation* to the OLLI office:

**OLLI @ CSULB (HSD 100)**  
1250 Bellflower Blvd. LB 90840 - 5609

A link to a Zoom class will be emailed to you a few days before the class starts. The semi-annual Membership fee of \$20 is due if you have not paid. It must be paid before you can register for any classes.

Classes will be held at a variety of in-person locations and using Zoom. Questions? Leave a message at the office number or call the OLLI support line. 562.985.2398

### Join the LifeFit Center @CSULB

- Open to all 50+ seeking healthy activity
- Online classes via Zoom every day
- Contact [Ayla.Donlin@csulb.edu](mailto:Ayla.Donlin@csulb.edu) or call 985-2015

For information or to be mailed a printed SUN please call 562-985-8237 or Email: [olli@csulb.edu](mailto:olli@csulb.edu)  
[www.csulb.edu/olli](http://www.csulb.edu/olli)

## SUMMER SPECIAL EVENTS - FREE

Every Wed. <b>July 6 - Aug 24</b> 12:00 - 1:00 Zoom	<b>SS and Medicare Workshops</b> by Steve Carr See listing in <i>The SUN</i> for topics
<b>Mon., July 11</b> 1:30 - 3:00 Zoom	<b>Realism in Opera: <i>Verismo</i></b> by Larry Verdugo, LA Opera League Emotions: heart and soul of Italian opera.
<b>Fri., July 22</b> 10:00 - 11:30 Zoom	<b>Athena Militant: <i>The Importance of 19th Century Female Military Companies.</i></b> by Gary Mitchell
<b>Tues., July 26</b> 1:00 - 2:00 Zoom	<b>My Life and Experiences in the Music and Publishing Industries 1956 TO 2022</b> by Rick Bleiweiss
<b>Fri., July 29</b> 1:00 - 2:00 CSULB, HSD 101	<b>Risks and How to Avoid Them</b> by Howard Manning
<b>Date To be determined</b> CSULB, HSD 101	<b>Defining End of Life</b> Learn about Hospice, Palliative care and Death Doulas? Constance Malaambo will explain.

**FREE EVENTS** are a good way to spread the word about OLLI. No need to Register. Invite a friend!

Read the descriptions of these events in *The SUN* and listed on the OLLI website. Zoom links will be sent by email before classes start.

