No Ordinary Woman  
by Rick Adams

This class is new to OLLI. It is presented by Pam Watson who has taught her **Tawdry Tales of Our First Ladies** class previously. **No Ordinary Woman** is a natural follow-up. This class shares the accomplishments of famous and not-so-famous extraordinary women. Pam’s active and humor-laden style makes it even more interesting. She goes beyond the First Ladies to share an up-close look at other unique women in history and also women who have lived their lives in some very non-ordinary ways.

You will marvel at the average grandmother who hiked a wilderness with no tent, and only a burlap bag on her back! She makes “Wild” look tame. Or what about the home bound, disabled gal who influenced a President from her bedside. Or the lady who brought down a Presidential cabinet only to run away with a young dance instructor. You can’t make this stuff up, folks. Everyone is unique, a bit crazy or humorous. These ladies bring it all. Refreshments not provided.

Pam is a retired English & Science teacher, and is now dedicated to making Women’s Studies interesting. She is an Instructor teaching at OLLIs in Long Beach, Dominguez Hills, Fresno, Arcadia, CA., Reno, Nevada. She earned an AA and BA in Communications. Pam recently used her creativity to teach a Zoom arts class on clay sculpture. This class should be a fun one too- join in and see!.
## Editor’s Comments

_Slow down, you move too fast_  
_You got to make the morning last_  
_Just kicking down the cobblestones_  
_Looking for fun and feeling groovy_  
_Ba da-da da-da da-da, feeling groovy_  

_Hello lamppost, what’cha knowing_  
_I’ve come to watch your flowers growin’_  
_Ain’t you got no rhymes for me?_  
_Doo-ait-n-doo-doo, feeling groovy_  
_Ba da-da da-da da-da, feeling groovy_  

_I got no deeds to do, no promises to keep_  
_I’m dappled and drowsy and ready to sleep_  
_Let the morning time drop all its petals on me_  
_Life, I love you, all is groovy._

- The 59th Street Bridge Song (Feelin’ Groovy)

There is always something to look forward to...if you have a positive attitude and a song in your heart. OLLI leadership took that attitude by shifting to Zoom to continue classes. They solved many challenges in technology and helped our teaching staff embrace Zoom as their temporary classroom. For the first time in almost 25 years, _The SUN_ was published on the internet instead of a bright yellow paper cover. I salute the resilience of OLLI and celebrate the volunteers and students who ARE OLLI...All is groovy!

Speaking of volunteers...we need some more for _The SUN_. If you have writing and/or editing experience and some time to share, please contact the OLLI office for more information.

## OLLI at CSULB - 2020

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**Holidays—No OLLI Classes**

- Labor Day: Monday, September 7, 2020
- Veterans' Day: Wednesday, November 11, 2020
- Thanksgiving Day: Thursday, November 26, 2020
- Martin L King Day: Monday, January 18, 2021
The President’s Corner

By the time you read this I will have spent 6 months discharging my duties online as a virtual president, along with the Governing Council (GC) and the OLLI staff. The GC and the Working Groups have all been meeting via zoom and it’s become routine for all of us. If you’ve been attending classes, you know that we’ve worked out most of the bugs involved in teaching via zoom. This was not easy because we are required to use the CSLUB professional zoom account, not just for its expanded capabilities compared to a free zoom account, but because of the extra security protocols that prevent “zoom bombing” and other distasteful interruptions. Only CSULB email account holders can start a zoom meeting so a member of the OLLI staff or a knighted volunteer has to schedule and start each class as the host. This was a logistical nightmare that our staff weathered and conquered. This fall I will be “hosting” my own class on Communications Systems, my first attempt at online teaching. I hope to see some of you there.

Did you know that any member can attend our monthly Governing Council meetings and learn just how much work our dedicated volunteers put in on the various Working Groups? In the past, very few guests showed up, perhaps to avoid the parking nightmare. But now all you have to do is email or call the OLLI office and ask for the link to join the zoom GC meeting, held on the 3rd Friday of the month at 1:30 or 4PM depending if classes are in session that month. You will meet some of the new Working Group leaders who have taken on tasks made much more difficult because we are now strictly online. So, think about Zooming-in to the next GC meeting this September 18, October 16 or December 11. We do not meet in November.

With this issue of The SUN, we kick-off our 25th anniversary celebration year. It’s hard to think of celebrating until there is a vaccine for the virus. Nonetheless, having served the local senior community with lifelong learning opportunities for 25 years, it is a big deal that deserves a celebration. We’ve provided lifelong learning opportunities to our members at very low cost and with a skeleton staff compared to most of the other 123 OLLI’s. This is possible because we’ve been frugal with our spending and relied on volunteer instructors and an additional cadre of volunteer members to keep the organization growing and running smoothly. You can help maintain this business model by volunteering to help on one of our Working Groups and/or with your generous donations. If OLLI has meant something important in your life, please consider remembering us in your estate planning.

The next issue of The SUN will detail our Winter 2021 offerings for January. Right now, we can only hope that we’ll be back on campus then. But if not, you can be assured that there will be a host of quality online courses to keep us connected (no pun intended).

Letters to the Editor

Dear all at the office,

I am missing all of you. I want to tell you that our class instructors are so GREAT!! Jim Worsham with his warmth and wisdom. And how could we learn to play the Harmonica without the wonderful musical Marc Davidson on the guitar? It has been 3 and a half years since I first signed up. These guys have even written a manual for “Harp” players. I think it should be used as a text in classes at CSULB and further! They are dedicated and will even meet with us in between OLLI sessions.

I am sorry that our SUN booklet isn’t available to all right now, although it is online. Everything in the world and our OLLI education is changing. Thanks for being there.

Ellen Brannigan.

Marcia Wertheimer

I might be tired after the Stand Tall, Stand Strong class but my body thanks you!!!! Thanks to Lorraine Goldman and OLLI for offering such an important class. It should be taught to all ages. If we train our bodies when they are young then maybe our body parts wouldn’t be falling apart as we age.

Marcia Wertheimer
Have you taken a class on Zoom yet? If you haven’t, why not give it a try? Although online classes aren’t exactly the same as the in-person ones, there are a lot of similarities. In spite of the fact that you can’t physically sit next to your OLLI friends these days, you can at least enjoy seeing them on what looks like an old Hollywood Squares TV set. And every seat is like the front row of the classroom, so you don’t have to squint to see the instructor. Learning to use Zoom will take a bit of effort, but it will be worth it.

Classes to consider taking:

**The Cloud** — What is it, where is it, and why should I care?

The cloud that people talk about isn’t just one big computer in the sky. There are thousands of clouds, each with many computers that are connected together. Chances are, you have things in cloud storage right now. For instance, if you use web-based email, post photos on social networks, store books for your Kindle, or store photos or music on Amazon, use and share documents on Google Drive or Microsoft’s OneDrive, and if you have an Apple product that can syn back up to the iCloud, your data is in those company’s clouds. Many of us use cloud services to store, backup and share computer files. However, as convenient as these services can be, there are some cautions about their use. Chris Wisniewski, our privacy and security expert, will explain how these clouds work, which are considered reliable, and how to take the steps necessary to keep the documents you store in the clouds safe.

This three-week class can stand alone or can serve as an introduction to the five-week Digital Privacy and Computer Security class. Both are taught the same days and time.

If you have Microsoft Word on your computer and you’ve always been meaning to see more of what this popular word processor can do, now is your chance. Jack Friedman, who you may have seen providing technical support in the big classroom pre-pandemic, will be teaching it. **Using Microsoft Word** will include a tour of the Word window; the Ribbon and other menus; how to create a new document; some ways to format text; how to insert pictures and other objects, and use text wrap.

Most of us have used personal computers at home or on the job. They have become so much of a part of our lives that it’s hard to remember when we didn’t have them to help us write our letters, keep track of our finances, store documents, photos, and music, or even play games. But, have you ever wondered how a computer works? **Behind the Curtain - Mysteries of the Computer Revealed**, taught by Wesley Peck, will explore the history of the development of the today’s personal computer and how it is organized. You’ll learn what hardware is, what software does, what an operating system is, and more.

→ See description pages for class days and times.

**What is Zoom?**

As we carry on with classes online, here is a link to a Wired magazine article about learning to be an educator on Zoom. [https://www.wired.com/story/screen-share-a-college-teachers-zoom-journal-anne-fadiman/](https://www.wired.com/story/screen-share-a-college-teachers-zoom-journal-anne-fadiman/).

Read an article about Zoom, its immigrant founder, and its focus on ease of use (and problems caused by that) [https://www.cnn.com/2020/05/21/tech/zoom-founder-eric-yuan/index.html](https://www.cnn.com/2020/05/21/tech/zoom-founder-eric-yuan/index.html)

5 Tips for Better Audio Quality for Better Zoom Meetings and Video Calls [https://youtu.be/s7m1lwNCh8](https://youtu.be/s7m1lwNCh8)

How To Look Good on Video Calls for Zoom [https://youtu.be/ACNGhPKnmok](https://youtu.be/ACNGhPKnmok)
have risen to the occasion and are learning the fine points of teaching online. And then there are you, the students, willing to face each other on a screen, actively contribute to discussion, and continue to ask pertinent questions in this new learning environment. There is laughter, as well – a welcome sound in these times.

Welcome to a new membership year at OLLI. We don’t want to lose connection with any of you. We hope you’ll renew your membership and have faith in us and in our efforts to keep us all connected. Zoom is not difficult to learn, but only 1/3 of our members have dipped their toes in that water. We will offer almost 70 classes this fall session. Consider what you are saving on gas and parking fees and the time most of us have on our hands. Join us for a class or two. We will, again, offer orientations to the Zoom platform for students and for new and more experienced instructors. Come on in - the water is warm and welcoming.

Out of this time of pandemic – a worst of times – has come something good! From my personal perspective, Zoom has given us a season of light in an era of darkness. It has allowed us to continue to learn with our friends and to make new acquaintances online. Lectures, discussions, arts and crafts, music, exercise – we have it all! Using Zoom, in itself, has taught us a new skill! It is a spring of hope in a season of isolation. Forgive the hyperbole, Zoom is not a panacea, but it does offer OLLI an existence in this epoch. Every class that I host teaches me something that you have all known through personal experience, and I have known only at a distance: the amazing community that OLLI at CSULB offers us. Our dynamic instructors have risen to the occasion and are learning the fine points of teaching online. And then there are you, the students, willing to face each other on a screen, actively contribute to discussion, and continue to ask pertinent questions in this new learning environment. There is laughter, as well – a welcome sound in these times.

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More Zoom Thoughts

Dear Barbara,

OLLI is fortunate to have you. The transformation you have achieved in responding to the pandemic is remarkable. I got my copy of the Summer SUN, but I am slow to adapting to everything and I am not ready for classes on the computer. Thank you again (for sending the newsletters). We depend on you!

Sincerely,
Leslie Silverman

Going outdoors is not cancelled.
Listening to music is not cancelled.
Quality time with our families is not cancelled.
Reading a book is not cancelled
Sharing with friends is not cancelled
Being kind is not cancelled
Singing out loud is not cancelled
Laughing has not been cancelled
Sharing HOPE with others has not been cancelled
Let’s EMBRACE what we do have.

Barbara White

Lonely on the OLLI patio
Independence Corrupted

by Tom Hood

How Judges Really Make Their Decisions!

Have you ever wondered what happens when a judge retires to his chambers and in most cases is left alone to make very important, impactful decisions, decisions that will have a major impact on key persons in a trial? Wouldn’t it be interesting to know how judges are chosen, and as a result, what pressures they might be subject to while serving on the bench? Judge Charles Schudson’s class, Independence Corrupted will clear up any misconceptions you have about our third branch of government. It will also open your eyes to what is going on right now within the courts; in particular judicial independence.

Understanding what the founding fathers feared when they wrote Article 3 of the constitution is a cornerstone in learning the fundamentals of an independent judiciary.

We are at the crux of saving or losing our democracy. If you would like to be a more informed and engaged citizen who is passionate about the fate of our country - - take this class.

Judge Charles B. Schudson is a Wisconsin Reserve Judge Emeritus. He has served as a state and federal prosecutor, a trial and appellate judge, a law professor, and a Fulbright Fellow at law schools abroad. He is the author of Independence Corrupted: How America’s Judges Make Their Decisions.

→ See class description on page 19.

T’ai Chi Chih

by Rick Adams

An Evidence-Based Mindfulness Practice

Instructor Elizabeth Preston says, “T’ai Chi Chih (TCC) is needed now more than ever to reach out and help people relieve some of the Covid-related stress. It helps you become a calmer person.” This class is designed for beginners and returning students.

TCC practice consists of movements focused on circulating and balancing Chi, or the vital life force energy. It incorporates ancient energy movement principles of yin and yang. This slow, gentle, repetitive moving meditation is positively associated with improvements in physiological and psychological conditions. It consists of 19 stand-alone movements and one pose that can be done by almost anyone, including the mature population. This class is designed for beginners and returning students who will be introduced to all movements and the six principles of how to move.

Wear comfortable clothing, and if you wear shoes, make sure they do not have elevated heels. Course handouts will be available on-line. Even though this is a Zoom class, participation is limited to 30 students, so that you can receive individual attention.

Elizabeth Preston is an accredited T’ai Chi Chih instructor with 50 years teaching experience in the adult education field. She has taught TCC for 12 years, and has been practicing since 2004. TCC is not about perfection. It does help improve physical balance issues and deals with the fear of falling. Her goal is to create an environment where you feel comfortable listening to your own body. She will help you learn to use the silent flow time at the end of each session. This is a time to let go of external forces and demands on the brain. Elizabeth says, "Something magical happens during the flow time.”

→ See class description on page 22.
The ABCs of LBGTQ Cinema

Film fan extraordinaire Robert Cano did not see any films until he was eighteen and had left home. He grew up within the Pentecostal Christian Church which forbade watching films, likening the movie theater (according to Robert) as the Church of the Devil. The video store nearby his apartment helped him compensate. He rented nearly every VHS tape stocked by the store, including documentaries and foreign films, which he grew to love. He says, “by watching films, I learned so much about other cultures and other peoples.”

Amidst the AIDS crisis of the early 1990s, Robert and his friends were watching and critiquing LGBTQ films in his living room and he perceived a need for others to see these films. Consequently he, a new graduate of CSULB in Business Administration, founded the Long Beach QFilm Festival to showcase LGBTQ films. During the inaugural year of 1993, films were shown in the 200 seat auditorium of the CSULB student union. Interest in the Festival was larger than expected and 500 showed up for the 200 seats on opening night. During each year since then the festival presents feature films (both US and foreign), short films and documentaries. Covid-19 has not stopped the 27th annual festival from being held, just the method of how the films will be seen. It is scheduled for September 11-13, 2020.

For those who enjoy in-depth discussions of films, Robert, the founder of the festival, will be facilitating The ABCs of LGBTQ Cinema for OLLI. The course has a pre-requisite: a subscription to Netflix so that the assigned film will watched before the Zoom class session in which it will be discussed. The films in the course will, in turn, highlight each of the initials: Lesbian, Gay, Bisexual, and Transsexual. (Class size is limited)

→ See class description on page 19.

News from Nettie

Dear Becky and OLLI office friends,

This is about the time of day I used to drop by the CSULB OLLI office after my Needlework Cafe class to give/get my weekly hugs and share the progress of the Yarmulke. (Oh yes, and to help develop the transition of the OLLI Memoir Class Archive to a new resource location).

I am so happy to have successfully completed the Yarmulke. It will go to Aaron, my grandson (via my son Marc) on August 12th. Initially I had planned to give it to him in person, but COVID-19 being what it is, I can’t. The important thing is he will have it and that makes me happy.

I miss CSULB, you, and all the wonderful OLLI friends and colleagues there. I decided to virtually drop in on you with this email on a Friday afternoon to give/get a hug.

Keep well and safe.
Love, Nettie
Share the Joy of OLLI
by Jeff Protzman

Now more than ever OLLI needs your help. Did you know that over 55% of our new members have told us that they were referred by a friend? We appreciate those referrals very much. We count on membership fees and class tuition to provide support for the classes each session.

Please consider referring a friend to OLLI this Fall. Zoom classes have plenty of available “seats” without the hassle of hunting for a parking space on the CSULB campus! No need to drive downtown!

Please share this issue of The Sun with your friends. In its digital version, it makes it easy to email to someone you know. A printed version can be available if you contact us at the office. Write and invite friends to join OLLI so they can also experience the joy of learning. We like to say that at OLLI you will Learn More ~ Age Less!

Travel Update
by Barry Bosscher

A sold-out bus of OLLI travelers was looking forward going to Hollywood to attend a taping of the Jeopardy game show on March 18. We were especially excited to see host Alex Trebek. But, as you are no doubt aware, COVID-19 restrictions cancelled the trip.

Travel for most of us has come to a halt. We have seen cruises, trips to Europe and even visits to local museums cancelled or delayed. The OLLI Travel committee, working with Good Times Travel, doesn’t foresee group travel until sometime in 2021.

While not ideal, there are opportunities for virtual travel. Streaming services like Netflix and Amazon Prime offer travel related content as well as various websites. We have been providing some of those programs and sites in Barbara White’s delightful and informative emails. We will continue to seek out these resources and pass them on to you.

We’re also excited to welcome back OLLI class leader, Jackie Baird-Bunker, to share with us videos of her vast travels around the world. It truly is the next best thing to being there. Plenty of seats are available and she will announce the travel locations at the first class - it might be to see pandas in China or gazelles in Africa. Be ready for Travel Without Luggage in October.

Are You Able?
by Maria Arce

Volunteers are the backbone of OLLI at CSULB. They are the creative source for all the courses, special events, social activities, publications and classroom services. Without volunteer support, OLLI CSULB could not provide the array of lifelong learning experiences members enjoy year-round.

Volunteering creates a more vibrant learning community and connects you to other OLLI members. Volunteer jobs vary in time commitment, skills needed and frequency. Our organization is organized into Working Groups and these Working groups continue to meet via Zoom.

Some of the volunteer opportunities include Education (classes and instructors), Communications (publishing The SUN, marketing and PR) Member Services (activities, new member meetings) and soon Fundraising (25th celebration and donations). OLLI Working Group leaders and Board members are always on the lookout for volunteers. Don’t wait to be asked take the initiative.

WANTED:
A volunteer who has artistic and layout design abilities to help with our Membership Handbook now being developed as well as the 25th Anniversary Memory Book. Contact Maria Arce at mearce47@aol.com.

OLLI will be 25 in 2021!

OLLI at CSULB will soon begin celebrating our 25th Anniversary. The celebration culminates with a gala event on October 23, 2021. We hope that the distancing will be over by then. We are planning an exciting year of special events.

You can be part of that planning by volunteering to help with one of the myriad of monthly happenings and the gala. Drop by the OLLI office and tell them how you can help make the year a success.

Future editions of The SUN will highlight coming 25th Anniversary events, so stay tuned for what is going to be a terrific 2021, and plan to be there!
OLLI Farewells

Flora Loeb 1931 - 2020
A bright star has been added to the galaxy with the peaceful passing of Flora Loeb on Monday, June 22, 2020, at the age of 89. Flora’s husband, Jerry, also a long time OLLI member, remembers that he and Flora met each other when he was 13 years old and she was 10, and she made up her mind to marry him at that time! They were married for 69 years.

Flora and Jerome Loeb were the 2019 Recipients of the FAA We Honor Ours Award. They also created and supported the Loeb FA Endowed Scholarship which supports students in the MFA/MBA Theatre Management Program. Flora’s gifts of understanding and encouraging the potential of CSULB Arts students was profound. She creatively arranged for Fine Arts Associates and OLLI members to attend innumerable CSULB concerts, theatrical performances and art shows. Flora and Jerry were active OLLI members for the last 20 years. They especially were fans of Michele Roberge and her Shakespeare classes each year. Flora’s wonderful, whimsical hats were her trademark signature around the CSULB campus. She will be very much missed!

Mike Meckna 1945-2020
Michael Meckna was born in 1945 in Long Beach where he spent his youth, through his years at CSULB (1967 B.A.). He was given a trumpet when he was nine years old and spent most of his life in music, with forays into languages (fluent in French and Spanish, read German, studied Latin, Greek, and Sanskrit), theology, and psychology. He married his Classics tutor, Eva, in 1976 and received his Ph.D. in musicology from UCSB in 1984.

Diagnosed with Parkinson’s in 2009 and Alzheimer’s in 2016, he led the most active life he could after his retirement move back to Long Beach in 2011. Michael started the guitar program at OLLI at CSULB and taught for as long as he was able. He also sang tenor in the OLLI choir, directed by his friend from boyhood, Fran Harding. He died at home in his wife’s arms on May 23 and is sadly missed by so many who enjoyed his harmonica playing, his singing, and his sweet interest in every person he ever met.

David Swenson
May 21, 1946 - July 6, 2020
On July 6, 2020, David Ernest Swenianioni, the best dad we ever had, passed away peacefully in his home with his family and his dog by his side. He is survived by his wife of 46-ish years, Kathryn; his daughters: Michelle, the ugly one, and his younger daughter, Michelle/Emily/Whoever you are.

David was a family man, who always put his family first. He counted his family among his friends and his friends among his family. He was genuine, honest, loyal, loving, and quick to offer sugar-free licorice (watch out, it’ll go right through you). He loved caring for his family, which meant offering copious amounts of food, and was quick to protect the underdog.

You can read the rest of this entertaining and heartfelt obituary online. We know we will miss Dave and his big smile at the front of the OLLI classroom (or in a Zoom meeting) this year. https://www.tributes.com/obituary/read/David-Swenson-108489879

Penelope Doherty
Sad news to hear of Penelope’s passing on Sunday May 24th. She was a vibrant presence at OLLI. As a student in my poetry workshop over the years, she contributed her heartfelt insights and brought encouragement and appreciation to the work of others.

In her professional life, Penny taught art in schools and colleges throughout the Los Angeles area, and was much loved in the Long Beach art community. Penny and her artist husband, Kevin, were happy regulars in the halls of OLLI, letting us know the latest in film and art in Long Beach. She loved her long life. Submitted by Linda Carr.

Mike and Eva Meckna
SUMMER 2020 CONTRIBUTORS

*With thanks to ALL of you, including our Anonymous Donors. All contributions support the successful programs and facilities for educating seniors.*

Jane Adair
Linda Banez
Elizabeth Beall
Carl Becker

*Keep up the good work!*

Marie Benson
Cari Blitzer

*Thank you people behind OLLI - all of you!!!*

Gladys Bryant-Heck
Enid Busser
Mary Cliby
Ann Courtney

*For OLLI Student Scholarship Fund or OLLI General Donation*

Karin Covey

*In Memory of Robert Covey*

Winifred Crowley
Susan Csikesz
Randolph Currin
Carl Curtis
Ginny Cusenza
Fannie Daly

Barbi Darnauer
Carolyn Estrada
Dale Freeberg
Jeffrey Gholson
Lorraine Goldman
Phyllis Ham
Robert Hannan
Donna Hawk
Linda Henry
Barbara Holmes
Elisabeth Ito
Diane Ito
Sherry & Len Jacobson
Stephen Klein
Eugene Knell
Gael & Glenn Libby
Janet Lipson
Constance Malaambo
Michael Marshall
Susan Mayo
Karen & Patrick McDonough

*For whatever is needed at the time.*

Carol Motry
Barbara Norberg
Vicki O’Toole
Jody Ramsey

*In Honor Of Nancy Viets Thompson Merrill*

Karen Schluntz
Trina Schneider

*Thank you OLLI!!!*

Marion Shanker
Leslie Silverman
Joan Smith
Louise & Christian Soe
Patricia Szeszulsuki
Naida Tushnet
David Urstein
Claudia Van Holt
Joan Van Hooten
Harriet Warner
Jerald Warren
Ann Weiss
Marcia Wertheimer
Elaine Wood (Chapla)
Carol Zuck

Barbara Norberg
Vicki O’Toole
Jody Ramsey

*In Memory of Fran Harding*

Thank you to all OLLI members who donate on a regular basis. OLLI is funded by Membership Fees, Tuition and Donations along with the Endowment disbursement each year. Yes, we are looking at a thinner budget year for 2020-2021.

There are two ways to continue to give: Log in to the OLLI Registration page with your User Name and Password when you sign up for Fall classes. Look for the DONATE menu item. You can add to your shopping cart during the purchase process or as a separate transaction.

**OR** Visit CSULB.edu/CHHS website and use the GIVE menu to make a contribution by credit card to the Osher Lifelong Learning Institute listed among the many centers and programs for our college. https://www.csulb.edu/college-of-health-human-services/chhs-home/support-chhs/ways-to-support-chhs

You will receive a contribution confirmation from CSULB Foundation for either method.

You must be logged in to donate.
If **NEW** you must create an account first.

Click the **Donate** menu to begin.

Enter the donation amount and **Donation type** (Choose from the list)

Anonymous donors, please note that in the Donation Use space.

When you’ve filled out the form, click **Add to shopping cart**.

Donate anytime **by mailing a check** to the CSULB campus OLLI office. See address on the back page of *The SUN*. Thank you to all of our OLLI Donors!
Making the Gift of Lifelong Learning

Did you know that your Osher Lifelong Learning Institute is a financially self-supporting organization? While membership fees, tuition and endowment income are our largest sources of revenue, they do not cover our entire operating costs. It is the generosity of members and donors that allow OLLI to sustain itself and ensure classes and events remain affordable and available to all. Donations made to OLLI during the year ensure we can provide outstanding and member-driven programming as well as Scholarship assistance to those in need. Gifts to OLLI help make sure our technology is updated, that staff provide a high level of service to our members and instructors and that we have the space and ability to serve lifelong learners like you throughout our community, whatever the economic climate.

Think about how OLLI has enriched your life, your retirement, your passion for lifelong learning. Think about the friends and relationships you have made through OLLI or the new skills and knowledge you have acquired through year-round classes. Making a financial gift is one way to demonstrate your appreciation for how important OLLI is to you.

This is why the OLLI Governing Council is introducing the “25 for the 25th Campaign” to celebrate our 25 years of providing lifelong learning opportunities in our community.

One of the most significant and lasting ways you can ensure OLLI is sustained into the future is through a legacy gift. The most common is a bequest in your will or living trust. You can leave a “legacy of learning” that grows our endowment funds to support OLLI programs and services for future generations. By creating a legacy, you are making a lasting difference to the sustainability of the organization that has been so meaningful to you. What better way to thank the organization that has had an impact on your life, or the life of someone you love, than by making a gift from your estate? There are many reasons why OLLI members might think of leaving a legacy gift. Some reflect their own sense of value in the program and the desire to leave a sustaining legacy behind. For other members, OLLI has been a source of enrichment, learning, and camaraderie and they want to leave a gift so others can also benefit in years to come. Our goal is 25 legacy gifts to celebrate our 25 years of lifelong learning.

For more information on legacy giving, please contact gift planning at 562-985-5489. or go to https://csulbgiftplanning.org

Whether making a gift of lifelong learning through a donation today or a legacy gift through your estate,... you can help OLLI thrive.

<table>
<thead>
<tr>
<th>Yearly Funding Sources for OLLI</th>
</tr>
</thead>
<tbody>
<tr>
<td>OLLI CAN CONTINUE TO PROVIDE EXCELLENT LIFELONG LEARNING OPPORTUNITIES FOR ANOTHER 25 YEARS BECAUSE OF THESE SOURCES OF FUNDING</td>
</tr>
<tr>
<td>FEES</td>
</tr>
<tr>
<td>TUITION</td>
</tr>
<tr>
<td>OSHER + OTHER ENDOWMENTS</td>
</tr>
<tr>
<td>CONTRIBUTIONS + LEGACY GIFTING</td>
</tr>
</tbody>
</table>

A Zoom Survey

Students’ impressions of the Zoom Experience, Summer 2020

OLLI’s summer session offered about 50 classes with 492 members enrolled and over 1000 seats taken. We asked summer students to give us their impressions of taking classes on the Zoom platform and these were the results from 221 members:

- 83.7% were extremely or very satisfied with our Zoom classes, 14% were satisfied, and only 2.3% were disappointed.
- 68.8% felt learning Zoom basics was easy, 29% thought it was not too hard, and only 2.2% found it very hard.
- When given a choice of features that were disappointing or frustrating 47.8% had no complaints, 11.4% had issues with the ability to speak when they’d like to, 9.4% were challenged by the screen features, 7.1% had problems connecting with links provided (that was mostly due to the office learning the fine point of scheduling classes), 3.1% had problems with the number of students in the class (not sure if that was too many or too few) and 21.2% had other issues – mostly issues with participants not muting their sound properly. We appreciated all the feedback in this area and will integrate suggestions into our instructor and student training on using Zoom in preparation for the Fall session.
- 93.7% would recommend Zoom classes to others, 1.3% would not, and 5% were not sure.
- 90% plan to take OLLI classes on Zoom in the fall, 1% will not, and 9% are not sure.

So sit at your computer, grab your laptop/iPad/Kindle Fire, or smart phone and join us for Fall classes. We will be holding both instructor and student training sessions in September. Stay tuned for dates and times.
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.

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 registering and paying for all classes.

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

Returned Check Policy
CSULB Foundation charges $10.00 for a returned check. You will be responsible for the check amount plus $10.00. This fee may be changed by CSULB at any time.

Refunds
Request for refunds or class transfer must be made before the second class meeting. All refunds must be requested through the office. 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 the Osher Lifelong Learning Institute or CSULB.

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.

Registration starts on
Friday, Sept. 18
9:00 AM - ONLINE open

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

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

• Name Tags for OLLI members are not available now. Keep your old ones as “forever” proof of OLLI membership. DO make sure to add your name to the Zoom windows as you log on.
• 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 June for July & August).
• All classes have a $15 tuition fee

Osher Lifelong Learning Institute has 501 (c)(3) non-profit status. Fees and donations are tax deductible as allowed by current law.
Instructions: Register online using a credit card
Call OLLI if you have questions about your account status before starting. (562-985-2398)

Returning Members
Renew 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 csulb.edu/olli OR Google OLLI @ CSULB
- Click the blue Register link on the web page

Step 2 Login
- At upper right enter your Username / Password. Click LOGIN
- OR choose Forgot Password and enter your email. You will be sent a link to Reset your Password. Follow the directions to enter a NEW password if prompted.

Step 3 Pay the OLLI membership fee ($40). EVERYONE pays for the new year!
- Click Membership at top of the page in the black bar. Membership must be bought before any classes.
- Annual membership is $40. 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 Sept. 18 - 9 am
- Select Session. This term is Fall 2020. Search for a class by day (easiest).
- To enroll, click Register.
- To sign up for more classes, click Search, and repeat the process. You will see all in the checkout window.
- When you are finished registering, click Checkout. Your online session is limited to 60 minutes.

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.
Use ONLINE Registration.
Want to register online but need some help?
Call the Helpline - 562-985-2398
9:00 AM to 4:00 PM
No Computer?
Mail the Registration form and a check to submit for processing ASAP.

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
Write down your User Name and Password.

Note your OLLI User Name/Password for future ONLINE Registration.

Email _____________________________________
User Name ________________________________
Password ________________________________

Emergency Contact: Enter in ProClass also!
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:

How to register for OLLI Zoom classes at CSULB
Sign up for classes the way you always have by registering online, or by mailing a registration form and check made out to the CSULB Foundation.

After you register, you will receive a confirmation email that includes a Zoom web address for each class you’re enrolled in. The link will look something like this: https://csulb.zoom.us/x/11111111111.

FREE classes on how to Zoom
Online instruction will cover everything needed for you to get to class. Classes will begin in Sept. There will be plenty of time in a session to become familiar with how Zoom works. Look for an OLLI email with class times.

Getting ready for a Zoom class meeting
A few minutes before a class is due to start,
- make sure your device is on and power cord is handy
- have the Zoom web address from the OLLI letter
- be camera ready from the waist up!
Then follow the directions below.
And don’t worry about how the class is conducted. Your instructor will tell you how his or her 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
The easiest way is to locate the Confirmation Letter that was sent from OLLI and use the class LINK to start Zoom. The Password and Meeting ID are included in the link. If you try another way and Join a meeting - use the ID and Password from this same letter to enter the meeting.
- Save the Letter in an email folder or copy it to a Word doc/Notepad file on your desktop. The same link should work all session.
- Create a calendar meeting and include the Link.
- If you cannot hear the audio or cannot get into the meeting, close all Zoom windows and try the link again.
## OLLI Registration Fall 2020 October 1 - November 25

Name: ___________________________ Date: ____________________

Address: ___________________________ City: ____________________ Zip: ____________

Home Phone #: ___________________________ Cell phone #: ___________________________ Email: ___________________________

### OLLI Membership

EVERYONE pays now for the year

| Donation | $ __________(Office Use)________ |

Contributors will be acknowledged in our publications.

*If you would like to remain anonymous check here.* □

**NO Cash**  
Check # _______  
Total $ _________

Make Check Payable to CSULB Foundation

### TIME | CLASSES | Instructor | Comments |
---|---|---|---|

#### MONDAYS, October 5 - November 23

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:50</td>
<td>Stand Tall, Stand Strong (Day 1)</td>
<td>Lorraine Goldman</td>
<td>Exercise bands needed</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Beginning iPhone</td>
<td>Kathy Winkenwerder</td>
<td>Tech</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>You’ve Been Pop Culture’d</td>
<td>Kelsey Uyeda</td>
<td></td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Harmonica - Beg. &amp; Intermediate</td>
<td>Jim Worsham</td>
<td>Choose your level</td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Bridge 1</td>
<td>Hank Dunbar</td>
<td>w/ LB BC - $6 materials fee</td>
</tr>
<tr>
<td>10:00 - 11:30</td>
<td>A Splendid Exchange: How Trade ....</td>
<td>Diane Keenan</td>
<td>NEW</td>
</tr>
<tr>
<td>10:30-12:00</td>
<td>Staying Alive</td>
<td>Fred Grannis, MD</td>
<td></td>
</tr>
<tr>
<td>1:00-2:30</td>
<td>The Data Revolution &amp; Society</td>
<td>Carol Jacoby</td>
<td>NEW - 4 weeks Oct 5-26</td>
</tr>
<tr>
<td>1:00-2:30</td>
<td>How Computers Learn</td>
<td>Carol Jacoby</td>
<td>NEW - 4 weeks Nov 2-23</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Create a Family Cookbook</td>
<td>Yesmean Rhibany</td>
<td>NEW</td>
</tr>
<tr>
<td>1:30-3:30</td>
<td>Samsung Smartphone Basics</td>
<td>Richard Sherwood</td>
<td>Tech - Ver. 5 or more</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Folk Guitar 1</td>
<td>Craig Lowe/ Frank S</td>
<td>Beginners</td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Christmas Ornaments Workshop</td>
<td>Lisa Malmsten</td>
<td>NEW - Supplies $15 to instructor</td>
</tr>
</tbody>
</table>

#### TUESDAYS, October 6 - November 24

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-10:00</td>
<td>Beyond iPhone Basics</td>
<td>Kathy Winkenwerder</td>
<td>Tech - iPhone 6 or more</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Dive Deeper into Understanding Emotions</td>
<td>Steve Sumpter</td>
<td>Book purchase possible</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Zen Meditation</td>
<td>Yukinori Yokoyama</td>
<td></td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Modern Communications Systems</td>
<td>Len Jacobson</td>
<td>7 weeks Oct 6 - Nov 17</td>
</tr>
<tr>
<td>12:00-2:00</td>
<td>Watercolor for Everyone</td>
<td>Anne Kupillas</td>
<td>Supply list from instructor</td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Spanish Story Time</td>
<td>Pam Kiwerski</td>
<td></td>
</tr>
<tr>
<td>1:00-2:00</td>
<td>Cinema LGBTQ</td>
<td>Robert Cano</td>
<td>NEW - Must have Netflix 5 wks</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Introduction to the iPad</td>
<td>Chris Wisniewski</td>
<td>Tech - Have a current iPad</td>
</tr>
<tr>
<td>1:30 - 3:00</td>
<td>Travel without Luggage</td>
<td>Jackie Baird-Bunker</td>
<td>Digital travel tours</td>
</tr>
<tr>
<td>2:00-3:00</td>
<td>Reiki 1: Self-Healing</td>
<td>Patty Rissouli</td>
<td>Beginning</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Asian Art in LA</td>
<td>Delrie Hobbs</td>
<td>NEW</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Jammin’ with OLLI</td>
<td>Marc D - Carol Baker</td>
<td>Email needed for music</td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Writing Creative Non-Fiction</td>
<td>Sallie Rodman</td>
<td>Email needed for submissions</td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Cloud Basics: What is it....?</td>
<td>Chris Wisniewski</td>
<td>Tech - any system 4 weeks Oct</td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Digital Privacy and Computer Security</td>
<td>Chris Wisniewski</td>
<td>Tech - any system 4 weeks Nov</td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>World War II Naval Operations...</td>
<td>Paul Killins</td>
<td>NEW - Part 2</td>
</tr>
</tbody>
</table>
# OLLI @ the BEACH  Fall 2020

## WEDNESDAYS, October 7 - November 24

<table>
<thead>
<tr>
<th>Time</th>
<th>Course Title</th>
<th>Instructor</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:50</td>
<td>Stand Tall, Stand Strong (Day 2)</td>
<td>Lorraine Goldman</td>
<td>See equipment needed</td>
</tr>
<tr>
<td>9:00-10:30</td>
<td>Almost Naked Eye Astronomy</td>
<td>Patrick Kenealy</td>
<td></td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Feel Great Again</td>
<td>Holly Weber</td>
<td>6 weeks Oct 7 -Nov 11</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Foundations of Investing</td>
<td>Andy Dilsaver</td>
<td></td>
</tr>
<tr>
<td>10:15-11:45</td>
<td>Geopolitics: Past, Present, Future Part II</td>
<td>Dick Lunde</td>
<td>NEW No pre-requisite</td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Microsoft Word for Windows</td>
<td>Jack Friedman</td>
<td>Tech- PC Windows 6 wks</td>
</tr>
<tr>
<td>12:00-2:00</td>
<td>Paint and Chat</td>
<td>Yesmean Rhibany</td>
<td>NEW - watercolor and more</td>
</tr>
<tr>
<td>1:00-2:30</td>
<td>Organic/Sustainable Vegetable Garden...</td>
<td>Amanda Paiz</td>
<td>NEW</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Folk Guitar II: Beyond Strumming</td>
<td>C.Low/B. Bradshaw</td>
<td>Not Beginners</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Independence Corrupted</td>
<td>Judge Schudson</td>
<td>NEW - 2 weeks Oct 7 &amp; 14</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>T’ai Chi Chih</td>
<td>Elizabeth Preston</td>
<td></td>
</tr>
<tr>
<td>3:00-4:30</td>
<td>Communicating with Self /Others</td>
<td>Herb Glazeroff</td>
<td>6 weeks - Oct 7 - Nov 11</td>
</tr>
<tr>
<td>7:00-8:30</td>
<td>Preventing Heart Disease....</td>
<td>Wendall Covalt</td>
<td>3 weeks -Oct 7 - 21 - evenings</td>
</tr>
</tbody>
</table>

## THURSDAYS, October 1 - November 19

<table>
<thead>
<tr>
<th>Time</th>
<th>Course Title</th>
<th>Instructor</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-10:00</td>
<td>Windows 10 Skills Review</td>
<td>Toni Evans</td>
<td>Tech 4 weeks</td>
</tr>
<tr>
<td>9:30-11:00</td>
<td>Memoir Writing: A Novel Approach</td>
<td>Jo Fitzpatrick/Pam K.</td>
<td></td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>The Baha’i Faith...</td>
<td>Dawn Shelly</td>
<td>4 weeks - Oct 8 - 28</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Shoot and Edit Smartphone Videos</td>
<td>Perla Gutierrez</td>
<td>Tech</td>
</tr>
<tr>
<td>10:30-11:45</td>
<td>Yoga: Not your Daughter’s</td>
<td>David Hennage</td>
<td></td>
</tr>
<tr>
<td>10:30-12:00</td>
<td>No Ordinary Woman</td>
<td>Pam Watson</td>
<td>4 weeks - Oct 1 - 22</td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Current Events and Issues</td>
<td>Mary M &amp; Doug H</td>
<td></td>
</tr>
<tr>
<td>1:00-2:00</td>
<td>Poems of e.e. cummings and Yeats</td>
<td>Bernard Natelson</td>
<td>NEW 6 weeks -Oct 1-Nov 5</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Guided Autobiography 1</td>
<td>Nicole Moore</td>
<td>5 weeks Oct 1 - 29</td>
</tr>
<tr>
<td>1:00-2:45</td>
<td>6 Stories, 6 Weeks</td>
<td>Mona Panitz</td>
<td>6 weeks - Oct 1 - Nov 5</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Apps and Social Media</td>
<td>Perla Gutierrez</td>
<td>Tech</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Accordion+Music+Culture</td>
<td>David Noferi</td>
<td>NEW</td>
</tr>
<tr>
<td>3:00-4:30</td>
<td>Financial Rules of the Road</td>
<td>David Bassett-Parkins</td>
<td></td>
</tr>
</tbody>
</table>

## FRIDAYS, October 2 - November 20

<table>
<thead>
<tr>
<th>Time</th>
<th>Course Title</th>
<th>Instructor</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-10:30</td>
<td>Being Mortal</td>
<td>Carolyn Estrada</td>
<td>See book recommended</td>
</tr>
<tr>
<td>10:30-12:30</td>
<td>Jewelry Making A-Z</td>
<td>Belinda Belisle</td>
<td>Supply list from instructor</td>
</tr>
<tr>
<td>10:30-12:00</td>
<td>The World, its Resources, &amp; Humankind</td>
<td>Dr Moran</td>
<td></td>
</tr>
<tr>
<td>11:00-12:00</td>
<td>Meditation</td>
<td>Mushroom Montoya</td>
<td>NEW</td>
</tr>
<tr>
<td>12:30-1:45</td>
<td>Yoga on a Chair</td>
<td>Claudia Ellano-Ota</td>
<td></td>
</tr>
<tr>
<td>12:30-1:20</td>
<td>Beginning Bluegrass Mandolin</td>
<td>Frank Swatek</td>
<td>Choose your class</td>
</tr>
<tr>
<td>1:30-2:20</td>
<td>Beginning Bluegrass Guitar</td>
<td>Frank Swatek</td>
<td>Stay for one or more.</td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Bluegrass Old Time Jam session</td>
<td>Frank Swatek</td>
<td>Email needed for music</td>
</tr>
<tr>
<td>1:00-2:30</td>
<td>Estate Planning 101</td>
<td>Susan Berkman</td>
<td></td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Short Story: Discussion Group</td>
<td>Fern Ramirez</td>
<td>Book purchase recommended</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Great Classics of the American Screen</td>
<td>Jeff Hathcock</td>
<td>Access to YouTube</td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Behind the Curtain</td>
<td>Wesley Peck</td>
<td>Tech - NEW 4 weeks</td>
</tr>
</tbody>
</table>

## SATURDAYS, October 3 - November 21

<table>
<thead>
<tr>
<th>Time</th>
<th>Course Title</th>
<th>Instructor</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00-11:30</td>
<td>Looking Good on a Budget</td>
<td>Kathy Marshall</td>
<td>4 weeks- Oct 24 - Nov 14</td>
</tr>
<tr>
<td>12:30-2:00</td>
<td>The Plantagenet Dynasty</td>
<td>Scott Obey</td>
<td>6 weeks - Oct 3 - Nov 7</td>
</tr>
</tbody>
</table>
**Begin iPhone (iOS)**

Just get your phone or haven’t had time to learn how to use it? This beginners’ class will concentrate on some of the most frequently used iPhone apps. You’ll see how to make phone calls, read, send and receive email and texts, manage content, search the web, enter text, use maps to get around, organize your apps, get familiar with some of the settings, and we’ll talk about making Zoom calls on your phone. **Prerequisites: have an iPhone 5 or higher. Make sure your phone is charged so you can take part in class sessions.** **Class limit: 14**

Instructor: Kathy Winkenwerder  
Mondays, Oct. 5 - Nov. 23  
8:30 - 10:00 AM

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**You’ve Been Pop Culture’d**

We will examine pop culture topics across generations, decades and genres. Learn about pop culture that one is familiar with, but also the pop culture of other generations; develop a deeper understanding and respect between generations. Learning about pop culture topics, especially unfamiliar ones, is to encourage participation in multigenerational settings, have conversations with individuals of different generations and encourage multigenerational friendships. Pop culture topics include, music, dance, film, television, sports and recreational activities.

**Class limit: 30**

Instructor: Kelsey Uyeda, MS Gerontology CSULB, BA Music UCLA  
Mondays, Oct. 5 - Nov. 23  
10:00 - 11:30 AM

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**A Splendid Exchange: How Trade Shaped the World**

We will explore global commerce from its prehistoric origins to the many controversies surrounding it today. From ancient sailing ships that brought silks from China to Rome in the second century to the rise and fall of the Portuguese monopoly in spices in the sixteenth. From the rush for sugar that brought the British to Jamaica in 1655 and to the American trade battles of the early twentieth century. This class explores how trade shaped commerce, societies, cities, culture and art. **Class limit: 25**

Instructor: Diane Keenan, Prof. Economics Cerritos College; MS Political Science UCLA; MS Economics Claremont Grad School  
Mondays, Oct. 5 - Nov. 23  
10:00 AM - 11:30 PM

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**Bridge 1**

See class details on page 27  
Instructor: Hank Dunbar (whdunbar@verizon.net)  
Mondays, Oct. 5 - Nov. 23  
10:00 AM - 12:00 PM

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**Staying Alive**

This course will provide a review of the most common causes of death among middle-aged and senior citizens in the U.S. today and the evidence on methods of prevention, early detection and treatment that can reduce risk of premature death and disability from these diseases. **Class limit: 98**

Instructor: Frederic W. Grannis Jr. MD, Emeritus Prof. of Thoracic Surgery at City of Hope National Medical Center, extensive clinical and research experience in diseases of the heart, lungs, and blood vessels  
Mondays, Oct. 5 - Nov. 23  
10:30 AM -12:00 PM
The Data Revolution and Society
Digital data is everywhere and it is changing society and individual lives in profound ways. Almost everything you do leaves a data trail that gets sucked up, then sliced and diced to manipulate you to buy certain products or vote for certain candidates. It’s been said that Facebook knows you better than the CIA ever will. Yet, collecting data helps track disease, manage traffic, monitor consumer confidence, detect fraud, and more. As computers get faster and more sophisticated, where will all this lead? Will we have self-driving cars or robot overlords? Class limit: 98
NOTE: This is a 4-week class to be followed by the optional companion class How Computers Learn.
Instructor: Carol Jacoby, PhD math
Mondays, Oct. 5 - Nov. 23 (4 wks)
1:00 - 2:30 PM

How Computers Learn
How did Target stores know the girl was pregnant before her mom did? How do phones recognize faces? How does Amazon know what you want to buy? Look inside the black box of machine learning (it’s just basic arithmetic). Learn how computers find out things about you that you didn’t tell anyone. Find out how a computer can win at Jeopardy. Watch as we train a computer to read tweets, make predictions and sort people into categories. We will explore supervised and unsupervised machine learning, neural networks and deep learning. No technical background required. Class limit: 98
NOTE: This is a 4-week class related to the optional companion class The Data Revolution and Society.
Instructor: Carol Jacoby, PhD math
Mondays, Nov. 2-23 (4 wks)
1:00 - 2:30 PM

Samsung Smartphone Basics (Android)
Explore how a Samsung smartphone works. Learn what you can do with yours, what comes with your phone, what apps are and how to download them. Get comfortable with the touch screen and practice using it. Learn tasks besides making and answering phone calls or texts. Check mail, use the camera, browse the web, play games, listen to music, and get directions from a map. Prerequisite: You must have a Samsung brand smartphone (S series – 3 to 10) Class limit: 12
Instructor: Richard Sherwood
Mondays, Oct. 5 - Nov. 23
1:30 - 3:00 PM

Creating Your Family Cookbook and more
One of the more pleasant side effects of quarantining has been cooking! And for some, the chance to cook with others. Now might be the perfect time to capture old and new family favorites into a cookbook. Not just recipes but stories and memories. How often have we heard, “I wish I had my aunt’s (mother’s, grandmother’s…) recipe for….“? Yet, in today’s fast paced world capturing the recipe, techniques, and memories are being forgotten. Food is a family bond, weaving together memorable moments. In this workshop, you can prepare your cookbook and capture your family’s food heritage. The workshop includes organizing the book, writing and testing recipes, picture and printing options. We will discuss food: sharing ideas, and cooking tips and challenges. Note: this course is not limited to creating a family cookbook. Anyone interested in talking about cooking and baking is welcome. Class limit: 25
Instructor: Yesmean Rihbany, MA Education & MA Psychology, Organization Behavior
Mondays, Oct. 5 - Nov. 23
1:00 - 3:00 PM

Folk Guitar I
Dust off that old guitar and let’s play! This class offers a chord-based approach to learn guitar from the ground up. The emphasis will be on folk, country, blues and early pop music. Reading music or tablature is not required. All you need is an acoustic guitar and your enthusiasm! Class limit: 25
Instructor: Craig Lowe & Frank Swatek
Mondays, Oct. 5 - Nov. 23
2:00 - 4:00 PM

Christmas Ornaments Workshop
Make a different ornament each week from a variety of supplied materials. Kits will be $30 and must be paid for before the fall term begins. You will be notified about how and where to pick up your kit. You must provide your own scissors, extra-fine-tip permanent black marker, box of 250 inexpensive straight pins, sewing thread, small tubes of two kinds of glue: E-6000 (OR a simple glue gun and glue sticks) Aleene’s Quick-Dry Tacky Glue or similar quick-dry glue. Sewing is minimal, but if you have difficulty using a needle and thread, contact the instructor at lisaspaperarts@gmail.com for an alternative. Class limit: 15
Instructor: Lisa Peskay Malmsten
Mondays, Oct. 5 - Nov. 23
3:30 - 5:00 PM
iPhone – Beyond the Basics (iOS)

If you feel comfortable using the phone, why not explore some other iPhone features? We’ll cover news apps and aggregators, Calendar, Notes and ways to listen to music on your phone. See what a personal assistant, Siri, can do for you. Also included will be some useful travel and health apps, and a review of the iPhone’s accessibility features, such as making icons and text bigger and reading aloud options. If there is time, we can choose other apps to cover. Prerequisite: Know how to use your iPhone’s Phone, Message and Email apps  Class limit: 14
Instructor: Kathy Winkenwerder
Tuesdays, Oct 6 - Nov 24
8:30 – 10:00 AM

Dive Deeper into Understanding and Managing Troubling Emotions

This class has been revised to focus more on managing difficult emotions such as anger, grief, hurt, depression, and loneliness. New and returning students will be introduced to new skills for managing these emotions and have class time to practice these skills. Upon enrolling send your mailing address to: lifeskills.consulting15@gmail.com and the workbook Retrain the Troubled Brain-Practical Strategies for Managing Anger, Stress, and Leisure Time, plus class handouts will be mailed to you. Class limit: 45
Instructor: Steve Sumpter, MS, CAMS II, Certified Anger Management Specialist, CSULB grad., former Director of Rehab at Kaiser Mental Health Center.
Tuesdays, Oct. 6 - Nov. 24
10:00-11:30 AM

Zen Meditation

Rev. Yokoyama is a Soto Zen Missionary and a resident priest of Long Beach Buddhist Church and Montebello Sozenji Buddhist Temple. He will help to unlock the secrets of Zen. He will show us the way of the Soto Zen and will share the practice of Zazen and mindfulness. Class limit: 25
Instructor: Rev. Yukinori Gyokei Yokoyama
Tuesdays, Oct. 6 - Nov. 24
10:00–11:30 AM

Modern Communication Systems

This class presents comprehensive descriptions of today’s modern communications systems. Starting with some historical concepts like the battery, the telegraph and telephone, students will develop a better understanding of today’s communication systems, the details and complexities of sending and receiving digital texts and voice messages. It covers signals, frequencies, bandwidths and interference, Wi-Fi and cellular, satellites, the internet and the future of communications. Also covered is security and privacy. Class limit: 98
Instructor: Len Jacobson, MSEE
Tuesdays, Oct. 6 - Nov. 17 (7 wks)
10:00 -11:30 AM

Watercolor for Everyone

Discover your unique artist-within or deepen your skills and creative potential through practice and weekly painting in watercolors. Everyone can make art! Come paint together while learning different basic and advanced techniques. Bring your own materials. A list of suggested materials, also, will be distributed during the first class. Questions---email instructor at anneqpdraws@gmail.com. Class limit: 24
Instructor: Anne Kupillas
Tuesdays, Oct. 6 - Nov. 24
12:00 – 2:00 PM

Spanish Story Time

This course will introduce participants to a different piece of children’s literature each week. Each selection will be used to improve Spanish skills by focusing on vocabulary and comprehension. The instructor believes in a natural approach to language acquisition, encouraging all participants to be engaged in the activities in a positive learning environment where they can practice speaking at any level. Class limit: 12
Instructor: Pam Kiwerski
Tuesdays, Oct. 6 - Nov. 24
12:00 - 1:30 PM

Cinema LGBTQ

Come join us as we venture into the ABC’s of LGBTQ Cinema. This class will be a facilitated discussion group talking about LGBTQ films currently being shown on Netflix. A subscription to Netflix is required for this class. We will discuss the history of LGBTQ Cinema and how it has been represented in the past and how it has moved forward. I will also bring in Guest Speakers (Pending Availability) for discussions. A film will be assigned each week, to be discussed the following week. Once you have signed up for the class. I will send you the name of the first film, to be discussed for the first-class session. This course promises to enlighten, educate and entertain. Class limit: 20
Instructor: Robert Cano, Long Beach Q Film Festival-Founder
Tuesdays, Oct. 6 - Nov. 3 (5 wks)
1:00 - 2:00 PM  Required: Subscription to Netflix
Introduction to the iPad
Not sure of the capabilities of your iPad? Are you able to perform some basic tasks? This class will cover the basics and some intermediate tasks. Learn how to interact with the iPad’s touch-based screen, how to download, personalize, and use apps; visit websites, and use Siri, Apple’s built-in helper. Learn how to use multiple apps at once when you you need to, which is the iPad’s real power over the iPhone. Prerequisites: Have an iPad Air 2 2014 and later running iOS 12 or 13. Have your iPad at-hand during Zoom sessions. You can Zoom on the iPad itself or use Zoom on a computer while your iPad is at your side. Class limit: 20
Instructor: Chris Wisniewski
Tuesdays, Oct. 6 - Nov. 24
1:30 – 3:00 PM

Asian Art in LA
With the hope that local museums open soon, let’s explore exhibits relevant to Asian Art. First, the Getty Villa. There are two fabulous exhibits that were not able to open due to museum closures; Assyrian reliefs from the British Museum and objects from the renowned Mesopotamian collection at the Louvre. We will also explore the history of Majolica (origins in Iraq) through objects at the Getty Center. At the Norton-Simon, see objects from South Asia: Buddhist, Hindu and Jain. Join us in “zooming” around LA in three museums. Class limit: 50
Instructor: Delrie Hobbs
Tuesdays Oct. 6 - Nov. 24
2:00-3:30 PM

Reiki I: Self-Healing
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. 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 Teacher
Tuesdays, Oct. 6 - Nov. 24
2:00-3:00 PM

Jammin’ with OLLI
We are a group of amateur musicians, instrumentalists and vocalists, gathering to have fun and make music. We play and sing together while developing our personal instrumental skills, mentoring each other. Basic song sheets with chords of favorite Folk, Blues, Country and Pop tunes are compiled in a Session Songbook, and provided digitally. Scored sheet music is not provided. The Jammin’ class is built around the guitar and ukulele; but other instruments, such as acoustical bass, banjo, harmonica, and keyboards are welcome. When using Zoom, we will mute microphones except the song leader’s during the session; you can follow along with the person leading each song. After each song, microphones will be unmuted to allow for discussion. Class limit: 35
Instructor Carol Baker & Marc Davidson
Tuesdays, Oct. 6 - Nov. 24
2:00-3:30 PM

If you’ve heard the term, the Cloud, mentioned in connection with computers, mobile devices, and the internet, but remain mystified about what it is, this is your chance to learn what it does, how it works and, most importantly, how to take advantage of its powers without compromising your privacy and security. Class limit: 20
Instructor: Chris Wisniewski
Tuesdays, Oct 6 - 20 (3 wks)
3:30 – 5:00 PM

Digital Privacy & Computer Security: Easily protect your identity, data, and devices from hackers, thieves, scoundrels, and snoops (any OS) (5 weeks)
Don’t just sigh and worry—take charge of your online life! There are remarkably easy ways to protect your identity and data in this new, digital wild west world we’re living in. Learn, then follow simple, practical, and safe ways—including password management—when using your smartphone, tablet, computer, and home automation device so your privacy is protected, and your worries eliminated. Learn how to more privately surf the web, safely purchase items on websites or from smartphone apps, share photos, and exchange private and personal data with only the persons and companies you choose. There will be lecture and discussion, plenty of examples, and lots of handouts. Class limit: 20
Instructor: Chris Wisniewski
Tuesdays, Oct 27 - Nov 24 (5 wks)
3:30 – 5:00 PM
TUESDAY

Writing Your Creative Non-Fiction
Do you have a personal experience you’re itching to write? Want to share your memoir with your family or the world? Entertaining an idea for a “how-to” magazine article? Does the newspaper need to hear your opinion? Then this class is for you. It is for writing true, but creative pieces. This class welcomes first-person stories, memoir, persuasive op-ed letters, and magazine articles. Book chapters up to 2,000 words are permitted (no poetry). Stories are read in class for sharing, editing and gorilla critiquing. For those wishing to publish, markets are suggested. Access to Word and email required. Class limit: 15
Instructor: Sallie Rodman, Cert. Professional Writing, Published 50 Chicken Soup for the Soul anthologies, magazines, websites. Honorable mention Writers Digest Annual Contest Tuesdays, Oct. 6 - Nov. 24 3:30-5:00 PM

World War II Naval Operations in the Atlantic and Mediterranean-Part 2
Are you interested in a view of the naval war fought in the Atlantic and Mediterranean Theaters in World War II? The Part 2 classes will cover the remaining action in Battle of the Atlantic (the longest campaign of the war), review the code breaking efforts that had a significant impact on the campaign, and cover the end game in the Mediterranean Sea. We will touch on cultural, doctrinal and technical differences between the Allies and the Axis powers and how these differences impacted the conduct of the war. Participation in Part 1 of the class is helpful, but not mandatory. Class limit: 98
Instructor: Paul Killins, B.S. Engineering Design; M.B.A. Technology Management, former Naval Officer Tuesday, Oct. 6 - Nov. 24 3:30-5:00 PM

Wednesdays

Stand Tall, Stand Strong
This is Day 2 of an active class which integrates stretching, coordination, stability, and strengthening exercises. See Monday description. Class limit: 50
Instructor: Lorraine Goldman, MPT, retired, Certified Exercise Expert Mondays, Oct. 5 - Nov. 23 & Wednesdays Oct. 7 - Nov. 25 8:30-9:50 AM

Geopolitics: Past, Present & Future
The class will again focus on the ongoing challenges between the four global giants – United States, China, Russia, and India. It will include discussions on: China and the Pacific Ocean World; The Indian Ocean World; US Military and its Global Role; Climate Crisis; Election update and more! Class limit: 80
Instructor: Dick Lunde Wednesdays, Oct 7 - Nov 25 10:15 – 11:45 PM

Almost Naked-Eye Astronomy: How did Human Beings Reason to their Physical Place in the Universe
Where are we in the universe? How special is our human frame of reference? What information about the universe, and our place in it, can we get with our naked eyes? This class will have readings, discussion and a few actual observations. We will learn how one needs to “think physically” about what happens in the world and accept explanations for events only in terms of other physical events that you know are possible. The question always is: Why do we believe what we do about the natural world? Evidence is vitally and crucially important in deciding why we believe what we believe. Class limit: 98
Instructor: Patrick Kenealy Wednesday, Oct. 7 - Nov. 25 9:00-10:30 AM

Feel Great Again; Understand and Maximize Your Brain Biochemistry
Research has confirmed that diet affects and controls moods. This course will explore brain chemistry and the relationship between food, mood and illnesses. To be discussed are the four brain types and their associated strengths and vulnerabilities; the support of each brain type with selected supplements and diet which can promote optimal health. “The Edge Effect” by Eric Braverman, M.D.is assigned textbook used starting the first session. Class limit: 98
Instructor: Holly Weber, RN, LCSW, Psychoanalyst Wednesdays, Oct. 7 - Nov. 11(6 wks) 10:00 – 11:30 AM

Foundations of Investing
This class will cover the essentials of investing and explore opportunities in today’s market post COVID-19. With an increasingly volatile market, what are the opportunities and potential pitfalls? We will discuss how to select stocks, bonds and other investments, with a focus on how you can use their income to fund your retirement. Learn how to read financial statements and help translate confusing financial jargon. The class will also cover Social Security/long term care and ways to maximize benefits. We will discuss what to expect when working with a financial advisor Each class will include time for answering specific questions. No products or services are sold, endorsed, or marketed. Class limit: 20
Instructor: Andy Dilsaver, CFP®, Financial Advisor Wednesdays, Oct 7 - Nov 25 10:00 – 11:30 AM
Paint and Chat
Join in to create a place to paint (watercolors) and learn from guest speakers or peers! All the students contribute to the class by sharing experience, exchanging ideas, feedback and critiquing each other’s work. Not a beginners group, but all are welcome. **Class limit: 50**  
Zoom Room Coord: Yesmean Rhibany  
Wednesdays, Oct. 7- Nov. 25  
12:00 - 2:00 PM

**Microsoft Word for Windows**
Microsoft Word is a word processing application that allows you to generate a wide variety of documents, including letters, resumes, and more. This class will introduce you to the features and functionality in MS Word, and teach you the basics of creating and editing MS Word documents. This includes how to create and save documents, format documents, prepare documents for printing, and align text. **Class limit: 12**  
Instructor: Jack Friedman  
Wednesdays, Oct 7 - Nov 11 (6 wks)  
12:00 – 1:30 PM

**Folk Guitar II: Beyond Strumming**
Ready to move on to the next level? Add some sophistication? Learn some solo leads for your repertoire? Join us if you want to play rich, guitar-based Americana music -folk, blues, country, acoustic rock. Instruction will be chord and song-based, and is designed for int. to adv. players who want to broaden their skills. We will introduce you to: Flat Picking & Finger Style Techniques, Tablature, Licks, Fills, Intrs and Outros, Bass Runs, and Chords beyond 1st Position. Jammin’ at OLLI class might be a good complementary class to this. **Class limit: 15**  
Instructors: Brian Bradshaw & Craig Lowe  
Wednesday, Oct. 7 - Nov. 25  
2:00 – 3:30 PM

**Independence Corrupted**
Judge Schudson knows how judges really make their decisions. He brings us behind the bench to probe judicial minds analyzing actual trials and sentencing of abortion protesters, murderers, sex predators, white supremacists and others. He takes us into chambers to hear judges forging appellate decisions about life and death, corporate crime, multimillion-dollar damages, and priceless civil rights. Most significantly, he exposes the financial, political, personal, and professional pressures threatening judicial integrity like never before. **Class limit: 98**  
Instructor: Judge Charles Schudson  
Wednesdays, Oct. 7 & 14 (2 wks)  
2:00 – 3:30 PM  
→ See article on page 6

**Organic/Sustainable Vegetable Gardening**
Learn the basics of gardening in raised garden beds or pots; composting methods, seasonal vegetable planting, and more. Garden experience can be shared. **Class limit: 30**  
Instructor: Amanda Paiz, MSGc CSULB  
Wednesdays, Oct. 7-25  
1:00 - 2:30 PM

**Communicating with Self and Others**
We communicate with our self and with others on a daily basis. What we say to our self can have a significant impact on how we view others and the world. It helps to determine how we walk through the world as the person we have become. How we communicate with others can determine the quality of our social life and how connected we feel to others. This class uses didactic presentations and experiential exercises to enhance communication skills. Be prepared to consider a change in your own behavior so that you have more direct influence on how you relate to your self and to others. **Class limit: 30**  
Instructor: Herb Glazeroff, Ph.D., clinical psychologist  
Wednesdays, Oct. 7- Nov. 11 (6 wks)  
3:00 – 4:30

**Preventing Heart Disease, Cancer, & Alzheimer’s Disease**
Would you like to enjoy a healthy, long life, which sometimes seems elusive for people after they reach age fifty? 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. 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 U; MBA from Indiana U; past board member & Pres. of South Coast Botanic Gardens  
Wednesdays, Oct. 7-21 (3 wks)  
7:00 - 8:30 PM
THURSDAY

Windows Skills Review: a look at Windows 10 (PC) (4 weeks)
Need your Windows PC skills refreshed? We'll review copy and paste, finding things on the web, using your email or simple word processing programs, organizing your files, or making folders and learning where to put them. Recent Windows 10 upgrade? Do you want to know where some of your favorite functions are located in the new OS? Come explore Windows 10 on your computer and learn about its useful features. Bring your questions to class. Prerequisite: familiarity with Windows. Class limit: 6
Instructor: Toni Evans Thursdays, Oct 29 - Nov 19 (4 wks)
8:30 – 10:00 AM

Memoir Writing: A Novel Approach
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 their own voice and effective writing style. Class limit: 20
Class Leaders: Jo Fitzpatrick & Pam Kiwerski Thursdays, Oct. 1 - Nov 19 9:30-11:00 AM

Shoot & Edit Smartphone Videos (Android, iOS)
There are lots of good reasons to take videos of your family and friends. Document a birthday, your grandson’s first bike ride, or a special trip. Learn how you can take amazing videos of with your smartphone. This class will cover filming techniques, smartphone video apps, making a script, music and voice recording, editing techniques, and how to post your finished product on Facebook or YouTube. We’ll include exercises on each topic. Please bring your charged smartphone to each class. Prerequisite: Comfortable using your Android phone or iPhone. Class limit: 20
Instructor: Perla Gutierrez Thursdays, Oct. 1 - Nov 19 10:00 – 11:30 AM

The Baha’i Faith: Contributing to an Ever-Advancing Civilization
In this course we will learn about the life and teachings of Baha’u’llah, its Prophet Founder, and the fascinating history of the Baha’i Faith. The Baha’i Faith seeks to bring about a better understanding of their common teachings. We will explore the spiritual and social teachings of Baha’u’llah: Revitalization of the spiritual life of the individual; Appreciation of the diversity and nobility of the human family; Establishment of world peace, equality of women and men, and universal education; Spreading hope, joy, and a positive vision of humanity’s future. Class limit: 98
Moderator: Dawn Shelley Thursdays, Oct. 8 -29 (4 wks) 10-11:30 AM

National & International Current Events & Issues
Students will participate in a friendly discussion of current events and issues in national and international news. They will be encouraged to be informed, make comments, express opinions, and periodically disagree with each other while remaining courteous. Participants are welcome to select a topic of interest, present it to the class, and lead a future discussion. Class limit: 70
Instructors: Mary Meyer & Doug Haigh Thursdays, Oct. 1 - Nov 19 12:00–1:30 PM

Yoga: Not Your Daughter’s...
Participate in a relaxing, fun way to stay young in body, mind and spirit. No body is too old or stiff for yoga. All levels are welcome. Learn basic yoga skills and philosophy, including how to breathe and exercise your way to improved mobility and health. Class limit: 50
Instructor: David Hennage with Lorraine Goldman Thursdays, Oct. 1 - Nov 19 10:30 -11:45 AM

No Ordinary Woman
Historical gossip is fun. Find out about famous and not so famous extraordinary women. It goes beyond the First Ladies to an up close look at other extraordinary women in history and also women who have lived their lives in some very non-ordinary ways. Class limit: 50
Instructor: Pam Watson Thursdays, Oct. 1 - 22 (4 wks) 10:30 -12:00 AM

Poems of e.e. cummings and William Butler Yeats
When I told an OLLI classmate I intended to teach a poetry class on e.e. cummings, he said: “The one who had a broken typewriter.” Of course, he was referring to the unique syntax that cummings created in his poetry. Cummings was able to write in a visual way that integrated form and content to his words. William Butler Yeats was a pillar of the Irish literary establishment, a foremost figure of 20th-century literature. I marvel at his ability to put profound meaning in so few words. In each class we will study 3 or 4 poems of each poet at different stages of their lives. Class limit: 20
Instructor: Bernard F. Natelson, M.B.A., Psy.D., A.B.M.P. Thursdays, Oct. 1- Nov. 5 (6 wks) 1:00-2:00 PM
**THURSDAY**

**6 Stories - 6 Weeks**
You may have read a lot this summer. But when you get hungry for a short story class, consider this: Enticing stories; Excellent writers, some familiar, some you never heard of before. All in a cozy ZOOM setting with avid friendly readers just like you. **Class limit: 16**
**Instructor:** Mona Panitz  
**Thursdays, Oct. 1 - Nov. 5 (6 wks)**  
1:00–2:45 PM

**Guided Autobiography**
The course is based upon the work of Dr. James Birren, a professor and pioneer in the field of Aging Studies. Guided Autobiography is a semi-structured process of recalling, writing, and sharing one’s life story based on universal themes provided each week. Through this interactive class, 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. 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: 6**
**Instructor:** Nicole Moore  
**Thursdays, Oct. 1-29 (5 wks)**  
1:00–2:30 PM

**Financial Rules of the Road**
The road to financial independence begins with a few simple rules. Why are some people more successful investors than others? Are they luckier? (Probably not.) Do they know a secret? (Definitely not.) There are no real secrets to investing; but there are rules you can follow to work toward your goals. The course will cover: the most common investing mistakes and how to avoid them, inviting strategies to help you reach your long-term goals, and the 10 rules every investor should know. **Class limit: 26**
**Instructor:** David Bassett-Parkins, Financial Advisor  
**Thursdays, Oct. 1 - Nov 19**  
3:00–4:30 PM

**FRIDAY**

**Being Mortal**
This is a facilitated discussion group on Atul Gawande’s book, “Being Mortal” in which he addresses not only what it means to live well, but also what it means to die well. His book helps us to think about what is really important to us as we age and become infirm and ultimately die - and how to articulate to ourselves and to others what is really important to us as we face these inevitabilities. **Class limit 20**
**Instructor:** Carolyn Estrada  
**Fridays, Oct. 2 - Nov. 20**  
9:00 -10:30 AM

**The World, its Resources, and Humankind**
This is an updated course about the natural resources of the world and how they have impacted human life and development of civilizations and cultures. The physical location of the resources has determined world history. And the historic events caused by their exploitation have dictated the economics of the time and the politics that ensued, which in turn molded our social life. All these aspects are strongly interconnected in a cause-effect relationship to the current problems of our environment and, therefore, to our daily life. The resources reviewed are: air, water, food, metals and minerals, and resources needed for the creation of energy. **Class limit: 30**
**Instructor:** Edgar M. Moran, M.D., Emeritus Professor of Medicine, University of California, Irvine  
**Fridays, Oct. 2 - Nov. 20**  
10:30 AM - 12:00 PM

**Accordion + Music + Culture: Connecting the dots**
This course is an overview of the accordion and how it is embraced in cultures throughout the globe. Whether you are a student of history or different cultures or simply curious about the instrument, you will find many points of interest across many genres of music. Course sessions will consist of story-telling (sometimes humorous) supported by music videos to provide audio-visual examples. Open discussion is encouraged. **Class limit: 12**
**Instructor:** Dave Noferi  
**Thursdays, Oct. 1 - Nov 19**  
1:30-3:00 PM

**Apps and Social Media (all OS)**
Ever been curious about an app, but don’t know how to start using it? Come learn about popular free apps like Skype, Whatsapp, Linked In, YouTube, Uber, Google Maps, or Eventbrite. What are gifs or memes? How do you navigate the huge choices at Amazon, the App Store or Google Play Store. This is an updated course about the natural resources of the world and how they have impacted human life and development of civilizations and cultures. The physical location of the resources has determined world history. And the historic events caused by their exploitation have dictated the economics of the time and the politics that ensued, which in turn molded our social life. All these aspects are strongly interconnected in a cause-effect relationship to the current problems of our environment and, therefore, to our daily life. The resources reviewed are: air, water, food, metals and minerals, and resources needed for the creation of energy. **Class limit: 30**
**Instructor:** Edgar M. Moran, M.D., Emeritus Professor of Medicine, University of California, Irvine  
**Fridays, Oct. 2 - Nov. 20**  
10:30 AM - 12:00 PM

**The World, its Resources, and Humankind**
This is an updated course about the natural resources of the world and how they have impacted human life and development of civilizations and cultures. The physical location of the resources has determined world history. And the historic events caused by their exploitation have dictated the economics of the time and the politics that ensued, which in turn molded our social life. All these aspects are strongly interconnected in a cause-effect relationship to the current problems of our environment and, therefore, to our daily life. The resources reviewed are: air, water, food, metals and minerals, and resources needed for the creation of energy. **Class limit: 30**
**Instructor:** Edgar M. Moran, M.D., Emeritus Professor of Medicine, University of California, Irvine  
**Fridays, Oct. 2 - Nov. 20**  
10:30 AM - 12:00 PM
FRIDAY

Meditation
Stopping the world from swirling through and around us so fast is necessary so that we can catch our breath, rest, and replenish our personal power. Meditation can help us replenish the energy we expend in this fast paced world. We are body, mind, and spirit. Meditation is a practice that momentarily shifts our awareness, allowing our body, mind, and spirit to rest and replenish itself. When we are replenished, we feel better, we think clearer, and we move more easily. There is no style or process of meditation that fits everyone; however, I will guide you through meditation processes that will help you replenish your personal power. **Class limit: 50**
Instructor: Mushroom Montoya
Fridays, Oct. 2 - Nov. 20
11:00 AM - 12:00 PM

Jewelry From A-Z
Have you admired a piece of jewelry and wanted it to match your colors? Have you just wanted to explore a new medium and have a piece of art you can wear? If so, this class is for you! We will explore jewelry making from A to Z, learn a variety of techniques, including how to string the perfect necklace and create unique jewelry pieces. Belinda is a fiber artist by training. She has been studying jewelry making and design for over ten years and enjoys making jewelry from various and inexpensive objects. **Class limit: 20**
Instructor: Belinda K. Belisle
Fridays, Oct. 2 - Nov. 20
10:30 AM -12:30 PM

Yoga on a Chair
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 breath, energy work, affirmation, visualization, and imagery 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: 30**
Instructor: Claudia Ellano-Ota
Fridays, Oct. 2 - Nov. 20
12:30 - 1:45 PM

Bluegrass Music Via Zoom
Pick one or all music options to increase your playing skills. Peer learning with a focus on The Fundamentals.
12:30-1:20 Beginning Bluegrass Mandolin  **Class limit: 6**
1:30-2:20 Beginning Bluegrass Guitar  **Class limit: 6**
2:30-4:00 Bluegrass/Old Time Jam All instruments. **Class limit: 12**
Choose one or more times using one Zoom link. Questions?? Contact frankswatek@hotmail.com
Instructor: Frank Swatek;
Assistant Instructors: Mark Shutts and Dennis Murphy
Fridays, Oct. 2 - Nov. 20
12:30-4:00 PM

Estate Planning 101
Planning to support major life events, like retirement or your estate, is more than just choosing financial and investment tools. Before answering the question of which tool to use, we need to determine who in our lives should get an inheritance, when they should get it, what they should get and how or in what form they should receive it and often, why they should get it. All of that may influence how we set up our own retirement and, eventually, our estate plans. We must examine our values, visions of what impact our inheritance might have, and how we want to be remembered influence the “who, what, when, why and how” questions. This class will examine the questions and provide you tools to determine these answers for yourself as well as reviewing common estate planning tools. **Class limit: 50**
Instructor: Susan Berkman
Fridays, Oct. 2 - Nov. 20
1:00-2:30 PM

Short Story: Discussion Group
Become a more active reader, explore themes both old and new, and participate in stimulating and challenging discussions with other class members. Each week we will read a short story from a wide range of writers and discuss our responses to what makes the story unique: themes, techniques, characters, atmosphere, etc. The results usually are stimulating and entertaining and sometimes surprising. Keep using your copy of *The Scribner Anthology of Contemporary Short Fiction: 50 North American Stories Since 1970* (Lex Williford and Michael Martone, Eds., Touchstone Books (Paperback), 2007) **Class limit: 20**
Class Leader: Fern Ramirez
Fridays, Oct. 2 - Nov. 20
1:00-3:00 PM
Great Classics of the American Screen
Watch these classics on YouTube at your leisure—one each week—and be ready on Fridays to discuss the contents, inside secrets, etc. with Jeff via ZOOM.
1. “Rain” - Joan Crawford, Walter Huston Directed by Lewis Milestone
2. “A Double Life” - Ronald Colman, Edmond O’Brien, Directed by George Cukor
3. “Strange Love of Martha Ivers” - Barbara Stanwyck, Van Heflin, Kirk Douglas
4. “Nothing Sacred” - Carole Lombard, Fredric March, Directed by William Wellman
5. “China” - Loretta Young, Alan Ladd, William Bendix, Directed by John Farrow
6. “Adventure in Manhattan” - Joel McCrea, Jean Arthur, Directed by Edward Ludwig
7. “The Sun Shines Bright” - Directed by John Ford  
**Class limit: 60**
**Instructor: Jeff Hathcock**
**Fridays, Oct. 2 - Nov. 20**
2:00-3:30 PM

Behind the Curtain: Mysteries of the computer revealed (PC and Mac)
Ever wonder: How the computer got where it is?; What is next?; What are all those little bits inside the box?; How do computers think?; What do all those acronyms mean?; Why do the connections keep changing and how can I attach my older equipment?  
Learn the historical foundations of the personal computer. Learn about hardware and its organization, and software fundamentals, including both programs and operating systems. We will delve into the basic construction of both the hardware and the software that makes the personal computer such a useful tool.  
**Class limit: 15**
**Instructor: Wesley Peck**
**Fridays, Oct. 30 – Nov. 20 (4 wks)**
2:00 – 3:30 PM

Looking Good On a Budget:
Learn how to create a look that is uniquely you and on a budget. Color is very important in how you look; learn what colors best harmonize with your skin, hair and eyes. Knowing your Fashion Personality will keep you from making impulse buys and instead, wise purchases. Knowing your make-up personality is also helpful when selecting cosmetics. What are the 8 body types for women? I will show you how to shop within your own wardrobe, how to create a core-wardrobe, and how to accessorize to create looks that complement your personality and individual style.

**Class limit: 35**
**Instructor: Kathy Marshall, Cert. Image Consultant/Fashion Stylist**
**Saturdays, Oct. 24 - Nov. 14 (4 wks)**
10:00-11:30 AM

The Plantagenet Dynasty
For over 300 years the Plantagenets governed England during its most formative period. The establishment of common law and parliamentary government are their legacies. The foundational members of the dynasty, Henry II and Eleanor of Aquitaine, had a relationship that would challenge the notion of a romantic power couple and inevitably reveal a marriage of convenience. Their two sons, Richard and John, would cement their place in history for very different reasons. Later members of the Plantagenet family made their mark on the dynasty. A boy king quelled a revolution, an ambitious soldier garnered the crowns of both England and France... Discover who else lent their character to England’s most noble and notorious family.
**Class limit: 50**
**Instructor: Scott Obey, BA History UCLA**
**Saturdays, Oct. 3 - Nov. 7 (6 wks)**
12:30-2:00 PM

LifeFit Virtual Programming
Virtual Programming Options: Group Fitness*, Personal Training, Fitness Consultation/Wellness Coaching, and Wellness Workshops!

LifeFit Virtual Group Fitness Schedule*:
- Mondays @ 10 am – 11 am Core Fitness with Evelyn
- Wednesdays @ 10 am – 11 am Core Fitness with Evelyn
- Thursdays @ 10 am – 11 am Building Strength with Cayetano

*In addition to these live group fitness classes, LifeFit also has a virtual group fitness library with various group fitness formats available to participate in at your convenience. Please email Ayla.Donlin@csulb.edu

CHHS continues to oversee LifeFit, a fee-based program that is separate from CSULB’s Osher Lifelong Learning Institute (OLLI). The two groups partner to support active, healthy older adults.
**SPECIAL EVENTS - FREE**

**The Rise and Fall of the Berlin Wall**
It is hard to believe but this October, Germany is celebrating the 30th anniversary of the Unification; the culmination of a process that started with the Fall of the Berlin Wall in 1989! With its rise on August 13, 1961, the course of Germany’s and Berlin’s history took a tragic turn. It would take 28 years for this cruel and inhuman symbol of Germany’s division to come down, thus giving birth to yet another period in this European nation’s remarkable evolution. Join German historian and Ex-Berliner Anette Isaacs, M.A., as she presents a historical and political overview of this painful but also miraculous period in Berlin’s captivating history.

**Presentor:** Anette Isaacs  
**Saturday, October 17th ONLY  
10:00 AM – 12:00 PM**

**My Virtual Operatic Travelogue**
With the recent restrictions imposed by the corona virus, travel plans we might have been considering, now have to be enjoyed “virtually.” To satisfy that wanderlust, LA Opera and The Los Angeles Opera League offer “My Virtual Operatic Travelogue,” a tour of foreign lands, e.g., China, Egypt, France, Spain, Italy and Germany, via the music of Puccini, Verdi, Massenet, De Falla and Mascagni, along with the hosts personal pics and memories of vacations, past and hopefully future. Join me in first class!!

**Presentor:** Larry Verdugo, LA Opera community Educator  
**Wednesday, October 21 ONLY  
1:30 – 3:00 PM**

**Bridge 1**
For new players and players who played previously. Learn to play bridge the modern way. Topics include opening a major, opening a minor, no trump, Stayman, transfers, opening leads, attitude, carding, 1 NT Forcing and 2 over 1. Lessons will be given using Zoom. Hands will be played using Bridge Base Online.  
Printed lessons may be downloaded weekly or can be picked up/mailed for $6 for the entire class. Contact Long Beach Bridge Center for more details:

**Leader:** Hank Dunbar  
(whdunbar@verizon.net)  
**Mondays, Oct. 5 - Nov. 23  
10:00 AM - 12:00 PM**

**ZOOM Advice**
**FREE Discussion Groups**
**Wednesdays, in October and November**
**12:00 – 1:00 PM**

**Topics include**
- Senior Scams and Frauds  
  Oct 7 & Nov 4
- Medicare Help for 2021  
  Oct 14 & Nov 11
- Social Security up-dates for Medicare enrollments  
  Oct 21 & Nov 18
- Prescription Drugs tools to Benefit Optimization for 2021  
  Oct 28 & Nov 25

The Zoom links will be published via emails to all members in the first week of October.

**Contact (Anytime)**
Steven Carr  
(562) 233-1400  
zenisys@charter.net

**Visit a Museum-Virtually**
See back cover for one more Special Event this Fall.

**Friday, October 9**
**10:00 - 11:00 AM**

Watch for details in the weekly newsletters from OLLI. This free event is offered by MOLAA - the Zoom link will be sent by OLLI.
Inspired To Teach?
OLLI is looking for people who love to help others learn about technology or other passions. Share your skills in photography, games, social media, hardware, health / fitness applications, or anything else. All topics are welcome!

Contact the OLLI office and become a volunteer instructor or computer assistant! We are training members to also help with Zoom classes - co-hosting and offering technical assistance.

The CSULB campus is closed and following COVID 19 restrictions. We hope to be back in our regular places as soon as it is safe and healthy to do so!
OLLI @ PINE AVE.

* PA - Tower: Park Pacific Tower apartment building at 714 Pacific Ave. just across from the OLLI classroom building.

* PA - suite 202: Enter from the “alley”/Solana Court between 7th and 8th streets. **No entrance from Pine Ave.**
Use the buzzer and wait for a sound to open the door. Classroom is up a flight of stairs. Access to a lift is available upon request.

Parking Downtown

- Metered street parking: two-hour limit, cash or cards
  **Note the street sweeping signs on all streets.**
- Non-metered street parking: North of 8th St. on Pine Ave as well as neighborhood streets west of Pacific Ave.
- **Limited parking is available behind the OLLI building ONLY with a temporary permit from the OLLI office** displayed. Watch signs and spaces allowed. (marked Press-Telegram)

* Take the Bus: Check bus schedules for routes to Pacific and 7th. Check LB Transit for Senior TAP cards for reduced travel.

OLLI @ CSULB

CSULB Parking Permits

**Community permits** good for all General (G) lots are sold ONLINE for $40 per month. See Parking website for details or visit Brotman Hall. **Daily rate** is $10.00 in all lots - pay at a kiosk. The **Foundation Lot** attendant takes cash or credit cards for the $10 daily rate.

**Disabled parking** is allowed in blue ADA spaces in any lot with a campus permit and a placard. The short term green curb spaces on State University Dr. allow FREE parking when a disabled placard is displayed. For more information, visit the CSULB parking website or contact Parking Services office (Merriam Way) 562-985-4146.

**Campus Shuttles** operate during the CSULB Fall and Spring semesters only. Riders must present a CSULB ID card. Check details at [www.csulbshuttle.com](http://www.csulbshuttle.com) OR visit [www.csulb.edu/maps](http://www.csulb.edu/maps) for more info.

OLLI @ AGSM

American Gold Star Manor
3021 Gold Star Dr, Long Beach, CA 90810

Classes planned for this residential community located in the west side of Long Beach.

OLLI at CSULB Governing Council

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<thead>
<tr>
<th>Name</th>
<th>Title</th>
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<tbody>
<tr>
<td>Barbara White</td>
<td>Executive Director</td>
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<tr>
<td>Len Jacobson</td>
<td>President</td>
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<td>Glenn Libby</td>
<td>Vice President</td>
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<td>Karin Covey</td>
<td>Treasurer</td>
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<td>Mary Meyer</td>
<td>Secretary</td>
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<td>Phyllis Spear</td>
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<td>Gary Hoyt</td>
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<td>Rick Adams</td>
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<td>Jeff Protzman</td>
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<td>Donna Hawk</td>
<td>Education</td>
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<td>Karen McDonough</td>
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<td>Kathy Winkenwerder</td>
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<td>Wesley Peck</td>
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<td>Barbara Norberg</td>
<td>Member Services</td>
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<td>Maria Arce</td>
<td>Member Services</td>
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<tr>
<td>Naida Tushnet</td>
<td>President Emeritus</td>
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**Members-at-Large** represent the general membership at Governing Council meetings.

Member Services Working Group

Call office for dates or if you are interested in volunteering for activities.

**Upcoming Governing Council Meetings:**

Sept. 20 - Oct 16 - Not Nov.
Meetings are held via Zoom.

They are open to all OLLI members.
Contact the office 562-985-8237

Use the Long Beach Transit website for all bus routes
[www.lbtransit.com](http://www.lbtransit.com)

OLLI @ JCC

Alpert Jewish Community Center
3801 East Willow Street, LB 90815
Between Lakewood and Redondo Ave.
562-426-7601
A Virtual Museum Visit!

OLLI members have the opportunity to take a virtual tour of MOLAA, led by their knowledgeable docents. Take advantage of this free tour to learn more about the artists and exhibits featured, even as the museum is currently closed to the public. Please watch for the Zoom link email that will invite all OLLI members.

The Museum of Latin American Art (MOLAA) is located in downtown Long Beach, California. Housed in a contemporary structure designed by Mexican architect Manuel Rosen, the museum is home to four galleries, a contemporary “project space” and an outdoor sculpture garden.

Founded in 1996 by Dr. Robert Gumbiner, MOLAA is the only museum in the United States dedicated to modern and contemporary Latin American art. Through ground-breaking exhibitions, educational programs and cultural events, MOLAA expands the knowledge and appreciation of modern and contemporary Latin American art and culture and promotes a cross-cultural dialogue. Plan to join this guided tour offer and visit MOLAA in October.

Led by the MOLAA docent and educational department
Friday, October 9   10:00 – 11:00 AM

FALL Registration
Friday, September 18 starting at 9:00 AM ONLINE
All classes will be offered using ZOOM
Mailed Registrations are also accepted