



Winter 2019 January 4 - February 28

Lecture/Activity Classes

| MONDAYS, Jan. 7 - Feb. 25 (7 wks) | |
|-----------------------------------|--------------------------------|
| 8:30-9:50 | Stand Tall, Stand Tall - Day 1 |
| 8:30-9:45 | Spanish for Travelers |
| 9:30-11:30 | Bridge - 4 levels LBB |
| 10:00-11:30 | Wrestling with Faith |
| 10:00-11:30 | Longevity Stick PA-To |
| 10:00-11:30 | Law Enforcement PA |
| 11:45-1:15 | Ukulele for All levels |
| 1:00-3:00 | Play Modern Board Games PA |
| 1:30-3:00 | Travel CA Marine Areas |
| 2:30-4:00 | Guided Autobiography I JCC |
| 2:30-4:00 | Short Stories LW* |
| 3:00-4:30 | Into to World of Shamans LFC |
| 3:15-5:00 | Play the Recorder |
| 6:00-8:00 | Guided Autobiography I JCC |

| TUESDAYS, Jan. 8 - Feb. 26 | |
|----------------------------|-------------------------------|
| 8:30-10:00 | A Global Update - Part 2 |
| 8:30-9:30 | Longevity Stick LFC |
| 8:45-10:15 | Harmonica - Beg |
| 9:30-11:30 | Buy,Cook,Eat Sustainable Food |
| 10:15-11:45 | I am Really Upset... |
| 10:30-12:00 | Harmonica - Adv |
| 12:00-1:30 | Jammin' at OLLI |
| 12:15-1:45 | Play Reading Circle |
| 1:00-3:00 | To Know the Ocean PA |
| 1:00-3:00 | Basic Kumihimo Braiding LW* |
| 1:45-3:15 | Mindfulness (6 wks) |
| 1:45-3:15 | Prevent Heart Disease (2 wks) |
| 2:00-3:00 | Reiki with Patty LFC |
| 2:30-4:00 | Acting with Alice LW* |
| 3:15-5:00 | Writing Creative Non-Fiction |
| 3:30-5:00 | US Naval Operations... |
| 6:00-7:30 | Travel without Luggage LW* |

| WEDNESDAYS, Jan. 9 - Feb. 27 | |
|------------------------------|----------------------------------|
| 8:30-9:45 | Stand Tall, Stand Strong -Day 2 |
| 9:30-11:30 | Bridge: Card Play/Defense LBB |
| 10:00-11:30 | Guided Autobiography I PA |
| 10:15-11:45 | American Theater History |
| 12:00-1:30 | Relationship Rules, Redux |
| 1:00-3:00 | Beg./ Int. Watercolor LW* |
| 1:30-3:00 | 5 Stories - 5 Weeks PA |
| 1:45-3:15 | Folk Guitar II: Beyond Strumming |
| 3:30-5:00 | History of Ancient Greece/Rome |

| THURSDAYS, Jan. 10 - Feb. 28 | |
|------------------------------|--------------------------------|
| 8:30-10:00 | Memoir Writing: Novel Approach |
| 8:30-9:30 | Longevity Stick LW |
| 8:30-9:45 | Yoga with JeanMarie LFC |



**Registration Starts
 Friday, November 30
 at CSULB in person starting at 9:00**

**ONLINE starts 9:00 am
 See info on reverse**

Learn More ~ Age Less

Class Locations

CSULB Campus (C) - Lower Campus
 HS&D Building, Rooms 101, 105, 119,
 Computer Lab 100 Design 111
 LifeFit Center (LFC)
 KIN Building, Rooms 107 and 110 B
 Long Beach Bridge Center (LBB)
 Alpert Jewish Community Center (JCC)
 OLLI Pine Avenue (PA)
 737 Pine Ave Suite 202 LB
 Park Pacific Tower (PA-To)
 OLLI at Leisure World
 13533 Seal Beach Blvd. SB 90740

| THURSDAYS, Jan. 10 - Feb. 28 | |
|------------------------------|------------------------------|
| 8:30-10:00 | Mystery of Autoimmune |
| 9:00-11:00 | Tai Chi Chih (Beg / Adv) PA |
| 10:15-11:45 | Social Spanish |
| 10:15-11:45 | It Came from Rock n Roll |
| 12:00-1:30 | Current Events and Issues |
| 12:00-1:30 | Building Blocks of Investing |
| 1:00-3:00 | Adventures in Acrylics PA |
| 1:00-3:00 | Watercolor Workshop-Int LW* |
| 1:00-3:00 | Play Modern Board Games PA |
| 1:45-3:15 | Folk Guitar I |
| 2:00-2:45 | Tai Chi Chih LFC |
| 3:30-5:00 | Advanced Directives |
| 3:30-5:00 | Grow Roses Organically |
| 3:30-5:00 | Catch the Spirit Chorus |

| SATURDAYS, Jan. 5 - Feb. 23 | |
|-----------------------------|--------------------------|
| 8:30-12:00 | Adv. Watercolor Workshop |
| 9:00-12:00 | Hollywood Men: 1930s |

Computer Classes

| MONDAYS, Jan. 7 - Feb. 25 | | |
|---------------------------|---------------------|-----|
| 8:30-10:00 | Shoot Great Photos | iOS |
| 10:15-11:45 | Elements Workshop | Mac |
| 12:00-1:30 | Intro to Windows 10 | PC |
| 1:45-3:15 | Samsung Smartphones | And |
| 3:30-5:00 | Beginning iPhone | iOS |

| TUESDAYS, Jan. 8 - Feb. 26 | | |
|----------------------------|--------------------------|-----|
| 8:30-10:00 | Explore iOS 11 | iOS |
| 10:15-11:45 | Create Memories with PPT | PC |
| 12:00-1:30 | Creative Photo Effects | iOS |
| 1:45-3:15 | Beautiful Photo Books | All |
| 3:30-5:00 | Security and Privacy | All |

| WEDNESDAYS, Jan. 9 - Feb. 27 | | |
|------------------------------|---------------------------|-----|
| 8:30-10:00 | Travel with Your iPad... | All |
| 10:15-11:45 | Intro to iPad | iOS |
| 12:00-1:30 | iPad Apps Only | iOS |
| 1:45-3:15 | It's Your Mac - Beginning | Mac |
| 3:30-5:00 | It's Your Mac - Part II | Mac |

| THURSDAYS, Jan. 10 - Feb. 28 | | |
|------------------------------|---------------------------------|-----|
| 8:30-10:00 | Win 10 PC Skills Review (4 wks) | All |
| 10:15-11:45 | Smartphone Videos | All |
| 12:00-1:30 | Manage Digital Photos | PC |
| 1:45-3:15 | Social Media II | All |

| FRIDAYS, Jan. 4 - Feb. 22 | | |
|---------------------------|--------------------------------|-------|
| 8:15-9:30 | Not Your Daughter's Yoga | LFC |
| 8:30-9:45 | Grief | |
| 8:30-10:00 | Play Modern Board Games | JCC |
| 9:30-11:00 | Keys to Clearing Clutter | 105 |
| 10:00-11:30 | Short Story: Approaching Aging | |
| 10:00-11:30 | DIY-Fall Prevention | LW* |
| 10:00-11:30 | Chinese Traditional Painting | |
| 10:15-11:45 | Elementary Japanese 101 | JCC |
| 10:45-12:15 | Healthy Not High | |
| 11:15-1:15 | New Year.New Ideas for Cards | |
| 11:45-1:15 | English Vocabulary from Greek | |
| 12:30-2:00 | Supercharged Brain... | |
| 12:30-2:30 | Stained Glass Making | D-111 |
| 12:30-1:30 | Yoga on a Chair | LFC |
| 1:30-3:00 | Mind over Mood | |
| 1:30-3:00 | Guitar: Basics to Beyond | |
| 2:15-4:15 | Memory into Poetry | |
| 2:45-4:45 | Jewelry Making | D-111 |
| 3:15-4:45 | Estate Planning 101 | |

The Osher Lifelong Learning Institute

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

Visit the LifeFit Center @CSULB

- Open to all 50+ seeking healthy activity
 - Gym is located in Kinesiology Building
 - With an OLLI annual membership the LFC membership price is reduced.
- Contact LFC for details 562 / 985 - 2015



Winter Registration starts
November 30
ONLINE and in OFFICE AT 9 AM
OLLI support line: 562 985 2398

Online Registration can be easy!!

Use a credit card and email address to pay and register for classes from home. Use the directions in *The SUN* to update or start your ONLINE account. Find the link to the registration page on the OLLI website below.

Come for help in the OLLI office (HSD 100) to enroll in OLLI. Bring or mail a Registration form with check payable to CSULB Foundation. Bring your information, cash or check and let us help you with either method.

| Winter SPECIAL EVENTS - FREE | | | |
|------------------------------|--|-----|--------------|
| Jan. 6 - Feb. 23 | Every Sat. - SS and Medicare Workshop by Steve Carr | 119 | 12:30-1:30 |
| Jan. 31 | LB Public Library Re-Born! by Susan Redfield | | 3:30 - 5:00 |
| Feb. 19 | Are You Safe? by Howard Manning | | 10:15 -11:45 |
| Feb. 25 | Service Canine Training by Steve Welch | | 10:00-11:30 |
| Feb. 25 | Protecting Ourselves by LB Police Department | | 1:00-3:30 |
| Feb. 26 | Long Beach Opera: Old New Red Blue by Derrell Acon | | 10:15-11:45 |

FREE EVENTS are a good way to spread the word about OLLI. No need to Register. Bring a friend! Events are held at CSULB room 101. Parking can be paid by hour or day.

* Leisure World residents have priority in classes at LW. OLLI encourages all members to follow the class enrollment guidelines of 50 % residents.

For additional information or to be added to the mailing list
 please call 562-985-8237 or Email: olli@csulb.edu
 The current class schedule is available on our website!
www.csulb.edu/olli

OLLI classes are held at Pine Ave., JCC, Leisure World and LB Bridge Center

