Winter Wonders!

Feel Great Again
Holly Weber

Religion in an Age of Science
Shane Andre

For Women Only
Joy Grand

Stage Drunk
Paulino Lim

Irish Movies: Comedies Plus...
Bill Fitzpatrick

Play Reading VI
Muriel Pendleton

The Great American
Western Movement
Richard Lunde

Woody Allen Discussed
Linda Carr

Too Many Documentaries
Logan Crow

International Cooking
Ken Nakagawa

Families in the Limelight
Yoko Pusavat & Tere Ross

Storytelling
Alice Lemon

Future Perfect
by Linda Fuchik

Raise your hand if you reveled in reading about space travel, parallel universes, aliens and humanoid robots as a youngster. Now if you were a science fiction fan, you probably knew words like “avatar” and “android” long before they became standard usage for most of us. You’d also share a lot of interests with Ken Velten, who is offering THE WORLD OF SCIENCE FICTION. Velten, retired from Boeing, has previously taught at OLLI in classes dealing with the histories of commercial airplanes and sea warfare. This new class is a discussion class and of course, that will include the “Big Three” of science fiction: Isaac Asimov, Robert Heinlein, and Arthur C. Clarke. But other authors and their works will also be included and participants will be encouraged to contribute suggestions.

Now any discourse on what constitutes the world of science fiction has changed radically in the last fifty years, right? We read in the newspaper about a cargo ship named Dragon bringing 1,000 pounds of supplies to astronauts living in space. We also read about a car with a spinning laser device mounted atop, with cameras and radar. Why? It’s a driverless car and California, among other states, has passed legislation to allow it on the streets. (Note: The general opinion is that it “feels like a safer driver than you are!”) So while the innovations in technology are constantly changing what we think of as “science fiction,” there are still many, many concepts from the creative minds of past and present authors and these will be the stimulation of each class.

Velten cautions, however, that the subject matter to be discussed is not fantasy! The concepts may be imaginative speculation but within the context of the story, its imaginary elements are possible within postulated laws of nature. Have you been fascinated by descriptions of the political or social systems of a post-apocalyptic world? Of mind control? Then you know you will be with like-minded folks - and who can guess where the minds will go!
THOUGHT FOR TODAY:
“Change does not necessarily assure progress, but progress implacably requires change. Education is essential to change, for education creates both new wants and the ability to satisfy them.”

Henry Steele Commager

Phil Garcia, the SUN’s cartoonist, recruited Bruce Hatch, an OLLI member and an accomplished artist, to join our staff as an alternate cartoonist. (See page 13) In addition, he retired from the Design Department here at CSULB. Welcome aboard.

All the autumn classes that I signed up for have more than 40 students. In fact, two of them are at 98, our legal maximum. It’s a good feeling to observe the enthusiasm and thirst for learning of our student body.

Garland Holt, our OLLI member living in the Northwest, ran an exciting two-day lecture on genetics. The mystery of DNA was unlocked. Great job, Garland. (See page 10)

Max Slegers and I visited Syd Benowitz to wish him a happy 97th birthday. OLLI and especially the SUN staff miss Syd’s presence here.

The SUN staff wishes all of our readers a safe, sane and sober holiday season plus a good year in 2013.

Letter to the Editor

Dear OLLI members,

On a recent visit to Long Beach I had the privilege of attending a session at OLLI. Being a long-time member of OLLI in Denver I was interested in seeing first-hand how classes were conducted.

I had the good fortune of hearing a remarkable lecture in the American Theatre History class, given by Patrick McDonough, Ph. D. dealing with the play, “Death of a Salesman.” by Arthur Miller. If all the classes at OLLI are of the same superior caliber, I salute all those in charge of the program.

Keep up the good work.
Eileen Price
Denver, Colorado
President’s Corner

The statue of the Roman god Janus, for whom the month of January is named, shows him with two faces, one facing backward and one forward. The cliché, therefore, about the year’s end being a time for looking back and reflecting on the old year and for looking forward and planning for the new year is already several thousand years old. Still true, though, we should be constantly looking both forward and backward.

Looking backward, we can see that OLLI now has more members and offers more classes in more locations than ever before. OLLI members signed up in record numbers for our fall classes and workshops. By the second week of classes, enrollments were 800 and almost a dozen classes were at maximum enrollment. Many of you have been able to appreciate our newly upgraded and renovated computer lab. But most importantly, our members’ generous response to our fund-raising appeals have allowed us to keep our fees and tuition affordable so that our fellow members on fixed budgets are not priced out of OLLI.

Looking forward, participants at our near-capacity General Membership meeting in October heard an excellent presentation about the new OLLI LifeFit Center located in the Kinesiology building about a hundred yards west of our main classroom. (See article on page 8)

Finally, OLLI’s overriding goal has been to provide educational, social, and personal renewal opportunities to older adults in southern Los Angeles County and northern Orange County. The expansion of OLLI to include our new LifeFit Center gives a new tangible and physical meaning to “personal renewal.” Membership and classes at the LifeFit Center are open to all OLLI members. We hope that you will visit the LifeFit Center, sign up, and enjoy their range of exercise and fitness programs.

From the Executive Director

Connecting with the University through OLLI membership offers you many advantages and many opportunities in addition to intellectually stimulating classes. We learned at the annual Membership Meeting in October that with a student ID, available at the University Bookstore with proof of OLLI membership, you can access many campus services – from haircuts, to pizzas and many things in between! A trip to the University Student Union information desk with that ID card will also show you how to access many community events at reduced rates.

You also have the opportunity to collaborate with students and faculty through participation in research projects. This included recent surveys conducted by nursing and gerontology students on sexuality and aging as well as transportation needs for mature adults in the Long Beach area.

Additionally, we have the LifeFit Center @ the Beach, our gym dedicated to those 50 and older, as well as travel opportunities through the Semester at Sea Enrichment Voyages for Lifelong Learners. Arlene Rees has enthusiastically shared the information with us.

With all the many benefits and opportunities available with your membership, we hope you will also consider giving back to OLLI by donating a little of your time as a volunteer, perhaps as a classroom assistant, or to talk with students in a gerontology, nursing, recreation, or social work class. You can give as little or as much as you want. Let the OLLI office know you are interested. You are a resource that should be shared! Thank you for getting involved!

SAVE THE DATE
OLLI ART SHOW
February 18 to 22
Artist’s and Member Reception Feb. 24th
In the Spotlight
by Sylvia Manheim

It appears as we grow older time goes by so much faster. Hope you all fared well this past summer and fall.

On July 8th, Bill Mednick, celebrated his 85th birthday. Guests enjoyed music of the ‘50s played by Robert Field. Included at the celebration was one of Bill’s history students who some 30 years ago had just arrived from Cambodia; Bill gave him his name Sam. Another student who also remained the Mednicks’ friend all those years catered a delicious luncheon. Congratulations!

Our esteemed editor, Jack Blecher, celebrated his 90th birthday on October 17th with family and friends. We expect more profound editorials from you, Jack, in the future. Mazel tov!

Michele Roberge’s program on the burned, banned and boycotted ended with a bang at the Carpenter Center this fall. The closing act - “Art you were never allowed to see,” a lecture by Gregorio Luke, choreography by Bill T. Jones and “The Law and National Endowment for the Arts”, narrated by Karl Manheim. The project was funded by the Doris Duke Foundation. Thank you, Michelle, for your hard work.

Bill Thomas, editor of the Alamitos Heights Newsletter, wrote a beautiful article about OLLI that emphasized its importance for seniors. We appreciate the eloquent support. We always need another volunteer to help out in the office so call your “mom.” That is just what our office administrator, Rebecca Low, did. She called her mother, Betty Reynolds, to help out and now she is a dedicated office volunteer. Classes at OLLI are doing quite well, some filled to capacity. Fabulous!

Can you believe our incredible volunteer, Karin Covey, came to work at the office the day after her car was totaled by someone going through a red light? She was limping but still felt she could come in to volunteer. Amazing lady.

As usual, Janie Payan has organized our Holiday gala scheduled on December 9th at the Courtyard Marriott in Cypress between 1 and 4pm. Hope you will all attend. Tickets are on sale at the office.

Garland Holt flew in from Vancouver, Washington to teach a free seminar on genetics on October 12th and 13th. Great attendance and great information--thanks for your dedication to OLLI, Garland.

Have a great semester! Do something delicious like trying out the LifeFit Center in the Kinesiology building.

The Art of a Tale Well-Told
by Judy Mednick

Let’s get one thing straight at the outset. Storytelling is not just for children. It is an art; and like the other communication arts, it is a mutual creation of artist and audience. The skilled storyteller uses words to create a world so real that it comes to life in the listener’s imagination.

So how do you do that? In Alice Lemon’s new OLLI course, STORTELLING, students can find out. They will learn the skills needed to tell a powerful story: body language, movement, facial expression, vocal variety and eye contact. Story sources include folklore, short stories, parables, biography, hero tales or true experiences.

Alice Lemon will help students find storytelling materials.

Alice brings to OLLI a background extraordinarily rich and diverse. After graduating from UCLA, she moved to Honolulu where she earned her master’s degree in theatre arts at the University of Hawaii. During her 40 years in Hawaii, she worked for the Department of Education teaching children creative theatre. One school she worked at was the academically rigorous Punahou, where Obama was in the 5th grade (He graduated in 1979. No, they did not meet).

Alice also taught drama, speech and communication skills at the community college and university level. During the summers she directed theatrical programs for children at U.S. military bases in Asia. She has even played principal roles in “Hawaii 50” and “Magnum PI.”

About three years ago, Alice moved back to Southern California and began taking courses at OLLI, first as student, then as instructor. Her classes in ACTING and THEATRE THROUGH THE AGES were hugely successful.

Alice is excited about teaching STORYTELLING because she knows the joy and sense of achievement people derive from performing a well-told tale they have crafted. Ultimately OLLI students will tell their stories in front of the class. The art of storytelling is celebrated worldwide in annual competitions. Our own Long Beach Playhouse holds a “Long Beach Searches for the Greatest Storyteller” show a few times a year, including this winter. Just in time for star performers from STORYTELLING to showcase their talents.

--> See class description on page 24
**Membership Meeting**

*by Jack Blecher*

With a full house, our annual membership meeting started with a presentation by Ayla Donlin, the LifeFit Director, explaining all the not-to-be-missed benefits received by enrolling. A fit body enhances your learning ability. (See p.8)

Ryan Matthews, the Associated Students Incorporated (ASI) manager, told us of all the student benefits available to OLLI members - the campus recycle center, a barber shop in the Student Union, free bus rides, and discount attracton tickets. For more information call the ASI desk at 562-985-4994.

**Arlene Rees**, our governing council secretary, encouraged us to sign up for the Enrichment Voyage program, offered by the Institute for Shipboard Education. Details of this trip appeared in the Summer 2012 edition of the SUN. More information is available from Andrea Bronson at 434-243-4068.

**Malcolm Green**, OLLI President, concluded the meeting with a “State of OLLI” talk. He compared today to where we were in 1998. Membership has grown from 115 to 1300. We had one classroom then; now we have 4 on campus, plus centers at Leisure World, Pine Avenue, and the Alpert Jewish Community Center. Malcolm also discussed our financial situation, emphasizing the continual need for support.

At next year’s membership meeting we will elect our executive board. If you want to be president, an opportunity awaits you.

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**S/U-Remembering the Beginning**

*by Shirley Collins*

On September 22 this year, I attended the delicious festive luncheon at the Osher Lifelong Learning Institute (OLLI) classroom, celebrating another successful year for OLLI. As always the room was full, the food delicious and ample, and the entertainment delightful.

It reminded me of my first Volunteer Luncheon - 16 years ago in 1997. Senior University’s first year came to an end and a wonderfully successful year it had been. Classes were taught or led by very knowledgeable, professional people, and we had attracted large numbers of enthusiastic students. We were elated. We had to celebrate our success, and ordered large amounts of food from a restaurant. We hoped that our members would attend and would enjoy the food. (Had we ordered enough? Or too much?)

People came and came. I was hoping they would enjoy the entertainment. THEY DID! I worried about having enough of the food ordered from a nearby restaurant. Would they like it? THEY DID! - and there was a crowd to take home the over-ordered leftovers. Max Freedland, reading from the book he was writing, was the entertainment.

Senior University - as it evolved to OLLI - is an unimagined success with multiple classrooms used at the University and branch locations in Leisure World, at the JCC and Pine Avenue Long Beach.

Here’s hoping that there are many more years and participants in our future.

---

*Shirley Collins*

*Ryan describes ASI services.*

*Ayla and the LifeFit Team*

*Senior University is 1 Year Old!* 

*Come celebrate with us!*

Are you hungry?

Have a thirst?

You can be among the first

To quench your yearning

To keep on learning!

Saturday, October 4, 1997

9:00 a.m. - 12:00 noon

CMU Blends, E-Tec & TL-2

Building "Composed Question? Call us at (562) 995-8237

Free Parking in Lot 9

(Corner Cal Poly Verde & Anaheim)
When students walked into the computer lab for their first classes fall term, they saw the lab had been made over. In place of the old PC and Mac hard drives was one single, elegant computer, and student spaces that had been expanded from 10 to 12 workstations. Anyone who took a computer class the last year or so knew our old computers were struggling. Students were often frustrated, and so were the instructors, with a variety of problems that slowed down classes. And, new operating systems could not be loaded on the old hard drives.

While a search was made for ways to pay for new computers, Con Rader developed a plan to save money by running both the PC and Mac operating systems on one computer. He also found a way to add two more computer stations to the lab tables so we can accommodate more students in popular classes.

There wasn’t enough money in the annual lab budget alone to buy new computers, so OLLI member Barbara Stevens stepped up and generously contributed funds for the purchase. Everyone who uses the lab is in her debt.

Con Rader, chair of the computer committee, shown bringing two of the new computers into the lab. He came up with the idea of using two operating systems in one computer and designed a variety of tools to create the new, open configuration of the lab.

Wesley Peck, who helps keep the lab running, put in a great deal of “overtime” installing software on the new computers and making them ready for students to use. Wesley works closely with the tech people from the college IT department who also helped with the installation.

→ See class descriptions starting on page 27
OLLI students have enjoyed a downtown meeting place in the Bungalow Building for about four years now. It is near the Park Pacific Tower, on the northeast corner of Pacific Avenue and 7th. The parking is free and access to public transportation is excellent.

Mike Wylie, nephew of Dr. Reverend Lee Thomas, who had the vision and saw the need for senior housing in the area, is now the driving force and vice-president of Park Bixby Tower, Inc. and the force behind the many cultural developments in downtown Long Beach including the creation of the Senior Learning Center.

Mike is carrying on in the tradition of his uncle, Dr. Thomas, whose charity in partnership with HUD and the City of Long Beach built the Tower, a home to over 200 low-income older adults. Seventeen different languages are spoken there. It is a multi-cultural, multilingual community. Partnering with OLLI was a good fit.

OLLI Pine Avenue (PA) classes are available to the community at large, and residents of the Tower may attend class at a reduced tuition.

Logan Crow, another entrepreneur responsible for Long Beach Cinematheque, has taught film classes in a new space designed for film screening. Denis McCourt, founder and artistic director of Public Theatre of Southern California, has started a theatre program for OLLI students.

Classes that have been offered at PA include GREAT BOOKS, SELF-HYPNOSIS, LAUGHTER YOGA, SHORT STORY OMNIBUS, JAPANESE COOKING, and MAKING SENSE OF INVESTING. Be sure to check out the current offerings in this issue of the SUN. It’s a great way to experience the rich cultural diversity of our downtown site. Attend a class, park for free, and discover some of the happening events in food, art, theatre and culture in downtown Long Beach.
The LifeFit Center @ The Beach hosted its Grand Opening on Friday, October 12th concluding with a ribbon cutting ceremony. Speakers at the ceremony included: CSULB President F. King Alexander; OLLI President, Malcolm Green; Dean of the College of Health and Human Services, Kenneth Millar; and Director of the LifeFit Center, Ayla Donlin.

The LifeFit Center @ The Beach is a health and fitness facility for Long Beach community members and CSULB faculty & staff age 50 and above. The LifeFit Center also serves as an educational laboratory for the College of Health and Human Services and hosts academic classes, research, and service opportunities for CSULB students, staff, and faculty.

The LifeFit Center is open Monday to Friday starting at 9 am. Membership programs and services include: Fitness Assessments, Nutrition Counseling, Equipment Orientations, and Group Fitness Classes. Personal training sessions are also available for purchase with highly qualified, certified personal trainers. For more information about hours or classes, visit our website at www.csulb.edu/lfcbeach or e-mail us at LFCBeach@csulb.edu or call at (562) 985-2015.

In addition, the regular OLLI activity classes like Tai Chi Chih, World of Shamans, Longevity Stick, Senior Yoga, International Dance and Falls & Balance, are being held in this new facility. OLLI tuition is waived for LifeFit members who register to take these activity classes.

President F. King Alexander watches as Kenneth Millar, Dean of the College of Health and Human Services, cuts the ribbon, signifying the opening of the LifeFit Center.

Group Fitness Classes are run by qualified instructors - included in your membership.

Judy Irving works out at LifeFit

Falls and Balance class with Sandi Anderson, met twice weekly in the Multi-purpose Room.

Max Slegers tests the Spin Bike
A Real Life Hero

If OLLI had a hall for its heroes, Sylvia Manheim would be one of the first to be inducted. As a cofounder of Senior University (now OLLI) in 1996, Sylvia has been a vital force in its development and a constant participant in its academic program. She has seen OLLI’s curriculum grow from three to 26 classes with a state-of-the-art computer lab and an increase from a few dozen students to over 1,300.

For Sylvia, it has all been a labor of love. Truly. Her roots, she says proudly, are in the labor movement. Her father was a labor activist and an early crusader for Social Security, her brother an organizer for the Teamsters, and her mother a member of the IWW (Wobblies). Sylvia herself has always advocated for the rights and dignity of working people, marching in civil rights protests and farm worker strikes, demonstrating for women’s equality and participating in the OCCUPY movement.

Sylvia and her husband Jerry waged a long battle for justice in the ’50s and ’60s. It began with the false charge that they were Communists. Because of a job Sylvia took at 17, unknowingly working at the switchboard for a Communist company, Jerry was fired from his job—labeled a security risk. For years he could not get a decent job. To support their family of five, Sylvia worked teaching folk dancing and selling encyclopedias and freezers door to door. Their whole story, with all the humiliations they suffered, is told in a 1960 New Yorker article “Picking up the Pieces” by Daniel Lang, and a CBS TV Camera 3 documentary in 1964. There you can find out how they finally got justice.

Sylvia has done just about everything at OLLI, writing many articles for the SUN, chairing the membership and outreach committees and serving on OLLI’s governing council. Before OLLI, Sylvia, who has master’s degrees in psychology and reading, has taught gifted students, juvenile offenders, students with learning disabilities and was a health educator at Long Beach Memorial Hospital.

Sylvia adores her 3 children and 3 grandchildren and is justly proud of their accomplishments. Of course, they love and admire her, this extraordinary woman with a passion for truth and justice and the courage and intellect to work for them. She is our hero - Sylvia Manheim.

Cranial Challenge

1. The maker doesn’t want it; the buyer doesn’t use it; and the user doesn’t see it. What is it?
2. A child is born in Boston, Massachusetts to parents who were both born in Boston, Massachusetts. The child is not a United States citizen. Why?
3. In what year did Christmas and New Year’s Day fall in the same year?
4. A woman from New York married ten different men from that city, yet she did not break any laws. None of these men died and she never divorced. How was this possible?

Answer to the Cranial Challenge: p. 13

by Judy Mednick
Religion in an Age of Science

by Loren Curtis

It would seem part of our DNA to search for meaning, to want answers to the eternal existential questions. For centuries humans have looked for and considered answers offered by both science and religion—only to find more questions.

We live in an age dominated by science and technology but religion remains a vital force. Is that because people generally prefer attractive illusions to reality (Freud) or because science for all its power fails to serve important human needs (C.S. Lewis)? Perhaps there is some truth in both views, but how much?

Shane Andre, Professor Emeritus of philosophy at CSULB, will lead a class this fall titled RELIGION IN AN AGE OF SCIENCE. Dr. Andre says the course will focus on religion as many religions and on science as many sciences. It will also explore the diverse views of four respected scientists: Richard Dawkins, Stephen Jay Gould, Paul Davies, and Francis Collins. The aim of the class is to stimulate thought, not to preach or convert. In the end people will have to decide for themselves—hopefully, after close scrutiny of the alternatives.

→ See class description on page 21

The Past and Future of DNA

by Arlene Rees

Approximately 60 OLLI members attended Garland Holt’s enlightening classes in DNA and Genetics on October 12 and 13. We learned that we are truly all one family, for all human beings are descendants of one female who lived in East Africa about 200,000 years ago, but the scrambling of genes from our parents’ sex cells accounts for the incredible diversity amongst us. Garland predicted accurately that we would leave with more questions than answers.

Should everyone be tested for DNA? How would the information be used? What about genetically modified foods or babies? What about cloning? These and other ethical issues provoked lively discussions during the last class. Thank you to Garland for the special presentation.

→ See class description on page 21

The Great American Westward Movement

We all know about America’s march westward from the Atlantic to the Pacific. Many of our families were a part of the epic event but are you aware of the historical importance of this great movement from east to west? It was the largest movement of people, over the greatest distance, in the shortest time, in the history of the world. It was also the greatest expansion of territory in the shortest period of time; from 22,000 settled square miles in 1800 to 3,150,000 settled square miles in 1900. After the railroad was completed in the 1860s, 25 percent of America was settled in one generation between the late 1860s and 1890.

Richard Lunde, a college professor who turned business executive, then entrepreneur, has maintained a passion for the great experiment. He will lead us through the unique implications of this phenomenal event with its implications and causes in the new OLLI course, THE GREAT AMERICAN WESTWARD MOVEMENT.

The outcome of history is not pre-ordained nor is it random. The human response to crisis often creates an outcome not intended. Immigrants were pushed from Europe and Asia by overpopulation, famine, revolutions, displaced workers, religious persecution; and they were pulled to America by land as well as political and religious freedom. This was accelerated by the development of steamships and the railroad as well as our own Civil War creating a race to the Pacific by the Union and the Confederacy.

In the GREAT AMERICAN WESTERN MOVEMENT, discover the story of a successful experiment that changed the world: the first time a republican form of government was able to expand on a large scale without becoming a dictatorship and giving up its freedom.
A Gala for OLLI’S Great Volunteers!

by Sylvia Manheim

September 22 was a glorious day to hold the volunteer luncheon. As one entered the foyer of OLLI there were sounds of laughter; folks were all dressed up, speaking to friends and colleagues. The air was filled with gaiety and happiness. As you entered room 101 you already noticed the many members sitting at the tables who had volunteered their services in so many ways. Everybody was talking with each other, and you could see hugs and more hugs going around the room. The tables were decorated with used computer disks that our Office Administrator, Rebecca Low, had found in the Lab closet and wondered how they could be used. She took them home, polished them and decided to use them with flowers as table ornaments. Each table had a display of the used CDs, all beautifully designed. Thank you, Rebecca, for your resourcefulness and creativity.

Malcolm Green, our president, thanked the audience of more than 100 for their dedication and time in making our senior university one of the finest in the country. After his welcome, we all got in line to relish the delicious buffet luncheon that was served by the Teeny Catering Company. Behind the scene, as usual, was Janie Payan who always provides us with the finest catering for our luncheons. The luncheon array was plentiful: hot chicken and beef, rice, vegetables, rolls, beverages and dessert.

Guests enjoyed music from Fran Harding’s chorus who sang beautiful songs, such as “Hear The Winter Wind,” “Color Our World,” and “The Impossible Dream.”

Karen McDonough and Jerry Loeb did an outstanding job of acting out nouns that were given out by the audience. They used the nouns in hilarious sentences that made the audience laugh. They both deserved an academy award.

We really have to thank Janie Payan, Karin Covey, Grace and Dick Blankenship, Betty Reynolds and Rebecca Low for their energy, time and talent in making this such a successful luncheon. They worked behind the scenes and earn center-stage accolades.

Hopefully, all of you will be there next year for this gala event.
OLLI FALL 2012 CONTRIBUTIONS

Jane Adair
Ruth & Erwin Anisman
Maria Armstrong
Dawn Aulenbrock
Robert Barmeyer
Barbara Bell
Irene Berkley
Barbara Blackwell
Reene Simon & Jack Blecher

In honor of Bill Littenberg, Shirley Collins & Syd Benowitz birthdays,
in memory of Otto Ross’s 100th birthday,
in memory of Jerome Manheim

Alden Bohlig
Linda Bolt
David Breuning
Marjorie Broadhurst
Adele Brown
Estelle Byrnes
Marji Cantrell
Geoff Carr
Phyllis Ciscle-McDaniels

To the Scholarship Fund
Margaret L. Clark
Donna W. Cole
Margot Coleman
Robert Cooney
Bernard Cooperman
Leo Cordley
Ettie Councilman
Carol Cramp
Randolph Currin
Carl E. Curtis
John Donohue
Betty Fairbanks
Gerald Fitzgerald
Mary & Bill Fitzpatrick
Josephine Fitzpatrick
Joanne France
Robert Frankenfeld

In memory of Evelyn Hooker,
in memory of Miriam Pearce

Dave Frick
Don Friedman

In memory of Ethel Allured
Jean Gaines
Lee Freilich
in honor of Syd Benowitz birthday
Phil Garcia
Joe Gargaro
Doris Garvin
John Gawley
Rick Gonser
Marty Gonzalez
Phyllis Goodwin
Judy Irving & Steve Gratch
Brian Griffith

In memory of Virginia Skinner,
Calculus Instructor, El Camino College

Maureen Habel
Ann Hanson
Tadao & Suzuko Hara
George Hardy
Linda Henry
Carol Herzlinger
John Hinrichs
Judy Holmblad
Mary Holzgang
Sandra Horwitz
Sherry Howell-Cragg
Betty Hutchens
June Irwin
Len & Sherry Jacobson
Toby A. Jamieson
Keiko Karat
Betty Keast
Bobbi Kendig
Janet King
Catherine King
Margaret Kott
Diane Kramer
Nancy Lewis
Mary Linehan
Tamara Lipson
Jerome & Flora Loeb
Judith Lorber
Kay Mahone
Annie Malone
Sylvia Manheim

In memory of Jerome Manheim,
in honor of Jack Blecher’s birthday

Kerry Martin
Patricia Maxwell
Purificacion Mayo
Claro Mayo
Helen McAllise
Richard McCabe
Miriam McLeod
Jane Mermelstein
James Meznek
Craig Miller
Joy Mullen
Maria Naraki
Rosanne O’Brien
Phyllis O’Connor
Lourdes Ongaco
Vicki O’Toole

Terry Lee Peterson
Janet Poole
Don Preuss
Matt Rallo
Jody B. Ramsey
Arlene & Ralph Rees
Jes & Roserio Reyes
Eileen Ringerman
Marjorie Rivera
Suzanne Roady-Ross
Dodie Robbins
Otto Ross
Steve Saiz
Roger Saville
Burton Schild
Karen Schluntz
Anita Schulz
Grace Sheldon
Phyllis Spear
Alice Stasiak
Pauline Strong
Thelma Teitel
Bernadette & John Tellez
Elizabeth Thomas
Naida Tushnet
Joan & Joseph Van Hooten
Joyce & Phil Vlaic
Lorraine Ward
Dave & Margaret Wyneken
Catherine Pannell Waters

Harriet Warner
Irene Wechselberg
Linda Wheeler
Sandy Whittall
Loyd Wilcox
Virginia Wilky
Jane Williams
Brucelle Willmason
Howard Winer
Ingela Woldenius
Wesley Wong
Carole York

** With thanks to ALL of you - including our Anonymous Donors.**
OLLI at CSULB Winter Session 2013

OLLI Office: 562-985-8237  Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu

CSULB ID Cards
Do you have a CSULB ID card? Current members of OLLI at CSULB can get ID cards from the ID office located inside the Bookstore on campus. All you need is your OLLI name badge/registration and a picture ID.

Additional handouts about getting an ID card and the ASI benefits are available in the information center outside the OLLI office door.

Scholarships
OLLI at CSULB has a scholarship program for those who clearly need financial assistance to participate in our classes. Please stop by the OLLI office for the Scholarship form and more information.

Cartoon by BRUCE HATCH

Olly Olli - This is Longevity Stick!

OLLI at CSULB Winter Session 2013

Class Sessions
Winter Session        January 22 - March 18, 2013
Spring Session                  April 15 - June 10, 2013
Summer Session   July 8 - August 31, 2013
2013-2014
Fall Session        October 7, 2013 - December 9, 2013

Holidays – No OLLI Classes
Office Closed – Campus Closed
Thanksgiving Week Monday, November 19-24, 2012
Winter Holiday December 25 - January 1, 2013
MLK Jr. Day January 21, 2013
Class Breaks - No OLLI Classes
December 11 - January 22, 2013

WE NEED INSTRUCTORS FOR THE FOLLOWING COURSES. CAN YOU HELP? (Content may be designed for a 4, 6, or 8 week course.)

Profiles of Famous Artists Introduction to Opera
Profiles of Contemporary World Leaders Meditation
Gardening Mysteries (Single or Multiple Authors)

Save the Date
The 8th Annual Visual and Performing Arts Show, under the direction of Betty Hutchins, will be held February 18-22, 2013
Gallery will be open Monday thru Friday from 9:00-4:00
Sunday Feb. 24th Reception/Program from 1:00-4:00.
To enter- submit artwork on 2/13 at the gallery from 8:30-4:00.
Pick up submission papers that week from the office.

Cranial Challenge Solution
Answers to questions on pg. 9:
1. A coffin
2. The child was born before 1776.
3. Every year. New Year’s Day is early in the year, Christmas is late.
4. The lady is a Justice of the Peace.
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.

The Details

- Membership is open to adults 50 or older.
- Membership is required to take any classes.
- Membership is $40 for a full academic year (October 1 to September 30).
- Membership is pro-rated to $20 for half of the year (March 31 to September 30).
- Computer class tuition for an 8-week class is $35; shorter computer classes are $20.
- Lecture class tuition is $10 each for the term for any length class.

OLLI Info

- **Class Limits**
Enrollment in computer classes and lecture classes with limits will be on a first-come, first-served basis.

- **Computer Classes**
Some computer classes have minimum enrollments. If enrollment is not met one week before the first week of class, the class may be cancelled. If there is a cancellation, students will be notified.

- **Returned Check Policy**
CSULB Foundation charges $7.00 per check for all returned checks and you will be responsible for the amount of the check plus $7.00. A check returned to University Parking Services by your bank will be handled by the University. A letter will be sent to you by the University. Please be sure to follow the instructions outlined in the letter.

- **Refunds**
No refunds will be made after the first week of classes for parking passes or for class tuition.

- **NOTE**
Please keep OLLI financially healthy by registering and paying for all classes attended.

How to Register
Check off the list!

- Complete the personal information on both sides of the form.
- Check the classes that you want to take in the column indicated.
- Make payments by check or in cash.
- Make checks payable to: CSULB Foundation for classes/membership
- Make a separate check for...
  - CSULB Parking Services for parking permits
- Bring your registration form with you when you register; or mail your form and payment to the address on the back of the registration form.
- Please share the extra registration form with a possible new member.
- An OLLI at CSULB name tag will be available the first week of classes. It represents your proof of membership for the entire year.
- Call the office with any questions, 562-985-8237.

- **Disclaimer**
Our instructors come with a wide variety of backgrounds, experiences and influences. We strive to provide diverse views while maintaining the highest quality of academic excellence in all classes. The views of the instructors and their guests are their own and do not necessarily reflect or represent the views of the Osher Lifelong Learning Institute at CSULB or this University.

*Fees and donations are tax deductible as allowed by current law.*
Name: _____________________________ Date: ___________

Address: __________________________ City: ____________ Zip: __________

Phone #: __________________________ Email: __________________________

OLLI Membership                    $40.00  $ ________
Annual fee for the class year 2012-2013.

Lecture Class Tuition               $10.00  $ ________

8-Week Computer Class               $35.00  $ ________
4-Week Computer Class               $20.00  $ ________

Contribution $ __________
Contributors will be acknowledged in our publications.
☐ if you would like to remain anonymous check here.

Cash ____ Check # ____________ Total $ _________
Make Checks Payable to CSULB FOUNDATION

Parking Permit ☐$20.00  ☑ # Issued __________
Check # ____________ Cash ☐
☐ Disabled (Permit copy on file with office)

Make Check Payable to CSULB PARKING SERVICES
LifeFit Member ☐ YES __________

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<tr>
<td>8:30-10:30</td>
<td>Very First Computer Class</td>
<td>C-101</td>
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<td>10:45-12:45</td>
<td>Beg. PhotoShop Elements</td>
<td>C-101</td>
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<td>Intermediate Computer</td>
<td>C-101</td>
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<td>Exploring the iPad</td>
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<td>TUESDAYS, January 22 - March 12</td>
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<td>8:30-10:30</td>
<td>Excel 2010</td>
<td>C-101</td>
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<td>PC/Mac</td>
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<td>C-101</td>
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<tr>
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<td>Gmail and More</td>
<td>C-101</td>
<td></td>
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<tr>
<td>3:15-5:15</td>
<td>Eight Short Technology Classes</td>
<td>C-101</td>
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</tr>
<tr>
<td>9:00-5:00</td>
<td>Open Computer Lab</td>
<td>ALL</td>
<td>Free</td>
</tr>
</tbody>
</table>

* OLLI Class Tuition waived for LifeFit Members.

OVER
Member Information

Emergency Contact:

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 please check here. □

YES - I am willing to serve as a class assistant. (contact teacher, print or distribute papers, handle microphone, help with technology, etc)

Note: _________________________________

CSULB Campus = C  LifeFit Center = LFC
OLLI Pine Ave. = PA  Theater Pine Ave. = PA-Th
OLLI Leisure World = LW

How to Register

✓ Complete the personal information on both sides of the form.
✓ Check the classes that you want to take in the column indicated.
✓ Make payments by check (see over) or in cash.
✓ Bring this registration form with you when you register or mail this form and payment to the CSULB address listed below on this form.

OLLI Office : 562-985-8237 Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu

Please return this form with your check/s to:
Osher Lifelong Learning Institute
OLLI at CSULB
Building HS&D, Room 100, MS-5609
1250 Bellflower Blvd
Long Beach, CA 90840-5609

Phone #: ____________________________________________

THURSDAYS, January 24 - March 14

<table>
<thead>
<tr>
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<th>Class Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:30-9:30</td>
<td>Longevity Stick</td>
<td>LW</td>
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<tr>
<td>8:30-10:00</td>
<td>Memoir Writing</td>
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<tr>
<td>10:15-12:45</td>
<td>Irish Movies: Comedies Plus</td>
<td>C-101</td>
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<tr>
<td>11:00-12:30</td>
<td>Modern Twist on Art</td>
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<tr>
<td>1:00-3:00</td>
<td>International Cooking (6 weeks)</td>
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<tr>
<td>1:00-3:00</td>
<td>Bridge for Fun</td>
<td>PA</td>
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<td>1:00-2:30</td>
<td>Play Reading Circle VI</td>
<td>C-101</td>
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<td>1:35-2:20</td>
<td>Tai Chi Chih</td>
<td>LFC</td>
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<td>2:30-3:30</td>
<td>Meditation (4 Weeks)</td>
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<tr>
<td>3:00-4:30</td>
<td>Catch the Spirit Chorus</td>
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<tr>
<td>7:00-8:30</td>
<td>Writing for Wellness</td>
<td>JCC</td>
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FRIDAYS, January 25 - March 15

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<th>Class Description</th>
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<tr>
<td>8:00-10:00</td>
<td>Drawing Workshop</td>
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<td>8:15-9:45</td>
<td>Senior Yoga</td>
<td>LFC*</td>
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<td>8:30-10:00</td>
<td>Beginning Bridge</td>
<td>C-119</td>
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<td>9:00-10:30</td>
<td>Tragedy and Hope II</td>
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<td>10:00-11:30</td>
<td>Storytelling</td>
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<td>10:00-12:00</td>
<td>Watercolor Workshop</td>
<td>C-105</td>
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<td>Intermediate Bridge I</td>
<td>C-119</td>
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<td>Intermediate Bridge II</td>
<td>C-119</td>
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<td>10:45-12:15</td>
<td>Sociology of Philosophy II</td>
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<td>12:15-1:45</td>
<td>Intermediate Bridge II</td>
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<td>12:30-3:00</td>
<td>Families in the Limelight: Films</td>
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<td>12:30-2:30</td>
<td>Paper Arts</td>
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<td>1:00-3:00</td>
<td>Advanced Bridge</td>
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<td>2:00-3:00</td>
<td>Genocide II</td>
<td>C-101</td>
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<tr>
<td>3:15-4:45</td>
<td>Writing for Wellness</td>
<td>JCC</td>
</tr>
</tbody>
</table>

* OLLI Class Tuition waived for LifeFit Members.

Class Locations

CSULB Campus (C) - Lower Campus
HS&D Building, Rooms 101, 105, 119, Computer Lab 100
LifeFit Center (LFC)
KIN Building, Rooms 107 and 110 B

OLLI Pine Avenue (PA)
737 Pine Ave Suite 202
Long Beach, CA 90813
(PA*)
Park Pacific Tower

OLLI Leisure World (LW)
13533 Seal Beach Blvd
Seal Beach, CA 90740

The Alpert Jewish Community Center (JCC)
3801 East Willow Street
Long Beach, CA 90815
OLLI at CSULB Winter 2013 ~ Registration Form
January 22 - March 18

Name: ________________________________ Date: ________________

Address: ____________________________ City: __________________ Zip: ____________

Phone #: ______________________________ Email: ____________________________

OLLI Membership $40.00 $ ________
Annual fee for the class year 2012-2013.

Lecture Class Tuition $10.00 $ ________

8-Week Computer Class $35.00 $ ________
4-Week Computer Class $20.00 $ ________

Contribution $ ________
Contributors will be acknowledged in our publications.
☐ if you would like to remain anonymous check here.

Cash ____Check # ____________ Total $ ________

Make Checks Payable to CSULB FOUNDATION

Parking Permit ☐$20.00  # Issued __________
Check # ____________ Cash ☐
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LifeFit Member ☐ YES __________

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<td>Very First Computer Class</td>
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<td>PC/Mac</td>
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<td>PC/Mac</td>
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<tr>
<td>3:15-5:15</td>
<td>Out of the Box (4 Week)</td>
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<td>Word 2011</td>
<td>Mac</td>
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<td>1:00-3:00</td>
<td>It’s Your Mac I</td>
<td>Mac</td>
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<tr>
<td>3:15-5:15</td>
<td>Click Start your Genealogy</td>
<td>Mac</td>
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<td>8:30-10:30</td>
<td>Intro to Digital Camera</td>
<td>PC/Mac</td>
<td>Free</td>
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<td>Manage Photos with Picasa</td>
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<td>3:15-5:15</td>
<td>Eight Short Technology Classes</td>
<td>Free</td>
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<td>FRIDAYS, January 25 - March 15</td>
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<tr>
<td>9:00-5:00</td>
<td>Open Computer Lab</td>
<td>ALL</td>
<td>Free</td>
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* OLLI Class Tuition waived for LifeFit Members.

OLLI at CSULB Parking Permit:

- $20.00
- Issued __________

Cash ____Check # ____________

Make Checks Payable to CSULB PARKING SERVICES

OLLI at CSULB Winter 2013 ~ Registration Form
January 22 - March 18

Name: ________________________________ Date: ________________

Address: ____________________________ City: __________________ Zip: ____________

Phone #: ______________________________ Email: ____________________________

OLLI Membership $40.00 $ ________
Annual fee for the class year 2012-2013.

Lecture Class Tuition $10.00 $ ________

8-Week Computer Class $35.00 $ ________
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LifeFit Member ☐ YES __________

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<td>10:00-11:30</td>
<td>Feel Great Again</td>
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<td>Play the Guitar</td>
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<td>Understanding Economic Issues</td>
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<td>2:30-4:00</td>
<td>Great Books: 7 Deadly Sins</td>
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<td>3:00-4:00</td>
<td>Dance Around the World</td>
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<td>3:15-4:45</td>
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<td>7:00-9:15</td>
<td>Irish Movies: Comedies Plus</td>
<td>PA-Th</td>
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<td>Beginning Spanish</td>
<td>C-101</td>
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<td>LFC*</td>
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<td>Taking Better Photos</td>
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<td>12:45-2:15</td>
<td>Port of Long Beach (1 session)</td>
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<td>12:45-2:15</td>
<td>Aging with Dignity (7 weeks)</td>
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<td>Stage Drunk: Films</td>
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<td>1:30-4:00</td>
<td>So Many Documentaries</td>
<td>PA-Th</td>
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<td>2:30-4:00</td>
<td>Building Blocks of Investing</td>
<td>C-119</td>
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- Make payments by check (see over) or in cash.
- Bring this registration form with you when you register or mail this form and payment to the CSULB address listed below on this form.

**OLLI at CSULB Winter 2013 Registration Form**

| Name: _____________________________ | Phone #: _____________________________ |

**THURSDAYS, January 24 - March 14**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:30-9:30</td>
<td>Longevity Stick</td>
<td>LW</td>
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<tr>
<td>8:30-10:00</td>
<td>Memoir Writing</td>
<td>C-101</td>
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<tr>
<td>10:15-12:45</td>
<td>Irish Movies: Comedies Plus</td>
<td>C-101</td>
</tr>
<tr>
<td>11:00-12:30</td>
<td>Modern Twist on Art</td>
<td>PA</td>
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<tr>
<td>1:00-3:00</td>
<td>International Cooking (6 weeks) PA*</td>
<td>PA</td>
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<tr>
<td>1:00-3:00</td>
<td>Bridge for Fun</td>
<td>PA Free</td>
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<tr>
<td>1:00-2:30</td>
<td>Play Reading Circle VI</td>
<td>C-101</td>
</tr>
<tr>
<td>1:35-2:20</td>
<td>Tai Chi Chih</td>
<td>LFC</td>
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<tr>
<td>2:30-3:30</td>
<td>Meditation (4 Weeks)</td>
<td>LFC</td>
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<tr>
<td>3:00-4:30</td>
<td>Catch the Spirit Chorus</td>
<td>C-101</td>
</tr>
<tr>
<td>7:00-8:30</td>
<td>Writing for Wellness</td>
<td>JCC</td>
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**FRIDAYS, January 25 - March 15**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class Description</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:00-10:00</td>
<td>Drawing Workshop</td>
<td>C-105</td>
</tr>
<tr>
<td>8:15-9:45</td>
<td>Senior Yoga</td>
<td>LFC*</td>
</tr>
<tr>
<td>8:30-10:00</td>
<td>Beginning Bridge</td>
<td>C-119</td>
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<tr>
<td>9:00-10:30</td>
<td>Tragedy and Hope II</td>
<td>C-101</td>
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<tr>
<td>10:00-11:30</td>
<td>Storytelling</td>
<td>LW</td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Watercolor Workshop</td>
<td>C-105</td>
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<tr>
<td>10:15-11:45</td>
<td>Intermediate Bridge I</td>
<td>C-119</td>
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<tr>
<td>10:45-12:15</td>
<td>Sociology of Philosophy II</td>
<td>C-101</td>
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<tr>
<td>12:15-1:45</td>
<td>Intermediate Bridge II</td>
<td>C-119</td>
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<tr>
<td>12:30-3:00</td>
<td>Families in the Limelight: Films</td>
<td>C-101</td>
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<tr>
<td>12:30-2:30</td>
<td>Paper Arts</td>
<td>C-105</td>
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<tr>
<td>2:00-3:00</td>
<td>Advanced Bridge</td>
<td>C-119</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Genocide II</td>
<td>C-101</td>
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<tr>
<td>7:00-8:30</td>
<td>Writing for Wellness</td>
<td>JCC</td>
</tr>
</tbody>
</table>

★ OLLI Class Tuition waived for LifeFit Members.

**Class Locations**

CSULB Campus (C) - Lower Campus
HS&D Building, Rooms 101, 105, 119,
   Computer Lab 100
LifeFit Center (LFC)
   KIN Building, Rooms 107 and 110 B

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>City, State</th>
</tr>
</thead>
<tbody>
<tr>
<td>OLLI Pine Avenue (PA)</td>
<td>737 Pine Ave Suite 202</td>
<td>Long Beach, CA 90813</td>
</tr>
<tr>
<td>OLLI Leisure World (LW)</td>
<td>13533 Seal Beach Blvd</td>
<td>Seal Beach, CA 90740</td>
</tr>
</tbody>
</table>

The Alpert Jewish Community Center (JCC)
3801 East Willow Street
Long Beach, CA 90815
Copy Cat Art: A Form of Pre-Art
Like to draw pictures? Like to impress or share your expertise? You don’t have to be a full-blown artist. In this class students will learn how to draw pictures of people, animals, and other objects in a step-by-step fun and easy way. Paper, crayons, and ink pens will be provided. Arrive, relax, and enjoy drawing.
Class Leader: Patricia Woods, State Golden Bell Award for Performing Arts; assisted by Ian Woods
Dates: Mondays, Jan. 28 – Mar. 18
Time: 8:15-9:45 AM
Location: CSULB, HS&D, room 101

Feel Great Again: Understand and Maximize Your Brain Biochemistry
Solid research has confirmed that what you eat controls the way you feel. We will journey through the brain to uncover the relationship between foods, moods and illnesses. It has been proven that each person has a dominant brain bio-chemical neurotransmitter. We will explore four brain types including the strengths and vulnerabilities associated with each one of them. Discover your dominant neurotransmitter. Learn to support your unique brain type with natural supplementation and the right foods to promote optimal health.
Class Leader: Holly Weber, RN, LCSW, Psychoanalyst
Dates: Mondays, Jan. 28 – Mar. 18
Time: 10:00 – 11:30 AM
Location: CSULB, HS&D, room 101

Play the Guitar
Dust off your guitar! Learn or brush up on the essentials of playing the folk guitar. Bring any acoustic guitar (non-electronic) and start accompanying yourself and others. Learn how to tune your instrument and how to play chords, strums, and picks for folk and pop music. You’ll be making music in no time!
Class Leader: Michael Meckna, Ph.D. Music History
Dates: Mondays, Jan. 28 – Mar. 18
Time: 11:45 – 1:15 PM
Location: CSULB, HS&D, room 101

Review of U.S. Economic and Social Issues with Potential Solutions
The course will focus on current economic and social issues facing American society. The role of education will be one important avenue in addressing an array of possible solutions.
Class Leaders: Dennis Youkstetter & Naida Tushnet
Dates: Mondays, Jan. 28 – Mar. 18
Time: 1:30 – 3:00 PM
Location: CSULB, HS&D, room 101

Great Books - Seven Deadly Sins
Class discussions will center on our human nature. Human nature includes our way of thinking, feelings and acting. We will discuss what these characteristics are, what causes them, and how fixed they are. We will be using the book Seven Deadly Sins that includes short masterpieces for reflections. In addition, we can discuss how our human nature gets out of hand. The book for the class will be loaned for the duration of the class.
Class limit: 15
Class Leader: Dale Lieberfarb, M.A.
Dates: Mondays, Jan. 28 – Mar. 18
Time: 2:30 – 4:00 PM
Location: LW, Clubhouse 3, room 4

Auditing Classes
Are there other classes on the schedule that you are curious about? You have the opportunity to audit one meeting of any class for no fee.*
If you do audit a class and decide to continue, simply stop by the OLLI office to sign up and pay for the class.
*This does not include computer classes or classes with limits that are full.

Dance Around the World
Have you ever wanted to experience a different culture but not really pack to go there? Let’s dance around the world for 8 weeks and go to Israel, Greece, Turkey, the Balkans, Africa, Russia, Latin America and the USA. No dance experience/partner necessary. Just COME and MOVE. Bring drinking water and dancing shoes.
Class Leaders: Julith Neff, performer w/ Syrtaki Intl. Folk Dancers, Rising Phoenix Morris Dancers, Cerritos Folk Dancers & Sue Griffiths, B.S., M.A., dance instructor, choreographer
Dates: Mondays, Jan. 28 – Mar. 18
Time: 3:00 – 4:00 PM
Location: LifeFit Center, KIN 107
**Play the Recorder**
Learn to play the recorder and discover the pleasures of creating music. The recorder is an early instrument popular during Medieval and Renaissance time and is gaining popularity. Open to those who know nothing of the recorder and to those who know a little. Please bring your own recorder. Recorders are available for those without one.

**Class Leader:** Muriel Pendleton  
**Dates:** Mondays, Jan. 28 – Mar. 18  
**Time:** 3:15 – 4:45 PM  
**Location:** CSULB, HS&D, room 101

**Beginning Spanish**
Learn to communicate at a basic level, understand and use everyday expressions. You will be able to describe your background, environment and immediate needs!

**Class Leader:** Judith Porto Gonzalez  
**Dates:** Tuesdays, Jan. 22 - Mar. 12  
**Time:** 8:30 – 9:30 AM  
**Location:** CSULB, HS&D, room 101

**Longevity Stick**
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. The objectives include developing better balance, increasing physical strength by stretching the muscles and tendons, and supplying a greater amount of oxygen to the body through deep breathing. Bring a one-inch dowel, one to two inches longer than your height, with rubber (not plastic) end caps. Athletic shoes are recommended, as is loose, layered clothing.

**Class Leader:** Shona Howe  
**Dates:** Tuesdays, Jan. 22 – Mar. 12  
**Time:** 9:45 – 11:15 AM  
**Location:** CSULB, HS&D, room 101

**Irish Movies: Comedies plus**
In the introduction to the 1988 book *The Cinema and Ireland* a noted film historian wrote that “to many, the idea of a book devoted to Irish cinema must be comparable to a volume on the snakes of Ireland. There are none of the latter and little of the former.” How times have changed! We will view and discuss movies featuring Irish wit from the past two decades.

**Class leader:** Bill Fitzpatrick  
**Dates:** Mondays, Jan. 28 – Mar. 18  
**Time:** 7:00 – 9:15 PM  
**Location:** Pine Ave., Theater

**The World of Science Fiction**
This course will feature discussions of the books and series of well-known Sci-Fi authors including Robert Heinlein, Issac Asimov, Ann McCaffrey, David Weber, and Arthur Clarke, and others. We will discuss Science Fiction in movies and television and how Sci-Fi has impacted our lives today. Participants will be given a list of the books for discussion but at least one class period will be open for the discussion of favorite books of the class.

**Class Leader:** Ken Velten  
**Dates:** Tuesdays, Jan. 22 – Mar. 12  
**Time:** 8:30 – 9:30 AM  
**Location:** CSULB, HS&D, room 101

**For Women Only**
You will have fun learning the latest makeup tricks to maintain a more youthful look. Wearing the correct colors for your makeup and clothing can improve your appearance. You will receive instructions on how to mix, match, and multiply your clothing to extend your wardrobe. You will learn how to accessorize. Never again will you have to say, “I don’t have a thing to wear.” Come enjoy this confidence building experience.

**Class limit:** 15  
**Class Leader:** Joy Grand, Certified Image/Makeup Consultant  
**Dates:** Tuesdays, Jan. 22 – Mar. 12  
**Time:** 11:30 AM – 1:00 PM  
**Location:** CSULB, HS&D, room 101
**NEW**

**The Great American Westward Movement**
In this class students will review 100 years of exploration and settlement of the West. Included will be the effects of the Homestead Act, the Civil War, Indian wars, the California gold rush and the surge of American and European immigrants in the Great American Westward Movement. In less than 100 years, Americans moved 3,000 miles, ocean to ocean, using boats, rafts, wagons, railroads, and even walking.

**Class Leader:** Dick Lunde, B.A., M.A., PhD., History
**Dates:** Tuesdays, Jan. 22 – Mar. 12
**Time:** 1:30 – 3:00 PM
**Location:** CSULB, HS&D, room 101
→ See article on page 10

**Woody Allen and the Meaning of Life...Fun, Film, and Philosophy**
We will laugh and discuss Woody Allen’s quirky complicated films, and argue over his themes of love and death, good and evil, hope and despair. As our contemporary philosopher, Woody Allen works with Greek tragedy, existentialism, pop culture, and Russian novelists. What makes life worthwhile? What does it all mean? Dr. Linda Carr has studied Woody Allen films for decades. Her class guarantees you a good time --- also will spark discussions that you will continue with friends on campus or at dinner! Class will include film screenings.

**Class Leader:** Dr. Linda Carr, USC dissertation: “Humor as a Cognitive and Rhetorical Strategy in the Poetry of Gertrude Stein, Dorothy Parker, and Ann Sexton.”
**Dates:** Tuesdays, Jan. 22 – Mar. 12
**Time:** 1:30 – 4:00 PM
**Location:** Pine Ave., Theater
→ See article on back cover

**Making Sense of Investing**
This class will cover the foundations of investing including lessons on how to evaluate bonds, reading stock tables, fixed income investments, mutual funds, asset allocation, asset management, long term care insurance, retirement plans and tips in selection of a professional financial advisor and what to expect when working with one. Each class will include time for answering your specific investment questions.

**Class Leader:** Seve Ann Gilpin, Financial Advisor
**Dates:** Tuesdays, Jan. 22 – Mar. 12
**Time:** 2:00 – 3:30 PM
**Location:** Pine Ave., Suite 202

**Cercle Français**
Join informal group sessions in French conversation on current topics and the culture of the world-wide community of French language speakers known as “La Francophonie”. Classes will include discussions of short films, TV programs, and French popular music by artists such as Edith Piaf, Yves Montand, Jacques Brel, and others.

**Class Leaders** are current and past students of OLLI classes in ‘French as a Second Language” and “French Conversation”.
**Dates:** Tuesdays, Jan. 22 – Mar. 12
**Time:** 3:15 – 4:45 PM
**Location:** CSULB, HS&D, room 101

**Little Known Facts about our First Ladies**
Come on! We all know who is behind the big guy! Enjoy a light stroll through the lives of both well known and not so well known (who?) first ladies. You can pick a favorite first lady at the first class meeting.

**Class Leader:** Pam Watson, BA, teacher of English, Science and Biology, Department Chair
**Dates:** Tuesdays, Jan. 22 – Mar. 12
**Time:** 2:30 – 4:00 PM
**Location:** LW, Clubhouse 3, room 3

**NEW**

**TUESDAY**

**Taking Better Photos**
This class will focus primarily on composition, the philosophies of master photographers, and getting the best from your camera. Some sessions will be devoted to shooting pictures. You need not have a film or digital camera. If you do, be sure to bring it and your camera instruction manual to the first class.

**Class Leader:** Terry Fiskin
**Dates:** Wednesdays, Jan. 23 – Mar. 13
**Time:** 9:15 – 10:45 AM
**Location:** CSULB, HS&D, room 119

**Religion in an Age of Science**
What is the place of religion in an age of science and technology? We will discuss and try to appraise the views of four scientists: evolutionary biologist Richard Dawkins, paleontologist Stephen Jay Gould, cosmologist Paul Davies, & geneticist Francis Collins.

**Class limit:** 25
**Class Leader:** Shane Andre
**Dates:** Wednesdays, Jan. 23 – Mar. 13
**Time:** 9:45 – 11:15 AM
**Location:** CSULB, HS&D, room 101
→ See article on page 10

→ See article on page 10
Estate Planning 101
Planning your estate includes making key life decisions. Some of the most difficult decisions are how much to leave to family members, friends, or partners, particularly if there is conflict among them. In addition, estate planning includes deciding who will assume key responsibilities if you become ill. It is about preparing a plan that decreases chances of elder fraud or abuse. This class will suggest ways to prepare your plan to avoid conflict among heirs. In addition, you will receive worksheets that will help you make those difficult choices about preparing a plan that supports your lifestyle, legacy plans, financial plans, health care plans, and your final estate distributions.
Class Leader: Susan Berkman
Dates: Wednesdays, Jan. 23 – Mar. 13
Time: 11:00 AM – 12:30 PM
Location: CSULB, HS&D, room 119

Aging With Dignity
This class will prepare you with the challenging aspects of aging with dignity. You will learn about elder abuse prevention, housing transitions, caregiving issues, community resources and much more. You will leave with the knowledge to make wise informed decisions about your future. Class limit: 20
Class Leader: Deedra Patterson, M.S. Gerontology, elder abuse social worker
Dates: Wednesday, Jan. 30 – Mar. 13 (7 weeks)
Time: 12:45 – 2:15 PM
Location: CSULB, HS&D, room 119

Stage Drunk: Intoxication as a Dramatic Device
The class will view and discuss the following DVDs: Long Days Journey into Night, Who’s Afraid of Virginia Woolf, and Days of Wine and Roses. The behavior of the characters in these films will help students understand how drinking becomes a device for advancing plot, creating suspense, and achieving epiphany.
Class Leader: Paulino Lim, Jr. Emeritus Professor at CSULB, author
Dates: Wednesdays, Jan. 23 – Mar. 13
Time: 1:15 – 2:45 PM
Location: CSULB, HS&D, room 101

National and International Current Events and 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.
Class Leader: Gary Colboth, B.S., M.P.A., J.D., Professor Emeritus and retired lawyer
Dates: Wednesdays, Jan. 23 – Mar. 13
Time: 11:30 AM - 1:00 PM
Location: CSULB, HS&D, room 101

So Many Documentaries, So Little Time
Due to the popularity of our first OLLI film class, as well as several requests, we return to that most fascinating, provocative, and sometimes infuriating of cinema genres - the documentary! We will be watching and discussing eight documentary films, varying in subject matter and approach. Be ready for some lively discussion!
Class leader: Logan Crow, Executive Director & Film Programmer, LB Cinematheque Founder & Chief Editor, MondoCelluloid.com
Dates: Wednesdays, Jan. 23 – Mar. 13
Time: 1:30 – 4:00 PM
Location: Pine Ave., Suite 202

Building Blocks of Investing
We will cover a wide variety of topics related to personal investing including: basics of financial planning, how to read stock tables, fixed income investments, bonds, long term care insurance, retirement plans, annuities, options for retirement plans, overview of estate planning. Learn what you should know and expect in selecting and working with a professional financial planner.
Class Leader: Steve Masoner, Investment Counselor
Dates: Wednesdays, Jan. 23 - Mar. 13
Time: 2:30 – 4:00 PM
Location: CSULB, HS&D, room 119
**Longevity Stick**
The purpose of Longevity Stick is to prevent disease, protect your health, and increase concentration. Develop better balance and increase physical strength by stretching the muscles and tendons. Bring a one-inch dowel -1 to 2 inches longer than your height - with rubber (not plastic) end caps. Tennis shoes are recommended, as is loose and layered clothing.

**Class Leader:** Lynn Marsh, M.A.

**Dates:** Thursdays, Jan. 24 – Mar. 14
**Time:** 8:30 – 9:30 AM
**Location:** LW, Clubhouse 6, room C

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**A Modern Twist on Post-Renaissance Art**
This course explores some of the major figures in the history of art and the social forces that influenced them. Share ideas about art history and find new ways of understanding old art. Topics include Neo-Impressionist painter George Seurat, famous for using dots of color to create subtle changes in form, and Graffiti, as a common form of art. We will also discuss Jackson Pollack's 1950's 'drip and splatter' paintings. (Sears produced copies of Pollack's work as shower curtains). We cover the Early Renaissance period of the 14th century to the present. Come ready for an open, lively discussion.

**Class Leader:** Ladd Terry, M.F.A. (Art), Ph.D. (Psychology)

**Dates:** Thursdays, Jan. 24 – Mar. 14
**Time:** 11:00 AM – 12:30 PM
**Location:** Pine Ave., Suite 202

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**Bridge for Fun**
Supervised play instead of formal lessons. A great way of making new friends. All levels of bridge players are welcome - FREE to registered OLLI members.

**Class Leader:** Inge Johnson

**Dates:** Thursdays, 1:00 – 3:00 PM
**Location:** Pine Ave., room 202

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**A Play Reading Circle VI**
Experience drama first-hand! Join this class to read plays from various historical periods. Learn about the playwrights and the times in which they lived and discuss the significance and value of each play.

**Class Limit:** 15

**Class Leader:** Muriel Pendleton

**Dates:** Thursdays, Jan. 24 – Mar. 14
**Time:** 1:00 – 2:30 PM
**Location:** CSULB, HS&D, room 101

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**Tai Chi Chih**
Tai Chi Chih is an American version of a Chinese system for maintaining health and balance. There are 19 movements and one pose in this discipline. Students of any physical capability welcome.

**Class Limit:** 30

**Class Leader:** Al Talberg

**Dates:** Thursdays, Jan. 24 – Mar. 14
**Time:** 1:35 – 2:20 PM
**Location:** LifeFit Center, KIN110 B

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**Catch the Spirit of Music**
Do you like to lift your voice? Do you like to sing in the shower? Do you like to feel good?

If so, “catch the spirit” and join the OLLI Vocal Ensemble. There may be a $5.00 fee for music.

**Class Leader:** Fran Harding, Retired Music Teacher

**Dates:** Thursdays, Jan. 24 – Mar. 14
**Time:** 3:00 – 4:30 PM
**Location:** CSULB, HS&D, room 101

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**International Cooking Class**
Tease your taste buds! We have found six of the finest international chefs to prepare their ethnic specialties for your enjoyment and learning. Share their secret spices and condiments to enjoy an “around the world experience.”

Asian and Latin cooking will be featured. Book early!

**Class Limit:** 18

**Class Leader:** Ken Nakagawa, B.S., M.S.

**Dates:** Thursdays, Jan. 24 – Feb. 28 (6 weeks)
**Time:** 1:00 – 3:00 PM
**Location:** Park Pacific Tower, 714 Pacific Ave., 2nd floor Lounge, next door to the PA OLLI building

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**A Novel Approach to Memoir Writing**
Write a living legacy for your family and generations to come. Tell where you came from, who you are, your dreams and feelings, and the depths of your soul. Beginning writers will be introduced to writing techniques - how to write from the heart. Learn from exposure to classmates’ writings and from critiques of your own submissions.

**Class Leaders:** Florence Dodge & Josephine Fitzpatrick

**Dates:** Thursdays, Jan. 24 – Mar. 14
**Time:** 8:30 – 10:00 AM
**Location:** CSULB, HS&D, room 101

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**Irish Movies: Comedies Plus...**
In the introduction to the 1988 book *The Cinema and Ireland* a noted film historian wrote that “to many, the idea of a book devoted to Irish cinema must be comparable to a volume on the snakes of Ireland. There are none of the latter and little of the former.” How times have changed! We will view and discuss movies featuring Irish wit from the past two decades.

**Class leader:** Bill Fitzpatrick

**Dates:** Thursdays, Jan. 24 – Mar. 14
**Time:** 10:15 AM - 12:45 PM
**Location:** CSULB, HS&D, room 101
**THURSDAY**

**Meditation**
Dr. Allen Arnette has been teaching Asian healing arts for over 25 years. In this 4-week course he will introduce simple meditative techniques to practice in one’s daily life for physical, mental and spiritual well-being. Emphasis will be on the practice of meditation and related techniques such as breathing and light stretching. Philosophy will be taught along with the practices. Meditation is accompanied by a host of biochemical and physical changes in the body that regulate metabolism, heart rate, respiration, blood pressure, brain activity and the experience of pain.

*Class Leader: Dr. Allen Arnette*
*Dates: Thursdays, Jan. 24 – Feb. 14 (4 weeks)*
*Time: 2:30 – 3:30 PM*
*Location: LifeFit Center, KIN 110 B*

**Writing for Wellness**
Words can help you heal. The simple act of written expression is a miracle. Life threatening illnesses and tragedies affect all of us. Through directed writing we can restore hope, compassion, and care. Subjects include choosing happiness, recapturing joy, and capturing nature’s power. This class will not focus on grammar or professional writing but on expressing oneself, and will help the writer heal. The class contents will be based on techniques in the book *Writing for Wellness* by Julie Davey. Books are available for class use.

*Class limit: 25*

*Class Leader: Joan Smith*
*Dates: Thursdays, Jan. 24 – Mar. 14*
*Time: 7:00 – 8:30 PM*
*Location: JCC Room #27*
*Cost: $10 + OLLI membership*

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**FRIDAY**

**Drawing Workshop**
A class for beginners and intermediates intent on improving their drawing skills. The class will develop visual and perceptual skills that will help students interpret a variety of subject matter. Materials list and class outline available at the first meeting. Bring a #2 pencil and paper or sketchbook.

*Class limit: 25*

*Class Leader: Leonard Hirsch*
*Dates: Fridays, Jan. 25 – Mar. 15*
*Time: 8:00 – 10:00 AM*
*Location: CSULB, HS&D, room 105*

**Senior Yoga**
Everything you always wanted to learn about yoga, but were afraid to try! Come prepared to participate in a relaxing fun way to stay young in body, mind and spirit. No body is too old, too stiff or too anything for yoga. All levels welcome, with or without a mat.

*Class Leader: David Hennage, Senior Yoga Instructor*
*Dates: Fridays, Jan. 25 – Mar. 15*
*Time: 8:15 – 9:45 AM*
*Location: LifeFit Center, KIN 107*

**Beginning Bridge**
This class is for players who have had absolutely no background with this fascinating game. We will start with "Whist" and go on, one step at a time, so that each lesson will be with fun and laughter as well as instruction.

*Class Leader: Inge Johnson, Retired Teacher*
*Dates: Fridays, Jan. 25 – Mar. 15*
*Time: 8:30 – 10:00 AM*
*Location: CSULB, HS&D, room 119*

**Tragedy & Hope, Part II**
This second semester covers Western History from WWII. Students examine the leaders, institutions, and organizations that shaped our current world civilization. The class is based on *Tragedy & Hope* by the late Carroll Qigley, professor at Georgetown, Princeton, and Harvard. How have the political, social, financial, and commercial patterns of the West influenced today's world?

*Class Leader: Mark Barnett, D.D., Ms.D.*
*Dates: Fridays, Jan. 25 – Mar. 15*
*Time: 9:00 – 10:30 AM*
*Location: CSULB, HS&D, room 101*

**Storytelling**
Being a good storyteller means transporting your listeners and yourself to a new place and a new time. To bring a tale to life, to make it live, to arouse emotions - this is the goal of the storyteller. We will explore the various types of stories: true experiences, fables, anecdotes, hero tales, folk tales, biographies, etc.; learn how to prepare stories for telling; and practice presentation skills such as vocal expressiveness and body language so our stories will delight listeners of any age.

*Class Leader: Alice Lemon*
*Dates: Fridays, Jan. 25 – Mar. 15*
*Time: 10:00 – 11:30 AM*
*Location: LW, Clubhouse 3, room 3*

**Watercolor Workshop**
This class is for beginners and intermediates. Basic watercolor techniques and color theory will be stressed. If you have supplies, bring them to the first class meeting.

*Class Leader: Roy Hubbs, Retired Art Teacher, MSA*
*Dates: Fridays, Jan. 25 – Mar. 15*
*Time: 10:00 AM – 12:00 PM*
*Location: CSULB, HS&D, room 105*
Intermediate Bridge I
This class is for players who have had some experience playing bridge. We will start with basics: how to keep score, and opening with a suit and with No Trump. In addition, we will learn about overcalls.
Class Leader: Inge Johnson, Retired Teacher
Dates: Fridays, Jan. 25 – Mar. 15
Time: 10:15 – 11:45 AM
Location: CSULB, HS&D, room 119

Sociology of Philosophy, Part II
What propelled us out of modernity into postmodernity? This course will show how the 20th century developed intellectually, scientifically, and culturally. Students will take a tour through the pageant of Western thought, from the beginnings of modernism to postmodernism. The curriculum is based on The Sociology of Philosophies by Randall Collins and The Columbia History of Western Philosophy which looks at philosophy from a skeptical and secular perspective.
Class Leader: Mark Barnett, D.D., Ms.D.
Dates: Fridays, Jan. 25 – Mar. 15
Time: 10:45 AM – 12:15 PM
Location: CSULB, HS&D, room 101

Intermediate Bridge II
This class is for players who have taken Intermediate Bridge I. We start with a review of what was learned in the previous class, and continue with preemptive bids and conventions such as Stayman, "Take Out Doubles", Gerber and Blackwood.
Class Leader: Inge Johnson, Retired Teacher
Dates: Fridays, Jan. 25 – Mar. 15
Time: 12:15 – 1:45 AM
Location: CSULB, HS&D, room 119

Families in the Limelight Films
How to define “family”? The composition of that fundamental unit of society has altered considerably, especially in recent decades. The family group always is a favorite subject of movies, though; so this class will look at movies made over a span of years whose focus is a family. Idealistic? Harsh? All too real? Join us for a look at some award-winning films followed with lively discussions.
Class Leaders: Yoko Pusavat & Teresa Ross
Dates: Fridays, Jan. 25 – Mar. 15
Time: 12:30 – 3:00 PM
Room: CSULB, HS&D, room 101

Paper Arts….and Beyond
When OLLI students apply paper arts tools, materials and techniques to beach glass, plastic, and foil, the result is amazing mixed media art! In addition to experimenting with more inking, stamping, color and texture techniques, students will try “purposeful doodling” (also known as “tangling”), make 3-D art, and design their own frame-worthy mixed–media projects. Students should bring a small notebook, pen, small scissors, tape runner, and paper trimmer to the first class.
A $10 materials fee will be collected at the first class meeting Midway through the course, students will need to purchase their own supplies for the projects they design (estimated cost: $5-10).
If you have any questions, email the instructor at lisaspaperarts@gmail.com.
Class Leader: Lisa Peskay Malmsten
Dates: Fridays, Jan. 25 – Mar. 15
Time: 12:30 – 2:30 PM
Location: CSULB, HS&D, room 105

Advanced Bridge
For players who know the basics and want to learn more. Learn a variety of conventions so that you can play successfully at duplicate or join strangers for bridge parties.
Class Leader: Inge Johnson, Retired Teacher
Dates: Fridays, Jan. 25 – Mar. 15
Time: 2:00 – 3:00 PM
Location: CSULB, HS&D, room 119

Responsibility to Protect & the Genocide Convention II: policy & law in preventing & punishing genocide
Responsibility to Protect (R2P) is a UN created policy doctrine to supplement the Genocide Convention, which failed to prevent genocide in the 20th Century. R2P is the legal basis for NATO’s intervention in Libya’s recent civil war.
This course is a continuation of a summer course on the law of genocide. In the second part of the course, we will examine R2P’s application in Libya, Syria, and Kyrgyzstan. We will study the Atrocity Prevention Board and the recently established R2P based agency within the National Security Council. We will discuss whether or not the Constitution allows the president an Atrocity Prevention Board.
In this class, we will sit at the intersection of current affairs and international law to discuss where and when one nation must stop an atrocity from occurring in another nation.
Class Leader: Joe Ribakoff, J.D.
Dates: Fridays, Jan. 25 – Mar. 15
Time: 3:15 – 4:45 PM
Location: CSULB, HS&D, room 101
You’ll find the OLLI computer classroom, with its small classes and up-to-date software, an ideal place to learn. Along with instructors, there are coaches in each class who are there to help you, too.

That means that any time you have questions, there will be someone to answer them for you. And if you want to spend extra time working on class assignments, you can come to the computer lab on Friday. It’s open all day for computer class students.

About computer classes:

• They are held in CSULB campus HSD room 100.
• Each class has a limit of 12 students.
• They are filled on a first-come, first served basis.
• Some have a minimum enrollment. If the enrollment is not met one week before the first week of class, the class may be cancelled.
• No textbooks are supplied. In many cases you’ll see the book the instructor will use listed just after the class description so you can buy a copy if you wish.

### Computer Lab

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bridge for Fun</td>
<td>Thursdays, Jan. 24 – Mar. 14</td>
<td>1:00 – 3:00 PM</td>
<td>Pine Ave., room 202</td>
</tr>
<tr>
<td>A Look at Manzanar</td>
<td>Saturday, March 9</td>
<td>1:30 PM</td>
<td>CSULB, HS&amp;D, C-101</td>
</tr>
<tr>
<td>Introduction to Online Financial Reports using Morningstar</td>
<td>Wednesday, January 23</td>
<td>12:45 – 2:15 PM</td>
<td>CSULB, HS&amp;D, room 119</td>
</tr>
<tr>
<td>Port of Long Beach</td>
<td>Wednesday, January 23</td>
<td>12:45 – 2:15 PM</td>
<td>CSULB, HS&amp;D, room 119</td>
</tr>
<tr>
<td>Bridge for Fun</td>
<td>Friday Labs, January 4 &amp; 11, Monday Lectures, January 7 &amp; 14</td>
<td>2:00 – 4:00 PM</td>
<td>CSULB, C-101 and OLLI Computer Lab</td>
</tr>
</tbody>
</table>

* Offered during Intersession.

See office for more detailed course information and to register.
**Very First Computer Class (PC)**
This is where you start. You are welcome even if you have never touched a computer or a typewriter. It is the best opportunity anywhere to learn the basics of email and the Internet. You will learn the mouse tool, along with the keyboard and the desktop. Games and simple exercises will be used for emphasis. All questions will be patiently answered for the benefit of the entire class. When you complete this class, you will be ready to move to our Intermediate Computer class.

Text: *PCs Simplified,* Elaine Marmet
ISBN: 978-0-470-88847-6
*No Prerequisites.*
**Instructor:** Don Patman
**Dates:** Mondays, Jan. 28 – Mar. 18
**Time:** 8:30 – 10:30 AM

**Intermediate Computer (PC)**
You’ll learn and practice these basic computer skills: save, print, cut and paste, drag and drop, how to delete an item, make a file or folder, and how to manage the windows on your desktop. You’ll also learn the basics of email, including how to send and receive messages, how to attach documents and open documents that have been sent to you. The Internet section will include how to find Web sites, as well as Internet safety tips. You’ll also take a quick look at a word processing program, so you will be able to easily create your own documents, and even insert photos.

Text: Handouts
*Prerequisite:* Very First Computer class.
**Instructor:** Kathy Winkenwerder
**Dates:** Mondays, Jan. 28 – Mar. 18
**Time:** 1:00 – 3:00 PM

**Excel 2010 (PC)**
Microsoft Excel lets you collect, store and manipulate data into useful information. Excel’s ability to communicate with other programs can make this effort easier and more efficient. You will learn several practical applications of Excel to help you manage some elements of your everyday life. Some of the Excel applications that will be demonstrated will be money management, including budgeting and checkbook balancing, home filing system automation, vacation planning and menu planning.

**Instructor:** Joe Murray
**Dates:** Tuesdays, Jan. 22 – Mar. 12
**Time:** 8:30 – 10:30 AM

**Beginning Photoshop Elements I (PC)**
Adobe Photoshop Elements is one of the most versatile image enhancement photo programs available today. First you will learn how to use the Adobe Organizer Program. This will get those picture files in a logical retrievable order. We will enhance those pictures with hands-on use of the many quick fix options available. Learning about resolution will help you email or prepare pictures for right size prints.

*Prerequisite:* Very First Computer Class
**Instructor:** Harold Drab
**Dates:** Mondays, Jan. 28 – Mar. 18
**Time:** 10:45 AM – 12:45 PM

**Beginning Photoshop Elements – Part II**
This continuation of the Beginning Photoshop Elements class emphasizes basic editing concepts using the tools in the full editor. You will practice modifying images, using all the selection tools and some of the filters. Lighting and color improvement will be covered. You’ll also get an introduction to layers and styles, plus retouching and restoring old photos.

*Prerequisite:* Beginning Photoshop Elements I or instructor’s permission.
**Instructor:** Harold Drab
**Dates:** Tuesdays, Jan. 22 – Mar. 12
**Time:** 10:45 am – 12:45 PM

**Exploring the iPad (Mac/PC)**
Here’s your chance to join the exciting iPad revolution and get the most from your iPad. Get acquainted with iPad features and apps. See how to play music, browse the Web, do email, watch videos and movies, listen to audiobooks and podcasts, and use the iPad as an e-reader. See how to find, buy or get free, and download the right apps for you, no matter what your interests are. Students must bring their iPads with them to each class.

*Prerequisite:* You have an iPad
**Instructors:** Con Rader & Kathy Winkenwerder
**Dates:** Mondays, Jan. 28 – Mar. 18
**Time:** 3:15 – 5:15 PM

**Computer Classes Winter 2012**
**Exploring the iPad**  
Here’s your chance to join the exciting iPad revolution. Get acquainted with iPad features and apps, and see how to play music, browse the Web, read and send email, watch videos and movies, listen to audiobooks and podcasts, and use the iPad as an e-reader. See how to find, buy or get free, and download the right apps for you, no matter what your interests are. Students must bring their iPads with them to each class.  
**Prerequisite:** You have an iPad.  
**Instructor:** Marilyn Gettys  
**Dates:** Tuesdays, Jan. 22 – Mar. 12  
**Time:** 1:00 – 3:00 PM

**Out of the Box (Mac)**  
If you’re thinking of getting a new Mac computer, this 3-week class is for you. After students go to the university bookstore to see what kind of Macs are available, they will learn what to do after they bring their computers home. The class will cover how to transfer your information from your old computer, if you have one; what to do when you get your computer home; how to hook up all those wires. It also covers how to connect to the Internet; how to personalize your desktop; then how to install the software you want to use.  
**3-week class:** $20.00  
**Instructor:** Barbara Kaye Cooper  
**Dates:** Tuesdays, Jan. 22 – Feb. 5  
**Time:** 3:15 – 5:15 PM

**Working with Word 2011 (Mac)**  
Get acquainted with the latest Mac version of Word and learn how to create all kinds of professional-looking documents—letters, fliers, newsletters, reports and more, either by building your own or by using a large collection of templates. Explore the new Ribbon that displays sets of formatting, table and expanded photo-editing tools. Learn about some new features, such as additional chart tools and different document views, plus the Media Browser, which includes access to iPhoto library, iTunes playlists, shapes, symbols and clip art.  
**Prerequisite:** Basic Mac skills.  
**Text:** Handouts  
**Instructor:** Kathy Winkenwerder  
**Dates:** Wednesdays, Jan. 23 – Mar. 13  
**Time:** 8:30 – 10:30 AM

**Click Start Your Genealogy (Mac)**  
Do you want to know more about your family history? Have you already gathered information, but need to organize it? Learn what can be done using Internet resources. We will look at popular genealogy programs for the Mac to help you organize and document your research. We'll also explore ways to locate others researching your family lines, and find Web sites to further your research. If possible, bring a list of family last names and localities to your first class.  
**Prerequisites:** The ability to use a Mac for Internet access.  
**Text:** Genealogy Online, ninth edition by Elizabeth Powell Crowe  
**Instructor:** Bonnie Elsten  
**Dates:** Wednesdays, Jan. 23 – Mar. 13  
**Time:** 3:15 – 5:15 PM

**It's Your Mac.**  
**Do What You Want to Do (Mac)**  
Are you a beginning Mac user? Join a hands-on class where you explore applications that came with your Mac. Learn how to manage the dock, finder windows, menus and shortcuts. We will use Apple email, set up the Address Book, use Safari to browse the Internet, write and save documents, and more. Personalize your computer and change your desktop, screen saver and views to reflect your interests and needs. There will be plenty of opportunities to have questions answered.  
**Text:** information on first day  
**Prerequisite:** You own a Mac or you’d like to own a Mac.  
**Instructor:** Bonnie Elsten  
**Dates:** Wednesdays, Jan. 23 – Mar. 13  
**Time:** 1:00 – 3:00 PM
THURSDAY

**Introduction to Digital Camera**
An introduction to the basic functions of the digital camera and scanner. Hands-on learning on how to download your photos from the memory card (camera) to your computer. You will also learn how to scan photos and documents into your computer. Eventually, you will organize and burn saved images to a CD. You will also improve your photography by learning some simple creative composition tools while viewing sample images.

Text: Available the first day of class.
Prerequisites: Basic understanding of Windows 7 operating system or instructor's permission.
Instructor: Larry Hicks
Dates: Thursdays, Jan. 24 – Mar. 14
Time: 8:30 – 10:30 AM

**Google: Email & Lots More (PC/Mac)**
Learn to download and configure the program just the way you like it. Try out an exchange of email with fellow students as you learn the features of Gmail. Other options for Web-based email will be offered if the class wishes. Other powerful and interesting Google programs will be explored, as well as other interesting and worthwhile Internet programs and Web sites. Internet security will be stressed throughout the course.

Text: Handouts.
Prerequisites: Intermediate computer or instructor’s permission.
Instructor: Reggie Gates
Dates: Thursdays, Jan. 24 – Mar. 14
Time: 1:00 – 3:00 PM

**Manage and Enhance Your Photos with Picasa (PC/Mac)**
Get your pictures from your camera to your computer and edit them with Picasa. Learn how to download your pictures to Picasa, and then using Picasa’s tools, enhance your photos by cropping them, adding text or removing red eye in your photos. Once you have edited your photos, you can make a slide show or video from selected pictures, or you can organize photos into a collage. You can mail your pictures, print them, or have them printed commercially. The first session covers the basics of Picasa. Please bring your camera to class in the second session.

Text: Handouts
Prerequisite: Intermediate computer or instructor’s permission.
Instructor: Reggie Gates
Dates: Thursdays, Jan. 24 – Mar. 14
Time: 10:45 AM – 12:45 PM

**A Variety of Eight Short Sessions … All Free**
Take a look at the new PC and Mac operating systems. There will be two sessions on Windows 8 (PC), led by Wesley Peck, plus two sessions on Mountain Lion (Mac), led by Bonnie Elsten. In addition, OLLI instructors Terry Fiskin and Don Patman will continue to lead two sessions of the Photo Group, an informal gathering of photographers who want to learn how to improve their digital photo images. The other two session titles will be announced in January. Watch the video bulletin board for session schedules.

Dates: Thursdays, Jan. 24 – Mar. 14
Time: 3:15 – 5:15 PM

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SPECIAL

**OLLI Photo Group**
The OLLI Photo Group is a gathering of photographers - experts and camera-smart amateurs - who want to learn how to improve their digital photo images. Join this free, informal group led by OLLI instructors Terry Fiskin, who teaches TAKING BETTER PHOTOS, and Don Patman, a digital photography class instructor, to talk about your photos and get tips about how to get the best results from your digital camera. Bring your favorite images on a flash drive to share with the group. Our experts will constructively comment on your photos to help everyone to enhance their best images.

Class Leaders: Terry Fiskin and Don Patman
Dates: TBA

**FRIDAYS**

Open Computer Lab
9:00 AM - 5:00 PM

The lab is open to help you practice what you have learned in class, or to answer your questions and help try to solve your computer problems. It’s a place to get one-on-one-attention from your peers. Bring your laptop or iPad if you would like help with your personal computer or device.
OLLI at CSULB

Student Parking Permit

For the convenience of our students, parking passes for Lot 11 are sold at our office for $20.00 per 8 week session. Check or cash are accepted payments.

If you have a current DMV disabled persons placard and provide a copy of it for the OLLI files, you may obtain parking access for Lot 9. Students must display their placard or license plate AND their OLLI parking permit when they are parked in Lot 9, in a disabled parking space OR any space. Students not displaying the DMV placard or license plate will be ticketed by Parking Services. Students are not allowed to park in areas marked for carpools or employee parking.

Anyone who receives a ticket from CSULB Parking Services must contact the Parking Office (Merriam Way) to resolve the ticket.

Take the Bus - Check a current bus schedule for route times to get to the stop at the corner of Pacific and 7th St. For further information, call Long Beach Transit at 562-591-2301 or visit the LB Transit website for route maps.

The Pine Ave. Theater is entered at 747 Pine Ave.

OLLI at JCC

Alpert Jewish Community Center
3801 East Willow St. (Near Redondo Ave.) LB

Enter at the main gate and park anywhere in the lot. Classes are usually held in Room 27, down the Main Hall to classrooms on the right.

Check out the CSULB website - and search for all campus maps
www.csulb.edu/maps/
Parking at Leisure World

The security office at the main gate will have the names of enrolled students and will admit them for the first and second classes. Entry passes for non-Leisure World residents who are taking OLLI classes will be available at the second class meeting.
THE MEANING OF LIFE: Fun, Film, and Philosophy
by Art Gottlieb

What do Dostoevsky and Woody Allen have in common? Exasperating characters and keen human insights! Last year OLLI offered “The Brothers Karamazov,” and now we have Dr. Linda Carr’s film class WOODY ALLEN AND THE MEANING OF LIFE. As our foremost intellectual filmmaker, Woody Allen builds on existentialism, Greek tragedy, Swedish film, Dostoevsky, and pop culture to bring a zany perspective to our Pursuit of Happiness. Take a break from election year anguish, and laugh your way through these Woody Allen films and join the provocative discussions that will follow. Humor is the vehicle that lets us mock the bully, and finally laugh at the tragedy.

Our distinguished teacher Dr. Linda Carr wrote her USC dissertation on humor theory: “Humor as Strategy in the Work of Three 20th Century Women Poets: Gertrude Stein, Dorothy Parker, and Anne Sexton.” She taught in the USC Writing Program for twenty years, as well as at CSULB and many area colleges. Dr. Carr has led the popular OLLI poetry workshop MEMORY INTO POETRY since 2004 and recently her students held a poetry reading at the Found Theatre in downtown Long Beach. She has five children and 13 grandchildren, so (yes) she knows something about comedy.

The class will meet on Tuesday afternoons in the fantastic new theatre space at the 737 Pine Avenue OLLI venue. (It may be as close to Woody Allen’s Manhattan as Long Beach can get.) After the screening of each film, we can argue about what it all meant: the American anti-hero, our age of anxiety, Good & Evil, Love & Death. Your afternoons with Woody Allen and Linda Carr will give you some Big Questions to spring on your dinner companions.

→ See class description on page 21

SAVE THE DATE
OLLI ART GALLERY SHOW - February 18 to 22
Artist’s and Member Reception Feb. 24th