Have you always wanted to learn to use a computer? Did a friend or family member give you a computer that’s gathering dust because you haven’t figured out how to use it?

If you’re ready to learn what a computer can do for you, OLLI offers both PC and Mac beginning computer classes. They are taught by instructors who not only know how computers work, but who have experience teaching others how to use them. You’ll have a chance in class to practice what the instructor shows you how to do, with class coaches there to help you every step of the way. And on Fridays the computer lab, staffed by instructors or coaches, will be open most of the day if you want more time to practice.

Richard Sherwood, who will be teaching COMPUTER 101 for PCs, is a new instructor in the computer lab. He has worked with PCs since they were introduced, and recently retired from IBM, where he conducted classes and training sessions. In Computer 101, new PC users will become familiar with the computer, learn to use the mouse, send and receive email and search for all kinds of things on the Web.

IT’S YOUR MAC, DO WHAT YOU WANT TO DO is the beginning class for Mac computer users. Bonnie Elsten, who has conducted a wide range of Mac classes in the computer lab for seven years, teaches IT’S YOUR MAC. Her students will explore the applications that come with the Mac, as well as learn how to use email, browse the Web and write and save documents.

If you’re a computer beginner, you can get started by looking at the class descriptions in the schedule, picking a class and registering. Hope to see you in the lab soon!
THOUGHT FOR TODAY:
"Intellect distinguishes between the possible and the impossible; reason distinguishes between the sensible and the senseless. Even the possible can be senseless." -- Max Born

Judy Mednick, the SUN's assistant editor, has left us. We lost big. Words cannot express how she will be missed. She joined the SUN staff in 1998 and left her fingerprints on every story for 65 issues. This issue of The SUN is dedicated to her memory. A big thank you to Cindy Smith for helping with the editorial work on articles for The SUN.

Dick Blankenship, a super OLLI volunteer (plus my poker pal), complained that his picture didn’t appear in the last issue of the SUN. How thoughtless of us. Can you find him in this issue?

We appreciated the LB Press Telegram’s feature article about Ken Nakagawa’s class describing the Japanese experiences during WWII. Kathy Winkenwerder also was featured in an article in the paper about senior computer users and OLLI offerings for improving technology skills.

Paintings by OLLI members are on display in classroom 101. Some of the artwork is for sale - contact the artists. We do have talent.

Our annual membership meeting will be held in the OLLI classroom on Oct 18 at 1:30 pm. President Malcolm Green will deliver his “State of OLLI” address. Here’s a chance to meet new OLLI members. You are urged to attend.

September Equinox: September 22, 2014; 7:29 pm PDT

November 4 is approaching. It’s election day. Every vote counts, so get out there and vote. It’s Autumn - don’t Fall!
President’s Corner

Our OLLI has grown over the last seven years from fewer than 900 members to more than 1,500 today thanks to our former and current membership committee members and especially by your own word-of-mouth referrals. Our recent membership growth has also widened and deepened our age, income, and ethnic diversity. Our new members reflect a broader spectrum of the greater Long Beach adult community. It has been our conscious aim to enrich our OLLI membership by reaching out to those who have had limited opportunities in the past for lifelong learning and personal development.

In addition, recent classes in wellness and fitness, international culture and history, musical performance, and mobile computers have also attracted a wider and more diverse adult community.

Over the years, we have struggled to keep our membership and class tuition fees affordable. Some members, however, are forced to live on limited or fixed incomes often because of involuntary retirement or other personal or financial reverses. We do not want to exclude new members who may suffer hardships to attend our classes or to pay our membership and tuition fees. For the benefit of those members with genuine need, we have established a scholarship account funded by the donations of our OLLI members who are able to contribute.

Our year-end development campaign will soon be underway and will enable us to replenish our scholarship fund and help us to keep on serving all the members of our greater Long Beach community. I urge you to contribute to this campaign.

Executive Director

Those of us who are regular contributors to the SUN are feeling like we are flying blind this issue without Judy Mednick to edit our words. We will miss her support and encouragement.

Thank you to all OLLI members who completed our Spring 2014 survey. We received a total of 447 responses and are calculating the results as I write this. We thank each of you for your support of our program and for the many thoughtful comments about ways to enhance your experience. As soon as the Governing Council has reviewed the results, we will share them with you. They are an important part of our strategic planning process.

Fall will bring thousands of students back to our campus. While that brings challenges for parking, it also provides OLLI members with many opportunities to mingle with a younger generation. We will have physical therapy, nursing, and psychology students helping with the FALL PREVENTION and BALANCE class on Tuesday and Thursdays. Our annual art class, organized by fine arts major, Amanda Wada, is entitled EXPLORING ART THROUGH HISTORY. We also have opportunities to join a Walking Group at noon every Thursday to enjoy our beautiful campus with students, faculty, and staff. Meet us in front of the LifeFit Center if you want to walk! If you become a member of the LifeFit Center you will also work with students and staff and experience best practices in exercise and healthful living geared to those over 50. If needed, you can also contract for Physical Therapy provided by faculty and students at LifeFit.

For fun, consider the Wednesday weekly Farmers’ Market on Friendship Walk in front of the University Student Union where the campus community can shop together. And, of course there are breakfasts and lunches at the Outpost restaurant where we can mingle. While fall ends the calendar year, it is only the beginning of the rich academic and social life we share at “the Beach.” Welcome back to school!
In the Spotlight

Time goes by so rapidly. Summer is over like a blink of an eye. We have had wonderful times on trips, visited and enjoyed families and friends, celebrated big birthdays such as Doris Littenberg; her 93rd, Bea Roth at 92, and his 90th. Kudos to all of these nonagenariens!

Doris Littenberg

Bea Roth

Sydelle Pomi, a loyal OLLI member said, “Patrick McDonough is a living and breathing encyclopedia of theatre from the Greek to the contemporary. He inspires everyone who attends his classes.”

We also have had sadness and loss. Our beloved instructor Judy Mednick, who taught LITERARY POTPOURRI for many years, died of cancer. We will miss her intelligence, wit, her love of teaching and opening the world of literature to all of us.

Last semester went well – Leisure World and the Pine Avenue campus had lots of satisfied students. We like the variety of topics offered in both places, from ART to ACTING and MEDICINE to MUSIC!

GPS for All

OLLI instructor and Governing Council member-at-large Len Jacobson, has just published his second book, Flying for GPS. It chronicles his role in the development and promotion of the Global Positioning System.

Len spent eight months flying two and a half million miles as a missionary for GPS and as a developer of user equipment. He kept an extensive log of all his flights that helped him recreate much of what happened to GPS during his career.

His book is about the evolution from expensive, complex and voluminous military sets to today’s low-cost chips buried in our cell phones. It traces a system designed primarily for military and civilian aircraft, ships and land vehicles to an essential utility of everyday life, enabling safety and the ability to track everything that moves. Parallel with the evolution of GPS is that of commercial air travel as he experienced it, from flying on a Pan Am 707 in 1963 to a present day Air France A380.

Len has been reading excerpts of the book to the OLLI MEMOIR WRITING class. The book is available from on-line retailers and Ebook outlets.

→ See Len’s Fall class description on page 27
American Government and Politics, Part 2
by Suzanne Walsh

Do you remember your high school Civics class? Did you actually pay attention?
You now have an opportunity to delve more deeply into the various topics that are included under the umbrella of Civics, or American Government. This fall, class leader, James Espinosa is offering a class in POLITICS and GOVERNMENT in AMERICA, Part 2, as a continuation of his highly popular Spring OLLI course.

Although he has obvious expertise in his chosen subject, James Espinosa has not always worked in the field of politics and government. In fact, he worked 40 years in the construction industry, while maintaining a personal interest in history and politics, so much so that while he worked during the day, he began taking evening history classes. He persisted in his education, graduating with a B.A. in history, and an M.A. in political science in 2013 from CSULB. He hopes eventually to be hired to teach American Government classes in other locations while continuing to teach class at OLLI, which he finds very exciting and stimulating.

Whether you took the OLLI Spring course in American Government from James, and want to explore new topics, or you are simply interested in learning about and discussing our system of government as it relates to current local and national issues, this class will interest all. In a course that will include lecture, printed material, and short films related to the topic, class participants will also be encouraged to participate in vigorous discussions of issues, both historic and current.

This quarter, Mr. Espinosa plans to cover many new topics. The goal is that students will come away with educated opinions based on a more comprehensive understanding of what government does for us and a keen desire to follow up on topics that interest them.

Now, maybe you’ll want to give your full attention to this chance to revisit American Government topics with an able guide.

→ See class description on page 21

Geo-Politics in the 20th and 21st Centuries
by Thelma Teitel

What is geo-politics? The words are much bandied about these days.
Richard Lunde, who will be teaching the class, GEO-POLITICS in the 20th and 21st CENTURIES, defines it as the study that entwines countries and includes their geography and history. The class will be taught at Leisure World and will be limited to 30 people. The text that will be used is The Revenge of Geography by Robert D. Kaplan.

Previously, Mr. Lunde taught two WESTWARD MOVEMENT classes at OLLI in which the students noted that the geography of movement was dependent on the geography of the land and the events of the times.

This gave rise to his students urging him to teach an entire class with an emphasis on geo-politics. Mr. Lunde has obliged. Every class will open with what is current in the news of the world that week—a note to remember. The class will also pay special attention to the year 1914, and World War I and the horrors that ensued from that event.

Mr. Lunde has been a college professor, worked for Xerox and Honeywell, and started his own business in Orange County. He is retired now while his two daughters run the business. Incidentally, he mentioned that he has been interested in geography since the age of fifteen.

→ See class description on page 28
CSI for the Potential Juror

by Judy Granger

When John Zacha was a young boy living a couple of blocks from MGM Studios in Hollywood, his father (who worked there) took him to the lot one day to meet the studio’s most famous star at that time: The Lone Ranger. His horse, Silver, was taking center stage when they arrived. While they waited for Clayton Moore, John’s dad swooped his son up and lovingly placed him in Silver’s saddle. John naturally kept searching for the masked Lone Ranger—but since he wasn’t around yet, John must have created a visual image that made him remember a line from The Lone Ranger’s Creed “That all things change but truth, and that truth lives on forever.”

Yes, maybe it was this idea that traveled with John as he earned impressive scholastic achievements. Fortunately for us, today he is an Academic Senator with CSULB Associated Students, Inc., and he also serves as a Teaching Assistant delivering college-level instruction in Criminal Justice at CSULB.

Although study consumes his time as he prepares for doctorates in Criminology (Glasgow Caledonian University) and Criminal Justice (CSULB), John has offered to treat OLLI members to a lecture series designed to provide an unbiased look at the fascinating subjects of crime scene investigation (CSI) and forensic science. There are many arguments regarding CSI and forensic science taking place in courtrooms across the nation. Currently, it is the jurors who are demanding high-tech (physical) evidence due to the influence of all the CSI programs being televised.

John will cover the techniques lawyers employ when trying to select jurors and the need for cognition and objectivity. His motto has become: Prepare Our Next Generation! The controversial procedures to improve the justice system and the associated legal battles now taking place between judges, between lawyers and between jurors, is sure to please the most inquisitive minds.

Without question, John’s CSI for the POTENTIAL JUROR will leave an eye-opening and indelible impression. Hands-on lessons will be offered as well discussions. Class size is limited - enroll early!

→ See class description on page 22
From the Memoir Class

In days of yore there was a man named Syd Benowitz. There exists a great personal history written by him as a member of the NOVEL APPROACH TO MEMOIR class. Today you will be introduced to one of his memorable parables.

Some memoirs are serious, some sad. Others are written as childhood experiences-first days of school, the birth of a foal, or a puppy or a sibling. Special moments like the wedding of a child or buying the perfect dress. What grandparenthood means to you. Silly moments like losing your house key and the mental gymnastics used to find it. Is there any reader or writer who hasn’t had this problem? Doesn’t this remind you of your life? The examples are endless.

In the MEMOIR class you will meet people willing to share experiences. The more you hear or read, the more you realize how much we share feelings and memories. The more we do this, the more we come to understand that we may not be as unique as we thought we were. Maybe you will find yourself! Now read Syd’s 15-year-old memoir.

Many years ago while shopping in the local Boston Store, I chanced upon “A ONCE IN A LIFETIME EXTRA SPECIAL SALE” on corduroy shirts - below cost at $5.00 each. Of course I had to take advantage of this great bargain - a deal you couldn’t refuse - and I fought my way through the crowd of other idiots and bought a grey corduroy shirt.

Almost every shirt I buy needs to have the sleeves shortened, and my new purchase was no exception. I brought it to the tailor for the required circumcision. Even though the alteration cost more than the garment, I felt I had made a wise investment since in four or five years I might need another shirt.

The following week I picked up my corduroy bargain and tried it on for size. I immediately noticed that the right cuff buttoned on the inside instead of the outside of the sleeve. Apparently the tailor had made a mistake. I returned to the shop and said “Sam, you really screwed up - you put this cuff on backwards - but there’s no rush - this is a heavy shirt and winter is six months away.” Sam examined the shirt and said “Syd, it’s impossible to sew this cuff on any other way. The problem is that you bought a shirt with two left sleeves.” I thought he had gone beserk, but after careful examination I realized he was right. I couldn’t return it, especially after the mutilation. But I had a great idea. “Sam,” I said, “how about making this into a short sleeve shirt? That way the problem will be solved.”

“It’s your money - I’ll do it.”

“Okay,” he reluctantly replied.

The next week I returned to the tailor shop for my customized garment. I now had seventeen dollars invested but at least it was wearable. I proudly showed it to my wife who immediately exclaimed, “Whoever heard of a winter shirt with short sleeves? Maybe you should get your overcoat altered to match - and while you’re at it cut the fingers off your gloves. If you keep getting these bargains we’ll end up in the poor house, or at the very least, you’ll lose your shirt!”

Well I didn’t lose it, I never wore it, and very soon gave it away. I still feel my solution was logical, albeit impractical. But hey, nobody is perfect, and I still have a few good ideas up my sleeve!
OLLI’s New Voice

Some of us abuse it, others simply lose it, and the rest of us use it without realizing how it affects us and the lives of others. Harriet Bennish is coming to enlighten us. She believes anyone can be taught to sing.

Her journey brought her from a small town in Pennsylvania coal country to The Peabody Institute, a respected music school at Johns Hopkins University in Baltimore. Adding to her credentials as a vocal specialist are her experiences as a performer and teacher of voice. Her voice training experience also includes support for those who have lost expression because of Parkinson’s disease and COPD. Breathing and swallowing are necessary acts facilitating voice.

Harriet is looking forward to her OLLI class, VOICE CLASS FOR ALL LEVELS. She will be dealing with groups of no more than 12 students. She envisions this to be a workable number in which she can watch every mouth in these group lessons.

Sign up early; this is a limited enrollment class. It will be offered twice in 4-week sessions so you have a choice. You may not be able to carry a tune but this class should give you a new voice!

Greening Your Lifestyle

Nadine Bopp is new to OLLI and is thrilled to teach this course called GREENING YOUR LIFESTYLE at the Alpert Jewish Community Center this fall.

Consumer choices, habits and lifestyle have a local and global impact. The items we consume: housing, furnishings, clothing, transportation, travel, food, recreation, entertainment and disposables mainly come from non-renewable natural resources produced in faraway lands and have a cradle-to-grave lifecycle.

Awareness and education about the safety and efficacy of consumer products is often suspect with contradicting information from the media, manufacturers, government and advocacy groups. Employing a sustainable paradigm for all of your consumer choices can allow you to live a healthier, guilt free existence and become a conscientious global citizen.

Nadine is a native Chicagooan. She received her bachelor’s degree at the University of Missouri majoring in Biology with an emphasis in Ecology. Thus began her lifelong involvement in all things environmental, including being an organic gardener. She earned her Master of Landscape Architecture degree at Louisiana State University in Baton Rouge, LA.

Nadine Bopp, Master of Landscape Architecture, will guide us to “green living” in a six-week course, Tuesday evenings, at the Alpert Jewish Community Center. Go Green!

→ See class description on page 25
If you're interested in reading short stories presented by two top-notch instructors, have we got a deal for you! Starting Wednesday, October 10, in OLLI's Pine Avenue classroom, Mona Panitz will conduct four classes based on provocative works that deal with the subject of aging. Some of the writers will be familiar to you, others won’t. Some of them are American, others are from foreign shores. Each work examines some aspect of life that we all must face (sometimes with great difficulty) as we grow older.

Topics such as wisdom, memory, love and loss of every kind - even sex and desire - are tackled by world famous authors from the United States, Europe, and the Far East. They include, but are not limited to, John Updike, Eudora Welty, Flannery O’Connor, Gabriel Garcia Marquez, Haruki Murakami, Alice Munro, and Anton Chekhov.

The format for FOUR STORIES - FOUR WEEKS is simple, direct, and insightful. Everyone reads the same author, then delves into the story and its topic in an informal group discussion. Mona’s class is limited and has filled rapidly during the two years that she has offered it; so anyone who is interested should sign up quickly.

The second four weeks will be taught by the intrepid professor, Bernard Natelson. Natelson will discuss his SHORT STORY MASTERS by choosing works from authors such as Jorge Luis Borges, Nikolai Gogol, Katherine Anne Porter, and more.

With his doctorate in psychology, you can expect him to focus on the psychological perspective of each character, and the what/when/why of the actions in each story.

Two different ways to get your fill of literary short stories.

→ See class description on page 26
For over 17 years Judy Mednick had stood smiling, dressed in purple, at the podium in room 101, welcoming her overflowing classes to her unique and creative “Literary Potpourri,” a program she designed to connect literature, history, biography, film, and social movements—and to connect them to the lives of our students. Her wildly popular class was a flagship of the OLLI program, each meeting completely original—never repeated—and carefully researched. Her students, women and men, those who had attended from the beginning and those who were newcomers, spoke in superlatives: “a real joy,” “a class with everything.” Judy directed the class discussions to stimulate thinking, interchange, and laughter. She was much loved.

On July 12 that same large classroom was filled with her friends and students, many dressed in purple, to remember Judy and cope with her sudden absence. Only weeks before her death from cancer, she had held her last class—sitting down. As the incredibly hard-working co-editor of the SUN, she was still collecting articles for this issue. Her desk at home was stacked with books as she was still planning her fall session Potpourri class. She was in intense pain, but no one knew.

Judy was no stranger to challenge. In the first years of the Peace Corps, Judy volunteered right out of college and served two years in the hinterlands of Thailand—Uttarat—300 km. from Bangkok. After her MA from CSULB, she taught high school English in Long Beach, and when the school district listened to the carping of parents who didn’t “approve” of Judy’s course in gender roles in literature (and banned the course!), Judy took it to federal court. An ACLU attorney defended her, she won, and the course is still taught.

Judy Mednick was a talented poet, we learned in these past weeks when her notebooks were discovered with more than 125 poems carefully slipped into the plastic sleeves. And like Elizabeth Barrett Browning, she wrote many poems of unembarrassed devotion to her husband.

Bill and Judy were married 45 years. They lived joyfully, spending summers in Mexico and Spain and entertaining their many friends at home. Judy was a gracious hostess and a skilled conversationalist who easily connected with others because she was articulate, well-informed, and perceptive. She was full of life.

Judy Mednick was an inspiration to us all—to reach for our more intelligent and gracious selves.

I felt I’d finished more than half my journey
When I could see, most unwillingly, the distinct outline of the Celestial Coach
I’d been moving so swiftly, so happily, I hated to stop
I wanted to blank it from my vision
My pockets were still full of seeds I intended to plant
Many a fruit waited for me to taste
I rued to end the journey in such haste.

~~~ JUDY
The OLLI classroom was filled with Judy Mednick’s loving friends, family, and students who came together on July 12 to celebrate her life and recount the many ways Judy had fulfilled their lives.

Following Malcolm Green’s opening remarks on behalf of himself and the OLLI family, Linda Carr, OLLI lecturer and personal friend of Judy, shared a sampling of poems Judy had written. Few knew of her talent or of the loose-leaf binders in which she had preserved them. Linda had asked a few friends to read some of her poems and then invited those present to offer their remembrances. Judy’s diligence as an OLLI teacher of literature, primarily of the short story, was recounted with great appreciation from those in her classes.

Bill Mednick shared how her desk had been heavy with books and note cards in preparation for her upcoming class session. He and his daughter Ann spoke briefly of their early days with Judy and their appreciation to those at the gathering.
**New OLLI Policies**

At OLLI we like showing off our great class leaders, generous donors and loyal and growing membership. Just take a look at this edition of The SUN. It’s filled with articles highlighting upcoming classes and their leaders, a list of recent donors and great photos of members. Just the same, OLLI respects the privacy of members and class leaders. Here are some things to keep in mind.

OLLI protects the personal information (address, phone number, email, emergency contact) of its members. The use of personal information is normally restricted to communicating with members regarding OLLI activities. Other uses of member information require the express approval of OLLI’s executive leadership. OLLI never discloses member information for commercial purposes. OLLI members are never required to share personal information with class leaders. However, OLLI has no control over the use of personal information that is voluntarily shared with a class leader.

Donors always have the option of remaining anonymous. Just check the appropriate box on the registration form, or let the office know your wishes when making a gift to OLLI.

Without our great core of volunteer class leaders, OLLI as we know it would not exist. Our class leaders devote a great deal of time preparing for class. The presentations they produce are their intellectual property. They have rights as to whether or not their lectures are recorded and distributed. In respect of these rights, class members may not make audio or video recordings of presentations without the written permission of both the class leader and OLLI. An OLLI student wishing to record a class should discuss it with the class leader, obtain an approval form from the office and follow the approval procedure. If you know of a class member making surreptitious recordings, please advise the class leader and the office.

In addition to The SUN, OLLI publishes pamphlets and advertising material and hosts a website. If you do not want your identifiable image to appear in these media, please sit in a section of the classroom excluded from the camera’s field of view. For additional protection, fill out an image usage opt-out form, available in the office.

**OLLI Challenge Match Drive**

Once again, the Fall term is here and the annual OLLI Challenge Match Drive will begin in October and continue through the end of the 2014.

As OLLI membership has grown, so has the need to provide scholarships for members with limited incomes who desire to take advantage of OLLI programs and classes. The available designated scholarship fund is nearing depletion.

Our goal for the 2014 Challenge Match Drive will be to replenish the scholarship fund so that everyone who wants to participate in OLLI activities will have an opportunity to do so.

Your donations, large or small, will be welcomed. For those of you with retirement accounts that have spending requirements, we hope this might be an opportunity for you to help us reach out to ALL seniors in the area.

Additional information about the Challenge Match Drive will be available in October.
Adults age 49+ who participated in a fitness program called Strength for Living at the LifeFit Center @ The Beach on campus at California State University, Long Beach have experienced great health and fitness results.

Strength for Living is a 16-week program led by a fitness professional with a degree in kinesiology. The program accommodates a small group of six to eight participants who attend workouts three days per week. Each workout consists of 30 minutes of resistance training, 30 minutes of cardiorespiratory training, and 15 minutes of flexibility and balance training.

The first two cohorts to complete the Strength for Living program have experienced improvements in muscular strength, cardiorespiratory fitness, flexibility, and balance. Further, the participants reported reductions in weight, reductions in medication use, improvements in health, and elevated confidence in their abilities as exercisers.

On average, participants in Strength for Living improved their upper body strength by 77% and improved their lower body strength by 57%. One participant reported a 20-pound weight loss and a reduction in her blood pressure to healthy levels. Another participant, who has had diabetes her entire life, experienced the best control over her blood sugar levels to date. All participants reported activities of daily living, such as getting in and out of a car, easier to complete.

For more information about the Strength for Living program, please visit The LifeFit Center @ The Beach website: www.csulb.edu/lfcbeach or call 562-985-2015.

Cranial Challenge Answers

ANSWERS
1. (b) On the floor
2. (b) Special makeup was applied
3. (c) Wax coke bottles
4. (a) Wax for a flat top (butch) haircut.
5 (a) With clamps and a skate key,
6. (c) Eeny-meeny-miney-mo.
7. (b) Taxi, ...be ready by half-past eight!

SCORING
5-7 correct: You are older than dirt, and gifted with mental abilities. Now if you could only find your glasses.
0-5 correct: Sorry! You are not old enough to share the wisdom of your experiences. Keep on learning!
OLLI Farewells

Ralph Joseph Staunton  
May 1, 1925 to May 18, 2014

Ralph, a student and super volunteer at Senior University and OLLI since its opening in 1998, died peacefully on May 18, 2014. Until a recent auto accident prevented his participation, Ralph enrolled for classes every session for 12 years. During World War II, Ralph was in the Coast Guard. Using the GI Bill, he earned a B.S. at USC. After graduation, he pursued a career in Civil Service. Ralph is survived by nine children and 21 grandchildren.

Jerome Stillman  
July 19, 1931 - July 4, 2014

Jerry, a former OLLI student, died after a long illness. He was born in New York, lived in Brooklyn and went to Brooklyn Tech. He then moved on to Univ. of Penn and graduated in 1953 with a degree in Metallurgical Engineering. Jerry spent most of his career working at Hughes Aircraft. After retirement he became a very skilled stone sculptor. He leaves behind his wife of 61 years, two children, three grandchildren and his sister, Dolores Volpe.

OLLI at CSULB - 2014

Class Sessions
Fall October 6 - December 8
Winter January 22 - March 17
Spring April 13 - June 8
Summer July 6 - August 29

Holidays – No OLLI Classes
Campus & Office Closed
September 1 - Labor Day
November 11 - Veteran’s Day
November 24-29 Thanksgiving Break
Dec. 22-Jan. 2 - Winter Break

OLLI Scholarship Program

The scholarship fund is supported by donations from community organizations such as Long Beach Cares, SCAN, Housing Opportunities Program for the Elderly (HOPE), and generous OLLI members.

Over the years, more than 80 qualified applicants have been able to join OLLI and participate in classes with their tuition and fees partially covered by the funds. We hope to continue to make OLLI accessible to any seniors who wish to learn and be active in OLLI.

If you would like to contribute specifically to the OLLI Scholarship Fund, please contact the OLLI Office or note “Scholarship Fund” on your check memo line.

OLLI Annual Membership Meeting
Oct. 18 1:30 @ CSULB
Fun - Food - Friends
SUMMER 2014 CONTRIBUTORS

**With thanks to ALL of you including our 14 Anonymous Donors.**

Your contributions support the successful programs and facilities for educating seniors.

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Ruth & Erwin Anisman
Carol & Charles Austin
Paula Banda
Robert Barmeyer
Nessa & David Bernstein
Sanford Binder
Barbara Blackwell
Renee Simon & Jack Blecher
  In memory of Jerry Manheim  & Syd Benowitz
Linda Bolt
Lori & Don Brault
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  In Memory of
  Ralph Staunton
Rosario & Jes Reyes
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Bonnie Strutin
Patricia Sutch
Thelma Teitel
  To Scholarship Fund
Bernadette & John Tellez
Diane Thompson
Kathleen Togie
Yvonne Troutman
Jack Upshaw
David Urstein
Barbara Vangsness
Lorraine Ward
William Ward
Harriet Warner
Jerald Warren
Phillip West
Sandy Whittall
Jane Williams
Catherine Winans
Ingela Woldenius
Barbara Wolfe
Nancy Wong
Elaine Wood
Pat Wrenn
Rae & Milford Wyman
Carol & Richard Zuck

ANONYMOUS
To Scholarship Fund (2)

In Memory of
James Alfred Cooke Sr. &
James Alfred Cooke Jr.

IN MEMORY OF JUDY MEDNICK

Anonymous
Margy Arthur
Renee Simon & Jack Blecher
Donna Cole
Carl Curtis
Lynda & Gary Hoyt
Diane & Maurice Kalfus
Isobel Leventhal
Flora & Jerry Loeb
Fred Masback
Bill Mednick
Linda Palitz
Arlene & Ralph Rees
Laura & Stephen Robbins
Alan Rosen
Kathy Winkenwerder
  To Scholarship Fund
Osher Lifelong Learning Institute (OLLI) offers educational opportunities to older adults. The Vision and Mission statements emphasize personal growth and individual empowerment through lifelong learning.

### OLLI Info - The Details
- **Membership**: Open to adults 50 or older. Membership is required to take any classes. Full membership is $40 for a full academic year (October 1 to September 30). For half of the year (March 31 to September 30), membership is pro-rated to $20.
- **Computer Classes**: Tuition varies; $35 for an 8-week class, $20 for shorter classes.
- **Lecture Classes**: Tuition is $10 for the term for any class.
- **Class Limits**: Enrollment is on a first-come, first-served basis.
- **Returned Check Policy**: Charges $7 per returned check, plus the amount of the check. You must pay the amount of the check plus $7. A letter is sent to the University.
- **Refunds**: No refunds after the first week of classes for parking passes or class tuition. Keep OLLI financially healthy by registering and paying for all classes attended.
- **Disclaimer**: Instructors come from various backgrounds and experiences. Their views do not necessarily reflect those of Osher Lifelong Learning Institute at CSULB or the University.

### Registration Details
- **Registration Opens**: Saturday, August 30 - 8:30 - 11:30 am
- **How to Register**
  - Complete personal information on both sides of the form.
  - Check classes you want to take.
  - Make payments by check or in cash.
  - Make checks payable to **CSULB Foundation** for classes/membership and a separate check for **CSULB Parking Services** for parking permits.
  - Bring your registration form when you register; mail it to the address on the back.
  - Share the extra registration form with a possible new member.
  - An OLLI name tag will be available the first week of classes. It represents proof of membership.
  - Call the office with any questions, 562-985-8237.

### Scholarships
OLLI at CSULB offers scholarships for those who need financial assistance to participate. Contact the OLLI office for more information. Donations to the Scholarship Fund are appreciated.

---

*Osher Lifelong Learning Institute has 501 (c)(3) non-profit status. Fees and donations are tax deductible as allowed by current law.*
# OLLI @ the BEACH  FALL 2014 Registration

**October 6 ~ December 9**

| Name: ____________________________ | Date: ____________________________ |
| Address: ____________________________ | City: ____________________________ | Zip: ____________________________ |
| Phone #: ____________________________ | Email: ____________________________ |

## OLLI Membership
*For All Members - Annual Fee*
- **OLLI Membership**: $40.00 $ ________

## Lecture Class Tuition
- **8-Week Computer Class**: $35.00 $ ________
- **4-Week Computer Class**: $20.00 $ ________

## Contribution
**$ __________ (Office)________**

*Contributors will be acknowledged in our publications.*

- If you would like to remain anonymous check here.
- Cash ____ Check # ________

## Total
- **$ ________**

## Parking Permit
- **$33.00 per Qtr.  Cash □**
- Check # ________  Hang Tag # ____________
- Disabled (DMV cert. copy on file required)

**Make Check Payable to CSULB PARKING SERVICES**

### LIFE FIT CENTER
- **Member □ YES □ Parking LFC**

<table>
<thead>
<tr>
<th>TIME</th>
<th>COMPUTER CLASSES</th>
<th>OS</th>
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<tbody>
<tr>
<td><strong>MONDAYS, October 6 - December 1</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30-10:30</td>
<td>Computer 101</td>
<td>PC</td>
<td></td>
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<tr>
<td>10:45-12:45</td>
<td>Int. Photoshop Elements II</td>
<td>PC</td>
<td></td>
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<tr>
<td>1:00-3:00</td>
<td>Intermediate Computer</td>
<td>PC</td>
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<td><strong>TUESDAYS, October 7 - December 9</strong></td>
<td></td>
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<tr>
<td>8:30-10:30</td>
<td>iTunes (wk-Oct)</td>
<td>PC/Mac</td>
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<tr>
<td>8:30-10:30</td>
<td>iPhone (wk-Nov)</td>
<td>iOS</td>
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<td>10:45-12:45</td>
<td>Beg. Photoshop Elements</td>
<td>PC</td>
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<td>1:00-3:00</td>
<td>Computer Copy Cat Coloring</td>
<td>PC/Mac</td>
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<tr>
<td>3:15-5:15</td>
<td>Exploring the i Pad</td>
<td>PC/Mac</td>
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<td>8:30-10:30</td>
<td>Exploring the i Pad</td>
<td>PC/Mac</td>
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<tr>
<td>10:45-12:45</td>
<td>iPad Apps Only</td>
<td>PC/Mac</td>
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<td>1:00-3:00</td>
<td>It's Your Mac I</td>
<td>Mac</td>
<td></td>
</tr>
<tr>
<td>3:15-5:15</td>
<td>It’s Your Mac II</td>
<td>Mac</td>
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<tr>
<td>8:30-10:30</td>
<td>Intro to Digital Camera</td>
<td>PC/Mac</td>
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<td>10:45-12:45</td>
<td>Intermediate Computer</td>
<td>PC</td>
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<td>1:00-3:00</td>
<td>Manage Photos with Picasa</td>
<td>PC/Mac</td>
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<td>3:15-5:15</td>
<td>Int. Lab Practice (wk-Oct)</td>
<td>PC</td>
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<td>3:15-5:15</td>
<td>Intro to Win 8 (wk-Nov)</td>
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<td><strong>FRIDAYS, October 10 - December 5</strong></td>
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<tr>
<td>10:00-5:00</td>
<td>Open Computer Lab</td>
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### TIME CLASSES SITE X

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<th>CLASSES</th>
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<td><strong>MONDAYS, October 6 - December 1</strong></td>
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<tr>
<td>8:00-9:30</td>
<td>Foundations of Investing</td>
<td>C-119</td>
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<tr>
<td>8:15-9:45</td>
<td>Copy Cat Art</td>
<td>C-101</td>
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<tr>
<td>9:45-11:15</td>
<td>American Government and Politics</td>
<td>C-119</td>
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<td>10:00-11:30</td>
<td>Feel Great Again (wk)</td>
<td>C-101</td>
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<tr>
<td>10:00-11:30</td>
<td>Longevity Stick</td>
<td>PA</td>
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<tr>
<td>11:00-12:30</td>
<td>Land of Enchantment</td>
<td>PA</td>
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<td>11:30-1:30</td>
<td>1-2-3 Cards</td>
<td>C-119</td>
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<td>11:45-1:15</td>
<td>By George</td>
<td>C-101</td>
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<td>1:00-4:00</td>
<td>8 Great Movie Comedies</td>
<td>PA</td>
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<tr>
<td>1:30-3:00</td>
<td>LA Opera (wk/10, 11/10, 12/1)</td>
<td>C-101</td>
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<td>1:30-3:00</td>
<td>First Ladies (wk/10, 20, 27 &amp; 11/3)</td>
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<td>2:00-3:30</td>
<td>CSI for the Potential Juror</td>
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<tr>
<td>2:30-4:00</td>
<td>Short Stories</td>
<td>LW</td>
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<td>3:15-4:45</td>
<td>Play the Recorder</td>
<td>C-101</td>
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<tr>
<td>10:30-12:30</td>
<td>Archery Lab (wk/9, 15, 22, 29)</td>
<td>Arch +10</td>
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<td>10:30-12:30</td>
<td>Ageless Archery (starts 10/13)</td>
<td>Arch +10</td>
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<td>1:00-2:50</td>
<td>Bowling Lab</td>
<td>Stu U +fee</td>
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<td>10:00-11:30</td>
<td>Current Events</td>
<td>C-101</td>
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<tr>
<td>10:00-11:30</td>
<td>OLLI Players</td>
<td>PA</td>
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<tr>
<td>10:30-12:00</td>
<td>For Women Only</td>
<td>C-119</td>
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<tr>
<td>11:45-1:15</td>
<td>Still Follow the Yellow Brick Road</td>
<td>C-101</td>
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<tr>
<td>1:30-3:00</td>
<td>The NFL: Backroom to Boardroom</td>
<td>C-101</td>
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<tr>
<td>2:30-4:00</td>
<td>Senior Yoga</td>
<td>PA-Y</td>
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<tr>
<td>2:30-4:00</td>
<td>Art Since the Renaissance</td>
<td>LW</td>
<td></td>
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<tr>
<td>3:15-4:45</td>
<td>Conversational French</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>7:00-8:30 pm</td>
<td>Greening of America</td>
<td>JCC</td>
<td></td>
</tr>
</tbody>
</table>

* OLLI LFC Class Tuition waived for LifeFit Gym 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. 

Class Locations

| CSULB Campus (C) - lower Campus in HS&D Building Rooms 101, 105, 119, Computer Lab 100 | Archery Field (FLD) Student Union Lanes (SU) |
| ____________________________________________ | ____________________________________________ |
| LifeFit Center (LFC*) KIN Building, Rooms 107 and 110 | OLLI Pine Avenue (PA) 737 Pine Ave Suite 202 Enter from Solana Ct. Long Beach, CA 90813 562-436-2100 | OLLI Leisure World (LW) 13533 Seal Beach Blvd Seal Beach, CA 90740 Clubhouse 3 or 6 |

FREE! SPECIAL EVENTS at OLLI

| October 7 | Podiatry Room 101 8:15-9:45 |
| October 9 | Road Scholar Room 119 9:00-10:30 or 10:45-12:15 |
| October 16 | Road Scholar at Pine Ave 10:30-12:00 |
| November 7 | Incontinence at Pine Ave. 10:00-12:00 |

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

** Checks payable to CSULB Foundation or CSULB Parking Services

<table>
<thead>
<tr>
<th>WEDNESDAYS, October 8 - December 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-12:00 Art Workshop Lab (tentative) C-105</td>
</tr>
<tr>
<td>8:15-9:45 Japanese 101 C-119</td>
</tr>
<tr>
<td>9:00-12:00 Classic Adventure Films C-101</td>
</tr>
<tr>
<td>10:00-11:30 Taking Better Photos C-119</td>
</tr>
<tr>
<td>10:00-11:30 Tai Chi Chih PA</td>
</tr>
<tr>
<td>11:45-1:15 National Security &amp; Civil Liberties C-119</td>
</tr>
<tr>
<td>12:45-1:45 Ukulele 101 C-101</td>
</tr>
<tr>
<td>2:00-3:00 Ukulele 102 C-101</td>
</tr>
<tr>
<td>1:30-3:00 4 Stories - 4 weeks (Oct.) PA</td>
</tr>
<tr>
<td>1:30-3:00 Short Story Masters (Nov.) PA</td>
</tr>
<tr>
<td>1:30-3:00 Financial Rules of the Road C-119</td>
</tr>
<tr>
<td>3:15-4:45 Exploring Art through History C-101</td>
</tr>
<tr>
<td>3:15-4:45 Writing to be Published C-119</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THURSDAYS, October 9 - December 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:50 Falls &amp; Balance II (9/23-11/20) LFC* *</td>
</tr>
<tr>
<td>8:30-9:30 Longevity Stick LW</td>
</tr>
<tr>
<td>8:30-10:00 Memoir Writing C-101</td>
</tr>
<tr>
<td>9:00-12:00 Advance Directives (11/6 &amp; 13) C-119</td>
</tr>
<tr>
<td>10:15-11:45 Fear Not..Shakespeare XV C-101</td>
</tr>
<tr>
<td>12:00-1:30 Intelligence Community (start 10/16) C-101</td>
</tr>
<tr>
<td>1:15-2:00 Tai Chi Chih LFC*</td>
</tr>
<tr>
<td>1:00-3:00 Beginning Art PA</td>
</tr>
<tr>
<td>1:30-3:15 Naturopathic Medicine PA-T</td>
</tr>
<tr>
<td>1:45-3:15 Folk Guitar C-101</td>
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<tr>
<td>3:30-5:00 Catch the Spirit Chorus C-101</td>
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</table>

<table>
<thead>
<tr>
<th>FRIDAYS, October 10 - December 5</th>
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</thead>
<tbody>
<tr>
<td>8:15-9:30 Senior Yoga and more LFC*</td>
</tr>
<tr>
<td>8:30-10:00 Voice Class (4 wks - Oct) C-101</td>
</tr>
<tr>
<td>8:30-10:00 Voice Class (4 wks - Nov) C-101</td>
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<tr>
<td>8:30-10:00 Beginning Bridge C-119</td>
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<tr>
<td>10:00-11:30 Geopolitics LW</td>
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<tr>
<td>10:15-11:45 Life &amp; Times of Ancient China C-101</td>
</tr>
<tr>
<td>10:15-11:45 Intermediate Bridge C-119</td>
</tr>
<tr>
<td>11:00-1:00 Mural Walk-Long Beach (6 wks) PA</td>
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<tr>
<td>12:15-3:00 Woody Allen (start 10/17) C-101</td>
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<tr>
<td>12:30-2:00 Advanced Bridge C-119</td>
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<tr>
<td>1:00-3:00 Point of View Films (6 wks) PA</td>
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<tr>
<td>2:30-4:00 Acting with Alice LW</td>
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<tr>
<td>2:30-4:00 Get Organized A-Z C-119</td>
</tr>
<tr>
<td>3:15-4:45 Conversational Spanish C-101</td>
</tr>
</tbody>
</table>

OLLI Office: 562-985-8237 Fax: 562-985-8213
Web site: www.csulb.edu/centers/olli
Email: olli@csulb.edu
OLLI Membership                    $40.00  $ ________
For ALL Members - Annual Fee
Lecture Class Tuition               $10.00  $ ________
8-Week Computer Class               $35.00  $ ________
4-Week Computer Class               $20.00  $ ________

Contribution $ __________ (Office) __________
Contributors will be acknowledged in our publications.

Cash ____ Check # ________

Parking Permit  $33.00  per Qtr.  Cash

Check # ________ Hang Tag # __________

Disabled (DMV cert. copy on file required)

Make Check Payable to CSULB PARKING SERVICES

OLLI @ the BEACH  FALL 2014 Registration
October 6 ~ December 9

Name: __________________________________________________________  Date: _________________
Address: ___________________________________> City: _______________________ Zip: ____________
Phone #: ___________________________ Email: __________________________

OLLI Membership                    $40.00  $ ________
Lecture Class Tuition               $10.00  $ ________
8-Week Computer Class               $35.00  $ ________
4-Week Computer Class               $20.00  $ ________

Contribution $ __________ (Office) __________
Contributors will be acknowledged in our publications.

Cash ____ Check # ________ Total $ ________

Make Check Payable to CSULB FOUNDATION

LifeFit Center Member  YES  Parking LFC

TIME COMPUTER CLASSES OS X
MONDAYS, October 6 - December 1
8:30-10:30 Computer 101 PC
10:45-12:45 Int. Photoshop Elements II PC
1:00-3:00 Intermediate Computer PC

TUESDAYS, October 7 - December 9
8:30-10:30 iTunes (4 wk-Oct) PC/Mac
8:30-10:30 iPhone (4 wk-Nov) iOS
10:45-12:45 Beg. Photoshop Elements PC
1:00-3:00 Computer Copy Cat Coloring PC/Mac
3:15-5:15 Exploring the iPad PC/Mac

WEDNESDAYS, October 8 - December 3
8:30-10:30 Exploring the iPad PC/Mac
10:45-12:45 iPad Apps Only PC/Mac
1:00-3:00 It’s Your Mac I Mac
3:15-5:15 It’s Your Mac II Mac

THURSDAYS, October 9 - December 4
8:30-10:30 Intro to Digital Camera PC/Mac
10:45-12:45 Intermediate Computer PC
1:00-3:00 Manage Photos with Picasa PC/Mac
3:15-5:15 Int.Lab Practice (4 wks-Oct) PC
3:15-5:15 Intro to Win 8 (4 wks-Nov) PC

FRIDAYS, October 10 - December 5
10:00-5:00 Open Computer Lab ALL Free

JCC  C-101  C-119  Arch

* OLLI LFC Class Tuition waived for LifeFit Gym Members.
### 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.  

### Class Locations

**CSULB Campus (C)** - lower Campus in HS&D Building, Rooms 101, 105, 119, Computer Lab 100  
**Archery Field (FLD)** - Student Union Lanes (SU)  
**LifeFit Center (LFC)*** - KIN Building, Rooms 107 and 110  

<table>
<thead>
<tr>
<th>Office</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Pine Avenue (PA)</td>
<td>737 Pine Ave Suite 202, Long Beach, CA 90813</td>
<td>562-436-2100</td>
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<tr>
<td>Leisure World (LW)</td>
<td>13533 Seal Beach Blvd, Seal Beach, CA 90740</td>
<td>Clubhouse 3 or 6</td>
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**The Alpert Jewish Community Center (JCC)**  
3801 East Willow Street  
Long Beach, CA 90815  
562-426-7601

### FREE! SPECIAL EVENTS at OLLI

- **October 7** Podiatry, Room 101  
  **8:15 - 9:45**
- **October 9** Road Scholar, Room 119  
  **9:00 - 10:30**  
  or **10:45 - 12:15**
- **October 16** Road Scholar at Pine Ave  
  **10:30 - 12:00**
- **November 7** Incontinence at Pine Ave.  
  **10:00 - 12:00**

### WEDNESDAYS, October 8 - December 3

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<th>Location</th>
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<tr>
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<td>Art Workshop Lab (tentative)</td>
<td>C-105</td>
</tr>
<tr>
<td>8:15-9:45</td>
<td>Japanese 101</td>
<td>C-119</td>
</tr>
<tr>
<td>9:00-12:00</td>
<td>Classic Adventure Films</td>
<td>C-101</td>
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<td>Taking Better Photos</td>
<td>C-119</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Tai Chi Chih</td>
<td>PA</td>
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<td>National Security &amp; Civil Liberties</td>
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<td>Ukulele 101</td>
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<td>4 Stories - 4 weeks (Oct)</td>
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<td>Financial Rules of the Road</td>
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<td>Exploring Art through History</td>
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</tr>
<tr>
<td>3:15-4:45</td>
<td>Writing to be Published</td>
<td>C-119</td>
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### THURSDAYS, October 9 - December 4

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
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</thead>
</table>
| 8:30-9:50 | Falls & Balance II (9/23-11/20) | LFC*  
* |
| 8:30-9:30 | Longevity Stick | LW |
| 8:30-10:00 | Memoir Writing | C-101 |
| 9:00-12:00 | Advance Directives (11/6 & 13) | C-119 |
| 10:15-11:45 | Fear Not...Shakespeare XV | C-101 |
| 12:00-1:30 | Intelligence Community (start 10/16) | C-101 |
| 1:15-2:00 | Tai Chi Chih | LFC*  
* |
| 1:00-3:00 | Beginning Art | PA |
| 1:30-3:15 | Naturopathic Medicine | PA-T |
| 1:45-3:15 | Folk Guitar | C-101 |
| 3:30-5:00 | Catch the Spirit Chorus | C-101 |

### FRIDAYS, October 10 - December 5

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
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</thead>
</table>
| 8:15-9:30 | Senior Yoga and more | LFC*  
LFC* |
| 8:30-10:00 | Voice Class (4 wks - Oct) | C-101 |
| 8:30-10:00 | Voice Class (4 wks - Nov) | C-101 |
| 8:30-10:00 | Beginning Bridge | C-119 |
| 10:00-11:30 | Geopolitics | LW |
| 10:15-11:45 | Life & Times of Ancient China | C-101 |
| 10:15-11:45 | Intermediate Bridge | C-119 |
| 11:00-1:00 | Mural Walk-Long Beach (6 wks) | PA |
| 12:15-3:00 | Woody Allen (start 10/17) | C-101 |
| 12:30-2:00 | Advanced Bridge | C-119 |
| 1:00-3:00 | Point of View Films (6 wks) | PA  
LW |
| 2:30-4:00 | Acting with Alice | LW |
| 2:30-4:00 | Get Organized A-Z | C-119 |
| 3:15-4:45 | Conversational Spanish | C-101 |

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  
**Checks payable to CSULB Foundation or CSULB Parking Services**

OLLI Office: 562-985-8237  
Fax: 562-985-8213  
Web site: www.csulb.edu/centers/olli  
Email: olli@csulb.edu
Foundations of Investing
This class will cover the foundations of investing including lessons on how to evaluate bonds, read stocks and tables, fixed income investments, mutual funds, asset allocation, asset management, long term care insurance, and retirement plans. The class also covers tips in selection of a professional financial advisor and what to expect when working with a financial advisor. Each class includes time for answering your specific investment questions. No products or services are sold, endorsed, or marketed in any way.
Instructor: Andy Dilsaver, B.S., Financial & Marketing advisor
Mondays, Oct. 6 – Dec. 1
8:00 – 9:30 AM
CSULB, HS&D, room 119

American Government and Politics
This course is a continuation of the spring session course. The class will provide an overview of the formal institutions of American government including the Supreme Court, the federal bureaucracy, the effect of the media on politics, and how our elected leaders use public opinion. It will also consider the public attitude toward political parties and how the 2014 midterm elections might change the way government functions. Class limit: 25
Instructor: James Espinosa, M.A. Arts, Political Science
Mondays, Oct. 6 – Dec. 1
9:45 – 11:15 AM
CSULB, HS&D, room 119

Longevity Stick
This class promotes physical fitness, increased energy, and mental relaxation. Longevity stick involves gentle motions, stimulates blood circulation, increases flexibility, aids balance and coordination, is easy to learn, and is fun! Bring a one-inch dowel, one to two inches longer than your height, with rubber (not plastic) end caps. (available at Lowe’s, Home Depot, or most hardware stores.) Tennis or athletic shoes are recommended, as is loose and layered clothing.
Instructor: Camilla Marie Gartland, certified longevity stick instructor
Mondays, Oct. 6 – Dec. 1
8:00 – 11:30 AM
Pine Ave., Theater

Copy Cat Art: A Form of Pre-Art
Like to draw pictures? Like to impress or share your expertise? In this class we 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 are provided. Arrive, relax, and enjoy drawing.
Instructor: Patricia Woods, State Golden Bell Award for Perf. Arts; assisted by Ian Woods
Mondays, Oct. 6 – Dec. 1
8:15 – 9:45 AM
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. Learn to support your unique brain type with natural supplementation and the right foods to promote optimal health.
Class limit: 30
Instructor: Holly Weber, RN, LCSW, Psychoanalyst
Mondays, Oct. 6 - Nov. 10 (6 weeks)
10:00 – 11:30 AM
CSULB, HS&D, room 101

Land of Enchantment
New Mexico is a land with a rich history and multiethnic heritage. Come and have fun exploring the many facets of its past and the people who have shaped its legacy. We will look at historical records, exemplary contributions to the arts and sciences, and so much more. This seminar includes a short movie, light readings, and open discussion. Class limit: 15
Instructor: Josie McCausland, M.A. Middlebury College French Literature
Mondays, Oct. 6 – Nov. 10
10:00 – 11:30 AM
Pine Ave., room 202
1-2-3 Cards
In this two-hour class, you’ll learn a card making technique with the instructor and then make 1-2 or 3 variations by changing the theme, colors, and paper. Try the instructor’s tools to die cut and emboss. This class is for all levels of experience, so come be creative and have fun with us! Most materials are provided. A $15 materials fee will be collected from each student at the first meeting. We’ll start immediately, so bring your basic kit (a small notebook, black fine-tip pen, small scissors, tape runner and paper trimmer) to the first class. Questions about these items or about the class in general, please email the instructor.  

Class limit: 15
lisaspaperarts@gmail.com.
Instructor: Lisa Peskay Malmsten
Monday, Oct. 6 – Dec. 1
11:30 AM – 1:30 PM
CSULB, HS&D, room 119

By George!
(and George and George . . .)
Historian Doreen Seelig and Art Historian Christina Alegria present the political and artistic history of England’s Georgian age. Doreen imparts a light-hearted overview of the Hanoverian Monarchy, political controversies and scandals. Christina discusses artistic highlights including satirist Hogarth and portrait artists Reynolds and Gainsborough; also landscape painters Constable and Turner. Join us for history, art and irreverent tittle-tattle!

Instructor: Chris Alegria, B.A. Art History and Comp. Literature, master’s student Art History & Doreen Seelig, B.A. & M.A. History
Monday, Oct. 6 – Dec. 1
11:45 AM – 1:15 PM
CSULB, HS&D, room 101

LA OPERA Educators Series:

Giuseppe Verdi - La Traviata
In the giddy, glitzy world of Paris salons, a naive young man falls head over heels for a glamorous courtesan. Together they trade the fast life for an idyllic love nest far from the city - until a visitor threatens to tear them apart. Adapted from Alexander Dumas’ timeless novel The Lady of the Camellias, La Traviata is one of opera’s greatest tragic romances.

Monday, Oct. 6

Henry Purcell - Dido and Aeneas & Bela Bartók - Bluebeard’s Castle
A riveting pairing of one-act masterpieces, written more than two centuries apart, explores the fine line between devotion and obsession. In Dido and Aeneas, a queen falls prey to a formidable enemy, losing her heart to a man who abruptly abandons her. In Bartók’s suspenseful showpiece, an impulsive young bride turns her back on her family, only to uncover dark truths about her new husband.

Monday, Nov. 10

Daniel Catán
Florentina en el Amazonas
A steamboat passage through the rainforest becomes a mystical voyage of discovery, each passenger harboring secret hopes of what the trip will bring. Reality and fantasy intertwine as the dangerous splendors of the Amazon test the travelers’ preconceptions of their hopes and dreams. Inspired by the writings of Gabriel García Márquez, Florentina en el Amazonas paints an intoxicating portrait of the transformative nature of love.

Instructor: L.A. Opera Educators
Monday, Dec. 1
1:30 – 3:00 PM
CSULB, HS&D, room 101

8 Great Movie Comedies
If these don’t get you laughing, nothing will! We’ll take a look at “Movie Crazy” starring Harold Lloyd. Hal Roach comedy shorts starring Laurel and Hardy, “Animal Crackers” starring The Marx Brothers, and many more. Hathcock will discuss how the movies were made, about the movie stars, and other things you’d like to know about Hollywood.

Instructor: Jeff Hathcock
Monday, Oct. 6 – Dec. 1
1:00 – 4:00 PM
Pine Ave., room 202

Tawdry Tales of Our First Ladies
She’s back! This time we start with our latest gals: Bush, Clinton, Bush again and continuing backwards until we run out of time. Learn while you laugh; these ladies lived crazy lives!

Instructor: Pam Watson, B.A., teacher of English, Science, Biology
Monday, Oct. 13, 20, 27, & Nov. 3
1:30 – 3:00 PM
CSULB, HS&D, room 101

CSI for the Potential Juror
This class will have three focal points: protecting against fraud and how to detect fraud, understanding the court system, and understanding and evaluating physical evidence as it is presented during a court trial. Selected hands-on exercises will be used to enhance the importance of evidence and how it is collected and processed.

Class limit: 25
Instructor: John Zacha, grad student CSULB, B.S. criminal justice, minor forensic studies
Monday, Oct. 6 – Dec. 1
2:00 – 3:30 PM
CSULB, HS&D, room 119

→ See article on page 6
MONDAY

Short Stories
Join us to read and discuss some great short stories. The short story is sometimes an under-appreciated art form. The author must create tone, voice, style, atmosphere, and point of view. The characters must be established quickly and efficiently. Read authors who have mastered the art of the short story. Reading materials will be provided. **Class limit: 15**

Instructor: Dale Lieberfarb M.A.
Mondays, Oct. 6 – Dec. 1
2:30 – 4:00 PM
LW, Clubhouse 3, room 4

Play the Recorder
Learn to play the recorder and discover the pleasures of creating music. The recorder is an early instrument popular during the Medieval and Renaissance time and is gaining in popularity. Come if you know nothing of the recorder or know a little. Please bring your own recorder.
Instructor: Muriel Pendelton
Monday, Oct. 6 – Dec. 1
3:15 – 4:45 PM
CSULB, HS&D, room 101

Ageless Archery
Would you like to experience a joyful harmony in your mind and body with the bow and arrow? Master the challenge of archery - through the course’s instruction and practice, the joy of shooting an arrow into the X of the target can be yours. Whether you have tried archery or have just dreamed of shooting, you will enhance your skills, enjoy this healthy activity and have a feeling of youthfulness all through this class. Materials fee of $10 to be collected at first class. Equipment is provided.
Instructor: Mel Leach, Prof. Emerita, archery coach and competitor
Mondays, Oct. 13 – Dec. 8
(Note late starting date)
10:30 AM – 12:30 PM
Archery Field (south of softball diamond near parking lot 11)

Bowling for Better Health
Can indoor sports be fun and healthy? Come find out what your bowling aptitude is! The CSU Student Union offers “state of the art” bowling lanes. Mel Leach will give her best coaching techniques to help you learn or improve your bowling IQ. The session starts a week later than other OLLI classes – note the times below. A class fee of $20.00 is payable in cash to Student Union on first class. Fee will cover the rental of ball/shoes and use of the lanes.
Instructor: Mel Leach, Prof. Emerita, Kinesiology Dept., certified bowling coach & competitor
Monday, Oct. 13 – Dec. 8
(Note late starting date)
1:30 – 2:50 PM
CSU Student Union Bowling Lanes

SCAN HEALTH CARE has generously donated funds to support the Falls and Balance classes at OLLI.

TUESDAY

Falls and Balance I
An Ounce of Prevention
This class will address factors that contribute to falls and ways to eliminate them. Participants receive balance and mobility evaluations before and after an exercise program designed to improve balance and decrease the risk for falls. Participants must be able to walk a distance of 200 feet without an assistive device, stand for 45 minutes with minimal rest, and have no cognitive impairment or unstable medical conditions. The results of the evaluations will be used in a research project. **Class limit: 35**

NOTE EARLY STARTING DATES FOR THE CLASS. Class is held on TWO days each week and will finish the week before Thanksgiving.
Instructor: Dr. Olfat Mohamed, Physical Therapy Dept., CSULB
Tuesdays AND Thursdays, Sept. 23 – Nov. 20
8:30 – 9:50 AM
LifeFit Center, KIN 107
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 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. Wear athletic shoes and loose clothing.
Instructor: Shona Howe
Tuesdays, Oct. 7 – Dec. 9
9:00 – 10:00 AM
CSULB, HS&D, room 101(outdoor)

Spanish: Pronunciation, Reading, & Vocabulary Acquisition
This course is designed for students with no, or very little, prior knowledge of Spanish. Students will learn to pronounce, read, and spell Spanish correctly. During this process a considerable recognition vocabulary will be acquired. This class will be preparation for transition to the next level: classes in Spanish grammar and/or conversation. Class limit: 25
Instructor: Murray Sokoloff, B.A., M.A.
Tuesdays, Oct. 7 – Dec. 9
9:00 – 10:15 AM
CSULB, HS&D, room 119

OLLI Players
Hey kids, let’s put on a show! We will put on an afternoon of short plays, some improvisation, and a song or two for the public to enjoy. Develop your theatrical talents with a friendly group. No experience necessary - just a desire to be creative and keep your imagination tuned up! Performance date Dec. 13. $10 materials fee for royalty payments.
Instructor: Nancy Hathcock, BA, M.A. Theater Arts
Tuesdays, Oct. 7 – Dec. 9
10:00 – 11:30 AM
Pine Ave., room 202

National and International Current Events and Issues
Participate in a friendly discussion of current events and issues in national and international news. Students are encouraged to be informed, make comments, express opinions, and periodically disagree with each other while remaining courteous.
Instructor: Gary Colboth, M.P.A., J.D., Professor Emeritus
Tuesdays, Oct. 7 – Dec. 9
10:00 – 11:30 AM
CSULB, HS&D, room 101

For Women Only
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. Learn how to mix, match, and multiply clothing to extend your wardrobe and 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
Instructor: Joy Grand, Certified Image/Makeup Consultant
Tuesdays, Oct. 7 – Dec. 9
10:30 AM – 12:00 PM
CSULB, HS&D, room 119

Still Following the Yellow Brick Road
After an introductory class discussion about the meaning and purpose of ‘art,’ we skip together down the ‘The Yellow Brick Road,’ which is continuously being re-paved. Using the campus and community as our lab, we visit local museums, attend plays, read reviews, report our impressions and voice our opinions. Join in the journey.
Instructor: Shirle Gottlieb, art and theatre writer/reviewer/critic/lecturer
Instructor L.A. Drama Critics Circle
Tuesdays, Oct. 7 – Dec. 9
11:45 AM – 1:15 PM
CSULB, HS&D, room 101

The National Football League: from the Backroom to the Boardroom
The year was 1920! A group of mildly successful businessmen gathered in Canton, Ohio, and mapped out a plan to change pro football from a chaotic game of disrepute to something that could be called an organized league. These were optimistic men, but not even the most far-sighted among them could have imagined that the National Football League would take over the country. Through lecture, film clips and demonstration, this class will follow the history of the NFL from its inception to the present day – from the backroom to the boardroom – and its impact on American business, language, and culture.
Instructor: Bob Cooney, B.A., M.A.
Tuesdays, Oct. 7 – Dec. 9
1:30 – 3:00 p.m.
CSULB, HS&D, room 101

Yoga
Ram Bhakt, founder of the Long Beach School of Yoga, is an experienced teacher of yoga who lives and works under the philosophy of timeless wisdom, modern lifestyle, and connection to beauty. His approach to teaching yoga is to focus on building students’ sensitivity, strengths, and mental clarity through body awareness and spiritual insights revealed through practice.
Instructor: Ram Bhakt Rezal, certified Ayurveda therapist @ Ayurveda Retreat Hospital in India
Tuesdays, Oct. 7 – Dec. 9
2:30 – 4:00 PM
Long Beach School of Yoga, 729 Pine Ave., LB
Art Since the Italian Renaissance
Join us in a discussion of European Art history. History is a record of change. Art history is a record of cultural change. During the Middle Ages (400 to 1200 AD) European culture was focused on tribal, feudal, and religious imagery. By the late medieval period, change was initiated by exterior forces that included European contact with Islamic and Asian cultures. Dr. Terry will present the flow of Art History from Early Renaissance to the present. We will examine not just the objects of art but also the reasons for such art.
Class limit: 30
Instructor: Ladd Terry, M.F.A. Art, Ph.D. Psychology
Tuesdays, Oct. 7 – Dec. 9
2:30 - 4:00 PM
LW, Clubhouse 3, room 3

Greening your Lifestyle: Six Steps
Our consumer choices, habits and lifestyle have a local and global impact. The items we consume: housing, furnishings, clothing, transportation, travel, food, recreation, entertainment and disposables mainly come from non-renewable natural resources produced in far away lands and have a cradle-to-grave lifecycle. Employing a sustainable paradigm for all of your consumer choices will allow you to have a smaller footprint, (ecological and carbon) on the planet and live a healthier, guilt free existence. Consumer models, field trips and personal experiments will help pave the way to become a conscientious global citizen.
Instructor: Nadine Bopp, MLA (Master of Landscape Architecture),
Tuesdays, Oct. 7 – Nov. 18
(6 weeks)
7:00 – 8:30 PM
Alpert JCC, room 27
(OLLI membership required plus class tuition of $10)
→ See article on page 8

Conversational French
When you studied French in high school or college, you learned to memorize vocabulary, translate texts, and conjugate verbs. In this class you will practice what you have learned and increase your skills in understanding what you hear, see, and need to say in everyday life. In addition, you will learn more about French culture and practical techniques for enjoying life in the French-speaking world. Recommended preparation; previous study of French in high school or college and some proficiency in speaking and understanding French.
Instructor: Malcolm Green, M.A.
Tuesdays, Oct. 7 – Dec. 9
3:15 – 4:45 PM
CSULB, HS&D, room 101

Tai Chi Chih
Come and experience the deep relaxation and serenity of Tai Chi Chih. This is the American version of a Chinese system for maintaining health. It is known as “moving meditation” which brings about inner peace and quietness. This is a great way to obtain great health. It has 19 movements and one pose. All levels are welcome.
Instructor: Florence St. Peter
Wednesdays, Oct. 8 – Dec. 3
10:00 – 11:30 AM
Pine Ave., room 202

Elementary Japanese 101
Students will be coached in polite expressions and “survival Japanese” and given further insight on Japanese daily life and customs. “Hiragana” and “Katakana” (the two Japanese syllabaries) will be introduced in connection with basic reading and writing. CDs and video clips featuring native speakers will be used regularly to facilitate listening and speaking. class limit: 25
Instructor: William J. Teweles. Ph.D.
Wednesdays, Oct. 8 – Dec. 3
8:15 – 9:45 AM
CSULB, HS&D, room 119

Classic Adventure Films
The class will feature 8 of the greatest adventure films ever made. Motion picture writer/director Jeff Hathcock will talk about how each film was made, the actors and directors, and other interesting tidbits of motion picture history. Each film will be followed by a Q & A session in which you may ask the director anything about Hollywood and the people who made it work.
Instructor: Jeff Hathcock
Wednesdays, Oct. 8 – Dec. 3
9:00 AM – 12:00 PM
CSULB, HS&D, room 101

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 instruction manual to the first class.
Instructor: Terry Fiskin
Wednesdays, Oct. 8 – Dec. 3
10:00 – 11:30 AM
CSULB, HS&D, room 119
National Security & Civil Liberties
The Constitution gives the federal government limited powers. The Bill of Rights further restraints those limited powers. Do our concerns about national security allow our government to exceed those constitutional limitations? We will explore the constitutional issues involved when we use a drone to kill an American. We will examine domestic surveillance and fundamental 1st and 4th Amendment rights as well as secrecy and the First Amendment.
Class limit: 25
Instructor: Joe Ribakoff, J.D.
Wednesdays, Oct. 8 – Dec. 3
11:45 AM – 1:15 PM
CSULB, HS&D, room 119

Ukulele 101 & 102
Beginner Class: Learn 10 songs in 10 minutes! No prior musical training necessary. This is a hands-on class and you will be amazed by what you learn. Bring your uke and plan to have fun!

Beyond Beginner: Learn new strumming techniques and to recognize chord patterns. Learn simple chord melodies and tips and tricks to enhance your playing skills.
Instructor: Arthur Hopkins
Wednesdays, Oct. 8 – Dec. 3
12:45 – 1:45 PM  Uke 101
2:00 – 3:00 PM  Uke 102
CSULB, HS&D, room 101

Financial Rules of the Road
The “Road to Financial Independence” begins with a few simple rules. Why are some people more successful investors than others? Are they luckier? Probably not. Do they know a secret? Definitely not - because there are no real secrets to investing. But there are rules you can follow to work toward your goals. The course covers: the most common investing mistakes and how to avoid them, inviting strategies to help reach your long-term goals, and the 10 rules every investor should know. No products or services are sold, endorsed, or marketed. Class limit: 25
Instructor: Steve Masoner, Financial Advisor
Wednesdays, Oct. 8 – Dec. 3
1:30 – 3:00 PM
CSULB, HS&D, room 119

Write, Edit, Rewrite, Publish your non-fiction!
Have you ever wanted to see your own personal experiences or non-fiction articles in print? This is a workshop class for those who want to write, seek honest but respectful critiquing, and get help with final editing. Opportunities for publishing markets will be discussed. There is nothing quite like seeing your work in print. Class limit: 10
Instructor: Sallie Rodman, Certificate Professional Writing, Published in over 36 Chicken Soup for the Soul books, Finalist Writers Digest Annual Writer’s Contest
Wednesdays, Oct. 8 – Dec. 3
3:15 – 4:45 PM
CSULB, HS&D, room 119

Exploring Art Through History
In this course, taught by graduate students from CSULB’s School of Art, you will learn about art spanning many time periods and cultures. An article about Amanda Wada, class coordinator, and the other class leaders, class topics and dates can be found on the back cover of The SUN.
Instructors: Art Graduate Students
Wednesdays, Oct. 8 – Dec. 3
3:15 – 4:45 PM
CSULB, HS&D, room 101
→ See article on back cover

Four Stories - Four Weeks
We’ll usher in our fall session with four stories that should maintain your interest from start to finish. Come and join us. We promise stimulating discussion, new friendships and the excitement of reading authors you may never have read before. Class limit: 18
Instructor: Mona Panitz
Wednesdays, Oct. 8 – 29
(4 weeks)
1:30 – 3:00 PM
Pine Ave., room 202
→ See article on page 9

Short Story Masters
We’ll discuss stories from short story masters such as Jorge Luis Borges, Kathrine Anne Porter, Flannery O’Connor, and Nikolai Gogol. An emphasis will be placed on how each story is told from a psychological perspective. Copies of the stories will be made available to class participants.
Instructor: Dr. Bernard Natelson
Wednesdays, Nov. 5, 12, 19, Dec. 3
(4 weeks)
1:30 – 3:00 PM
Pine Ave., room 202
→ See article on page 9
Falls and Balance II
An Ounce of Prevention (con’td)
This class is held on TWO days each week and will address factors that contribute to falls and ways to eliminate them. NOTE: EARLY STARTING DATES FOR THE CLASS. See page 23
Instructor: Dr. Olfat Mohamed, Physical Therapy Dept, CSULB
Tuesdays AND Thursdays
Sept. 23 – Nov. 20
8:30 – 9:50 AM
LifeFit Center, KIN 107

Memoir Writing
A former kamikaze pilot. A Las Vegas cigarette girl. A man from Holland whose family hid Jews during World War II. The man who invented “rice crispy” ice cream. The woman who wrote her stories based on family recipes. They’ve written their memoirs. When are you going to write yours? How about now? A Novel Approach to Memoir Writing is the only OLLI class that has met every semester since OLLI began, and its longevity is witness to the fact that every person has at least one unique and fascinating story. In the class, students read stories they have written at home and receive comments and feedback. Students learn from each other as well as from the instructors, who provide writing prompts, recommended reading lists, and other memoir-writing resources. Critiques are gentle and designed to encourage writers of all levels and educational backgrounds, including those for whom English is a second language.
Instructors: Florence Dodge & Josephine Fitzpatrick
Thursdays, Oct. 9 – Dec. 4
8:30 – 10:00 AM
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 and increasing physical strength by stretching the muscles and tendons. Bring a one-inch dowel - one to two inches longer than your height - with rubber (not plastic) end caps. Tennis or athletic shoes are recommended, as is loose and layered clothing.
Instructor: Charles Taylor
Thursdays, Oct. 9 – Dec. 4
8:30 – 9:30 AM
LW, Clubhouse 6, room C

Fear Not, I Speak Shakespeare
Act XV
Working our way through the canon, this course will study Othello and Taming of the Shrew. They both should engender a bit of healthy discussion! The goal of the class is for you to enjoy Shakespeare – whether you see his plays in a film or on a stage or in your imagination. Don’t fret if you are new to the class – we’ll start out with an overview of Shakespeare’s meager biographic information and the Globe Theatre and iambic pentameter (so we’ll have a sense of how and where he was writing). If you’ve taken this class before and want to skip the introductory class of material you’ve already heard, I wouldn’t blame you. It is a great joy and honor for me to share my interest and what little I know about Shakespeare with you – and to learn more together! I look forward to having you join us!
Instructor: Michele Roberge, M.A.
Exec. Director, Carpenter Performing Arts Center, CSULB
Thursdays, Oct. 9 – Dec. 4
10:15 - 11:45 AM
CSULB, HS&D, room 101

Intelligence Community-Revisited
Who Are Our Spies/What Do They Do?
An updated look at the 17 organizations of the US Government that make up the “Intelligence Community.” Through lectures, presentations, videos and, perhaps a guest speaker or two, learn how these organizations came to be, how they work, who they report to, and who provides oversight to them. In light of the Snowden revelations, there will be coverage of the National Security Agency’s roles and missions. Discussion topics enable the class to present opinions of the intelligence community.
Instructor: Len Jacobson, M.S.E.E.
Thursdays, Oct. 16 – Dec. 4
(7 weeks - starts 1 week later)
12:00 – 1:30 PM
CSULB, HS&D, room 101

Beginning Art
Come have some fun! We will experiment with colored pens, colored pencils, crayons, paper, acrylic paint to see what we can create. No artistic talent or experience required. Explore and learn about different art media and what each will do. A list of materials will be distributed at the first class meeting. $10.00 materials fee unless student supplies own materials.
Instructor: Kristi Eaglehorse, BA Fine Arts; AA Design & Illustration;
Thursdays, Oct. 9 – Dec. 4
1:00 – 3:00 PM
Pine Ave , room 202

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 can be taught this simple program regardless of physical capability.
Instructor: Al Talberg
Thursdays, Oct. 9 – Dec. 4
1:15 - 2:00 PM
LifeFit Center, KIN 107
**THURSDAY**

Naturopathic Medicine & Philosophy — What is it? Do you want a different approach to your current health concerns? Dr. Rush will discuss the Philosophy of Naturopathic Doctors and why getting to the root cause of your health issue is the most important aspect of changing your current condition.

**Instructor:** Dr. Barbara Rush, Naturopathic Dr. (ND), Ld. Acupuncturist (LAc)

**Thursdays, Oct. 9 – Nov. 6**

1:30 – 3:15 PM (5 weeks)

Pine Ave, Park Pacific Tower

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Folk Guitar

Dust off your acoustic guitar! Learn or brush up on the essentials of playing the folk guitar. Learn how to tune your instrument and how to play chords, strum and pick for folk and pop music. You’ll be making music in no time!

**Instructor:** Michael Meckna, Ph.D.

**Thursdays, Oct. 9 – Dec. 4**

1:45 – 3:15 PM

CSULB, HS&D, room 101

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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. We’d love to have you. Possible $5.00 fee for music.

**Instructor:** Fran Harding

**Thursdays, Oct. 9 – Dec. 4**

3:30 – 5:00 PM

CSULB, HS&D, room 101

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Art Workshop Lab

Intended for students who have experience in painting or drawing. This non-directed time is for artists to improve painting, focusing on elements such as: colors, value patterns, perspectives and composition. Students contribute by sharing experience, exchanging ideas, feedback and critiquing each other’s work. Bring art materials and reference photos, paint your favorite subjects, explore your imagination and creativity. Choose the time you wish!

**Instructors:** from the group

**Wednesdays (tentative)**

TBA

CSULB, HS&D, room 105

**FRIDAY**

Special Mix of 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. Objectives: create ease in seniors who want to learn and participate in yoga; teach basic yoga skills and philosophy; help seniors learn how to breath and exercise their way to improved or stabilized mobility and health. All levels welcome.

**Instructor:** David Hennage

**Fridays, Oct. 7 – Dec. 5**

8:15 - 9:30 AM

LifeFit Center, KIN 107

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Voice Class for all Levels

Bring out the best in your singing and speaking voice! A conservatory-trained teacher will provide exercises to enhance your breath control, tone quality and vocal range. Taught in a playful yet professional way, beginners and those hesitant yet curious to see just what their voice can do, are highly encouraged to sign up!

**Class limit: 12**

**Instructor:** Harriet Bennish, Vocal Coach/ Instructor/ Voice Teacher

**Fridays, Oct. 10 – Dec. 5**

8:30 - 10:00 AM

CSULB, HS&D, room 119

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Beginning Bridge

A class 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 includes fun and laughter as well as instruction.

**Instructor:** Inge Johnson, retired teacher

**Fridays, Oct. 7 – Dec. 5**

8:30 - 10:00 AM

CSULB, HS&D, room 119

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Geopolitics in the 20th and 21st Centuries

This class will help us understand the symbiosis of geography and politics and identify and deal with the looming, growing crisis in world affairs called geopolitics. In times of great upheaval “maps” are important as a beginning of understanding the historic importance of what comes next. Understand more how history and geography play a fundamental role in understanding major current Geopolitics. Some current topics include: Putin and his passion to reestablish the Great Russian Empire and Iran and the dream to reestablish the glory of the Persian Empire.

**Instructor:** Dick Lunde, Ph.D., History

**Friday, Oct. 10 – Dec. 5**

10:00 – 11:30 AM

LW, clubhouse 3, room 3

→ See article on page 5

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Catch the Spirit of Music

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**Instructor:** Fran Harding

**Thursdays, Oct. 9 – Dec. 4**

3:30 – 5:00 PM

CSULB, HS&D, room 101

→ See article on page 8
FRIDAY

Life and Times of Ancient China
We will study the culture, civilization, religion, and philosophy of Ancient China from the Pre-Dynastic Era through the Early Dynasties to approximately the Han Dynasty, which was concurrent with the Roman Empire. In this survey, we will focus on Confucianism and Taoism upon the backdrop of the political and social history.
Instructor: Mark Barnett, D.D., Ms.D.
Fridays, Oct. 10 – Dec. 5
10:15 – 11:45 AM
CSULB, HS&D, room 101

Intermediate Bridge
If you have some bridge experience, this class is for you. We will review all of the basics and gradually learn some refinements to improve your skill in playing. This class is designed for pleasure, not competition.
Instructor: Inge Johnson
Fridays, Oct. 10 – Dec. 5
10:15 – 11:45 AM
CSULB, HS&D, room 119

Mural Walk
Come join Karen in a special art program that gives the back-story to six major outdoor murals of Long Beach. She will present the history of one of these murals in the first hour and the second hour will be a walking tour of the piece itself. This gives one an opportunity to see the great masterpieces plus a pleasant walking tour.
Instructor: Karen Reside
Fridays, Oct. 10 – Nov. 14 (6 weeks)
11:00 AM – 1:00 PM
Pine Ave., Theater

Advanced Bridge
For players who know the basics and want to learn more. Learn conventions so that you can play successfully at duplicate bridge or join strangers for bridge parties.
Instructor: Inge Johnson
Fridays, Oct. 10 – Dec. 5
12:30 – 2:00 PM
CSULB, HS&D, room 119

Woody Allen and the Meaning of Life . . . Fun, Film, and Philosophy
Can you think and laugh at the same time? Join our electric discussions of this session’s new slate of eight Woody Allen films—farcical, ironic, and existential. As the Shakespeare of our time, Woody Allen draws from Kafka, Ibsen, Tennessee Williams, film noir, jazz, and Howard Cosell. Dr. Linda Carr provides provocative questions to understand our foremost intellectual filmmaker and his take on our mash-up contemporary culture. Take away the fun and insights to your dinner pals! (Note start date)
Instructor: Dr. Linda Carr, USC
dissertation “Humor as a Cognitive and Rhetorical Strategy in the Poetry of G. Stein, D. Parker, A. Sexton.”
12:15 – 3:00 PM
CSULB, HS&D, room 101

POV - Point of View
Documentary films by the Public Broadcasting System (PBS) will be presented to challenge your mind and stimulate discussion. Award-winning documentaries cover issues relevant to everyone and offer different worldviews. Schedule of these wonderful films will be available on the first day of class.
Instructor: Karen Reside
Fridays, Oct. 10 – Nov. 14 (6 weeks)
1:00 – 3:00 PM
Pine Ave., Theater

Acting with Alice
Develop your creativity! Gain poise and confidence in front of an audience! All this and more await you in our basic acting class. Participation in theatre games, improvisations, monologues, and scene study will help heighten your imagination and sharpen your sense of observation. If you’ve ever wondered how actors learn their craft, this course is for you. There is no memorization required. Class limit: 18
Instructor: Alice Lemon, M.A.
Fridays, Oct. 10 – Dec. 5
2:30 – 4:00 PM
LW Clubhouse 3, room 3

Get Organized A-Z
Less clutter, more storage—sound like a dream? It can be your reality. Learning the ABCs of managing your clutter results in a peaceful life.
A: Act - If you want to do it, act on it now.
B: Break It Down – A project is easier to do if you break it into manageable parts.
C: Containerize - Store belongings in see-through, plastic containers.
Instructor: Sharon Farley
Fridays, Oct. 10 – Dec. 5
2:30 – 4:00 PM
CSULB, HS&D, room 119

Conversational Spanish
This class, taught entirely in Spanish, will focus on spoken language used in everyday conversation, as well as on the culture and traditions of various Spanish-speaking countries. Class content will cover Spanish grammar; however, emphasis will be placed on oral communication. The goal is to help students acquire more fluency. Basic knowledge of Spanish strongly suggested.
Instructor: Lilia Vergara de Owens, M.A.
Fridays, Oct. 10 – Dec. 5
3:15 – 4:45 PM
CSULB, HS&D, room 101
**OLLI ACTIVITIES - SPECIAL EVENTS**

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**Fall Registration STARTS on August 30**

Come to our **Saturday Registration Day** for Fall term.

Bring completed forms to the OLLI Classroom on Saturday August 30, **from 8:30 to 11:30** to enroll in Fall classes. Cash or checks are accepted (a separate check for Parking Permits, please). Lot 9 parking is allowed with your OLLI Permit or pay for General parking.

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**FREE EVENTS!**

**NO FEE or Registration required.**

**Knock your socks off: Foot Health**

An informative overview of common foot problems experienced in the aging population. This will include some helpful tips you can try at home prior to seeing your doctor. Topics will include: diabetes, bunions, hammertoes, calluses, corns, and plantar fasciitis/heel pain.

**Presenter:** Jeremy L. Cook, DPM  
**Tuesday, October 7**  
**8:15 - 9:45 AM**  
**CSULB, HS&D room 101**

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**ROAD SCHOLAR Talks**

OLLI hosts a lecture about the not-for-profit Road Scholar Organization offered by a local Road Scholar Ambassador, Jill Swaim. If you love to travel, enjoy learning about new things, exploring interesting places and meeting people who share a love of adventure, come and learn about Road Scholar. They offer more than 6,500 programs each year in 150 countries worldwide. **Class limit: 25**

**Presenter:** Jill Swaim, RS Ambassador  
**Oct. 9th**  
**9:00 – 10:30 am OR 10:45 am - 12:15 pm**  
**CSULB, HS&D room 119**

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**ALSO Oct. 16th from 10:30 am – 12:00 PM**  
**737 Pine Ave., suite 202**

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**The Bathroom Key, Put an End to Incontinence**

Meet award-winning authors as they share the secret cure to a condition plaguing 200 million people worldwide...and possibly you. Their book, *The Bathroom Key, Put an End to Incontinence* has received rave reviews and has been called ‘the solution—pure and simple—to a silent epidemic’. Kim (a former patient) shares her own personal struggle with incontinence and reveals how her life was forever changed. For an opportunity to learn, laugh, and gain some valuable healthy-living advice, this is a not-to-be-missed special event.

**Presenters:** Kim Perelli and Kathryn Kassai, PT  
**Friday, Nov. 7**  
**10:00 am -12:00 pm**  
**737 Pine Ave., suite 202**

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**Advance Directive Workshop (2 parts)**

An Advance Directive is a form you fill out to describe the kind of medical care you want to have if something happens to you and you cannot speak for yourself. It tells your family and your doctor what to do if you're badly hurt or have a serious illness that keeps you from saying what you want.

**Instructor:** Constance Malaambo, R.N.  
**Thursdays, Nov. 6 & 13**  
**9:00 AM – 12:00 PM, Nov 6**  
**AND 9:00 AM – 10:30 AM, Nov. 13**  
**CSULB, HS&D room 119**

Regular $10.00 OLLI tuition for this 2 part class.

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**Auditing Classes**

Are there classes on the schedule that you are curious about? You have the opportunity to audit **one** meeting of any class for no fee. This does not include computer classes or full classes with class size limits.

If you do audit a class and decide to continue, simply stop by the OLLI office to sign up and pay for the class.

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**Auditing Classes**

**Bring a friend to OLLI and share our motto: Learn More ~ Age Less**
## Computer Classes Fall 2014

### MONDAY

**Computer 101 (PC)**
It’s never too late to learn to use a computer. Keep in touch with friends and family, quickly find important information, play all kinds of games and much more. In this beginning class, you’ll learn how to use a computer mouse, get to know the keyboard and, in general, how a computer works. You’ll also learn the basics of email and how to search on the Web. In addition to the instructor, there are coaches to help you as you learn. When you complete this class, you will be ready to take the Intermediate Computer class.  
*No Prerequisites. Note: This is a beginning PC class. For beginning Mac, check out It’s Your Mac on Thursday.*  
**Instructor: Richard Sherwood**  
October 6 – December 1  
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.  
**Prerequisite: Computer 101 or knowledge of the skills taught in that class.**  
**Instructor: Dalia Hernandez**  
October 6 – December 1  
1:00 – 3:00 PM

**Advanced Intermediate Computer (PC) (4-Week class - Oct)**
You’ll get demonstrations, discussions and hands-on practice on a wide variety of advanced computer skills. Advanced Internet topics, such as understanding searches, email, links and capturing data from the Internet and saving to a computer file will be covered. You will learn how to download and install programs from the Internet. You also will learn how to make changes on your computer settings through the control panel, and how to use different data transfer methods for backing up your computer files.  
**Prerequisites: Intermediate Computer or knowledge of skills taught in that class.**  
**Instructor: Dalia Hernandez**  
October 6 – 27  
3:15 – 5:15 PM

**Int. Photoshop Elements – II (PC)**
Move your skills beyond the beginning classes, and turn those snapshots into photographs. Topics covered include: vignettes, collages, extracting and adding objects, frames, creations and text effects. Create pictures you can take real pride in sharing with others.  
**Prerequisite: Intermediate Photoshop Elements I or instructor’s permission.**  
**Instructor: Harold Drab**  
October 6 – December 1  
10:45 AM - 12:45 PM

### TUESDAY

**A Quick Look at iTunes (4-Week class - Oct)**
As you explore the many features of this popular media player, you’ll learn how to buy music at the iTunes store, create your own music library and music playlists. In addition to music, you’ll see videos, movies, audiobooks, podcasts and free Internet radio stations from all over the world. Look through the hundreds of free classes offered at iTunes U, where you can take college classes. If you have an iPod, iPhone or iPad, you’ll see how iTunes keeps track of your apps and syncs the material on your remote device with your computer. Students: if you have music CDs, bring one to class.  
**Prerequisites: Basic PC or Mac skills.**  
**Instructor: Kathy Winkenwerder**  
October 7 – 28  
8:30 – 10:30 AM

**A Quick Look at the iPhone (4 Weeks - Nov)**
Have an iPhone and aren’t sure how to get the most out of it? This short class for beginners will include a review of the apps that come with your iPhone, as well as how to get new ones, how to look at and send email, how to take pictures and videos and share them, how to manage your settings, how to surf the Web, how to listen to music, how to manage your calendar and contacts, and how to personalize your iPhone.  
**Prerequisites: have an iPhone 4 or higher. Bring your activated and charged phone to each class.**  
**Instructor: Kathy Winkenwerder**  
November 4 – December 9  
8:30 – 10:30 AM
**TUESDAY**

**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, Computer 101*

**Instructor: Harold Drab**
October 7 – December 9
10:45 AM – 12:45 PM

**Exploring the iPad**
See Wednesday class description.

**Instructor: Marilyn Gettys and Kathy Winkenwerder**
October 7 – December 9
3:15 – 5:15 PM

**WEDNESDAY**

**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. Bring your iPad to each class.

*Prerequisite: You have an iPad.*

**Instructor: Kathy Winkenwerder**
October 8 – December 3
8:30 – 10:30 AM

**Computer Copy Cat Coloring**
Learn to color using a computer mouse instead of a crayon. You’ll apply colors to a variety of pictures of animals, flowers, people, places, patterns, and fanciful designs in this activity that’s fun and relaxing and increasingly popular with adults. In this extension of the Copy Cat Drawing class you’ll use the latest version of Corel Painter X3 to transform a plain line drawing into a beautiful, colorful picture. The result will be a digital image that you can print out or send to friends and family.

*Students should be familiar with basic computer functions. Class limit: 6*

**Instructor: Patricia Woods**
October 7 – December 9
1:00 – 3:00 PM

**iPad Apps Only**
For those who know already know how to use your iPAD and all its features. The first class meeting will be a review of the apps that come on your iPad. This class will then cover additional apps available, we will download them on your iPads, review all the functions of the apps and why you might want to use them. The most popular apps will be covered in the first classes and the students will decide as a class which apps are covered in the remainder of the classes.

*Prerequisite: You must have an iPad and bring it to class every week.*

**Instructor: Marilyn Gettys, Kathy Winkenwerder**
October 8 – December 3
10:45 AM - 12:45 PM

**It’s Your Mac. Do What You Want to Do, Part II (Mac)**
Are you a graduate of It’s Your Mac? Ready to go into more depth? Then this is the class for you. We will work with the applications that came with your Mac, learn how to become more organized, back up your work, troubleshoot, download and install software and more. You will see how to customize your Mac, use the dashboard and widgets and improve your Internet surfing. Bring your questions to get help.

*Prerequisites: Previous Mac class or experience using a Mac.*

**Instructor: Bonnie Elsten**
Dates: October 8 – December 3
3:15 – 5:15 PM
THURSDAY

Intro to Digital Camera (PC/Mac)
An introduction to the basic functions of the digital camera and scanner. Hands-on learning to download your photos from the memory card (camera) to your computer. You will also learn how to scan photos and documents into the 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: Title available the first class.
Prerequisites: Basic understanding of Windows operating system or instructor’s permission.
Instructor: Larry Hicks
October 9 – December 4
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.
Prerequisite: Computer 101 class or knowledge of the skills taught in that class.
Instructor: Reggie Gates
October 9 – December 4
10:45 AM – 12:45 PM

Manage and Enhance Your Photos with Picasa (PC/Mac)
Transfer 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 a set of photos into a collage. 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
Prerequisites: Intermediate computer or instructor’s permission.
Instructor: Reggie Gates
October 9 – December 4
1:00 – 3:00 PM

Introduction to Windows 8 (4-Week class - Nov)
Learn how to navigate Microsoft’s new operating system, see how to determine if your computer can use Windows 8 and how to upgrade to Windows 8. Become familiar with and learn how to personalize the new Start Screen. Discover where your old familiar programs are hiding. Explore the new world of Live Tiles and Apps. Learn to utilize the Microsoft Store to get new free or paid for Apps. See how to run older programs and learn about free programs that can bring back some of the functions of previous versions of Windows. Because the lab has only 2 computers running Windows 8, students are encouraged to bring their own laptops. Text: Any Windows 8 book
Prerequisite: Basic computer skills
Instructor: Wesley Peck
November 6 – December 4
3:15 – 5:15 PM

FRIDAYS

Open Computer Lab
10:00 AM - 5:00 PM
The lab is open for you to practice what you have learned in class, or to get answers to your questions about 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 Pine Avenue

Parking Options Downtown
- All day parking lot is $5.00 on the south-east corner of 7th Street and Pacific Avenue.
- Metered parking: 2 hour limit, use quarters.
- Non-metered street parking: North of 8th Street on Pacific Ave. and Pine Ave., as well as neighborhood streets west of Pacific Avenue.

Limited or NO parking is available adjacent to the OLLI building. Watch signs and spaces allowed. Note street sweeping signs overall.

Take the Bus - Check bus schedules for routes to Pacific and 7th St. A Passport bus goes along Pine Ave with very good connections to the Downtown area. Check Transit schedules.

PA - Suite 202 classroom is accessed from the “alley” or Solana Court door entrance to the building. Use the buzzer and wait for a sound to open the door. Classroom is up a flight of stairs. A lift is available upon request.

PA - Tower classes are in the Pacific Tower apartment building - 2nd Floor room - 714 Pacific Ave - just behind the OLLI classroom building.

PA - Yoga Studio is a new facility in the same building. Enter from the front at 743 Pine Ave.

OLLI Leisure World

Parking at Leisure World
Entry for non-Leisure World residents will be from the class list or by passes available at the second class meeting. The main gate security office will have the names of enrolled students to admit them for the first classes.

OLLI at JCC

Alpert Jewish Community Center
3801 East Willow Street, LB
(Between Lakewood and Redondo Ave.)
562. 426. 7601
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/

CSULB ID Cards
Do you have a Student ID card? Current members of OLLI at CSULB can get ID cards from the ID Services office located inside the Bookstore on campus. All you need is your OLLI name badge or registration form and a picture ID. Info about ID card and ASI benefits is available in the hall outside the OLLI office door.
OLLI at CSULB

Member Parking Permits

For the convenience of our members, General parking passes for Parking Lot 11 are sold in our office for $33.00 per 3-month quarter. Members may not park in carpool or employee parking without special permits. Checks or cash are accepted payments.

If you have a current DMV disabled placard and provide a copy of the DMV receipt for OLLI files, you may obtain access to Employee Lot 9. Members must display their placard or license plate AND their OLLI parking permit when they are parked in Lot 9. Use of both the placard and OLLI permit will also allow use of employee spaces in Lot 11.

If you receive a ticket from Parking Services, contact the Parking Office (Merriam Way) at 562.985.4146 to resolve it. Instructors or volunteers will be notified about parking permits.

OLLI at CSULB
Governing Council

Barbara White          Executive Director
Malcolm Green         President
William Fitzpatrick   Vice President
Karin Covey           Treasurer
Vicki O’Toole         Secretary
Vacant                Archivist
Judie Irving          Community Relations
Kathy Winkenwerder    Computer Lab
Wesley Peck           Computer Lab
Pat Wrenn             Curriculum
Karen McDonough       PA Contact
Richard Black         PA Contact
Ken Nakagawa          LW Contact
Dolores Volpe         LW Contact
Bea Roth              LW Contact
John Tellez           Membership
Len Jacobson          Member-at-Large
Mona Panitz           Member-at-Large
Jack Blecher          Publications
Mary Jane Payan       Social & Special Events
Jody Ramsey           Ad Hoc Development
Dennis Youkstetter    Ad Hoc Development
Don Friedman          Ad Hoc Arts Committee
Betty Hutchens        Ad Hoc Arts Committee
Carl Curtis           President Emeritus
Dean Ken Millar       CHHS Ex-Officio

Advisory Board

Donald Brault         Nancy Lewis
Dixie Grimmet         Theresa Marino
Kit Katz              Dr. Susan Mathieu
Donald Lauda          Dr. Iris Schutz
Rosemary Lewallen     Charlene Young

Long Beach Transit Buses

Many buses pass through the CSULB campus and stop at the transit center near Brotman Hall. For information, call Long Beach Transit at 562.591.2301 or check the lbtransit website for schedules.

CSULB Campus Connection Shuttle

Campus Shuttles run around the campus during the fall and spring sessions. A shuttle stops at the southwest corner of Lot 11 which will drop you off in front of the Design building. Check the CSULB website for schedule.
The students are our pride and joy at CSULB. Now OLLI members have the opportunity to become acquainted with eight of the graduates who are currently working on an M.A. with a concentration in Art History. Some have taught before, and one in particular, Amanda Wada, has taught at OLLI twice. Many of these young and industrious people are contemplating teaching as a career when they graduate. So, who knows, maybe we will be the recipients of their “labor of love,” as they call it.

In this EXPLORING ART THROUGH HISTORY class, each artist will lecture and incorporate the works of notable artists who represent different time periods of art. Photos and other media will be presented, thus enhancing the lecture. Discussion is encouraged. Their choices exhibit so much variety and diligent planning that, even if you are not fully engrossed in art now, you probably will be after this course. The following is their schedule for eight weeks:

- **October 8th**    Tricia Romero     “Goya”
- **October 15th**    Amanda Wada    “Rococo and Neoclassicism”
- **October 22nd**   Alyssa Schulenderer   “LGBT Activist Art in the 1980s and 90s”
- **October 29th**   Jennifer Bias      “Harlem Renaissance Art”
- **November 5th**   Christina Alegria   “The Life of a Painting: Delacroix’s Women of Algiers as revisited by Picasso and Essaydi”
- **November 12th**  Justin Smith      “Abstract Expressionism in LA”
- **November 19th**  Kiyomi Fukui     “The Life and Work of Hokusai”
- **December 3rd**   Mary Grace Sanchez      “Filipino American Contemporary”

Many OLLI members have proven their love for art by taking our art classes and by participating in our annual art exhibit. In this class you don’t have to work. Just sit back and enjoy the unforgettable works of others. Pablo Picasso once said, “Art washes away from the soul the dust of everyday life.” See you in class.