Learn More ~ Age Less

Class Locations
CSULB Campus (C) - Lower Campus HS&D Building, #101,119 DESN 111,113 Computer Lab 100 LifeFit Center (LFC) KIN Building, Rooms 107 and 110 B Long Beach Bridge Center (LBB) Alpert Jewish Community Center (JCC) OLLI @ Pine Avenue (PA) Park Pacific Tower (PA-To) American Gold Star Manor (AGSM) Recreation Park, Clubhouse (REC) Long Beach Lawnbowling Club (LBLC) St. Isidore Historical Plaza (ST) Katella & Reagan, Los Alamitos

ONLINE and in office 
9:00 am 
See info on reverse

MONDAYS, April 6 - May 18 (7 wks)
8:15-9:45 Grief
8:30-9:50 Stand Tall, Stand Strong LFC
9:30-11:30 Bridge 3 or Supervsd Play LBB
10:00-11:30 Global Update
11:45-12:15 Longevity Stick PA-To
11:45-12:15 Roman Republic & America
12:00-1:30 Managing Digital Photos PC
1:45-3:15 Shoot & Edit Videos All
3:30-5:00 Financial Rules of the Road

TUESDAYS, April 7 - May 26
8:30-10:00 Foundations of Investing
8:30-9:30 Longevity Stick LFC
8:30-10:30 Harmonica Wkshp 1 REC
9:30-11:30 Bridge 3 or Supervsd Play LBB
10:00-11:30 Zen Meditation PA
10:15-11:45 Modern Communication
11:00-1:00 Artists Workshop BYOA
12:00-4:00 Play Modern Board Games PA
12:00-1:30 Social Spanish
1:00-2:00 Harmonica Wkshp 2 REC
1:30-3:30 Skills for Paper Crafting
1:45-3:15 Queens & Empresses in Asia
2:00-3:00 I Think I have Too Much Stuff
2:15-3:45 Jammin’ with OLLI REC
3:30-5:00 World War II in the Atlantic- 2
3:45-5:00 Write Creative Non-Fiction

WEDNESDAYS, April 8 - May 27
8:30-9:50 Stand Tall, Stand Strong (2)
9:30-11:30 Bridge 2 Competitive Bids LBB
9:30-11:30 Bridge 4C Advncing Player LBB
9:30-11:30 Bridge 6 Card Play/ Int. Adv. LBB
10:00-11:30 The Bahai Faith (5 wks)
10:00-12:00 Spanish Conversation @ Plaza
11:45-1:15 Me & Us
1:00-2:30 Writing for Wellness
1:30-3:00 Eastern Practices for Wellness
1:30-3:00 5 Stories - 5 Weeks PA
2:00-3:00 Showtime Acting LFC
3:15-4:45 Deeper Dive into Understanding
3:00-5:00 Lawnbowling 101 (4 wks) LBLC

THURSDAYS, April 9 - May 28
8:30-10:00 Memoir Writing: Novel Approach
8:30-9:45 Yoga with JeanMarie LFC
9:00-11:00 Tai Chi Chih (Beg / Adv) PA
10:15-11:45 Fear Not, I Speak Shakespeare
12:00-1:30 Current Events and Issues
1:45-1:15 Folk Guitar 1
2:00-3:30 Tai Chi Chih LFC
2:30-4:00 Memoir Writing-Korean@ ST
2:30-3:30 Gardening- Dirt Cheap Therapy
3:30-5:00 Catch the Spirit Chorus
3:45-5:00 Financial Rules of the Road

FRIDAYS, April 10 - May 29
1:30-2:20 Frank - Mandolin REC
2:30-4:00 Frank - Bluegrass Guitar REC
3:30-5:00 Frank - Bluegrass Jam REC
4:30-6:00 Frank - Mandolin REC
7:00-9:00 Frank - Bluegrass Guitar REC
Winter Registration starts
Friday, February 28
ONLINE and in OFFICE  AT 9 AM
OLLI support line: 562 985 2398
Online Registration can be easy!!
Use a credit card and email address to pay and register
for classes from home. Find the directions in The SUN to
update or start your ONLINE account. Go to the OLLI
website WWW.CSULB.EDU/OLLI for the link to register.
Not ONLINE? Bring or mail a Registration form with
check payable to CSULB Foundation to the OLLI office
(HSD 100) in March from 10:00 - 4:00.

Visit the LifeFit Center @CSULB
• Open to all 50+ seeking healthy activity
• Gym is located in Kinesiology Building
• Contact LFC for details  562 / 985 - 2015

American Gold Star Manor classes
Contact the office at AGSM - or enroll online
Senior Reader’s Theatre
Barbara Fay  Tuesdays  1:00 - 2:30
Yoga on a Chair
Claudia Ellano-Ota  Wednesdays  10:00 - 11:00

OLLI classes are held at CSULB, Pine Ave., Alpert Jewish Community Center, LB Bridge Center,
Recreation Park Community Center, American Gold Star Manor, and NOW St. Isidore Historical Plaza