Josie McCausland cares most about teaching courses which truly interest people and making the subject matter come alive for them. Curiosity is her mantra: when a topic grabs her attention, she immediately researches it and, then, creatively and swiftly, devises how she could turn it into a course for OLLI.

Last summer, Josie taught an OLLI course entitled Land of Enchantment, which focused on the rich history and multi-ethnic heritage of New Mexico, especially through Southwestern Art. When it was time for the class to end, her students did not want the course to be over. As a surprise, Josie gave her eager students a parting gift, an invitation to review her next OLLI course to be taught this Fall. In the new class, Films about Art, Josie will offer a closer look at western twentieth century modern and contemporary art, primarily through eye-opening art films and documentaries, followed by what will surely be electrifying class discussions.

By sharpening our observation skills, she will encourage a respect for the beauty and the artistry of the non-conforming 20th century modern and contemporary periods of art. Students will connect to art through viewing the films selected by Josie. She hopes this new course will enhance appreciation for visually stunning works of art and elevate future life experiences of her students.

Through learning the principles of design and hearing the designer’s point of view, the class will focus on new interpretations of exhibitions as the twentieth century’s kaleidoscopic transformation gives way to an unprecedented era of Expressionism. We often shared our feelings about a new exhibit in a local art museum or gallery with an exclamation of “That’s Really HOT!” This course is “really hot!” Having fun are Josie’s operative words for the picturesque events she has planned for OLLI art aficionados. Be sure to sign up early as this class will be popular!
THOUGHT FOR TODAY: “When truth is buried underground it grows, it chokes, it gathers such an explosive force that on the day it bursts out, it blows up everything with it.”
~ Emile Zola

The SUN staff, now at eighteen persons, continues its excellent volunteer work. Richard Adams has accepted the position of assistant SUN editor.

Poetry is featured in this issue of the SUN. Judy Mednick, our former SUN co-editor, is remembered again in a poem on page 4. Good friend Linda Carr carries on with Memory into Poetry tradition.

John Pak, a financial advisor, conducted two special classes again on Social Security and Medicare to a large group of OLLI members and friends.

We request SUN readers to submit letters, poetry, cartoons, quizzes, or anything that’s fit to print in future issues.

Lipstick looks better in red than grey. To view the SUN in color, go to our web site: www.csulb.edu/centers/olli

Our budget restricts us to printing the SUN in black and white.

In addition to being the OLLI VP, Bill Fitzpatrick is not only an authority on Irish history and a member of the advisory board of LifeFit, but also an athlete. At the 2015 National Senior Games in Minneapolis, Bill came in second in the 400- and 800-meter races for the 65-69 age group. What a guy!

Autumn Equinox happens on September 23, 2015; 1:21 am PDT

Letter to the Editor

Thank you for nice write-up of Barbara’s (Katz) obit. I particularly appreciated the inclusion of the picture of one of her ceramic assemblages. Barbara was very fond of her “Owl and the Pussycat” pieces.

I had two great granddaughters born within the past several months, and both were named after Barbara. I’m giving each child a tri-fold picture arrangement of Barbara for each to have in memory of her namesake. I will include the picture you chose for her obituary.

Again, thanks.

Harold Katz
President’s Corner

Anyone who has tried to build or grow a business or other kind of organization soon learns that human organizations are, well, organic. In the end, we do not really build or grow organizations. A farmer does not really build a crop nor does a gardener grow a garden. The wise farmer or gardener finds, prepares, and cares for a welcoming space where crops or garden plants will thrive and grow. OLLI is this kind of space. Our Governing Council and Working Groups do not create the OLLI experience for our members. We try to cultivate a space where our members can find roots, grow, prosper, and enrich one another as instructors, students, and volunteers who tend this fertile ground together where it all happens.

OLLI volunteers make sure our lifelong learning spaces on the CSULB campus, Pine Avenue, and Leisure World are fresh and inviting to our community. In my past six years as a member of the Governing Council, I have seen how our volunteers have nurtured OLLI’s steady growth in curriculum choices, financial stability, and member diversity. Our volunteers’ dedication, skills, and loyalty are the best I have ever seen.

At the September membership meeting, we will elect Governing Council officers for the next two years to tend these fertile spaces which our OLLI members, instructors, and other volunteers have made part of their lives. I hope that you will join us here at 1:30 pm Saturday, September 19 to celebrate OLLI and to elect Governing council officers who will keep tending this enriching and welcoming space for lifelong learning and growth.

From the Executive Director

PARK is a four letter word that challenges students on most campuses throughout the country. At OLLI we have experienced many parking changes over the past couple of years. We’ll need to learn to LIVE (another four letter word) with these changes and make them work for us. Here are some reminders:

* Members with a “blue” $33 parking permit park in Lot 11 or parking structures 2 and 3.
* Members with handicap placards and a $33 parking permit are able to park in ANY SPACE in Employee Lot 9 or Lot 11 (but not those reserved for carpool or other special permits).
* Our volunteers, the backbone of our OLLI, can use their complimentary parking passes in Lot 11 and parking structures 2 and 3.
* Members of both OLLI and the LifeFit Center get parking permits for Lot 10 (in front of LifeFit Center) included with a three month or more membership.
* If you come to OLLI with a friend, consider getting a “Carpool” pass from the Parking Services office. This gives you access to the designated spaces in Lot 11.
* You can also have someone drop you off and pick you up in front of the OLLI building. If using ACCESS or UBER or a GPS, you might indicate the address 1 block away at 6300 State University Dr.

Here are a few parking suggestions:

* Come to campus as early as possible to find a good parking spot. Enjoy a drink or snack at the Outpost Café until class begins.
* HYDRATE, hydrate, hydrate. In warm weather, remember to drink water before and after you walk from Lot 11.
* Think positively: walking is a healthy exercise. If you’re walking in the noon-day sun, wear a hat to keep sun protected.
* In the Fall and Spring, you can take the University Shuttle (Campus Tripper) from marked stops at the southwest corner of parking structure 2 (“csulb 70”), the marked stop between PS 2 and 3 (“csulb 69”). This shuttle arrives every 15 minutes and will drop you off in front of the Design building (“csulb 91”). Walk through the building and OLLI is just across the access road. For your convenience, see a map of this east loop shuttle service on the CSULB website. If you have a mobile phone you can see the route at http://csulbsshuttle.com as well as estimated times of arrival at a particular stop. Keep calm and PARK!
Welcome back to a new year of interesting classes, familiar faces, and many new ones after a summer that I hope was filled with travel, new experiences, and time with family and friends. It would take many pages to cover where our members’ travels took them this summer, but as examples of those adventures, Dr. Barbara White, our Executive Director, flew to Finland to visit with her niece; Aida Porteneuve flew to Lebanon; Linda Palitz and Jan Berliner spent time in Israel; and yours truly went to NYC to roam the streets of Manhattan.

Lots of exciting classes were given at OLLI last spring and summer; we had over 900 students participate. We were exposed to the L.A. Opera as well as the Long Beach Opera where the students listened to magnificent opera followed by discussion. The movie classes were outstanding, and it appears that OLLI member are lovers of culture, music, art, theater, and politics. How fortunate we are to have these opportunities in the fall for lifelong learning.

Additional free lectures and activities that took place last semester included my speaking at the California Gerontology and Geriatric conference held in April in Long Beach; it was inspiring. Lee Gale Gruen was the featured speaker for this year’s Lori and Don Brault Successful Aging Lecture and gave a wonderful presentation on how to “Reinvent Yourself in Your Retirement Years” held at the Pointe at the Pyramid.

Kevin St. Clair gave an incredible lecture on the LB Opera production of Philip Glass’ Hydrogen Jukebox. Maria Khani had a conversation with us on what it means to be a Syrian-American Muslim in the United States today, and Kathy Marshall gave a fun lecture For Men Only. We also enjoyed the class from Kim Steinhardt about Sea Otters. What wonderful creatures they are!

OLLI member Paula Prager’s art will be displayed at the Warehouse on Redondo Blvd. during August. Fran Harding offered a summer OLLI chorus recital, and last but not least, OLLI observed Asteroid Day with a class held on Saturday, June 27, taught by Carl Curtis. Also a special thank you to Carl for his continued support as our technical director.

Kudos to Inge Johnson, who produced a master bridge player in her class. Try Bridge on Fridays!

Pine Ave. hosted a number of classes in the newly renovated classroom. Leisure World had five classes that were well attended as usual.

Have a wonderful semester and do try a new class next session.
Imagine you are participating in a Graduate Seminar at OLLI. The class is limited to EIGHT students and one instructor. The final exam takes you away from the hallowed halls of OLLI. Your destination is Ojai. You must figure out how you are getting there and back the next day. Why wasn’t school like this when you were a kid?

The earth’s circumference at the equator is about 24,855 miles. Chris Quint believes he has travelled roughly ten times that distance touring and exploring. He estimates an accumulation of at least 240,000 miles in the saddle, (bike seat) over the last four decades.

Young Mr. Quint had his first two-wheeler sans training wheels at four years of age. Graduating to a three-speed English racer at ten years of age, he was ready to see the world. Then his world consisted of the streets, parks and small neighborhoods of the community. He saw similarities and differences on these trips. He became aware of the “freedom” on these rides which took him to neighborhoods and parks he never had seen, all this without a cell-phone, a tablet or GPS. By then the spirit of adventure and the heart of an explorer were born in him.

Mr. Quint is a graduate of CSULB. He has a super specialty earned from the League of American Bicyclists, a League Certified Instructor. This group of professionals not only trains cyclists, but teaches the public as well. They educate others by promoting more expertise for professionals. He is trained and has the experience to lead his students to new heights of comfort and confidence while on the trail, local streets or roads. They will acquire insights enabling them safely to anticipate behaviors of drivers, other cyclists, and pedestrians with whom these conduits are shared. His students will gain confidence and comfort in the bike lane, on paths shared by riders every day.

Check out this specialist. Ask him about his tours on all the continents but one. Try taking this Travel by Bicycle OLLI class and we will see you on the trail!

As life changes, artists change. They reflect or complain. The creative people are the visionaries . . . the historians of the society in which they live.

If this piques your interest, follow Shirle Gottlieb down that Yellow Brick Road and go to the plays, look at the art, listen to the music, and read the reviews.

After an introductory class to learn about the venues and calendar, Shirle’s plan for a continuing discussion about the meaning and “purpose of art” will ensue. The class will visit museums, read reviews, report on impressions, and voice their opinions of what they have seen.

Shirle is an Art and Theatre Critic, a reviewer, a lecturer, and an instructor. She is a member of L.A. Critics Assoc., Critics Circle, American Theatre Critics Assoc., and International Association of Art Critics. Traveling the Yellow Brick Road with Shirle sounds like an exciting and illuminating trip. Come for a stroll!
Success Stories at OLLI

by Thelma Teitel

Four writers in the Write, Edit, Rewrite, Publish Your Non-fiction class can now call themselves published authors.

Jim Worsham said, “I used Sallie’s class as the push I needed to begin seriously pursuing my writing career.” Jim started dabbling into writing technical materials, promotional copy and guest columns for a newsletter while still a CPA. Jim is now the new travel columnist for the Gazette newspapers.

Betty Hutchens has been writing her memories for years. She wrote and submitted a humorous piece about her brother’s first date. A complimentary copy and a check in her mailbox surprised Betty. Published in January 2015 in Country Extra, she was so excited to see it in print that she photographed the check and framed it.

Josephine Fitzpatrick has been keeping a journal since she was ten years old. She calls it her “obsessive-compulsive” writing disorder since she writes every day. She says, “I was shocked and thrilled when I received my email telling me my story entitled ’I Left My Pride on the Beach’ would be published in Chicken Soup for the Soul, Time to Thrive.”

Julie Heckman became an artist with a BA and MA in art. Later while studying to become a minister she encountered some health issues. Although ordained she found writing to be her true calling. Julie uses her love of animals for her story “Cool Cat” which was published in I Love Cats in May 2015. When she got her acceptance letter she said she was ecstatic and couldn’t wait to see her story in print.

All of these students have worked hard. Becoming published requires perseverance, dedication to the craft and good writing skills. These writers are to be commended for their commitment and achievements. They all say they have many more stories inside them.

(Thank you, Sallie Rodman, for your time and inspiration!)

→ See class description on page 26

Shout-outs and Kudos for Carl Curtis. It was he who mentioned at a recent Governing Council meeting that one of our members had read his article in the Spring SUN about the installation of Assisted Listening Devices, particularly the Hearing Loop System in the OLLI classroom. This member wanted to know more about the Hearing Loop System and if it would help her.

Carl asked our OLLI member if she had "T-coils" built into the hearing aids he noticed she was wearing. He suggested that she contact her audiologist to find out. She checked and she discovered she did have built in "T-coils." The following week after class, the member made a point to encounter Carl and happily told him that for the first time in many years, she was able to hear everything the instructor said and also the dialogue in the movie he showed. BRAVO!

Carl modestly states that he told the story to the Governing Council so that they could "see that money allocated for the loop was money well spent." To better understand the "Hearing Loop," read Carl’s article on page 12 of the Spring SUN for an in depth explanation of the system. You can find a copy on the OLLI website in the SUN Archives. (Google “OLLI @ CSULB” to find the site). Let’s give Carl a big shout-out. Thanks for bringing this assisted listening system “on line” to enhance OLLI programs for many of our members.

Taking Patricia Woods’ computer art class at OLLI was a memorable learning experience for Eileen Brae- man. Learning how to cut, copy, paste and expand a spring garden picture from a square shape into a rectangle became the genesis for her to envision how the picture would look painted on her 20 ft. by 8 ft garage wall. Securing the services of a local artist, her vision of a beautiful vibrant garden became a reality. Eileen thanks OLLI and Patricia for making her dream mural come true.
Membership Meeting in September

This year our annual meeting of OLLI members will be held on Saturday, September 19, from 1:30 to 4:00. This is your opportunity to share your thoughts about OLLI - what you like or don’t like - and make your suggestions for helping OLLI function better for you. We will have refreshments and guest speakers, with a special contest and musical entertainment to delight you.

We will introduce you to some new and some familiar faces who have volunteered to help guide OLLI into the future. We need you to nominate and vote for the members who will help with OLLI Governance for the next two years. This is your chance to get to know each other and celebrate another year with OLLI. Mark your calendars now and plan to attend.

Many thanks to the ad-hoc Nominating Committee: Ken Nakagawa, Liz Lopez, Michael Gavin, Sylvia Manheim, and Stu Span for coming up with this selection of outstanding volunteers.

OLLI Strategic Plan, and the adoption of the revised OLLI bylaws have given the Member Services Working Group (MSWG) a wide range of responsibilities for serving our members. Do you have interest or expertise in any of the following areas? If so, we’d love to hear from you. Please contact the OLLI office, any Governing Council Member, or the MSWG Interim Leaders, Vicki O’Toole or Karin Covey so we can get our mitts on you. Auntie OLLI needs YOU! Thank you!

Here are areas where you can volunteer:

- Membership recruitment and retention (AKA TLC)
  - Distribution of the SUN - New member reception
- Volunteer recruitment
  - Information on volunteer opportunities at OLLI, at CSULB, or in the community
  - Annual volunteer appreciation luncheon
- Special events (non-educational)
  - Annual membership meeting - Holiday Gala
- Travel program
  - Day trips - Extended group travel
- Fund raising
  - Annual challenge drive - Legacy giving

The results of the 2014 Member Survey, the 2014 OLLI Strategic Plan, and the adoption of the revised OLLI bylaws have given the Member Services Working Group (MSWG) a wide range of responsibilities for serving our members. Do you have interest or expertise in any of the following areas? If so, we’d love to hear from you. Please contact the OLLI office, any Governing Council Member, or the MSWG Interim Leaders, Vicki O’Toole or Karin Covey so we can get our mitts on you. Auntie OLLI needs YOU! Thank you!

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  - Annual challenge drive - Legacy giving

Member Services Working Group is Looking for Members

Our current VP has agreed to serve as President. Bill was born and realised in the mid-west, received his BA in Physics, MS and PhD in Math from the U of Missouri. A member of OLLI since 2008, he has taught many well-attended courses about Irish History and culture. He also finds time to support and visit the LifeFit Center.

Bill Fitzpatrick

Naida is an OLLI student and instructor. She holds a BA from Grinnell College in history, an MA in history from Columbia U., and a PhD in policy studies from Washington U. in St. Louis. Naida is currently teaching in the School of Ed. at CSULB. She has been a strong leader and activist in the peace movement since the 1960s. She also worked for the U.S. Dept. of Education.

Naida Tushnet

The OLLI Governing Council waived the term limit so that Karin can continue as Treasurer. In addition to keeping the finances in order, Karin is a loyal Volunteer. She joined OLLI in 2001 and has been Treasurer for ten years! Karin has a BA and MA in Management from U of Redlands. She retired from Hughes Aircraft Co.

Karin Covey

Vicki, a member of OLLI since 2008, has enjoyed her OLLI classes. She volunteered to continue in the Secretary position for two more years. Vicki has a Doctor of Pharmacy and MA from USC and taught at the School of Pharmacy for 20 years. She has served on the LB Board of Health & Human Services for eight years.

Vicki O’Toole

Michael, a former VP of Senior U, has been an OLLI student, instructor, and volunteer. His Film Noir classes drew overflow attendance. He is a retired physician, living with his wife in Belmont Shore. He has a son and daughter, the latter was the US ambassador to Botswana. His other interests are travel, cooking, visual arts, live theater, and exercise.

Michael Gavin

Len has been with OLLI for the past seven years as a student and instructor for courses on GPS, Intelligence Community, and space technology. Len received his BEE from CCNY and a MSEE from Brooklyn Polytech with additional work at UCLA and Stanford. He is also a volunteer tax preparer for AARP and lives near CSULB with Sherry, his wife of 52 years.
OLLI Goes to the Summer Senior Games by Roz Hertz

Life-long learning is the goal and purpose of OLLI, the Osher Lifelong Learning Institute. This summer, six members of OLLI demonstrated that purpose also applies to athletics. They competed in the California State Senior Games in archery. These games are part of the national Senior Games Association, which is found in all fifty states and promotes a healthy lifestyle for people over age fifty. One of 29 sports represented, the archery event took place on June 6th in Van Nuys. Our six OLLI members competed in the Double 300 round against competitors from all over California, shooting 60 arrows at a distance of 20 yards, aiming at a 16-inch target. The top three in their age category earned State Senior Game Medals and the right to compete next year.

And the Winners Are... by Mel Leach

Seven OLLI members competed in the California Senior Games (most for the first time ever). These archers have expressed what the experience was like for them. Their statements reflect the goal of OLLI Archery – Accepting the Challenge. After the bow/age divisions with final results, the archers’ personal statements follow.

Mel Leach Recurve Score 443 Gold Medal – 75
“Hello, OLLI Rising Stars, from your coach. You did it; You did it up right. Congratulations for accepting the challenge, for the bravery to stand on the line and fire, and for accomplishing your personal best. I so appreciated you sharing the California Senior Games Championships with me. You are challenged to return next year for more fun with flying arrows."

Bruce Bishop Barebow Score 159 Bronze Medal - 75
“The challenge of these games, for me, was to alter my method to barebow (shooting without a sight) immediately before the tournament and compete anyway. It might better be characterized as harebrained, but I enjoyed the competition and the company of such amiable and skilled archers.”

Theresa Alletto Recurve Score 312 Gold Medal – 70
“Inspirational achievements are threefold: 1-Fortification of passions. 2-Refinement of innate skills. 3-Encouragement of challenge in my peers.”

Larry Lurie Barebow Score 402 Gold Medal – 65
“The greatest challenge for me is the mental focus necessary to produce good shots. While it’s fun to simply shoot arrows down the range at a fixed target, mentally focusing the entire time brings a different perspective to the sport. It’s even more challenging when I’m engaged in a competition standing between other archers and trying to ignore their presence.”

Richard Crogan Recurve Score 286 Silver Medal – 65
“This was my first tournament, so the unfamiliar setting caused a lot of pressure. That made it difficult to remember and try to use all of the principles I learned in class. In spite of the pressure and anxiety, it was a great experience to meet and shoot with a group of new friends.”

Steve Borges Recurve Score 288 Bronze Medal – 65
“Challenge, bravery or accomplishment, yea boy, it was all of that. I was expecting the challenge, that was a no-brainer and I did OK. I think mostly toward the end my confidence improved. The bravery part came when I choked right at first, and I mean I really choked, but I kept going. I was surrounded by some very good archers and didn’t want to look bad. I did what I was taught and things began slowly to work out as I hit some bulls-eyes. I enjoyed the experience a lot!”

Tim Teahan Recurve Score 157 Fourth place - 65
“When I first signed up for the archery class, taught by Mel Leach, the clerk asked why I was taking the class. I flippantly responded ‘because I want to go to the Senior Olympics.’ HA, I thought to myself. Two years later, I not only participated in the senior games, but also accomplished a fourth place win! HA! indeed. Never doubt that you can accomplish anything in your life. It begins with one step and a wild abandonment to stretch beyond your comfort zone and just follow through.”

→ See class description on page 31
A New Community for a Community Advocate

Whether procuring low-income housing or preserving marine life, Andy Kincaid has always been dedicated to his community. So when he retired, he followed his friends to another community: OLLI.

Andy grew up in the southern California community of San Marino. He served on a Navy salvage ship in Vietnam, “picking up the flotsam and jetsam of war.” After attending UCLA on the GI Bill, he graduated in 1972 with a BA in Psychology. He then earned a teaching credential at CSULB.

Teaching jobs were scarce, so he worked for the Veterans Administration, counseling veterans. He went on to hold a variety of jobs, including serving on the staffs of former Long Beach City Council members Tom Clark, Evan Braude, and Del Roosevelt. Most recently, he worked for the Long Beach Affordable Housing Coalition, where he helped acquire hundreds of units for low-income renters.

Andy also helped guide the city’s redevelopment while chairing the Central Project Area Committee. He is an active board member of the Friends of the Colorado Lagoon. His wife, Helene Ansel, is also civic-minded. She is a senior field representative for Congressman Alan Lowenthal. Their blended family includes four children and four grandchildren.

His favorite OLLI classes are a blend of the past and present. “The Number 1 class for myself and my friends is Shakespeare, mostly due to the dynamism of the instructor, Michele Roberge. She’s terrific!” he says. He also enjoys contemporary social issues classes taught by Naida Tushnet.

Andy is pleased to be part of the OLLI community. “The vast majority of instructors are well-prepared,” he says. “We have erudite discussions that appeal to me. It has been very rewarding.”

From the Computer Lab

If you’re feeling creative, the computer lab has two new classes and another that hasn’t been offered for a while. The first two described will let you exercise your artistic muscles and share your work with friends and family through email and/or by printing them in a variety of formats. These two are for either PC or Mac users, as is the third class.

Computer Drawing is new. You use a tablet connected to a computer to draw. You’ll use a pressure-sensitive stylus the way you would use a computer mouse and watch your progress on the computer screen. Learn how to use tools that change the kind of lines, change line color, fill in the color of your image, and much more. After practicing with pictures the instructor provides, you’ll learn how to draw on your own using Corel software. You need basic computer skills to take this class, which is limited to six people.

If you want to document a vacation, a reunion, or a family occasion but are tired of printing photos, hunting down those little photo corners, and putting together a paper scrapbook, then try the new computer version class, Digital Scrapbooking. Make as many copies of your scrapbook as you wish. Create a scrapbook of a few or many pages, resize or recolor your photos, and choose any color for the scrapbook page you wish. Students use templates to get started, then will move on to making their own scrapbooks. You will need to be familiar with Photoshop Elements to take the class.

If you have a smartphone or a tablet, you know that storage, especially for all the photos and videos you take, can be a problem. In Manage and Enhance Your Photos with Picasa, not only will you learn how to save and store to your computer all the photos and videos from your mobile device or camera, but you will be introduced to all the features of Google Photo, a brand-new Google service. This includes how to back up every photo and video you take automatically and how to sync the changes you make. If you are using a mobile device or most digital cameras, the service is free!

Check the class schedule and get creative!
Linda Carr’s Memory Into Poetry workshop closed the Winter Session with a reading by fifteen poets. Some participants have been with Dr. Carr for all of the eight years that she has offered the course, and their work showed the polish and insight that they have developed.

In a riff of poems responding to a recent New Yorker magazine poem, Sheila Green wrote of breaking her writer’s block; Nancy Schwarz sassed her hypothetical grandchildren; and Betty Hutchens recalled her childhood on an Iowa farm. Vivien Jacobi recounted (tongue in cheek) the anguish of “becoming a poet.” Marguerite Vanderlaan brought to life her family’s butcher shop in the Netherlands, and Maria Armstrong made us laugh with her Sicilian family’s fried chicken adventures. Isobel Leventhal compared the campus garden to the OLLI students, and Vicki O’Toole wrote whimsically of her grandson. We appreciated Julie Heckman’s latest sonnets. Carol Kanode gave us her sobering “Diagnosis,” and Susan Halliburton wrote poignantly of an elderly parent. Marilyn Gottschall remembered Judy Mednick in her elegiac tribute “For Judy M.” Fergie Newbaker and Susan Cooper celebrated the jazz in their lives. Syd Pomi and Linda Carr wrote a pair of poems celebrating the giddy camaraderie of the “golden years.”

The OLLI poetry workshop has become a sort of family—a weekly gala—over the years, and as we enjoyed coffee, laughter, and poetry-talk after the reading, the room sparkled with originality, creativity, friendship, and mutual admiration. On these pages we include a sampling for your enjoyment.

GETTING RID OF WRITER’S BLOCK
Tell us a story, Grandma.
Tell us a story of death, dying and rebirth.
How precocious they are.
What do they know of these concepts?
What do they want to know and why?

My grandmother would tell us her stories
Of Zapata in Mexico a slippery
And her family escaping.
What a sonorous voice she had, my Mamita.
- Sheila Green

VALENTINE’S DAY
I just came back from the clinic
where the doctor said
“Aha, I see a small puncture on your neck.”
Perhaps it was a tiny vampire slipping
through my bedroom window as I slept
or a wanton black widow
finding her way to me in the garden.
Either way I like to think that the perpetrator
Sensed my desire to be tasted again.
- Marilyn Gottschall
Poetry Continued...

THE ROLES WE PLAY
At 10 a friend, so wonderful
   At 12, a sister, I remember it well
At 23, a wife, how nice
   At 30, a mother, a feeling like no other
At 35, an aunt
   At 45, the not so gay divorcée
At 46, I became the “other woman,” what woman!
Where did the “me” go, following my libido!
   At 49, a wife, once more, hopefully
Knowing the score
   At 62, a grandmother, wow . . .
At 84, a widow, nothing left to be—no more
   - Sydelle Pomi
But wait—Linda Carr writes an answer to this

SYD RECONSIDERS HER POEM:
At 84 I’ve reached the age
where I’ve become a prescient sage . . .
My IQ now will knock your sox off—
Last year I read Karamazov!
Not only do I know the answer,
but some days I spend as a dancer!
Dust and sweep and sing an aria
sometimes naked! —There! So are ya’shocked?
That’s what we ladies do
who’ve seen Paree and Cordon Bleu . . .
Stirring soup to simmer days’ll
   [add some thyme, a leaf of basil]
feed my friends around my table—
Stunned they are that I’m so able!
My recipes are far the best in Leisure World, so now the
Question: WHY would I think life is Crappiness
while I flutter and trill like the Bluebird of Happiness???
   - Linda Carr

DIAGNOSIS
Drafted into the cancer army,
a new recruit learning the weapons of war,
chemo, radiation or both.
Since we don’t know the outcome,
we must imagine something on the other side.
Think of a relative, a friend long passed—
send them messages from now, of our mortality.
   - Carol Kanode

JAZZ
The pianist caressed the keys
Sax blew cool
Bass teased
Lullabies, blues
Twilight waning
Honey to molasses
Sunshine to shade
Listening I lay me down to sleep
Hold tight my bones
My dreams to keep
   - Susan Cooper

MOJIK
The tuba made me laugh
The sax solo brought tears
   And a memory of a dim stairway
to a barely furnished basement room
   where grown men danced with their arms on each others’ shoulders
   and we drank warm beer in dirty glasses.
   - Fergie Newbaker

WANNA HEAR MY STORY, OR WHAT?
My son is uninterested in the history of me.
Why would his children be different?
So I won’t tell them about 5-year-old me performing “I’m a Little Teapot” at the church social,
or about 14-year-old me seeing the Beatles at the Hollywood Bowl in 1966.
Too bad for them!
This grandma will proudly remain a woman of mystery!
   - Nancy Schwartz

OUR BUTCHER SHOP (‘t Vleesch-huis’)
Shaved wooden chips on the marble floors
pristine white tiled walls,
sliced meat on stainless steel platters,
arranged as though painted by Van Ruysdael.
Hindquarters of beef, veal and lamb
hung suspended from s-shaped hooks
onto overhead rods of the walk-in refrigerator
My father wore
a starched white coat
and fingerless gloves.
A large maple wooden butcher-block
was his office and work table.
With his sharp butcher knife in hand
I watched him debone, trim and slice,
while teaching anatomy and the secrets of the trade.
And later bedtime stories of “go to the market”
“buy a cow” and “handje-klap/bartering"
--the meaning of a handshake . . .
Now I can almost hear the noise of the saws, the meat grinder, the alarm of the oven clock, ringing telephones,
the buzz of customers placing their orders, cash registers running,
Papa’s voice . . . all the lively activity that was our world.
   - Marguerite Vanderlaan
Haiku Awards

Haiku (high-koo) are short poems that use sensory language to capture a feeling or image. They are often inspired by an element of nature, a moment of beauty, or another poignant experience. The Haiku contest challenge in the last issue of The SUN inspired 21 people to compete using the 5-7-5 syllable format. There were traditional themes along with senior memories! Thank you to all who submitted. The judges were impressed with all of the entries and ultimately chose the top five haikus.

Oriental artwork

Went to the meeting
Low voices I could not hear
Should’ve stayed home

APRIL DAY
Sidewalks wet with rain
Jacaranda flowers fall
Lavender and grey

Polishing my mind
new knowledge, fresh perspective
OLLI makes me shine

Vicki O’Toole

winter becomes want
while loving becomes longing
Damned auto-correct

AFTER THE RAIN
Water droplets’ sky
Purple, red, yellow, green, blue
rainbow colored arch

Marilyn Krafft

Lisa Malmsten

As one of our judges, Shirle Gottlieb, was not eligible to compete, but she submitted this gem.

Shirle Gottlieb

We know it’s the truth:
old age sure ain’t for sissies,
but OLLI can help!
The time is 8:50 am in the LifeFit Center @ The Beach (LFC). Members begin walking through the doors with smiles on their faces as they head to the locker rooms. Some members greet each other at the water fountain to discuss yesterday’s OLLI class. Others give each other that “look” that says their muscles are sore from a previous workout but that they’re ready to take on a new challenge.

Many of them pump iron or hop on some cardio equipment on the fitness floor. Others join one of the certified exercise instructors for a group fitness class. A handful will join Director Ayla Donlin or another certified personal trainer for a session of Strength for Living, a small-group training program. It’s an exciting time at the LFC, A time for members to socialize, learn new exercise techniques, and push themselves a little more than they did the day before.

The LFC is a health and fitness facility catering to Long Beach community members and CSULB employees age 49 and above, as well as an educational lab for the College of Health and Human Services. The LFC prides itself on promoting intergenerational relationships between members and CSULB students and on providing quality exercise instruction. Just a three-minute walk from the OLLI office, the LFC offers an array of programs to its members.

One of the LFC’s most popular programs is Strength for Living (S4L). This 16-week small-group training program is led by personal trainers. Each S4L session consists of circuit and cardiovascular training. Sessions are held two to three times per week for 75 minutes each. Regular assessments allow members to see how their fitness and exercise form have improved throughout the program. Past S4L participants have experienced increased strength, decreased blood pressure, reduced use of medication, weight loss, decreased body fat, and increased muscle mass.

If you’re looking for something slightly more personal, the LFC also offers personal (one exerciser and one trainer), buddy (two exercisers and one trainer), and small-group training (three exercisers and one trainer). Every personal trainer is a current student or CSULB graduate, and most of them received their degree in Fitness.

Another unique quality of the LFC is its relationship with PT @ The Beach, an on-campus physical therapy faculty practice that is actually located within the LFC! The licensed physical therapists are faculty members who specialize in orthopedic, neurologic, integumentary, and cardiopulmonary system disorders. As part of a bridge program between the LFC and PT @ The Beach, LFC members may receive physical therapy evaluations and treatment for just $25 per session.

With all of the options available, it’s no wonder LFC members are eager to arrive for their daily workout! To learn more about the LFC and its membership benefits, call (562) 985-2015 or visit the website, www.csulb.edu/lfcbeach. You can also stop by for a tour or complimentary workout and meet the enthusiastic staff. Move More. Live Longer!

Cranial Challenge

To a girl’s six-letter name, rearrange the letters to make a two word sentence that tells us how the girl goes to school each morning.

→ See answer on page 30

STILL GROWING

by Gayle Schoepf

 EVEN ON THE RIGHT TRACK 
 YOU’LL GET RUN OVER. 
 IF YOU JUST SIT THERE.
OLLI Farewells

RALPH REZIN REES     February 24, 1925 - May 19, 2015

Ralph, beloved husband of Arlene Rees, succumbed to pneumonia on May 19. Ralph was born and grew up in Aurora, Indiana, a small town on the Ohio River. During WWII he served in the Army Air Force and flew 13 combat missions in the South Pacific. After his discharge he enrolled in the University of Montana, where he majored in business. From there he was hired as a salesperson-representative for a publisher of secondary school textbooks. For 39 years this occupation was a perfect fit for his love of reading, education, and people. After retiring in 1988 he and Arlene traveled extensively, but when at home he volunteered one or two days a week. He taught 55 Alive driving classes for AARP, worked a dozen years for Habitat for Humanity, prepped books at the local library, answered phones during KUSC pledge drives, served on election boards, and delighted in touring school groups as a docent at Centennial Farms on the Orange County Fairground. He came late to OLLI but enjoyed the camaraderie and the classes (especially Current Events). He was an upright, thoughtful, gentle, and generous man and will be greatly missed by those who knew him.

OLLI at CSULB - 2015/16

Class Sessions
Fall          October 5 - Dec 9
Winter        January 11 - Mar 7
Spring        April 11 - June 6
Summer        June 27 - August 22

Holidays—No OLLI Classes
Campus & Office Closed
Sept 7        Labor Day
Nov 11        Veteran’s Day
Nov 23 - 29   Holiday Break
Dec 25 - Jan 3 Winter Break
Jan 18        Martin L King Jr. Day
March 31      Cesar Chavez Day
May 30        Memorial Day

Dr. Bernard Cooperman
June 16, 1925 - May 4, 2015

Dr. Cooperman was born in Manheim, Germany, where he lived until age seven when Hitler came into power. He moved with his family to Lugano, Italy, then to Israel for several years. He travelled through Iraq and in Bazra boarded a ship to America. He and his family lived in New York, where Bernard graduated from Columbia University and received his M.D. While in medical school, he met Selma, also in medical school at NYU, and they married. He worked with Sy Alban in an orthopedic practice in Long Beach until he retired in 2014. Dr. Cooperman loved OLLI. He took classes in Shakespeare, Mona’s short stories class, and the opera. He was a passionate lover of music. As a student he contributed new and interesting ideas. He was a devoted and loving father to four children and five grandchildren. We will all miss him.

OLLI General Membership Meeting
HSD 101 Classroom
Saturday, September 19, 2015
1:30 - 4:00 PM

Vote on new Governing Council members, meet people, learn about the OLLI Council Structure and opportunities for volunteering. Come and test your knowledge of musical movie themes and win a prize!!

Lyman Halbin    1924 - 2015

Lyman Halbin, 90, of Long Beach passed away on June 5. He was born in Thebes, Illinois and worked as a whiskey delivery driver. He attended OLLI classes - computers too! - and was known to his friends as “Moose”. He is survived by his wife, Mary Ann.

Important DATE!
**SUMMER 2015 CONTRIBUTORS**

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

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

Jane Adair
Gloria Aleman
Ruth Anisman
Charles Austin
Marilyn Austin
Linda Aynes
Robert Barmeyer
John Barnes
Sheri Beebe
Barbara Bell
Irene Berkley
Jan Berliner
Conny Bessem
Grace & Dick Blankenship
Jack Blecher & Renee Simon

*In memory of Bernard Cooperman*

Marjorie Brodhurst
Jeannie Brueggemann
Enid Busser
John Caulfield
Pamela Chapin
Kris Chapman

*In memory of Judy Mednick*

Jay Chelian
Barbara Cohen
Robert Cooney & Ami Silverman
Ettie Councilman
Sherry Cragg
Lana Cribbs
Steven Crow
Randolph Currin Jr.
Ginny Cusenza
Jane Dalton
Lisa & Mike Deaderick
Patricia Donley
Michael Doyle
Constance Farrand

*Directed to Scholarship Fund*

Josephine Fitzpatrick
Dave Frick
Don Friedman
Terri Furlow
Jean Gaines
Doris Garvin
John Gawley
Sally Geiger
Lois Gold
Rick Gonser
Marty Gonzalez
Phyllis Goodwin
Louise Haglind
Robert Hannan
Ann Hanson
Judith Hardy
Linda Henry
Carol Herzlinger
John Hinrichs
Judy Hirsch
Mary Holzgang
Gary Hoyt
Barbara Hubbs
Judie Irving
Sherry & Len Jacobson
Toby Jamieson
Carole Jicha
Dorothy & Joshua Kaye
Andrew Kincaid
Eugene Knell
Roxanne Korzeniowski
Geraldine Landes
Karen & Dwayne Larson
Isobel Leventhal
Gael & Glenn Libby
Nancy & Jim Linden
Mary Linehan
Thomas LOCKhart
Flora & Jerry Loeb
A. Craig Lowe
Mutsuko Lunsford
Lynda Madorsky
Kay Mahone
Constance Malaambo
Fred Masback
Carolyn Matzinger
Patricia McAluney
Richard McCabe
Karen McClory
Karen McDonough
Mirian McLeod
Jane Mermelstein
Horst Meyer
Patti Mijares
Sheila Morgan
Gary Murph
Joe Murray
Helgard Niewisch
Vicki O'Toole
Don Preuss
Karen Pruett
Fern & Arthur Ramirez
Jody Ramsey
Suzanne Read
Caroline Reed
Dori Richardson
Eileen Ringerman
Marjorie Rivera
Harlene & Russell Rowe
SCAN Health Plan

*Directed to Balance & Fall Prevention Class*

Karen Schluntz
Trina Schneider
Alice & Darryl Sexton
Charles Sheldon
Ginge Shortell
Vermille Sickler
Patricia Simmons
Barbara J Smith
Joan Smith
Alice Stasiak
Bonnie Strutin
Yoko Sugihara

**"Thank you" to Jack Awad**

Alexandra Sullivan
Sue & Sam Sutton
Judy Swaaley
Thelma Teitel
Mary Thome
Camille Thompson
Jack Upshaw
David Urstein
Linda Van Couvering
Frances Wang
Harriet Warner
Linda Wheeler
Sandy Whittall

Katherine Wightman
Jane Williams
Catherine Winans
Ingela Woldenius
Barbara Wolfe
Debra Zimmerman
Carol & Richard Zuck

*In memory of Barbara Katz*
**Vision**
Osher Lifelong Learning Institute at California State University Long Beach is dedicated to promoting the positive aspects of aging. We offer an environment that fosters personal growth and promotes individual empowerment. Lifelong learning is celebrated and human potential is nurtured.

**Mission**
The mission of OLLI is to provide quality educational opportunities for older adults by offering a broad spectrum of programs.

---

**OLLI Info - The Details**

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

- **Class Limits**
  Enrollment in computer classes and lecture classes with limits will be on a first-come, first-served basis. No more than five will be allowed on a wait list.

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

- **Returned Check Policy**
  CSULB Foundation or Parking charges $7.00 per check for returned checks and you will be responsible for the amount of the check plus $7.00. You will be contacted by the OLLI office or Parking Services.

- **Refunds**
  No refunds will be made after the first week of classes for parking passes or for class tuition. NOTE: Please keep OLLI financially healthy by registering and paying for all classes attended.

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

---

**Registration opens**
Saturday August 22 8:30 - 11:30

**How to Register**
Check off the list!

- Complete the personal information on both sides of the form.
- Check the classes that you want to take.
- 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 with you when you register or mail your form and payment to the address on the back of the registration form.
- Please share the extra registration form with a possible new member.
- An OLLI at CSULB **name tag** will be available the first week of classes. It represents your proof of membership for the entire year.
- Call the office with any questions, 562-985-8237.

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**Scholarships**
OLLI @ CSULB offers scholarships for those who clearly need financial assistance to participate in our classes. If you would like further information, please stop by the OLLI office to complete the Scholarship application prior to registering for classes.

---

*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 2015 Registration  
October 5 ~ December 9

Name: ___________________________________________ Date: __________________

Address: ______________________________________ City: __________________ Zip: __________

Home Phone #: ___________________________  Cell phone #: ___________________________

OLLI Membership                      $40.00  $ ________  Annual Fee starting FALL
Non-Computer Class Tuition   $10.00  $ ________  Star FALL
8-Week Computer Class           $35.00  $ ________
4-Week Computer Class     $20.00  $ ________

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

☐ if you would like to remain anonymous check here.

Cash ____Check # ___________  Total $ __________

Make Check Payable to CSULB FOUNDATION

Parking Permit ☐$33.00 per Qtr.  ☐ Cash ☐
Check # ___________  (Office Use) __________
Disabled (DMV receipt copy on file required)
Make Check Payable to CSULB PARKING SERVICES

LifeFit Center Member  ☐YES  ☐Parking LFC
* OLLI LFC class tuition waived for LifeFit Gym Members.

<table>
<thead>
<tr>
<th>TIME</th>
<th>COMPUTER CLASSES</th>
<th>OS</th>
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<tbody>
<tr>
<td>MONDAYS, October 5 - Nov. 30</td>
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<tr>
<td>8:30-10:30</td>
<td>Intermediate Windows</td>
<td>PC</td>
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<td>10:45-12:45</td>
<td>Digital Scrapbooking</td>
<td>PC</td>
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<td>1:00-3:00</td>
<td>Beg Photoshop Elements-Part II</td>
<td>PC</td>
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<tr>
<td>3:15-5:15</td>
<td>Beginning Windows</td>
<td>PC</td>
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<tr>
<td>TUESDAYS, October 6 - Dec. 1</td>
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<tr>
<td>8:30-10:30</td>
<td>Iphone</td>
<td>IOS</td>
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<tr>
<td>10:45-12:45</td>
<td>Beg. Photoshop Elements-Part I</td>
<td>PC</td>
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<td>1:00-3:00</td>
<td>Computer Drawing</td>
<td>PC/Mac</td>
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<td>3:15-5:15</td>
<td>Samsung Smartphones</td>
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<td>WEDNESDAYS, October 7 - Dec. 9</td>
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<td>8:30-10:30</td>
<td>Exploring the iPad</td>
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<td>10:45-12:45</td>
<td>Working With Word 2013</td>
<td>PC</td>
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<td>1:00-3:00</td>
<td>It’s Your Mac I</td>
<td>Mac</td>
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<tr>
<td>3:15-5:15</td>
<td>It’s Your Mac II</td>
<td>Mac</td>
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<td>THURSDAYS, October 8 - Dec. 3</td>
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<tr>
<td>8:30-10:30</td>
<td>Digital Cameras</td>
<td>PC</td>
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<td>10:45-12:45</td>
<td>The Best of Google</td>
<td>PC/Mac</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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<tr>
<td>3:15-5:15</td>
<td>Intro to Win 8-4 wks (start 10/8)</td>
<td>PC</td>
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<tr>
<td>FRIDAYS, October 9 - Dec. 4</td>
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<td>10:00-5:00</td>
<td>Open Computer Lab</td>
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<td>Free</td>
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TIME COMPUTER CLASSES SITE X

TUESDAYS, October 6 - Dec. 1  
8:45-11:00 Bicycle Travel (starts 10/13)  C-101  C-101
9:00-9:45 Longevity Stick  C-101  LFC*
10:00-11:30 Satellites,Spacecraft and Gadgets  C-101  C-101
10:00-12:00 Travel Workshop (10/6 & 13)  C-101  C-101
11:45-1:15 Follow The Yellow Brick Road  C-101  C-101
12:15-1:45 Assist Seniors with Tax Returns  C-119  C-119
1:00-2:00 Zen Meditation  PA-To  PA-To
1:00-4:00 Realism/Hispanic Art (10/6-20)  PA  PA
1:30-3:00 Geopolitics  C-101  C-101
2:00-3:30 Non-Violent Comm (6 wks)  C-119  C-119
2:30-4:00 Play Reading with Alice  LW  LW
3:15-4:45 Drawing for All  LW  LW
3:15-4:45 Meditation (4 wks-10/6-27)  LFC*  LFC*
7:00-8:30 Jewish Philosophy-Kabbalah  JCC  JCC

OLLI Membership $40.00 $ ________
OLLI @ the BEACH

FALL 2015 Registration

WEDNESDAYS, October 7 - Dec. 9

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:15-9:45</td>
<td>Elem. Japanese</td>
<td>C-119</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Taking Better Photos</td>
<td>(5 wks)</td>
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<tr>
<td>10:00-11:30</td>
<td>Two Opera Gentleman</td>
<td>C-101</td>
</tr>
<tr>
<td>10:00-1:00</td>
<td>Horror Films</td>
<td>PA</td>
</tr>
<tr>
<td>11:45-1:15</td>
<td>Arts in Chinese Life</td>
<td>(7 wks)</td>
</tr>
<tr>
<td>11:45-1:15</td>
<td>Government &amp; Politics</td>
<td>C-119</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Watercolor Painting</td>
<td>LW</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Showtime</td>
<td>C-119</td>
</tr>
<tr>
<td>1:30-3:15</td>
<td>Films About Art</td>
<td>C-101</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>7 Stories-7 Weeks</td>
<td>PA</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Write, Edit, Rewrite, Publish</td>
<td>C-119</td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Exploring Art History</td>
<td>C-101</td>
</tr>
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</table>

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

FALL 2015 Registration

THURSDAYS, October 8 - Dec. 3

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:30-9:30</td>
<td>Longevity Stick</td>
<td>LW</td>
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<tr>
<td>8:30-10:00</td>
<td>Memoir Writing</td>
<td>C-101</td>
</tr>
<tr>
<td>9:00-10:30</td>
<td>Current Real Estate Trends</td>
<td>C-119</td>
</tr>
<tr>
<td>9:00-11:00</td>
<td>PickleBall-Fun for All</td>
<td>(7 wks)</td>
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<tr>
<td>10:00-11:00</td>
<td>Tai Chi Chih</td>
<td>PA</td>
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<tr>
<td>10:15-11:45</td>
<td>Shakespeare XVII</td>
<td>C-101</td>
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<tr>
<td>10:45-12:15</td>
<td>Copy Cat Art: Drawing</td>
<td>C-119</td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Current Events and Issues</td>
<td>C-101</td>
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<tr>
<td>1:00-3:00</td>
<td>Beginning Art</td>
<td>PA</td>
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<tr>
<td>1:15-2:00</td>
<td>Tai Chi Chih</td>
<td>LFC*</td>
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<tr>
<td>1:30-3:00</td>
<td>Financial Rules of the Road</td>
<td>C-119</td>
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<tr>
<td>1:45-3:15</td>
<td>Conversational French</td>
<td>C-101</td>
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<tr>
<td>2:15-3:15</td>
<td>Shall We Dance?</td>
<td>LFC*</td>
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<tr>
<td>3:30-5:00</td>
<td>Catch the Spirit Chorus</td>
<td>C-101</td>
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FRIEDAYS, October 9 - Dec. 4

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<tbody>
<tr>
<td>8:15-9:30</td>
<td>Not Your Daughter’s Yoga</td>
<td>LFC*</td>
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<tr>
<td>8:30-10:00</td>
<td>Health Science/Care (starts 10/23)</td>
<td>C-101</td>
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<tr>
<td>8:30-10:00</td>
<td>Intermediate Bridge I</td>
<td>C-119</td>
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<tr>
<td>10:00-12:00</td>
<td>Meet LB Master Artists</td>
<td>PA</td>
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<tr>
<td>10:00-11:30</td>
<td>Basic Tarot for Fun...</td>
<td>LW</td>
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<td>10:15-11:45</td>
<td>History of Psychology - Part III</td>
<td>C-101</td>
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<tr>
<td>10:15-11:45</td>
<td>Beginning Bridge</td>
<td>C-119</td>
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<tr>
<td>12:00-3:00</td>
<td>Woody Allen Films</td>
<td>C-101</td>
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<tr>
<td>12:30-2:00</td>
<td>Intermediate Bridge II</td>
<td>C-119</td>
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<tr>
<td>2:30-4:00</td>
<td>Beginning Knitting</td>
<td>LW</td>
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<tr>
<td>2:30-4:00</td>
<td>Getting Organized A-Z</td>
<td>C-119</td>
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<tr>
<td>3:15-4:45</td>
<td>Conversational Spanish</td>
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SATURDAYS, October 10 - Dec. 5

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<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-12:00</td>
<td>Adv. Watercolor Painting/Lab</td>
<td>C-105</td>
</tr>
<tr>
<td>9:00-12:00</td>
<td>Alfred Hitchcock Films</td>
<td>C-101</td>
</tr>
</tbody>
</table>

FREE! SPECIAL EVENTS at OLLI

Oct. 8 Pickleball Demo/games  9:00 - 10:30
Oct. 12 LB Trauma Recovery Center  10:00 -11:30
Oct. 26 Sea Otters  Rm. 101  9:30 - 11:30
Dec. 9 Mobul: Active Aging  10:00-11:30
OLLI Membership                      $40.00  $ ________
Annual Fee starting FALL

Non-Computer Class Tuition $10.00  $ ________

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

**Contribu** 

$ __________

Contributors will be acknowledged in our publications.

☐ if you would like to remain anonymous check here.

Cash ____Check # ________

Make Check Payable to CSULB FOUNDATION

Parking Permit   ☐$33.00 per Qtr.   Cash ☐

Check # ___________ (Office Use) ____________

☐ Disabled (DMV receipt copy on file required)

Make Check Payable to CSULB PARKING SERVICES

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**TIME COMPUTER CLASSES SITE X**

### MONDAYS, October 5 - Nov. 30

<table>
<thead>
<tr>
<th>Time</th>
<th>Computer Classes</th>
<th>Site</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-10:30</td>
<td>Intermediate Windows</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>Digital Scrapbooking</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Beg Photoshop Elements-Part II</td>
<td></td>
<td>PC</td>
</tr>
<tr>
<td>3:15-5:15</td>
<td>Beginning Windows</td>
<td></td>
<td>PC</td>
</tr>
<tr>
<td>8:30-10:30</td>
<td>iPhone</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>Beg. Photoshop Elements-Part I</td>
<td></td>
<td>PC</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Computer Drawing</td>
<td></td>
<td>PC/Mac</td>
</tr>
<tr>
<td>3:15-5:15</td>
<td>Samsung Smartphones</td>
<td></td>
<td>Andr</td>
</tr>
</tbody>
</table>

### TUESDAYS, October 6 - Dec. 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Computer Classes</th>
<th>Site</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-10:30</td>
<td>iPhone</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>Beg. Photoshop Elements-Part I</td>
<td></td>
<td>PC</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Computer Drawing</td>
<td></td>
<td>PC/Mac</td>
</tr>
<tr>
<td>3:15-5:15</td>
<td>Samsung Smartphones</td>
<td></td>
<td>Andr</td>
</tr>
</tbody>
</table>

### WEDNESDAYS, October 7 - Dec. 9

<table>
<thead>
<tr>
<th>Time</th>
<th>Computer Classes</th>
<th>Site</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-10:30</td>
<td>Exploring the iPad</td>
<td></td>
<td>iOS</td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>Working With Word 2013</td>
<td></td>
<td>PC</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>It’s Your Mac I</td>
<td></td>
<td>Mac</td>
</tr>
<tr>
<td>3:15-5:15</td>
<td>It’s Your Mac II</td>
<td></td>
<td>Mac</td>
</tr>
</tbody>
</table>

### THURSDAYS, October 8 - Dec. 3

<table>
<thead>
<tr>
<th>Time</th>
<th>Computer Classes</th>
<th>Site</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-10:30</td>
<td>Digital Cameras</td>
<td></td>
<td>PC</td>
</tr>
<tr>
<td>10:45-12:45</td>
<td>The Best of Google</td>
<td></td>
<td>PC/Mac</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Manage Photos with Picasa</td>
<td></td>
<td>PC/Mac</td>
</tr>
<tr>
<td>3:15-5:15</td>
<td>Intro to Win 8- 4 wks (start 10/8)</td>
<td></td>
<td>PC</td>
</tr>
</tbody>
</table>

### FRIDAYS, October 9 - Dec. 4

<table>
<thead>
<tr>
<th>Time</th>
<th>Computer Classes</th>
<th>Site</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00-5:00</td>
<td>Open Computer Lab</td>
<td></td>
<td>ALL</td>
</tr>
</tbody>
</table>

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**OLLI @ the BEACH FALL 2015 Registration**
**October 5 ~ December 9**

Name: ____________________________  Date: _________________

Address: __________________________________________________________

Home Phone #: _____________________________

Cell phone #: _______________________________

City: ____________________  Zip: ____________

Email: ____________________________

OLLI Membership                      $40.00  $ ________

Non-Computer Class Tuition $10.00  $ ________

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

**Contribu** 

$ __________

Contributors will be acknowledged in our publications.

☐ if you would like to remain anonymous check here.

Cash ____Check # ________

Make Check Payable to CSULB FOUNDATION

Parking Permit   ☐$33.00 per Qtr.   Cash ☐

Check # ___________ (Office Use) ____________

☐ Disabled (DMV receipt copy on file required)

Make Check Payable to CSULB PARKING SERVICES

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**TIME**

**CLASSES**

**SITE X**

### MONDAYS, October 5 - Nov. 30

<table>
<thead>
<tr>
<th>Time</th>
<th>Computer Classes</th>
<th>Site</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-9:30</td>
<td>Foundations of Investing</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>9:45-11:15</td>
<td>Spanish: Beginning</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>LA Opera (10/5 &amp; 19, Nov. 2)</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Longevity Stick</td>
<td>PA-To</td>
<td></td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Life of Beethoven</td>
<td>PA-To</td>
<td></td>
</tr>
<tr>
<td>12:00-1:30</td>
<td>Personal Lives:Great Composers</td>
<td>PA-To</td>
<td></td>
</tr>
<tr>
<td>11:30-1:30</td>
<td>Cardmaking Techniques</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>11:45-1:00</td>
<td>Ukulele for All Levels</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Foundations of Investing</td>
<td>PA</td>
<td></td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Feel Great Again (6 wks)</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Crime Scene Investigation</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Great Books Reading Group</td>
<td>LW</td>
<td></td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>The Recorder Consort</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>4:00-5:00</td>
<td>Sr. Yoga &amp; Gigong</td>
<td>LFC*</td>
<td></td>
</tr>
</tbody>
</table>

### TUESDAYS, October 6 - Dec. 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Computer Classes</th>
<th>Site</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45-11:00</td>
<td>Bicycle Travel (starts 10/13)</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>9:00-9:45</td>
<td>Longevity Stick</td>
<td>LFC*</td>
<td></td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Satellites,Spacecraft and Gadgets</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>10:00-12:00</td>
<td>Travel Workshop (10/6 &amp; 13)</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>11:45-1:15</td>
<td>Follow The Yellow Brick Road</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>12:15-1:45</td>
<td>Assist Seniors with Tax Returns</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>1:00-2:00</td>
<td>Zen Meditation</td>
<td>PA-To</td>
<td></td>
</tr>
<tr>
<td>1:00-4:00</td>
<td>Realism/Hispanic Art</td>
<td>PA</td>
<td></td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Geopolitics</td>
<td>C-101</td>
<td></td>
</tr>
<tr>
<td>2:00-3:30</td>
<td>Non-Violent Comm (6 wks)</td>
<td>C-119</td>
<td></td>
</tr>
<tr>
<td>2:30-4:00</td>
<td>Play Reading with Alice</td>
<td>LW</td>
<td></td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Drawing for All</td>
<td>LW</td>
<td></td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Meditation (4 wks- 10/6-27)</td>
<td>LFC*</td>
<td></td>
</tr>
</tbody>
</table>

### FRIDAYS, October 9 - Dec. 4

<table>
<thead>
<tr>
<th>Time</th>
<th>Computer Classes</th>
<th>Site</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00-5:00</td>
<td>Open Computer Lab</td>
<td></td>
<td>ALL</td>
</tr>
</tbody>
</table>

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### TUESDAYS, October 6 - Dec. 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Computer Classes</th>
<th>Site</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00-8:30</td>
<td>Jewish Philosophy-Kabbalah</td>
<td>JCC</td>
<td></td>
</tr>
</tbody>
</table>

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LifeFit Center Member ☐YES ☐Parking LFC

* OLLI LFC class tuition waived for LifeFit Gym Members.
FALL 2015 Registration

<table>
<thead>
<tr>
<th>Time</th>
<th>Course</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15-9:45</td>
<td>Elem. Japanese</td>
<td>C-119</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Taking Better Photos</td>
<td>(5 wks)</td>
</tr>
<tr>
<td>10:00-11:30</td>
<td>Two Opera Gentleman</td>
<td>(7 wks)</td>
</tr>
<tr>
<td>10:00-1:00</td>
<td>Horror Films</td>
<td>PA</td>
</tr>
<tr>
<td>11:45-1:15</td>
<td>Arts in Chinese Life</td>
<td>(7 wks)</td>
</tr>
<tr>
<td>11:45-1:15</td>
<td>Government &amp; Politics</td>
<td>C-119</td>
</tr>
<tr>
<td>1:00-3:00</td>
<td>Watercolor Painting</td>
<td>LW</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>Showtime</td>
<td>C-119</td>
</tr>
<tr>
<td>1:30-3:15</td>
<td>Films About Art</td>
<td>C-101</td>
</tr>
<tr>
<td>1:30-3:00</td>
<td>7 Stories-7 Weeks</td>
<td>PA</td>
</tr>
<tr>
<td>3:15-4:45</td>
<td>Write, Edit, Rewrite, Publish</td>
<td>C-119</td>
</tr>
<tr>
<td>3:30-5:00</td>
<td>Exploring Art History</td>
<td>C-101</td>
</tr>
</tbody>
</table>

Class Locations

- CSULB Campus (C) - Lower Campus in HS&D Building Rooms 101, 105, 119, Computer Lab 100
- Archery Field (ARCH) Student Union Lanes (USU)
- LifeFit Center (LFC*) KIN Building, Rooms 107 and 110
- OLLI Pine Avenue (PA) 737 Pine Ave, Suite 202
- Enter from Solano Ct.
- Long Beach, CA 90833
- 562-436-2100
- Park Pacific Tower (PA-To) Clubhouse 4
- The Alpert Jewish Community Center (JCC)
- 3801 East Willow Street
- Long Beach, CA 90815
- 562-426-7601

FREE! SPECIAL EVENTS at OLLI

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 8</td>
<td>Pickleball Demo/games</td>
<td>9:00 - 10:30</td>
</tr>
<tr>
<td>Oct. 12</td>
<td>LB Trauma Recovery Center</td>
<td>10:00-11:30</td>
</tr>
<tr>
<td>Oct. 26</td>
<td>Sea Otters Rm. 101</td>
<td>8:15 - 9:30</td>
</tr>
<tr>
<td>Dec. 9</td>
<td>Mobul: Active Aging</td>
<td>10:00-11:30</td>
</tr>
</tbody>
</table>

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

Please return this form with your check/s to:
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
Foundations of Investing
This class includes 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 Advisor
Mondays, Oct. 5 – Nov. 30 8:00 – 9:30 AM
CSULB, HS&D, room 119

L. A. Opera Presentations
Monday, Oct. 5  Moby Dick
Moby Dick is based on the classic Herman Melville novel. Captain Ahab, commander of a whaling ship, sets sail to hunt whales for their oil. Ahab has an ulterior motive: to hunt just a single, rare white whale that destroyed his earlier ship and bit off his leg. Only one man will survive the journey for revenge against Moby Dick.
Monday, Oct. 19  Dracula
Additional details will be forthcoming.
Monday, Nov. 2  Norma
A Druid priestess falls in love with the Roman proconsul. She has even borne him two children in secret. When Norma discovers that her beloved has fallen in love with another young priestess, she vows to destroy him. Of the two lead roles, the New York Times says, “Angela Meade and Jamie Barton are a duo that every opera lover should hear.”
Presented by LA OPERA Company
10:00 – 11:30 AM
CSULB, HS&D, room 101

Spanish: Reading, Pronunciation & Vocabulary Acquisition
This course is designed for students with no, or very little, prior knowledge of Spanish. The expectation is that the student will learn to pronounce, read, and spell Spanish correctly. During this process a considerable recognition vocabulary will be acquired. Those completing this class will be well prepared for an easy transition to the next level: classes in Spanish grammar and/or conversation. Class limit: 25
Instructor: Murray Sokoloff, M.A.
Mondays, Oct. 5 – Nov. 30 9:45 - 11:15 AM
CSULB, HS&D, room 119

Beethoven
Might this composer be the greatest of them all? Come learn about the man and his music. Understand why Beethoven has had such an enormous influence on so many subsequent composers and has touched so many listeners. We will listen to pieces from every genre: symphonies, piano sonatas, string quartets, concerti, and much more.
Instructor: Patricia Dobiesz
Mondays, Oct. 5 – Nov. 30 10:00 – 11:30 AM
Pine Ave., Park Pacific Tower

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 - two inches longer than your height, with rubber (not plastic) end caps. (Available at 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. 5 – Nov. 30 10:00 – 11:30 AM
Pine Ave., Park Pacific Tower (meet in the garden)

Personal Lives: The Great Composers
What can we learn about life and the creative process by examining the personal lives of the great composers? Come explore their worlds, personalities, tragedies, achievements…and their music!
Instructor: Patricia Dobiesz
Mondays, Oct. 5 – Nov. 30 12:00 – 1:30 PM
Pine Ave., Park Pacific Tower

Ukulele for All Levels
Learn to play songs with no prior musical training or learn to enhance what you already know about playing a ukulele! Enjoy hearing your own music. Join us for hands-on practice. Be prepared to be amazed at what you can do! Bring your uke and plan to have a lot of fun.
Instructor: Pedro Rodriguez
Mondays, Oct. 5 – Nov. 30 11:45 AM – 1:00 PM
CSULB, HS&D, room 101
MONDAY

Cardmaking Techniques
Whether you think you have a “creative streak” or not, bring your talents and keep your brain limber as you surprise yourself with the results. We will be trying techniques and tools borrowed from various paper arts media and from other hobbies. Students will incorporate their resulting art into finished cards. A card swap may be held at the final class. Making unique cards can save you money - besides, it’s fun! No prior experience necessary; just bring a willingness to listen, try new things... and get a little messy. A $15 materials fee will be collected from each student at the first meeting. Bring your basic kit (a small notebook, pen, small scissors, tape runner and 12-inch paper trimmer) to the first class. If you have questions, please email the instructor at lisaspaperarts@gmail.com.
Instructor: Lisa Peskay Malmsten
Mondays, Oct. 5 – Nov. 30
11:30 AM – 1:30 PM
CSULB, HS&D, room 119

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. We explore four brain types including the strengths and vulnerabilities associated with each one of them. Discover your dominant biochemical. Learn to support your unique brain type with natural supplementation and the right foods to promote optimal health. The book, The Edge Effect by Eric Braverman, M.D. will be used as the text for the course. (available at Amazon.com.) Class limit: 30
Instructor: Holly Weber, RN, LCSW, Psychoanalyst
Mondays, Oct. 5 – Nov. 9 (6 wks)
1:30 – 3:00 PM
CSULB, HS&D, room 101

Great Books Reading Group
Join us to read and discuss a new selection of short stories. The short story can be an under-appreciated art form. The characters must be established quickly and efficiently. The author must create tone, voice, style, atmosphere, point of view, and communicate an aspect of our human condition. Let us see if the short stories we read meet the criteria.
Class limit: 25
Instructor: Peer Led
Mondays, Oct. 5 – Nov. 30
2:30 – 4:00 PM
LW, Clubhouse 3, room 4

The Recorder Consort
This class provides an opportunity for the more advanced recorder players to participate in a group. Students will analyze and interpret the music and improve their playing! Join us as we progress along the “path to perfection”. This class is for “beyond beginners”.
Instructor: Muriel Pendleton
Mondays, Oct. 5 – Nov. 30
3:15 – 4:45 PM
CSULB, HS&D, room 101

Foundations of Investing
This class will cover the foundations of investing and wealth building strategies to help you reach your financial goals. It includes lessons on how to evaluate stocks and bonds, fixed income investments, mutual funds, asset allocation, asset management, long-term care insurance, tax-advantaged investing, and retirement planning. Each class will include time for answering your specific investment questions. No products or services are sold, endorsed, or marketed in any way.
Instructor: Vince Fierro, Financial Advisor, M.A.
Mondays, Oct. 5 – Nov. 30
1:30 – 3:00 PM
Pine Ave., Suite 202

Crime Scene Investigation
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, MA Public Policy, BS Criminal Justice, Forensic Studies
Mondays, Oct. 5 – Nov. 30
2:00 – 3:30 PM
CSULB, HS&D, room 119

Senior Yoga/Qigong
Yoga and Qigong are complementary health practices used for centuries for gaining strength, balance, coordination and well-being. We explore gentle and mindful movements that help in developing concentration and flexibility in mind and body. We begin with 4 sessions of standing Qigong routines and move on to 4 sessions of classical Yoga. Ram is an internationally trained yoga instructor who certifies teachers at his school, Long Beach School of Yoga.
Instructor: Ram Bhakt Rezai
Mondays, Oct. 5 - Nov. 30
4:00 – 5:00 PM
CSULB, LifeFit Center, KIN 107
Longevity Stick: “Movement is the best Medicine”
The purpose of Longevity Stick is to help prevent disease and deterioration, protect your health and increase body awareness. Combining eastern and western medical knowledge, the 12 easy-to-learn movements aid in developing better balance, coordination, flexibility, strength, breathing capacity, mental focus and concentration. Bring a one-inch dowel - 1 to 2 inches longer than your height - with rubber (not plastic) end caps. Athletic shoes, loose and layered clothing are recommended.
Instructors: Lynne Marsh, M.A.
Tuesdays, Oct. 6 - Dec. 1
9:00 – 9:45AM
CSULB, LifeFit Center, KIN 107

Satellites, Spacecraft and the Gadgets that Use Them
This course will cover the Global Navigation Satellite Systems: GPS; Galileo; GLONASS; and Compass. Through videos and other media, we’ll discuss military and commercial satellite systems for communications, earth observation, weather, etc. The last classes will have some communications theory (no math required) in order to understand how the Internet works and how we connect to all these wonderful orbiting marvels with our Smart Phones, iPads, Wi Fi, etc. Future space systems will be the wrap up session.
Instructor: Len Jacobson
Tuesdays, Oct. 6 - Dec. 8
(no class 10/20--one week added)
10:00 – 11:30 AM
CSULB, HS&D, room 101

Bicycle Travel – An Overnight Trip to Ojai and Back
If you already ride a bicycle; then how about taking local rides and then an overnight trip to Ojai California? In this short 5 session class we learn the ease of taking your bicycle on the bus. We will practice bicycle handling, the use of paths and local streets and adjustments that make cycling easier. All you need is a bicycle, a helmet, and to be able to ride. We look at transit options too, including using Amtrak with our bicycles. Four class meetings will focus on in-class topics then move outside to ride to destinations from CSULB using local streets and nearby river trails. 5th class meeting is optional: traveling to Ventura by Amtrak and then riding an off-street Rail-Trail to Ojai. Contact the OLLI office for complete info or call Chris Quint @ 562-433-5220
Class limit: 8
Instructor: Christopher Quint, Master Trainer, League of American Bicyclists
Tuesdays, Oct. 13 - Nov. 3 (4 wks)
Ojai Trip Nov. 11 & 12 (2 days)
8:45-11:00 AM
CSULB, HS&D, room 101

TRAVEL WORKSHOP
A unique program presents 16 topics including locating travel resources, travel budgeting, explaining travel insurance, TSA, solo travel and packing for domestic and international travelers. We’ll stress saving time, effort and money, staying healthy, and enjoying local cuisine. Co-instructors are experienced travelers with no commercial affiliation. They include research findings and present info in an enlightened and fun atmosphere. Class limit: 25
Instructors: Bob Aronson & Carol Apt
Tuesdays, Oct. 6 & 13
10:00 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. As we explore the territory we pass through, we gain valuable insights into the potholes that lie ahead. Though contemporary artists may be out of sight; we feel their presence just beyond the last bend in the road.
Instructor: Shirle Gottlieb, art & theatre writer/reviewer/critic/lecturer/instructor
Tuesdays, Oct. 6 – Dec. 1
11:45 AM - 1:15 PM
CSULB, HS&D, room 101
→ See article on page 5

Assistance for Seniors
Filing 2015 Income Tax Returns
A CPA and an economist/financial analyst will provide information and guidelines to effectively prepare 2015 income tax returns. The class will include: current changes in tax codes as they affect seniors, suggestions for filing accurate retirement incomes, pensions, 401k types of income, income/sales of investments, and legally acceptable deductions. Learn about critical issues that can lead to expensive and time consuming audits; effective uses of donations; criteria for selecting an auditor or CPA to complete and file taxes. Member participation and questions are encouraged.
Instructors: Alan Rosen, CPA and Dennis Youkstetter, economist/financial analyst
Tuesdays, Oct. 6 - Dec. 1
12:15 – 1:45 PM
CSULB, HS&D, room 119
Social Realism in Hispanic Art and Film
In an attempt to understand the mutual aesthetics and objectives shared by Art and Film, the class first will examine the theme of relations between men and women in the paintings “Caprichos” by Francisco Goya and in Pedro Almodovar’s film “Women on the Verge of a Nervous Breakdown”. Week 2 will focus on Goya’s denunciation of militarism in “Disasters of War” followed by a viewing of the film “Romero”, which treats the suppression of civil rights in El Salvador during the 1980s. Finally, it may be interesting to look at the theme of isolation as represented in Goya’s “Black Paintings” and in the movie “Spirit of the Beehive” by Victor Erice. Other painters and films will be presented as time permits.
Instructor: Harold Cannon, Ph.D. Spanish
Tuesdays, Oct. 6 – 20 (3 wks)
1:00 – 4:00 PM
Pine Ave, Suite 202

Non-Violent Communication and Conflict Resolution: Effective and Practical Skills for Problem-Solving
Do you have conflicts with friends, acquaintances, family, and other people you love? This course will help you learn new ways of communicating and also to develop a set of skills to talk with people more effectively about difficult issues. Participants will adopt a philosophy of how they want to relate orally to others.
Class limit: 25
Instructor: Susan Rice, DSW, Professor Emerita, CSULB School of Social Work
Tuesdays, Oct. 6 – Nov. 10 (6 wks)
2:00 – 3:30 PM
CSULB, HS&D, room 119

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. We will understand more how history and geography play a fundamental role in understanding major current Geopolitics. Some current topics include: Putin and his passion to re-establish the Great Russian Empire and Iran and the dream to re-establish the glory of the Persian Empire.
Instructor: Dick Lunde, Ph.D., History
Tuesdays, Oct. 6 – Dec. 1
1:30 – 3:00 PM
CSULB, HS&D, room 101

Drawing for All
Drawing is basic to all art forms. Learn the fundamental techniques of Contour Drawing, Form Analysis, Rendering and Perspective. The course is intended for beginning art students although it may prove informative to the experienced art students. Students will learn how to describe (draw) the natural world. A supply list will be presented at the first class or the following items are recommended: an 18” X 24” or 16” X 24” Bond Pad, graphite pencils (2b and 6B), an Art Gum Eraser.
Class limit: 30
Instructor: Ladd Terry
Tuesdays, Oct. 6 – Dec. 1
3:15 – 4:45 PM
LW, Clubhouse 4, Art Studio

Zen Meditation
Join Rev. Yokoyama, Long Beach Temple resident priest, in unlocking the secrets of Zen. He will show us the way of the Soto school of Zen Meditation and will discuss Zazen, body scan, quieting of the mind, relaxation, and perhaps a Koan or two.
Instructor: Rev. Yukinori Gyokei Yokoyama
Tuesdays, Oct. 6 – Dec. 1
1:00 – 2:00 PM
Pine Ave., Park Pacific Tower

Playreading with Alice
Choosing from the best plays of the nineteenth and twentieth century, our group will read them aloud. Join in the reading or just come to listen. We will also learn about each playwright, discuss the meaning of the plays, and become familiar with how a play progresses from the written word to the stage. You will gain insight into the role of the director, actor, designer, and, of course, the playwright.
Class limit: 16
Instructor: Alice Lemon, M.A.
Drama and Theatre
Tuesdays, Oct. 6 – Dec. 1
2:30 – 4:00 PM
LW, Clubhouse 3, room 3
**TUESDAY**

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

**Instructor:** Dr. Allen Arnette

**Tuesdays, Oct. 6 – 27 (4 wks)**
3:15 – 4:45 PM

CSULB, LifeFit Center, KIN 110

**KABBALAH -- What is it?**
The purpose of this class is to examine the origins of the Kabbalah -- which is “the secret received tradition” that has been esoterically passed down through the eons (olam) of time. Handed down from time immemorial through the ancient patriarchs, Kabbalah has been transmitted by sages and mystics, philosophers and theologians, scholars and teachers unto our own time when it has been opened to all. We will examine how this great tradition in Judaism relates to the other esoteric traditions of the world and look as well at the supporting evidence from modern science including both depth (transpersonal) psychology and modern physics.

**Instructor:** Mark Barnett, D.D., Ms.D.

**Wednesdays, Oct. 7 - Dec. 9**
8:15 – 9:45 AM

CSULB, HS&D, room 119

**WEDNESDAY**

**Elementary Japanese**
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 of native speakers will be used to facilitate listening and speaking.

**Instructor:** William J. Teweles, Ph.D.

**Wednesdays, Oct. 7 - Dec. 9**

8:15 – 9:45 AM

CSULB, HS&D, room 119

**Horror Films of Hollywood**
Thrills, chills and screams! Get ready for the best spine tingling horror films of classic Hollywood. Learn about the masters of the genre including James Whale, Bela Lugosi, and Boris Karloff and see why many of these “freaky” films are considered gothic masterpieces...and why some haven’t been seen by the public since their release! “Island of Lost Souls”, “Murders in the Rue Morgue”, “The Invisible Man”, “The Werewolf of London”, and more.

**Instructor:** Jeff Hathcock

**Wednesdays, Oct. 7 – Dec. 9**
10:00 AM – 1:00 PM

Pine Ave., Suite 202

**Taking Better Photos**
This 5 week class will focus primarily on composition, philosophies of master photographers, and getting the best from your camera. Some sessions will be devoted to shooting pictures and using newer technologies. You need not have a film or digital camera. If you do, bring it and your instruction manual to the first class.

**Instructor:** Terry Fiskin

**Wednesdays, Oct. 7 - Nov. 4 (5 wks)**
10:00 – 11:30 AM

CSULB, HS&D, room 119

**Two Gentlemen of the Opera Clowns!**
The Comic Mirrors the Tragic
“Gianni Schicchi” and “Pagliacci”, an operatic double bill. Two operas blended with the images of clowns, buffoons and tragic figures, hiding their smiles and sadness among commedia del arte masks. Gianni Schicchi, a sly, crafty and slightly dishonest Florentine, indulging in a macabre game of impersonation is an over the top comedy composed by the usual master of melodrama and tears Giacomo Puccini. Composer Ruggero Leoncavallo unMASKS the characters of his single masterpiece Pagliacci, showing us playful clowns and their desperate counterparts.

**Gentleman 1: Larry Verdugo**

**Wednesday, Oct. 7**

**The Americans are Coming**

**Dead Man Walking** – Jake Heggie: Based on the book and movie of the same name, an ethical conflict of the death penalty and whether a serial killer should be killed.

**The Rise and Fall of the City of Mahagonny** – Kurt Weill: This highly charged political drama, Mahagonny is a “sin” city where one can get almost anything, except morality.

**Great American Female Opera Singers:**
Opera has gone mainstream as Rene Fleming sang at the Super Bowl. As we shall see, she is one of many.

**A Streetcar Named Desire** – Andre Previn: Opera based on the Tennessee Williams play, but not starring Marlon Brando!

**Great American Male Opera Singers**:
Some of the rising stars of the opera world are now American, and some even have “rock star” good looks.

**Porgy and Bess** – George Gershwin: Arguably the greatest American opera, with some of the most beautiful American music ever written, including “Summer time.”

**Gentleman 2: Steve Kohn**

**Wednesdays, Oct. 14 - Dec. 6 (6 wks)**
10:00 – 11:30 AM

CSULB, HS&D, room 101
Government and Politics in the U.S., the Ideal & the Real
Become more informed and active citizens by exploring the American system of government and politics. We will discuss theories of how our political system is supposed to work and compare them to how it actually works in practice. We will consider the influence of elections, the media, and social movements on political outcomes. **Class limit: 25**

Instructor: James Espinosa, M.A.
Wednesdays, Oct. 7 – Dec. 9
11:45 AM – 1:15 PM
CSULB, HS&D, room 119

Arts in Chinese Life
From archeological findings of early art development to calligraphy and modern Chinese paintings, this class will cover one topic or one famous artist in each class period. Jade, bronze, porcelain, sniff bottles, Spring Festival scroll, Buddhist art, paintings of Zhang Da Qian and Qi Bai Shi will all be shown with slides. Discussion will emphasize the significance of artistic expressions, historical background, and role played in Chinese life.

Instructor: Teresa Sun
Wednesdays, Oct. 7 – Dec. 9
(7 wks, no class Oct. 21)
11:45 AM – 1:15 PM
CSULB, HS&D, room 101

Beginning Watercolor Painting
Learn to paint using watercolors with a talented teacher and artist. Bring your own supplies to the Leisure World classroom to try out new techniques in a guided setting.

**Class limit: 30**

Instructor: Ladd Terry
Wednesdays, Oct. 7 – Dec. 9
1:00 – 3:00 PM
LW Clubhouse 4, Art Studio (rear)

Seven Stories, Seven Weeks
Along with the cooler nights and brisker days, we welcome fall with short stories: about getting older, about staying young. Join a very congenial group to read and discuss works by writers, some of whom you know and many others whom you’ve never experienced.

**Instructor: Mona Panitz**
Wednesdays, Oct. 7- Nov. 18 (7 wks)
1:30 – 3:00 PM
Pine Ave., room 202

Films about Art: Take One
This class is part one of a two-part series on the subject of modern and contemporary western art. Spoiler Alert: This is not an art history class. Questions considered: What is beauty? What motivates a person to communicate by means of a painting instead of words? If critics say something is a masterpiece or it is in a museum exhibit, does that mean it is fine art? This is explored via films by art critics, documentaries about artists, forgery in the computer age, etc. Films include: “Why Beauty Matters”, “Painters Painting”, “Exit Through the Gift Shop”.

**Instructor: Josie McCausland, M.A.**
Wednesdays, Oct. 7 – Dec. 9
1:30 – 3:15 PM
CSULB, HS&D, room 101

Showtime
It is Showtime! We will be working on a full-blown production to be presented in December. Senior Moments is made up of five short plays:

- The Code. Two seniors, Rose and Charlie, meet on an Internet blind date.
- The Gamblers. Colonel William and Mother Angie have a chance encounter at a casino.
- First Love. Rose and Oscar, both in their 80’s, renew their interrupted romance.
- On the RAC(K). The members of the Resident’s Advisory Committee have huge troubles trying to accomplish anything.
- Growing – Old. The sequel to The Code, Rose and Charlie meet again.

Senior Moments was performed 22 times to rave reviews at theaters, retirement homes, and senior centers in the U.S. and Canada. Join us for an exciting and rewarding experience in theater! **Class limit: 25**

**Instructor: Nancy Hathcock**
Wednesdays, Oct. 7 – Dec. 9
1:30 – 3:00 PM
CSULB, HS&D, room 119

Exploring Art History: Nineteenth and Twentieth Century
The art history graduate students return. This year we explore a range of subjects including the advent of Modern Art, Photography of the Nineteenth Century, The Harlem Renaissance, Earth Art, 1970s Feminist Art and 1990s LGBTQ Art. We will also look at practices of art outside the museum and institutional critique.

**Class presenters: Jenny Bias, Kim Bakovic, Jessica Butler, Amy Kaeser, Alyssa Schwendener and others**
Wednesdays, Oct. 7 – Dec. 9
3:30 – 5:00 PM
CSULB, HS&D, room 101

Write, Edit, Rewrite, Publish your Non-fiction!
Have you wanted to see your own personal experiences in print? This is a workshop for those who want to write, seek honest but respectful critiquing, and get help with final editing. Opportunities for publishing will be discussed. There is nothing like seeing your work in print. **Class limit: 10**

**Instructor: Sallie Rodman, author**
Wednesdays, Oct. 7 – Dec. 9
3:15 – 4:45 PM
CSULB, HS&D, room 119

- See article on front page
Longevity Stick: “Movement is the best Medicine”
The purpose of Longevity Stick is to help prevent disease and deterioration, protect your health and increase body awareness. Combining eastern and western medical knowledge, the 12 easy-to-learn movements aid in developing better balance, coordination, flexibility, strength, breathing capacity, mental focus and concentration. Bring a one-inch dowel - 1 to 2 inches longer than your height - with rubber (not plastic) end caps. Athletic shoes, loose and layered clothing are recommended.
Instructors: Lynne Marsh, M.A.
Thursdays, Oct. 8 – Dec. 3
8:30 – 9:30 AM
LW, Clubhouse 6, room 6C

Current Real Estate Trends
Have you heard that real estate is a fast changing industry? Do you want to gain a perspective to evaluate the market? Do you want to learn how to evaluate properties for sale or property management tips? Come to this class to discuss and learn about the ever-changing real estate business. See changes in lending and banking business. There is no real estate market-it is a neighborhood market.
Instructor: Alan Fasnacht, M.A.,
real estate agent/broker
Thursdays, Oct. 8 – Dec. 3
9:00 – 10:30 AM
CSULB, HS&D, room 119

A Novel Approach to Memoir Writing
A man from Holland whose family hid Jews during World War II. The woman who wrote stories based on family recipes. They’ve written their memoirs. When will you write yours? 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 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, reading lists, and other memoir-writing resources. Critiques are gentle to encourage writers of all levels and backgrounds, including those for whom English is a second language.
Instructors: Florence Dodge & Josephine Fitzpatrick
Thursdays, Oct. 8 – Dec. 3
8:30 – 10:00 AM
CSULB, HS&D, room 101

Fear Not, I Speak Shakespeare – Act XVII
The goal of the class is for you to enjoy Shakespeare – whether you see his plays in a film or on a stage. This time we’ll concentrate on only one play – Hamlet. We’ll study the text, watch scenes in video, comparing actors and styles. We’ll start out with an overview of Shakespeare’s meager biographical information, Globe Theatre and iambic pentameter, so you can impress people at cocktail parties. It is a great joy and honor for me to share my interest in Shakespeare with you – and to learn more together!
Instructor: Michele Roberge, M.A.
Exec.Director, Carpenter Center, CSULB
Thursdays, Oct. 8 – Dec. 3
10:15 AM – 11:45 PM
CSULB, HS&D, room 101

Tai Chi Chih at Pine Ave.
Come and experience the deep relaxation and serenity of Tai Chi Chih, 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
Thursdays, Oct. 8 – Dec. 3
10:00 – 11:00 AM
Pine Ave., Suite 202

Copy Cat Art: Drawing
Like to draw pictures? Like to impress or share your expertise? You don’t have to be a full-blown artist. In this class students will learn how to draw pictures of people, animals, and other objects in a step-by-step fun and easy way. Paper, crayons, and ink pens will be provided.
Instructor: Patricia Woods, assisted by Ian Woods
Thursdays, Oct. 8 – Dec. 3
10:45 AM – 12:15 PM
CSULB, HS&D, room 119

Beginning Painting
Come have some fun! You’ll learn basics of art, i.e., form and shape, perspective, use of color, layout and more. The goal of the class is to have a painting of your own creation at the end. No artistic talent or experience required. Students will explore their own creativity learning about acrylic paint and what it will do. A list of materials will be distributed at the first class meeting. $15.00 materials fee unless student supplies own materials.
Class limit: 15
Instructor: Kristi Eaglehorse, BA Fine Arts; AA Design & Illustration
Thursdays, Oct. 8 – Dec. 3
1:00 – 3:00 PM
Pine Ave., Suite 202
## Thursday

**National and International Current Events and Issues**  
Students will participate in a friendly discussion of current events and issues in national and international news. They will be encouraged to be informed, make comments, express opinions, and periodically disagree with each other while remaining courteous.  
*Instructor: Carl Curtis & Jim Espinosa*  
**Thursdays, Oct. 8 - Dec. 3**  
12:00 – 1:30 PM  
CSULB, HS&D, room 101

**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. Wear comfortable clothing.  
*Instructor: Al Talberg*  
**Thursdays, Oct. 8 - Dec. 3**  
1:15 - 2:00 PM  
LifeFit Center, KIN 110

**Financial Rules of the Road**  
The road to financial independence begins with a few simple rules. Why are some people more successful investors than others? Are they luckier? (Probably not.) Do they know a secret? (Definitely not.) There are no real secrets to investing. But there are rules you can follow to work toward your goals. The course includes: the most common investing mistakes and how to avoid them, strategies to help you reach your long-term goals, and the 10 rules every investor should know.  
*Class limit: 25*  
*Instructor: Steve Masoner, FA*  
**Thursdays, Oct. 8 – Nov. 19 (7 wks)**  
1:30 – 3:00 PM  
CSULB, HS&D, room 119

**Conversational French**  
When you studied French in high school or college, you learned vocabulary, translated texts, and conjugated 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, learn more about French culture and practical techniques for enjoying life in the French-speaking world. Recommended: previous study of French in high school or college and some proficiency in speaking and understanding French.  
*Instructors: Malcolm Green, M.A.*  
**Thursdays, Oct. 8 - Dec. 3**  
1:45 – 3:15 PM  
CSULB, HS&D, room 101

**Shall We Dance?**  
Dancing is excellent for your brain and good for your body. If you can walk, you can dance! If you can count to four, you can dance! Learn or brush up your cha-cha, swing, waltz, and other dances, with lots of laughs guaranteed along the way. So grab a partner and get ready for more fun at receptions, parties, and on cruises. It’s easier with a partner, singles are welcome.  
*Instructor: Inge Johnson, retired teacher*  
**Thursdays, Oct. 8 – Dec. 3**  
2:15 - 3:15 PM  
LifeFit Center, room KIN 107

**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. 8 - Dec. 3**  
3:30 – 5:00 PM  
CSULB, HS&D, room 101

## Friday

**Not Your Daughter’s Yoga**  
Don’t be afraid to try. Come. Participate in a relaxing, fun way to stay young in body, mind and spirit. No body is too old, stiff for yoga. All levels welcome. Class will: ease in seniors who want to learn yoga; teach basic yoga skills and philosophy; help seniors learn how to breathe and exercise their way to improved or stabilized mobility and health.  
*Class limit: 30*  
*Instructor: David Hennage*  
**Fridays, Oct. 9 – Dec. 4**  
8:15 – 9:30 AM  
LifeFit Center, room KIN 107

**Intermediate Bridge I**  
This class is for players who have played some bridge, perhaps way back in college days. We will review score keeping, opening one of a suit, No Trump, and then slam bids.  
*Instructor: Inge Johnson, retired teacher*  
**Fridays, Oct. 9 – Dec. 4**  
8:30 - 10:00 AM (NEW TIME)  
CSULB, HS&D, room 119

**Beginning Bridge**  
A class for players who have had absolutely no background with this fascinating game. We will start with the card game Whist and go on, one step at a time, so that each lesson includes fun and laughter as well as instruction.  
*Instructor: Inge Johnson*  
**Fridays, Oct. 9 – Dec. 4**  
10:15 – 11:45 AM (NEW TIME)  
CSULB, HS&D, room 119
Health Science and Health Care:
Our Body Systems
A review of anatomy and physiology aimed to achieve a better understanding of our body structure and functions in the normal, diseased, and aged states. Understand life phenomena, signs of disease, its prevention, and the healing process - all in relation to the effects of the environment and of aging.

Instructor: Dr. Edgar Moran
Prof. Medicine, Emeritus
University of California, Irvine
Friday, Oct. 23 – Dec. 4 (6 weeks)
** Note late beginning date.
8:30 – 10:00 AM
CSULB, HS&D, room 101

Meet Long Beach Master Artists
This six week class will introduce Master Artists who live or have done extensive work in Long Beach within various art mediums, including dance, painting, sculpture, recycle art, video and murals. They will present an overview of what to look at when viewing their art form and tell how they create it. Following each presentation there will be a discussion of the medium and a viewing of the artist’s art. Proposed artists: Painting: Thea Robertshaw, Dean Triolo; Sculpture: Patrick Vogel, Robin Bott, Dr. Carol Roemer; Muralists: Ramon Rodriguez, Jose Loza, Efren Luna; Recycle Art: Claudio Garzon, Paul Hogue; Dance: Maha Afra, Nanette Brodie; Video: Nima Rezai, Bill Almas. Artists are subject to change depending upon availability and have 20 years or more experience in their art form.
Coordinator: Karen Reside
Fridays, Oct. 9 – Dec. 4
10:00 AM – 12:00 PM
Pine Ave., CALB Theater space

Basic Tarot for Fun and Self-Empowerment
This basic class brings together symbols and signs so anyone can become his/her own intuitive consultant. We will be using the highly acclaimed VoyagerTarot® deck, which is a modern pathway for spiritual seekers. Learn how to tune in to the symbols and interpret the meaning of the card. We will use “The Hero’s Journey” spread for exploring in a general way what is coming up for you in the next 3 to 6 months. The VoyagerTarot Deck can be ordered from Amazon.com. The teacher will have decks available to borrow or to buy. Other decks are welcome.
Instructor: Donna Kannard, Ph.D., author of Trance Magic
Fridays, Oct. 9 – Dec. 4
10:00 – 11:30 AM
LW, Clubhouse 3, room 3

History of Psychology - III
This session will focus on how transpersonal psychology has evolved into integral psychology and/or integral science. This session will be exciting and informative.
Instructor: Mark Barnett
Fridays, Oct. 9 - Dec. 4
10:15 – 11:45 AM
CSULB, HS&D, room 101

Intermediate Bridge II
This class is for players who have played some bridge, perhaps way back in college days. We will review score keeping, opening one of a suit, No Trump, and then slam bids. This is the same class as Intermediate I but at a later time.
Instructor: Inge Johnson
Fridays, Oct. 9 – Dec. 4
12:30 – 2:00 PM
CSULB, HS&D, room 119

Woody Allen and the Meaning of Life, IV... Fun, Film, and Philosophy
Can you think and laugh at the same time? Join our Friday Existential Comedy Club, discussing a new slate of eight Woody Allen films—farical, ironic, and esoteric. As the Shakespeare of our time, Woody Allen draws from Kafka, Ibsen, film noir, opera, Russian doors, and Freud. Highlights: Woody Allen directs opening night of L.A. Opera’s Gianni Schicchi (yes!) on Sept. 12, so we’ll begin with opera and irony. Later a jolly rabbi will join us for our discussion in the context of Judaism. Dr. Linda Carr asks provocative questions to understand our foremost filmmaker and his ironic take on our mash-up contemporary culture.
Instructor: Dr. Linda Carr
Fridays, Oct. 9 – Dec. 4
12:00 – 3:00 PM
CSULB, HS&D, room 101

Beginning Knitting
KNITTING! It’s fun, it’s useful, it’s colorful. It’s a source to expand your creativity, increase your eye/brain/hand connections, and build new neuron pathways for greater brain health. Learn the basics of knitting and complete one or two projects of your choice. (Spoiler alert!!! - there will be homework...knits and purls do take practice!) First meeting: bring needles and yarn. (If you do not yet have materials, you may use mine) and ideas for your practice piece, plus a spiral notebook for taking notes. Beforehand, if you wish, access yarn websites and explore their offerings ... (www.knitpicks.com or www.lionbrand.com). Share findings with your knit-mates on opening day!
Instructor: Jackie Thomas
Fridays, Oct. 9 – Dec. 4
2:30 – 4:00 PM
LW, Clubhouse 3, room 3

FRIDAY
FRIDAY

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 down into manageable parts.
C: Containerize - Store belongings in see-through, plastic containers.
Instructor: Sharon Farley
Fridays, Oct. 9 - Dec. 4
2:30 - 4:00 PM
CSULB, HS&D, room 119

Learn Spanish
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 is strongly suggested.
Instructor: Lilia Vergara de Owens, M.A.
Fridays, Oct. 9 - Dec. 4
3:15 - 4:45 PM
CSULB, HS&D, room 101

SATURDAY

Art Workshop and Advanced Watercolor Painting
Intended for students who have experience in painting or drawing; non-directed time for artists to improve painting skills. Share experiences, exchange ideas, give feedback and critique each other’s work. Bring art materials, paint your favorite subjects, explore creativity. Choose the time you wish! Lessons and advice from an outstanding teacher is given between 10:00 and 12:00.
Instructor: Mike Daniel
Saturdays, Oct. 10 - Dec. 5
8:30 AM - 12:00 noon
CSULB, HS&D, room 105

Alfred Hitchcock, Master of Suspense
The master of suspense will be put under the spotlight this fall. See a collection of his most spine-tingling, sinister, and thrilling films that are sure to leave you wondering if humanity has lost its mind! From the sexy spy thriller “Notorious” to the nail biting climax of “Saboteur”, we will delve into the psychological complexity of Alfred Hitchcock. If you have wanted to know what made this enigmatic director tick, then this is the class for you!
Instructor: Allyson Hathcock
Saturdays, Oct. 10 - Dec. 5
9:00 AM - 12:00 noon
CSULB, HS&D, room 101

L. B. Trauma Recovery Center
The LBTRC believes that trauma is “in the eye of the beholder” and provides comprehensive services for anyone who has been impacted by trauma (e.g. loss of a loved one, domestic violence, sexual assault, human trafficking, shooting, stabbing, physical assault, emotional abuse, to name a few). Join us to learn about this community service. Class limit: 30.
Presented by Vanessa Pezo, MSW
Monday, October 12
10:00 - 11:30 AM
CSULB, HS&D, room 101

Cranial Challenge
(from page 13)
Answer: Cecily
Sentence: I cycle

SPECIAL EVENTS

The Sea Otter Survival Story
How Lawsuits and Oil Spills Have Replaced Spears and Guns
Join former State Administrative Law Judge Kim Steinhardt for a special program featuring a lecture and multimedia presentation on the relationship between sea otters and humans, and how it has been strained to the breaking point during much of the last two centuries. You will learn more about the ways in which law and politics sometimes edge out science and good ocean stewardship, despite best intentions.
Presented by Kim Steinhardt
Monday, October 26
9:30 - 11:30 AM
CSULB, HS&D, room 101

Healthy Aging – Learn How To Stay as Active as You Can
Most of us don’t like the thought of getting older. There are many things we can do to make the journey more enjoyable and to stay as healthy and active as possible. This special event will offer tips on preventing falls, being safe in and around your home, improving your balance and staying as mobile as you can throughout your golden years. In addition, safety mobility products will be demonstrated and raffle prizes given away.
Presented by Ann Tyler Allen, Mobül: the Home Mobility Store
Wednesday, December 9
10:00 - 11:30 AM
CSULB, HS&D, room 101
Intermediate Windows (PC)
In this second part of the Windows PC class, 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. We'll take a quick look at word processing, so you will be able to create your own documents and insert graphics and photos.
Prerequisite: Beginning Windows PC or the skills taught in that class.
Instructor: Dalia Hernandez
Oct. 5 – Nov. 30
8:30 – 10:30 AM

Beginning Photoshop Elements – Part II (PC)
This continuation of the Beginning Photoshop Elements class emphasizes basic editing concepts using the tools in the full editor. You will practice modifying images, using all the selection tools and some of the filters. Lighting and color improvement will be covered. You'll also get an introduction to layers and styles, plus retouching and restoring old photos.
Prerequisite: Beginning Photoshop Elements I or instructor’s permission.
Instructor: Harold Drab
Oct. 5 – Nov. 30
1:00 – 3:00 PM

Digital Scrapbooking (PC)
Learn to create digital picture books using Photoshop Elements. You will start in the Create section of Elements software with its ready-made templates and then progress into the Expert mode, where you make your own pages, learning a scrapbook design process limited only by your own imagination. When your picture book is finished, you can view it as a slide show, print a book for your coffee tables and email it to friends and relatives.
Prerequisite: Photoshop Elements-II or equivalent with instructor’s permission.
Instructor: Harold Drab
Oct. 5 – Nov. 30
10:45 AM – 12:45 PM

Beginning Windows (PC)
Learn to use your PC to help you keep in touch with friends and family, quickly find important information, play all kinds of games and much more. In this first part of the Windows class, you’ll practice using a computer mouse, get to know the keyboard and, in general, understand how your computer works. You’ll also learn the basics of email and how to search for things on the Web. You’ll have the instructor and experienced coaches ready to help you as you learn.
No Prerequisites.
Instructor: Richard Sherwood
Oct. 5 – Nov. 30
3:15 – 5:15 PM
Getting to Know Your iPhone (iOS)
Have an iPhone and aren’t sure how to get the most out of it? This newly expanded class for beginners will cover the apps that come with your iPhone, as well as how to get new ones; how to look at and send email; how to enter text; how to take pictures and videos, as well as organize and share them; how to personalize your iPhone using Settings; how to surf the Web; how to listen to music; and how to manage your calendar and contacts.
Prerequisites: Have an iPhone 4 or higher.
Bring your activated and charged phone to each class.
Instructor: Kathy Winkenwerder
Oct. 6 – Dec. 1
8:30 – 10:30 AM

Computer Drawing (Mac and PC)
Take your art to a different dimension by learning to use a stylus to draw on a tablet connected to a computer and ending up with a digital image on that computer. You will begin by practicing with pictures provided by the instructor. Later you will draw your own pictures, using Corel software. Working with different brushes, effects, patterns, and colors, you will learn to scan and print your artwork, which you can share with family and friends by email, or insert into cards, pictures, and calendars. The class is limited to six students.
Prerequisite: Basic computer skills.
Instructor: Patricia Woods
Oct. 6 – Dec. 1
1:00 – 3:00 PM

-- See article on page xxx

Beginning Photoshop Elements – Part 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: Beginning Windows PC
Instructor: Craig Lowe
Oct. 6 – Dec. 1
10:45 AM – 12:45 PM

Samsung Phones (Android)
Explore how a Samsung smartphone works. Learn what you can do with yours, what comes with your phone, what apps are and how to download them. Get comfortable with the touch screen and practice using it. See what you can do with your Samsung smartphone besides making and answering phone calls or texts. You’ll learn how to check mail, use the camera, browse the Web, play games, listen to music, and get directions from a map.
Prerequisite: have a Samsung smartphone.
Instructor: Richard Sherwood
Oct. 6 – Dec. 1
3:15 – 5:15 PM

Exploring the iPad (iOS)
Learn how to get the most from your iPad. Get acquainted with iPad features and apps, and see how to play music, browse the Web, read and send email, watch videos and movies, keep a calendar and address book, take and store pictures, listen to audiobooks and podcasts, use the iPad as an e-reader, video chat, talk to Siri, and even more. See how to find, buy and download the right apps for you, no matter what your interests are. Bring your iPad with you to each class.
Prerequisite: You have an iPad.
Instructor: Kathy Winkenwerder
Oct. 7 – Dec. 2
8:30 – 10:30 AM

Working with Word 2013 (PC)
Get the most out of this latest version of Word by learning its many features, including improved text formatting and picture editing tools, and how to customize the ribbon. It’s easier than ever to create a variety of documents—letters, fliers, newsletters, reports and more. Learn how to set up, edit and save documents, write and format letters, insert and edit graphics, make lists and tables, use templates and more.
Prerequisite: Basic PC skills.
Instructor: Gail Meredith
Oct. 7 – Dec. 2
10:45 AM – 12:45 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.
**WEDNESDAY**

**It’s Your Mac. Do What You Want to Do (Mac)**
Are you a beginning Mac user? Join us for a real hands-on class where you will explore many of the applications that came with your Mac. Learn how to manage the dock, finder windows, menus and shortcuts. We will use the Apple email program, set up Contacts, use Safari to browse the Web, write and save documents, and more. Discover how to personalize your computer for the way you want to use it. Change your desktop, screen saver and views to reflect your interests and needs. There will be plenty of opportunities to get your questions answered. **Prerequisites:** You own a Mac; you’d like to own a Mac.

Text: *The Little Mac Book*, Lion Edition by Robin Williams

Instructor: Bonnie Elsten
Oct. 7 – Dec. 2
1:00 – 3:00 PM

**Manage and Enhance Your Photos with Picasa (PC and 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 editing tools, crop them, add text or remove red eye in your photos. Once you have edited your photos, make a slide show or video from selected pictures, or organize a set of photos into a collage. The first session covers the basics of Picasa. There also will be an introduction to the new Google Photos, an application that stores photos from your smartphone and tablet. Please bring your camera to class in the second session. **Prerequisites:** Intermediate computer or instructor’s permission.

Instructor: Reggie Gates
Oct. 8 – Dec. 3
1:00 – 3:00 PM

**THURSDAY**

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

**Prerequisites:** Basic understanding of the Windows operating system or instructor’s permission.

Text: Title available the first day of class.

**Instructor:** Larry Hicks
**Oct. 8 – Dec. 3**
**8:30 – 10:30 AM**

**The Best of Google (PC and Mac)**
See how to make the most of being online by using these free features and services from Google. You’ll investigate Google’s Chrome browser and its useful extensions; ways to use Google maps and Google Earth more effectively, and learn some little-known Gmail tips and techniques. And even if you’re familiar with the Google search engine, you’ll be shown additional ways of finding exactly what you want. The class also will explore the Google Art Project and Google Play.

**Instructor:** Reggie Gates
**Oct. 8 – Dec. 3**
**10:45 AM – 12:45 PM**

**Introduction to Windows 8 (PC)**
(4-Week class)
Learn how to navigate and control Microsoft’s 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. 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.

**Prerequisites:** Basic computer skills

Text: Any Windows 8 book

**Instructor:** Wesley Peck
**Oct. 8 – 29**
**3:15 – 5:15 PM**
OLLI at JCC
Alpert Jewish Community Center
3801 East Willow Street, LB
Between Lakewood and Redondo Ave.
562-426-7601
Enter at the gate opposite The Grand and park anywhere in the lot. Classes are usually held in Room 27 (down the main hall to the rooms off to the right.)

OLLI Leisure World

Parking at Leisure World
Entry for non-Leisure World residents is from the class list. The main gate security office will have the names of enrolled students to admit them for the first classes. Follow LW guidelines for parking.

OLLI at CSULB

OLLI at CSULB Parking Permits
For the convenience of our members, 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 made out to Parking Services or cash is accepted payment. If you have a current DMV disabled placard and provide a copy of the DMV receipt for OLLI files, you may have access to Employee Lot 9. Members must display their placard or license plate AND their OLLI parking permit when parked in Lot 9. Use of both the placard and OLLI permit is also allowed in Employee spaces in Lot 11.
If you receive a ticket from Parking patrol, contact Parking Services (Merriam Way) at 562-985-4146.

Use the OLLI or CSULB website for all campus maps www.csulb.edu/maps
Parking Options Downtown

- A parking lot on the south-east corner of 7th St. and Pacific Ave., which charges up to $5.00 per day.
- Metered street parking: two-hour limit, cash or cards
- Non-metered street parking: North of 8th St. on Pacific Ave. and Pine Ave., as well as neighborhood streets to the west of Pacific Ave.

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

Note street sweeping signs on all streets.

* Take the Bus: Check bus schedules for routes to Pacific and 7th St. A Passport bus may be available with good connections to the Downtown area. Check Transit schedules and ask about Senior TAP cards for travel.

* PA-Suite 202 classroom is accessed from the “alley” or Solana Court door 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 Park Pacific Tower apartment building at 714 Pacific Ave. just behind the OLLI classroom building. Buzz office for entrance to the 2nd Floor room.

* PA-CALB Theater classes are in the Bungalow Building at 729 Pine Ave. just next to the OLLI classroom.

OLLI at CSULB
Governing Council

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Malcolm Green President
William Fitzpatrick Vice President
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Kit Katz Dr. Iris Schutz
Donald Lauda Charlene Young
Rosemary Lewallen

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. Use a Senior TAP card and get the best reduced fare of 60 cents per ride.

CSULB Campus Connection Shuttle

Campus Shuttles run around the campus during the fall and spring semesters. A shuttle stops at the south-west corner of Lot 11 and will drop you off in front of the Design building. Check the CSULB website for schedule.
The Thespian in All of Us

Alice Lemon has taught acting and storytelling classes for the last few years at OLLI. Now she has a new approach with a class called Play Reading with Alice. She will choose the best plays of the 19th and 20th centuries and the group will read them aloud. You can join in the reading or just come to listen. The class will learn about the playwrights, discuss the meaning of each play, and become familiar with how a play progresses from the written word to the stage. You will gain insight into the role of the director, designer, actor, and of course the author.

A lead in a sixth-grade class play led Alice to a lifetime interest in theater. A native Californian, she spent forty years in Hawaii, returning five years ago. Alice received her Masters at the University of Hawaii. She taught at the Punahou School in Honolulu, and as a matter of fact, while President Obama was a student there. Alice formed a children’s theater group that traveled the islands for ten years. She worked for the U.S. Air Force, taking plays to air force bases as a producer and director, as well as teaching drama on a college level. She also had appearances in Hawaii Five-O and Magnum P.I.

You can see all aspects of theater in her background. She loves to teach, more than being in class. Let’s all benefit from her expansive knowledge and take her class, which will be held Fridays at Leisure World.

See class description on page 24